

The Complete **5-INGREDIENT** **DIABETIC COOKBOOK**

**Simple and Easy Recipes for Busy People on Diabetic
Diet with 4-Week Meal Plan**



Diabetic Diet with
4-WEEK
Meal Plan

Wesley Robinson

The Complete 5-Ingredient Diabetic Cookbook

**Simple and Easy Recipes for Busy People on
Diabetic Diet with 4-Week Meal Plan**

By Wesley Robinson

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Chapter 1 Understanding the Diabetes

As we all know, diabetes has become an invisible killer of people's health. Most of the time, we are at a loss when it comes to this disease. I have been studying diabetes for many years, and I met many patients who came to consult me. Through their treatment and my understanding of diabetes, I summarized some experience in the treatment of diabetes. Now, I want to give you a brief introduction so that you can have a better understanding of diabetes and some countermeasures to alleviate or eliminate the pain caused by diabetes. There are many ways to deal with this, of course, and the main goal of this book is to reduce and eliminate pain by controlling your diet. Hope you have a better body through some of our recipes. Before introducing the recipe, let me introduce some basic knowledge about diabetes.

Types of Diabetes

There are two types of diabetes, and they are:

1. Type 1 diabetes is also referred to as insulin-dependent diabetes. This type of diabetes depends mainly on the body insulin which means it doesn't allow your body to have enough insulin. Type 1 diabetes occurred when the beta cells present in the pancreas failed to produce any insulin. This type rarely happens to both young and old. In treating this type, you need to take insulin injections or pumps.
2. Type 2 diabetes can also be referred to as non-insulin dependent or adult-onset diabetes. Unlike type 1 which is not that common, type-2 diabetes is prevalent, especially in the elders. It also does not depend on your insulin, unlike type 1 diabetes. More than 90% of general diabetes patient has this type 2 diabetes. This mostly occurs when the body cannot make use of the available insulin or the insulin produced by the body is not up to the required amount.

Other types include:

3. Gestational diabetes. This is just for women. It happens during pregnancy.
4. Type -3 diabetes- proposed name for Alzheimer's diseases(insulin resistance in the brain)

5. Double diabetes- a combination of type-1 and type-2 diseases.
6. Brittle diabetes- this type is also referred to as labile diabetes- this type causes frequent swinging in blood glucose level, hyperglycemia, and hypoglycemia.

Risks of Type-2 Diabetes

Cardiovascular disease has been one of the primary reasons for many deaths especially for those at the age of 80s and above. Researchers have made it known that the differences in excess diabetes risk are connected to how old the person is before being diagnosed with type-2 diabetes. The rate at which obesity patient increases are at an alarming rate, and this is for both young and old. With this increment, many adolescents are being diagnosed with type-2 diabetes.

Most people dying from cardiovascular diseases have type-2 diabetes. This is the first discovery of this dangerous disease, and to reduce this, it solely depends on how long the patient has been suffering from the disease.

According to the result from the Swedish national diabetes registry, it shows that patients with type-2 diabetes had a risk for developing heart disease, stroke, heart failure, heart attack, and atrial fibrillation assesses.

With the research, it indicates that we need to be more severe in controlling risk factors in teen type-2 diabetes population, most notably in women. The study followed the Europeans, so it is advised to follow up the same examining in non-white countries.

Complications of Diabetes

Since you are already suffering from this dangerous disease, taking good care of yourself could be the best option because this disease can be the stepping stone for many severe disorders and can also lead to some various organs problems. In this page, I will like to tell you some organs that can be affected by diabetes and how to prevent them:

- Stroke- symptoms for this include trouble in speaking, sudden weakness on one side of the body, or numbness in the face or arm. You should see a doctor immediately after noticing these signs.
- Heart disease- is the most common aftermath of diabetes. Visit a doctor if you feel anything unusual with your breathing. Your doctor should run a complete test and include EKG. My advice for you, stop smoking, take care of your health, make a plan that consists of a healthy diet, exercise regularly, etc.
- Eye damage- when you notice any changes in your seeing, quickly see your doctor and confirm what the problem is. If the doctor says it's caused by diabetes, it is to your own best interest to get treated immediately especially when your diabetes is above ten years. Visit your regularly and avoid the don't.
- Erectile dysfunction- this is one of the most common aftermaths of diabetes for men. Many men diagnosed with type-2 diabetes suffer from this. Your doctor can help you out by prescribing some drugs to you. Sometimes, all you need is to adopt a healthier lifestyle.
- Skin problem- since there is a presence of too many salty holes in your body, fungi and bacteria find it very easy to breed on the body and as such causes skin problem

Other complicated problems include-

- Dental infections
- Gastroparesis
- infection

Connections Between Diabetes and Depression

Battling with diabetes doesn't mean you will be depressed, but from evidence, doctors show that many diabetes patients suffer from depression.

The root causes of the depression in diabetes patients can be tied to genes, the environment, and emotions. Suffering from depression can make life less fun, you know!

Symptoms of depression include irritability, lack of interest in social things, sadness, ability not to cooperate, loss of energy, changes in appetite, lots of guilt or feeling useless, observable mental and physical sluggishness, thinking of death, etc.

Depression in diabetes patients can be diagnosed based on the symptoms you told your doctor. Don't be scared of going to intensive checkups. I mean lab tests aren't used for diagnosing diabetes.

Depression can be treated by many means. I think consulting your doctor will be the best option. Your doctor will be the one to tell you what to do based on your symptoms. Your doctor may ask you to take one or two of the following:

- **Serotonin-norepinephrine reuptake inhibitors** - this helps in blocking the reabsorption of both serotonin and norepinephrine. SNRIs also help you to improve the way your brain sends and receives messages.
- **SSRIs- Selective serotonin reuptake inhibitors-** this helps in controlling the way your body uses the chemical called serotonin. Your mood will be boosted after taking this drug and helps your cells to receive messages better.
- **Norepinephrine and dopamine reuptake inhibitors-NDRIs** - this is another inhibitor though they are represented by only one drug. It performs almost the same functions as others.
- **Tricyclic antidepressants** - it helps in boosting chemicals which in turn helps the nerve cells to communicate with each other. If the chemicals are not in balanced order, it might be hard for the brain to send and receive messages.

Hidden Facts About Diabetes

1. There is no single plan for a diabetes diet plan. You have to visit your doctor to draft one for you.
2. There is also no single diabetes diet meal plan which can be used for all diabetes patients.

3. Some of the methods that can be used in determining how healthy an eating habit is included TLC diet and MyPlate method.
4. Drafting a diabetes plan depends mainly on three things: age, gender and how frequent you do exercise.
5. Many diabetes patients can still consume alcohol.
6. Most diabetes patients can still eat with the rest of the family, just that they need to monitor the time and a portion of the meals or snacks.
7. Though there is limited evidence on the effect of complementary medicine many type-2 diabetes patients use this medicine to treat disease.
8. The most obvious way of measuring the amount of carbohydrate present in the body is the glycemic index. High glycemic foods raise the blood sugar content that lower index foods.
9. Blood and sugar level can be aided by taking high fiber foods.

How to Fight Diabetes

- Diabetes drug-Taking these drugs should be your priority since you are a diabetes patient. It comes in different ways, medications, and injection. Depending on the type of diabetes you are suffering from, your doctor may prescribe insulin injection for you.
- Nutrition and meal timing- popularly known as the diabetes diet. It is well known among diabetes patients, and I'm going to tell you today that this meal should be your number one even before the diabetes drugs. The reason behind this is that food is one of the significant causes of your problem so taking care of your meal is the best among the best.
- Exercise- just like what you consume, you should also take care of your inner strength. Eating a healthy meal, taking drugs and finally topping it up with exercise will do a good job.

Other means of fighting diabetes is through medicine. Below are some of the drugs you can use-

- Vitamin B6 and B12- helps in treating diabetic nerve pains.
- Vitamin E- helps protect against kidney and eyes diseases. It also limits the damages to the blood vessels.
- Magnesium- helps reduce the body sugar level
- Vitamin C- aids in lowering the blood insulin level.

How to Control Type-2 Diabetes Using Our Normal Food

Intake

Type-2 diabetes is increasing at an alarming rate in the universe. Type-2 diabetes is a non-communicable disease which is caused when the body is unable to make judicious use of the produced insulin, or the body cannot make enough insulin. The dreadful disease can be tagged as one of the leading causes of premature deaths and the cause of many dangerous conditions.

A question for you, how will you join me in fighting this sickness? Changes in our normal lifestyle can quickly help us all out. I'm not saying dropping all you love to what you don't like. All I'm saying is little changes.

We all know the causes of type-2 diabetes, so all we need to do is work toward prevention. In this case, we will be making use of the procedure known as the "diabetic-diet." The aims of this prescription are to:

- Make sure the blood glucose is at a normal rate
- Improve the health by balanced nutrition
- Allow the body to gain appropriate weight
- Make sure the blood lipid concentration is at an optimal rate

Now, how do we go about this "diabetic-diet" of a thing? It's just some few things to note in our food. As I've said earlier, I won't ask you to stop all the food you take to fight the disease; you need to make some changes. And they are:

- Make sure most of the carbohydrate you take is in the form of starch, e.g., rice, beans, potatoes, etc.
- Too much soft drinks should be avoided. In this part, I will say all refined sugar products should be avoided including honey because these foods contain pure sugar which is absorbed immediately and causes rapid increase in body sugar level
- Instead of soft drinks, go for non-nutritive sweeteners such as NutraSweet, Aspartame, etc.
- Animal fat should be significantly reduced and replaced with vegetable oils
- Salt should also be reduced to a minimum level
- As a diabetic patient, you should abstain from a cigarette.
- Drink water regularly. Consume green leafy vegetables, tomatoes, onions, cucumber, peppers, vegetable salad without cream, etc.
- Take any form of tea.

And lastly, eat regularly. At least three times a day. It's not necessary you consume dense food at once, make sure you eat at the required time.

What Activities Can You Partake in as a Diabetic Patient

Even if you are not a diabetes patient, it is advised to do exercise. It has been proven that exercise helps in managing blood glucose and keeps the body healthy. Being active has many benefits, such as lowering of blood pressure, blood glucose levels, improving the mood, helping us to sleep better, improving the blood flow, improving memory in elders, burning extra calories, preventing falls, etc.

Most kinds of activities can significantly help you as a diabetes patient, although some exercise can be unsafe for a patient suffering from eye problem or nerve damage. I will advise you to contact your doctor to tell you which exercise or extra-curricular activities will be best for your condition. Whichever the case, exercises that help reduce the body weight

will surely be useful for all as it will help not only reduce the weight but also reduce the sugar and salt level, and also stabilize the inner strength.

Below are some of the exercises you can partake in:

- Leg lifting or extension
- Torso twists
- Taking an exercise class
- Playing basketball, volleyball, soccer, tennis, or other sports
- Side Lunges
- Swimming
- Hiking
- Overhead arm stretches
- Riding a bicycle. If you are not that comfortable with this, you can try stationery bicycles
- Taking the stairs instead of the elevator
- Dancing
- Walking around when receiving calls at home, etc.

These forms of exercise are great activities. I will encourage you as a diabetes patient to engage in.

Chapter 2 Diabetes Diet for Health

What is the Diabetes Diet?

As a diabetic patient, you are bound to have some severe diseases such as heart problems. You can also suffer from some mood changes such as depression. Some cases of Type-2 diabetes can be preventable, and some

can even be reversed. With the help of an excellent diabetes diet, you should be able to achieve your aim.

By using this diet, it doesn't mean you have to stop taking a good meal or deprive yourself of the best of this world; it only means you choose the best among the best food in the world. It also means you have to be very careful about those foods. Foods that will strengthen your emotional energy and help your mood should be your favorite.

A good and well-balanced diabetes plan should not include foods with too much salt. Since you're trying to control the salt rate in the body, consuming too many salty foods is like sand filling the Pacific Ocean. There are many good diabetes diets; your doctor could draft one for you depending on the stage and type of your diabetes.

Exercising regularly could also be of help. Taking good care of what you consume doesn't mean everything will be excellent, it only means you're reducing the risk of it getting bigger and more dangerous. Losing 5 to 10 % of your total weight can significantly lower the blood sugar, cholesterol level, and blood pressure.

Combining exercise with healthy food can have a profound effect on your mood, energy, and sense of well-being. It's never too late to fight this deadly disease together.

Foods to Eat and Avoid

We all know what we are here for so without wasting our time, I will go straight to the business of the day.

Below are some of the foods you should consume more:

- Fruits and vegetables. It is preferable if it is fresh and just the fruit, not the juices produced from it
- Good protein foods. examples include beans, eggs, unsweetened yogurt, and low-fat dairy
- Cereals that are high in fiber
- Whole grains, e.g., bread from whole grains

- Healthy fats from avocados, nuts, fish oils, olive oil or flax seeds
- Shellfish and fish
- Organic chicken
- Turkey

These are not just the foods you should consume or only depend on; they are just the food you should try and eat more.

Below are the lists of foods you should eat less as a type-2 diabetes patient

- Processed meat
- Red meat
- Fast foods most notably those with too much sugar
- Baked goods
- Desserts, sweets, and ships
- Trans fats from deep-fried foods
- White bread
- Sugary cereals and refined pasta
- Foods with naturally low fat but have replaced fat and added sugar. Example of such foods includes fat-free yogurt.
- Limits the amounts of carbohydrates you consume and replace it with protein because carbohydrate has a big effect on the body's sugar level.

With the listed foods, one can easily guess if they are right for the body or not. All these foods listed in the second part should be significantly reduced.

Benefits of Proper Diet for Diabetes patients

Eating healthy foods is good even when you are not suffering from any disease. I have my diet plan which was planned to me by my doctor. Having a diet plan as a diabetes patient is the best medicine you can ever use.

When a registered dietitian recommends a diet for you, together with all the general nutritional guides, it surely will help you promoting your eating

patterns without stopping all the foods you love, just that it has to be an inappropriate pattern. Some of the advantages of this diet including:

Balancing the glycemic

Healthy body weight

Improved behavioral changes

Changes in the mood to a better one.

Some Tips on Planning Your Diabetes Diet

Using a diabetes diet doesn't mean you have to be complicated and give up all your favorite meals. The best way to approach this diet is to know fully well about those foods why should you avoid some foods and take some in lesser quality while you have no worries about others. In this article, I will be shedding light on some of the bad foods a diabetes patient shouldn't depend solely on:

- **Try as much as possible to avoid SUGAR.** Enjoying your favorite meals attracts no offense as long as you measure your sugar consumption rate
- **Try to focus on whole grain carb instead of starchy foods.** cut down on **CARBS** because they are very high in fiber, and it is well known that these foods take a longer time to digest which automatically increases the body sugar level
- **Eating junk foods is dangerous to your health** either you are a diabetes patient or not.
- **Consume high PROTEINOUS foods.** Consuming too much of protein can be dangerous, and even research claimed that too much protein, especially animal protein causes insulin resistance which is a significant factor in diabetes. But consuming protein, carbohydrates, and fats will do greater help. The working principle of any diet plan is a balanced diet

Unlike most healthy diet plan that focused on some specific foods, diabetes diet should comprise of virtually all the good foods most especially natural

and unprocessed foods. Consuming fats from nuts, olive oils, fish oils or avocados is far better than hotdogs.

Be wise with what you consume.

How to Create Your Healthy Meal Plan

The term diabetes diet means the diet that is rich with natural nutrients and low in fat and calories. Taking the key elements such as fruits, vegetables, and grains, etc. is practically the best diet. In short, a diabetes diet is the best diet plan.

Creating a diabetes diet shouldn't be an arduous plan; in fact, it is effortless. With this diet, the abnormal rate of consumption which led to serious side effects in the body will be significantly reduced if not stopped. A diabetes diet is typically based on eating three tasty meals regularly.

Before creating the plan, Let's get to know those foods that are healthy for us and those that are not

Healthy foods -

1. Carbohydrates- after consuming simple and complex carbohydrates, the food breaks down into blood glucose. So for this reason, try to go for healthy carbohydrates such as whole grains, legumes, low-fat products, fruits, and vegetables.
2. Fiber-rich foods- plants foods moderate the rate at which food is digested. Foods with high fiber include whole grains, nuts, vegetables, legumes, and fruits.
3. Include heart-healthy fish in your food.

Unhealthy foods -

1. Saturated fats, e.g., hot dogs, beef, sausage, etc.
2. Cholesterol, egg yolks, animal proteins, liver, etc.
3. Sodium
4. Trans fats

Creating your plan

- Make sure your plate is half-filled with non-starchy vegetables

- One-quarter of your plate should be filled with protein
- The last quarter should contain a whole grain
- Add “healthy” fats, e.g., avocados
- Finish up with water or unsweetened tea or coffee

With the above prescription, you should be happy to finally embracing your healthy eating diet

Diabetes Diet Myths

Some of us have been scared of fiction stories. We have been told lies such as do not take sugar at all when you are implementing diabetes diet, or someone may even ask us to stop taking our favorite foods all in the name of a diabetes diet. Those words are wrong. More so, there have been many incorrect instructions from quack doctors. Use this specially made guide to correct false ideas.

1. Too much of sugar causes diabetes (Myth): the truth is that when the body can't process the food into energy, then diabetes sets in.
2. Too many rules in a diabetes diet (Myth): the truth here is whichever menu you are using, there are some specific things you need to do. Some diet pattern might be challenging to deal with but diabetes diet is so easy and straightforward, so there is nothing like complications here.

FAQs About Diabetes Diet

Before I list and answer some of the frequently asked questions, allow me to explain what a diabetes diet is again quickly. A diabetes diet is a form of meal that specially designs for patients who have diabetes. So now, let's get started

1. Are there guidelines for diabetes diet? No, there is no single guideline for this meal. In case you don't know this, there is no single appropriate medication to cure patients suffering from all forms of

diabetes. But some of the meal tools and guidelines include: counting carbohydrates, the plate methods, and glycemic index

2. How many fats and proteins can I consume on a healthy diabetes diet plan? The number of proteins, fats, and carbohydrate in your plan depends on majorly three things: your age, gender and how consistently you exercise your body. Also, the activity level affects the number of calories you need to eat to stay healthy.
3. Can I have alcohol on my diet? For some people, it's okay to drink alcohol with precaution. But one thing to note here is that alcohol contains a lot of calories and wine contains sugar so I will advise you only to take alcohol when your blood sugar level is under control.
4. Can I have sugar on a diabetes diet plan? Many doctors support the fact of adding sugar to your meal in as much as it is not too much
5. What types of food raise my sugar content? Glycemic index is the rate at which carbohydrates raise the sugar level. Carbohydrate quickly raises the sugar level faster than many other foods. Example of such foods includes Pumpkin, white bread, russet potatoes, popcorn, Melons, pineapple, etc.
6. What foods help me maintain good blood sugar levels? Foods like rolled oatmeal, converted rice, sweet potato, fruits, legumes, lentils, Lima, peas, non-starchy vegetables, etc. are foods that can make your stomach full without raising the blood glucose levels.

Chapter 3 Four Weeks Meal Plan

WEEK 1 Meal Plan

☐ Day 1

- Breakfast-Spinach Basil Muffins
- Lunch-Mushroom Frittata
- Dinner-Tasty Chicken Tenders

☐ Day 2

- Breakfast-Tasty Cauliflower Oatmeal
- Lunch-Spinach Frittata

- Dinner-Lemon Pepper Fish Fillet

☐ **Day 3**

- Breakfast-Cauliflower Potato Mash
- Lunch-Cauliflower Casserole
- Dinner-Pesto Chicken

☐ **Day 4**

- Breakfast-Eggs Scrambled
- Lunch-Quick Broccoli Salad
- Dinner-Italian Pork Chop

☐ **Day 5**

- Breakfast-Walnut Apricot Millet
- Lunch-Tomato Asparagus Salad
- Dinner-Delicious Baked Fish

☐ **Day 6**

- Breakfast-Lemon Quinoa
- Lunch-Broccoli Frittata
- Dinner-Basil Lemon Salmon

☐ **Day 7**

- Breakfast-Chia Oatmeal
- Lunch-Squash Casserole
- Dinner-Dill Mustard Salmon

WEEK 2 Meal Plan

☐ **Day 1**

- Breakfast-Roasted Cinnamon Sweet Potatoes
- Lunch-Baked Asparagus
- Dinner-Salsa Chicken

☐ **Day 2**

- Breakfast-Healthy Broccoli Cauliflower Mash

- Lunch-Sautéed Lemon Garlic Kale
- Dinner-Moist & Tender Turkey Breast

☐ **Day 3**

- Breakfast-Jalapeno Egg Scrambled
- Lunch-Roasted Roots
- Dinner-Parmesan Salmon

☐ **Day 4**

- Breakfast-Almond Banana Oatmeal
- Lunch-Parmesan Green Beans
- Dinner-Chili Chicken Wings

☐ **Day 5**

- Breakfast-Almond Porridge
- Lunch-Cauliflower Salad
- Dinner-Garlic Chicken Wing

☐ **Day 6**

- Breakfast-Cauliflower Grits
- Lunch-Parmesan Eggplant
- Dinner-Spinach Cheese Pie

☐ **Day 7**

- Breakfast-Chocó Overnight Oats
- Lunch-Tomato Basil Green Bean Salad
- Dinner-Tasty Harissa Chicken

WEEK 3 Meal Plan

☐ **Day 1**

- Breakfast-Egg Veggie Scramble
- Lunch-Stir Fried Broccoli

- Dinner-Dill Mustard Salmon

☐ **Day 2**

- Breakfast-Healthy Asparagus Quiche
- Lunch-Healthy Carrot Tomato Soup
- Dinner-Spinach Cheese Pie

☐ **Day 3**

- Breakfast-Vegetable Breakfast Omelet
- Lunch-Creamy Zucchini Soup
- Dinner-Moist & Tender Turkey Breast

☐ **Day 4**

- Breakfast-Banana Pancakes
- Lunch-Cucumber Egg Salad
- Dinner-Delicious Baked Fish

☐ **Day 5**

- Breakfast-Spinach Quiche
- Lunch-Almond Lemon Broccoli
- Dinner-Pesto Chicken

☐ **Day 6**

- Breakfast-Delicious Almond Pancakes
- Lunch-Spicy Chicken Salad
- Dinner-Lemon Pepper Fish Fillet

☐ **Day 7**

- Breakfast-Chia Raspberry Pudding
- Lunch-Egg Pepper Salad
- Dinner-Italian Pork Chops

WEEK 4 Meal Plan

☐ **Day 1**

- Breakfast-Spinach Avocado Omelet
- Lunch-Broccoli Bread
- Dinner-Tasty Harissa Chicken

☐ **Day 2**

- Breakfast-Protein Muffins
- Lunch-Shrimp with Beans
- Dinner-Garlic Chicken Wings

☐ **Day 3**

- Breakfast-Healthy Kale Muffins
- Lunch-Tasty Chicken Patties
- Dinner-Chili Chicken Wings

☐ **Day 4**

- Breakfast-Tomato Egg Scramble
- Lunch-Onion Soup
- Dinner-Parmesan Salmon

☐ **Day 5**

- Breakfast-Squash Mash
- Lunch-Avocado Egg Salad
- Dinner-Salsa Chicken

☐ **Day 6**

- Breakfast-Baked Tomato Egg
- Lunch-Curried Tomato Soup
- Dinner-Basil Lemon Salmon

☐ **Day 7**

- Breakfast-Healthy Spinach Egg Scramble
- Lunch-Creamy Asparagus Soup

- Dinner-Tasty Chicken Tenders

Chapter 4 Breakfast Recipes

1-Spinach Basil Muffins

Time: 25 minutes

Serve: 12

Ingredients:

- 10 large eggs
- 2 cups spinach, chopped
- 1 ½ cups parmesan cheese, grated
- ½ tsp dried basil
- 1 ½ tsp sea salt

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. Spray a muffin tray with cooking spray and set aside.
3. In a large bowl, whisk eggs with basil and salt.
4. Add cheese and spinach and stir well.
5. Pour egg mixture into the prepared muffin tray and bake in preheated oven for 12-15 minutes.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 111 Fat 7.2 g, Carbohydrates 0.5 g, Sugar 0.3 g, Protein 9.4 g, Cholesterol 165 mg

2-Tasty Cauliflower Oatmeal

Time: 15 minutes

Serve: 1

Ingredients:

- 1 cup cauliflower rice
- ½ tbsp peanut butter
- ¼ tsp liquid stevia
- ½ tsp cinnamon
- ½ cup unsweetened almond milk

Directions:

1. Add almond milk, stevia, cinnamon, and cauliflower rice in a saucepan and bring to boil.
2. Turn heat to medium-low and cook for 8-10 minutes.
3. If oatmeal becomes thick then stir in more milk.
4. Drizzle with peanut butter and serve.

Nutritional Value (Amount per Serving):

Calories 95 Fat 5.9 g, Carbohydrates 8.8 g, Sugar 3.2 g, Protein 4.5 g, Cholesterol 0 mg

3-Cauliflower Potato Mash

Time: 30 minutes

Serve: 4

Ingredients:

- 2 cups potatoes, peeled and cubed
- 2 tbsp butter
- ¼ cup milk
- 10 oz cauliflower florets
- ¾ tsp salt

Directions:

1. Add water to the saucepan and bring to boil.
2. Reduce heat and simmer for 10 minutes.

3. Drain vegetables well. Transfer vegetables, butter, milk, and salt in a blender and blend until smooth.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 128 Fat 6.2 g, Carbohydrates 16.3 g, Sugar 3.3 g, Protein 3.2 g, Cholesterol 17 mg

4-Eggs Scrambled

Time: 20 minutes

Serve: 4

Ingredients:

- 8 eggs
- 1 tbsp milk
- 1/2 cup cheddar cheese, shredded
- 1 tbsp cream cheese, softened
- Salt

Directions:

1. In a bowl, whisk eggs with milk, pepper, and salt until smooth.
2. Spray pan with cooking spray and heat over medium heat.
3. Pour egg mixture into the pan and stir on high heat until eggs are cooked.
4. Add cheddar cheese and cream cheese and stir until well combined.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 194 Fat 14.4 g, Carbohydrates 1.1 g, Sugar 0.9 g, Protein 14.9 g, Cholesterol 345 mg

5-Walnut Apricot Millet

Time: 20 minutes

Serve: 3

Ingredients:

- 1 cup millet
- 2 1/2 cups water
- 1 tbsp maple syrup
- 1/4 cup walnuts, toasted and chopped
- 1/4 cup dried apricots, chopped
- 1/8 tsp salt

Directions:

1. Add millet and water in a saucepan and bring to boil over medium heat.
2. Turn heat to low and simmer for 15 minutes.
3. Add remaining ingredients and stir well.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 340 Fat 9.1 g, Carbohydrates 55.5 g, Sugar 5.3 g, Protein 10 g, Cholesterol 0 mg

6-Lemon Quinoa

Time: 35 minutes

Serve: 6

Ingredients:

- 1 cup quinoa
- 1 tsp garlic powder
- 1 lemon juice
- 1 lemon zest

- 1 tbsp fresh basil, chopped

Directions:

1. Add 2 cups of water in a saucepan.
2. Add all ingredients into the saucepan and stir well. Bring to boil.
3. Turn heat to medium-low and simmer for 20 minutes.
4. Remove from heat. Cover and let sit for 5 minutes.
5. Fluff quinoa with fork and serve.

Nutritional Value (Amount per Serving):

Calories 109 Fat 1.8 g, Carbohydrates 18.9 g, Sugar 0.3 g, Protein 4.2 g,
Cholesterol 0 mg

7-Chia Oatmeal

Time: 10 minutes

Serve: 1

Ingredients:

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 2 tbsp almonds, sliced
- 1 cup unsweetened almond milk
- 1/8 tsp cinnamon

Directions:

1. Add oats and almond milk in a saucepan and heat over medium heat. Cook for 5 minutes. Stir well.
2. Add cinnamon and chia seeds. Stir well and remove the pan from heat.
3. Pour oatmeal in serving bowl and top with sliced almonds.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 289 Fat 13.4 g, Carbohydrates 34 g, Sugar 0.9 g, Protein 10.5 g, Cholesterol 0 mg

8-Roasted Cinnamon Sweet Potatoes

Time: 45 minutes

Serve: 8

Ingredients:

- 2 lbs sweet potatoes, cut into 1-inch cubes
- 3 tbsp coconut oil, melted
- 1/2 tsp ground cinnamon
- 2 tbsp honey
- 1 tsp kosher salt

Directions:

1. Preheat the oven to 425 F/ 218 C.
2. Spray a baking tray with cooking spray and set aside.
3. In a mixing bowl, toss sweet potatoes with oil. Season with salt.
4. Transfer sweet potato cubes on a prepared baking tray and bake in preheated oven for 15 minutes.
5. Stir well and bake for 10 minutes more.
6. Remove from oven and drizzle with honey and stir until well coated.
7. Sprinkle with cinnamon. Return to the oven and bake for 10 minutes more.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 194 Fat 5.3 g, Carbohydrates 36.1 g, Sugar 4.9 g, Protein 1.8 g, Cholesterol 0 mg

9-Healthy Broccoli Cauliflower Mash

Time: 35 minutes

Serve: 4

Ingredients:

- 1 small cauliflower, cut into florets
- 1 1/3 small broccoli, cut into florets
- 2 cups vegetable broth
- 4 tbsp butter
- 1 tsp sea salt

Directions:

1. Add cauliflower and broccoli in steamer and steam for 15 minutes.
2. Add steamed cauliflower and broccoli in a blender with butter, broth, and parsley and blend until smooth.
3. Season with salt and serve.

Nutritional Value (Amount per Serving):

Calories 154 Fat 12 g, Carbohydrates 7 g, Sugar 2 g, Protein 5 g,
Cholesterol 31 mg

10-Jalapeno Egg Scrambled

Time: 15 minutes

Serve: 1

Ingredients:

- 2 eggs
- 1 tsp olive oil
- 1/4 tsp onion powder
- 1 jalapeno pepper, chopped
- 1 oz cream cheese

Directions:

1. Heat olive oil in a pan over medium heat.
2. Add chopped jalapeno pepper in a pan and sauté until softened.
3. Add eggs to the pan and stir until lightly scramble.
4. Remove pan from heat. Add cream cheese and onion powder, pepper, and salt. Stir well.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 292 Fat 24.6 g, Carbohydrates 3.7 g, Sugar 1.7 g, Protein 15.2 g, Cholesterol 403 mg

11-Almond Banana Oatmeal

Time: 10 minutes

Serve: 1

Ingredients:

- 2 tbsp almond flour
- 2 tbsp unsweetened shredded coconut
- 1/2 banana, mashed
- 1/4 tsp cinnamon
- 1/2 cup unsweetened almond milk

Directions:

1. Add all ingredients into the microwave safe bowl and stir well.
2. Place in microwave and microwave for 2 minutes.
3. Stir well and serve.

Nutritional Value (Amount per Serving):

Calories 128 Fat 7.0 g, Carbohydrates 16.7 g, Sugar 7.9 g, Protein 1.8 g, Cholesterol 0 mg

12-Almond Porridge

Time: 15 minutes

Serve: 2

Ingredients:

- 1/2 cup ground almonds
- 1 tsp stevia
- 3/4 cup coconut cream
- 1 tsp ground cinnamon
- Pinch of nutmeg

Directions:

1. Add coconut cream in saucepan and heat over medium heat until melted.
2. Add stevia and ground almonds and stir well.
3. Stir constantly for 5 minutes over medium heat until thickened.
4. Add cinnamon and nutmeg. Stir well.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 348 Fat 33.4 g, Carbohydrates 11.2 g, Sugar 4.1 g, Protein 7.2 g, Cholesterol 0 mg

13-Cauliflower Grits

Time: 2 hours 5 minutes

Serve: 8

Ingredients:

- 6 cups cauliflower rice
- 1 cup cream cheese
- 1/2 cup vegetable stock

- 1/2 tsp pepper
- 1 tsp salt

Directions:

1. Add all ingredients to the slow cooker and stir well combine.
2. Cover slow cooker with lid and cook on low for 2 hours.
3. Stir and serve.

Nutritional Value (Amount per Serving):

Calories 123 Fat 10.3 g, Carbohydrates 4.9 g, Sugar 1.9 g, Protein 4 g, Cholesterol 32 mg

14-Choco Overnight Oats

Time: 10 minutes

Serve: 1

Ingredients:

- 1/3 cup rolled oats, gluten-free
- 1 tsp cocoa powder
- 2 tsp maple syrup
- 3/4 tsp chia seeds
- 1/2 cup unsweetened almond milk

Directions:

1. Add oats, cocoa powder, maple syrup, chia seeds, and almond milk into the bowl and stir to mix.
2. Seal bowl with lid and place in the refrigerator for overnight.
3. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 178 Fat 4.5 g, Carbohydrates 31.6 g, Sugar 9.4 g, Protein 5 g, Cholesterol 0 mg

15-Egg Veggie Scramble

Time: 20 minutes

Serve: 1

Ingredients:

- 3 eggs, beaten
- 4 mushrooms, sliced
- 1 tbsp olive oil
- 1/2 cup spinach, chopped
- 1/4 cup bell peppers, chopped

Directions:

1. Heat oil in a pan over medium heat.
2. Add vegetables to the pan and sauté for 5 minutes. Remove from pan and set aside.
3. Add beaten eggs in the same pan and cook over medium heat, stir continuously.
4. Season with pepper and salt.
5. Add sautéed vegetables in the egg mixture and mix well.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 414 Fat 31.7 g, Carbohydrates 6.6 g, Sugar 2.8 g, Protein 27.2 g, Cholesterol 523 mg

16-Healthy Asparagus Quiche

Time: 1 hour 10 minutes

Serve: 6

Ingredients:

- 15 asparagus spears, cut ends
- 1 cup Swiss cheese, shredded
- 5 eggs, beaten
- 1 cup almond milk
- 1/4 tsp salt

Directions:

1. Cut asparagus in half.
2. Preheat the oven to 350 F/ 180 C.
3. Spray a quiche dish with cooking spray and set aside.
4. In a bowl, beat together eggs, thyme, white pepper, almond milk, and salt.
5. Arrange asparagus in prepared quiche dish then pour egg mixture over asparagus.
6. Sprinkle shredded cheese on top of asparagus and egg mixture.
7. Place in preheated oven and bake for 60 minutes.
8. Cut in slices and serve.

Nutritional Value (Amount per Serving):

Calories 225 Fat 18 g, Carbohydrates 5 g, Sugar 3 g, Protein 11 g, Cholesterol 153 mg

17-Vegetable Breakfast Omelet

Time: 1 hour 40 minutes

Serve: 4

Ingredients:

- 6 eggs
- 4 egg whites
- 1 bell pepper, diced
- 1 cup spinach
- 1/2 cup unsweetened almond milk

Directions:

1. Spray slow cooker from inside with cooking spray.
2. In a large bowl, whisk together egg whites, eggs, almond milk, pepper, and salt.
3. Stir in bell pepper and spinach.
4. Transfer egg mixture to the slow cooker.
5. Cover slow cooker with lid and cook on high for 1 hour 30 minutes.
6. Slice and serve.

Nutritional Value (Amount per Serving):

Calories 128 Fat 7.2 g, Carbohydrates 3.5 g, Sugar 2.3 g, Protein 12.5 g, Cholesterol 246 mg

18-Banana Pancakes

Time: 10 minutes

Serve: 6

Ingredients:

- 2 eggs
- 1/8 tsp baking powder
- 2 tbsp vanilla Protein powder
- 1 large banana, mashed

Directions:

1. Heat pan over medium heat.
2. Meanwhile, add all ingredients into the bowl and mix well until combined.
3. Spray hot pan with cooking spray.
4. Pour 3 tablespoons of batter onto the hot pan to make a pancake.
5. Cook a pancake for 30-40 seconds then flip to other side and cook for 30 seconds.

6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 78 Fat 1.6 g, Carbohydrates 5.5 g, Sugar 3 g, Protein 11.1 g,
Cholesterol 55 mg

19-Spinach Quiche

Time: 4 hours 10 minutes

Serve: 4

Ingredients:

- 4 eggs
- 10 oz frozen spinach, chopped and thawed
- 4 oz feta cheese
- 2 cups unsweetened almond milk
- 1/4 tsp salt

Directions:

1. Whisk together all ingredients into the large mixing bowl.
2. Spray Crockpot from inside with cooking spray.
3. Pour egg mixture into the Crockpot.
4. Cover and cook on low for 4 hours.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 174 Fat 12.4 g, Carbohydrates 5.1 g, Sugar 1.8 g, Protein 12.1 g,
Cholesterol 189 mg

20-Delicious Almond Pancakes

Time: 10 minutes

Serve: 2

Ingredients:

- 1 egg
- 1/2 cup almond flour
- 1/2 tbsp heavy whipping cream
- 1 1/2 tbsp granulated swerve sweetener
- 1/2 tsp baking powder

Directions:

1. Spray pan with cooking spray and heat over medium heat.
2. In a mixing bowl, add almond flour, salt, baking powder, and granulated swerve sweetener. Mix well.
3. In another bowl, mix together egg, and heavy whipping cream.
4. Add dry ingredients into the wet and mix well.
5. Pour batter into the pan and make small pancakes.
6. Cook pancake until lightly golden brown from both the sides.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 89 Fat 7 g, Carbohydrates 13 g, Sugar 11 g, Protein 4 g,
Cholesterol 87 mg

21-Chia Raspberry Pudding

Time: 10 minutes

Serve: 1

Ingredients:

- 1/2 cup raspberries
- 1 cup unsweetened coconut milk
- 4 tbsp chia seeds

Directions:

1. Add all ingredients into the blender and blend until smooth.
2. Pour into the glass jar and place in the refrigerator for 3 hours.
3. Serve chilled and enjoy.

Nutritional Value (Amount per Serving):

Calories 215 Fat 13.6 g, Carbohydrates 15.3 g, Sugar 2.7 g, Protein 6.9 g, Cholesterol 0 mg

22-Spinach Avocado Omelet

Time: 15 minutes

Serve: 1

Ingredients:

- 2 eggs
- 1/2 cup spinach
- 1 tsp olive oil
- 1/2 tsp turmeric
- 1/2 avocado, sliced

Directions:

1. Add eggs, spinach, turmeric, pepper, and salt in the blender and blend until well mix.
2. Heat olive oil in a pan over medium heat.
3. Pour egg mixture into a hot pan and cook for 2-3 minutes.
4. Turn to other side and cook for 2 minutes more.
5. Transfer omelet to a plate, add sliced avocado onto half of the omelet, then fold the omelet in half.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 378 Fat 33.1 g, Carbohydrates 10.6 g, Sugar 1.3 g, Protein 13.5 g, Cholesterol 327 mg

23-Protein Muffins

Time: 30 minutes

Serve: 6

Ingredients:

- 4 large eggs
- 1 scoop whey protein
- 2 tbsp butter
- 4 oz cream cheese

Directions:

1. In a bowl, melt cream cheese and butter.
2. Add eggs and whey protein in a bowl and beat until well combined.
3. Spray muffin pan with cooking spray.
4. Pour batter into the prepared muffin pan and bake at 350 F/180 C for 25 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 168 Fat 14 g, Carbohydrates 1 g, Sugar 0.5 g, Protein 9 g,
Cholesterol 166 mg

24-Healthy Kale Muffins

Time: 40 minutes

Serve: 8

Ingredients:

- 6 eggs
- 1/2 cup coconut milk
- 1 cup kale, chopped

- 1/4 cup chives, chopped
- Pepper
- Salt

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray muffin pan with cooking spray and set aside.
3. Add all ingredients into the bowl and whisk well to combine.
4. Pour mixture into the prepared muffin pan and bake in preheated oven for 30 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 93 Fat 7 g, Carbohydrates 2 g, Sugar 0.8 g, Protein 5 g, Cholesterol 140 mg

25-Tomato Egg Scramble

Time: 15 minutes

Serve: 2

Ingredients:

- 6 eggs, lightly beaten
- 14 oz tomatoes, diced
- 2 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- Salt

Directions:

1. Heat oil in a pan over medium heat.
2. Add tomatoes and cook for 4 minutes.
3. Add beaten eggs and stir until eggs are cooked.
4. Add parsley and stir well to mix.

5. Season with pepper and salt.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 287 Fat 20.4 g, Carbohydrates 9.6 g, Sugar 6.6 g, Protein 18.6 g, Cholesterol 491 mg

26-Squash Mash

Time: 40 minutes

Serve: 8

Ingredients:

- 3 lbs butternut squash, chopped
- 1 tsp cinnamon
- 1/4 cup almond milk
- 1 garlic cloves, sliced
- 2 tbsp olive oil

Directions:

1. Preheat the oven to 365 F/ 185 C.
2. In a bowl, add butternut squash, oregano, olive oil, and garlic and toss well.
3. Place squash mixture on a baking dish and bake in preheated oven for 30 minutes.
4. Combine together almond milk and cinnamon and set aside.
5. Remove from oven and allow to cool for 5 minutes.
6. Add butternut squash in a blender and blend until smooth.
7. Add almond milk mixture and blend until combined.
8. Pour into the bowl and serve.

Nutritional Value (Amount per Serving):

Calories 126 Fat 5.5 g, Carbohydrates 20.8 g, Sugar 4 g, Protein 1.9 g,
Cholesterol 0 mg

27-Baked Tomato Egg

Time: 35 minutes

Serve: 2

Ingredients:

- 2 eggs
- 2 large fresh tomatoes
- 1 tsp fresh parsley
- Pepper
- Salt

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Cut off the top of a tomato and spoon out the tomato innards.
3. Break the egg in each tomato and bake in preheated oven for 30 minutes.
4. Season with parsley, pepper, and salt.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 96 Fat 4.7 g, Carbohydrates 7.5 g, Sugar 5.1 g, Protein 7.2 g,
Cholesterol 164 mg

28-Healthy Spinach Egg Scramble

Time: 15 minutes

Serve: 1

Ingredients:

- 1/2 cup egg whites
- 2 cups fresh spinach, chopped
- 1 plum tomato, chopped
- 1 tsp garlic, minced
- 2 tbsp feta cheese, crumbled

Directions:

1. Spray pan with cooking spray and heat over medium heat.
2. Add garlic in a pan and sauté for a minute.
3. Add egg whites and scramble as it cooks about 2 minutes.
4. Add spinach and tomato and stir well and cook for a minute.
5. Season with pepper and salt.
6. Top with crumbled feta cheese and serve.

Nutritional Value (Amount per Serving):

Calories 156 Fat 4.5 g , Carbohydrates 9.9 g , Sugar 4.9 g , Protein 18.8 g ,
Cholesterol 17 mg

29-Sausage Breakfast Casserole

Time: 4 hours 10 minutes

Serve: 6

Ingredients:

- 10 eggs
- 4 cups broccoli, chopped
- 1 cup cheddar cheese, shredded
- 12 oz sausage, cooked and sliced
- 3/4 cup whipping cream

Directions:

1. Spray slow cooker from inside with cooking spray.
2. Add half broccoli florets to the slow cooker and spread well.

3. Add half sausages and half cheeses into the slow cooker.
4. Repeat same with remaining broccoli florets, sausage, and cheese.
5. In a bowl, whisk together eggs, pepper, whipping cream, and salt. Pour into the slow cooker.
6. Cover slow cooker with lid and cook on low for 4 hours.
7. Serve warm and enjoy.

Nutritional Value (Amount per Serving):

Calories 437 Fat 34.5 g, Carbohydrates 5.3 g, Sugar 1.7 g, Protein 27 g, Cholesterol 357 mg

30-Strawberry Smoothie

Time: 5 minutes

Serve: 1

Ingredients:

- 5 strawberries
- 1/2 cup low- Fat Greek yogurt
- 1 cup unsweetened almond milk
- 1/2 cup ice cubes

Directions:

1. Add all ingredients into the blender and blend until smooth and creamy.
2. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 114 Fat 4.2 g, Carbohydrates 13.6 g, Sugar 7.9 g, Protein 6.4 g, Cholesterol 8 mg

31-Avocado Spinach Smoothie

Time: 5 minutes

Serve: 3

Ingredients:

- 1 cup spinach
- 1 avocado
- 1 cucumber, peeled
- 1 cup of water
- 1 fresh lemon, peeled

Directions:

1. Add all ingredients into the blender and blend until smooth.
2. Add ice cubes and blend for a minute.
3. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 160 Fat 13.3 g, Carbohydrates 11.6 g, Sugar 2.5 g, Protein 2.4 g, Cholesterol 0 mg

32-Spinach Grapefruit Smoothie

Time: 5 minutes

Serve: 2

Ingredients:

- 2 cups baby spinach
- 2 grapefruits, peeled and deseeded
- 10 drops of liquid stevia
- 4 oz water
- 1 avocado

Directions:

1. Add all ingredients into the blender and blend until smooth and creamy.

2. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 253 Fat 19.9 g, Carbohydrates 20.1 g, Sugar 9.6 g, Protein 3.6 g, Cholesterol 0 mg

33-Apple Quinoa

Time: 30 minutes

Serve: 4

Ingredients:

- 3 large apples, peeled and core
- 1 tbsp honey
- 1 cup quinoa
- 3 cups of water
- 3 tsp cinnamon

Directions:

1. Cut apples into the small pieces.
2. Add chopped apples, quinoa and water into the saucepan and bring to boil.
3. Cover saucepan with lid and simmer for 25 minutes or until quinoa absorb the water.
4. Add cinnamon and stir well.
5. Drizzle with honey and serve.

Nutritional Value (Amount per Serving):

Calories 264 Fat 2.9 g, Carbohydrates 56.1 g, Sugar 21.7 g, Protein 6.5 g, Cholesterol 0 mg

34-Vanilla Almond Pancakes

Time: 15 minutes

Serve: 1

Ingredients:

- 1 egg
- 1 scoop vanilla protein powder
- 1 tbsp almond meal
- 2 tbsp water

Directions:

1. Add all ingredients into the bowl and mix until well combined.
2. Heat pan over medium heat.
3. Pour tablespoons of batter onto pan and cook pancakes for 2 minutes on each side.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 257 Fat 10.8 g, Carbohydrates 12.6 g, Sugar 2.6 g, Protein 29.8 g, Cholesterol 224 mg

Chapter 5 Lunch Recipes

35-Mushroom Frittata

Time: 45 minutes

Serve: 4

Ingredients:

- 6 eggs
- 6 oz mushrooms, sliced
- 1 cup leeks, sliced
- Salt

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray a baking dish with cooking spray and set aside.
3. Heat pan over medium heat.
4. Add mushrooms, leeks, and salt in a pan sauté for 6 minutes.
5. Whisk eggs in a bowl.
6. Transfer sautéed mushroom and leek mixture into the prepared baking dish.
7. Pour egg mixture over mushroom mixture.
8. Bake in preheated oven for 40 minutes.
9. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 117 Fat 6.8 g, Carbohydrates 5.1 g, Sugar 2.1 g, Protein 10 g, Cholesterol 246 mg

36-Spinach Frittata

Time: 20 minutes

Serve: 6

Ingredients:

- 6 large eggs
- 1 cup fresh spinach, chopped
- 1/2 cup cheddar cheese, shredded
- 1 tbsp olive oil
- 1/4 tsp salt

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. In a bowl, whisk together eggs, spinach, pepper, and salt.
3. Heat olive oil in an oven-safe pan over medium heat.
4. Add egg mixture into the pan and cook until set, about 5 minutes.

5. Sprinkle shredded cheese over eggs and bake in preheated oven for 5 minutes.
6. Slice and serve.

Nutritional Value (Amount per Serving):

Calories 135 Fat 10.4 g , Carbohydrates 1 g , Sugar 0.4 g , Protein 9 g ,
Cholesterol 196 mg

37-Cauliflower Casserole

Time: 45 minutes

Serve: 8

Ingredients:

- 4 cups cauliflower florets
- 4 bacon slices, cooked and crumbled
- 3 green onions, chopped
- 1 ½ cups cheddar cheese, shredded
- 1 cup sour cream

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray a baking dish with cooking spray and set aside.
3. Boil water in a large pot. Add cauliflower in boiling water and cook for 8-10 minutes or until tender. Drain well.
4. Transfer cauliflower in a large bowl. Add half bacon, half green onion, 1 cup cheese, and sour cream in cauliflower bowl and mix well.
5. Transfer mixture into a prepared baking dish and sprinkle with remaining cheese.
6. Bake in preheated oven for 25 minutes.
7. Garnish with remaining green onion and bacon.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 213 Fat 17.1 g, Carbohydrates 4.7 g, Sugar 1.5 g, Protein 10.8 g,
Cholesterol 45 mg

38-Quick Broccoli Salad

Time: 15 minutes

Serve: 6

Ingredients:

- 3 cups broccoli, chopped
- ½ cup coleslaw dressing
- ½ cup bacon, diced
- 3 tbsp sunflower seeds
- 2 green onions, chopped

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Season salad with pepper and salt.
3. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 210 Fat 16 g, Carbohydrates 4 g, Sugar 4 g, Protein 4 g,
Cholesterol 10 mg

39-Tomato Asparagus Salad

Time: 10 minutes

Serve: 8

Ingredients:

- 10 oz asparagus spears, cut in half
- ½ onion, sliced
- 1 lb tomatoes, cut into chunks

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar

Directions:

1. Add all ingredients into the mixing bowl and toss well.
2. Cover salad bowl and place in the refrigerator for 1 hour.
3. Serve chilled and enjoy.

Nutritional Value (Amount per Serving):

Calories 50 Fat 3.7 g, Carbohydrates 4.3 g, Sugar 2.5 g, Protein 1.4 g, Cholesterol 0 mg

40-Broccoli Frittata

Time: 30 minutes

Serve: 4

Ingredients:

- 10 eggs
- 2 tbsp olive oil
- 2 oz feta cheese, crumbled
- 1 broccoli stalk, cut into florets
- 1 tomato, diced

Directions:

1. Preheat the oven to 425 F/ 218 C.
2. Heat olive oil in a pan over medium heat.
3. In a bowl, whisk together eggs, vegetables, pepper, and salt.
4. Add crumbled cheese and stir until combined.
5. Pour egg mixture into the pan and cook until sides begin to set.
6. Bake frittata in the preheated oven until golden brown.
7. Cut into slices and serve.

Nutritional Value (Amount per Serving):

Calories 369 Fat 30.9 g, Carbohydrates 8.2 g, Sugar 2.5 g, Protein 17.9 g,
Cholesterol 422 mg

41-Squash Casserole

Time: 45 minutes

Serve: 6

Ingredients:

- 2 lbs yellow summer squash, cut into chunks
- ½ cup liquid egg substitute
- ¼ cup mayonnaise
- ¾ cup cheddar cheese, shredded
- ¼ tsp salt

Directions:

1. Preheat the oven to 375 F/ 190 C.
2. Spray a baking dish with cooking spray and set aside.
3. Add squash in a saucepan then pour enough water in a saucepan to cover the squash. Bring to boil.
4. Turn heat to medium and cook for 10 minutes or until tender. Drain well.
5. In a large mixing bowl, combine together squash, egg substitute, mayonnaise, ½ cup cheese, and salt.
6. Transfer squash mixture into prepared baking dish.
7. Sprinkle remaining cheese on top.
8. Bake in preheated oven for 30 minutes.
9. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 142 Fat 8 g, Carbohydrates 7.9 g, Sugar 2.6 g, Protein 7.9 g,
Cholesterol 18 mg

42-Baked Asparagus

Time: 25 minutes

Serve: 6

Ingredients:

- 1lb asparagus, trimmed
- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- ¼ tsp pepper
- ¼ tsp salt

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Place asparagus on a baking tray and drizzle with vinegar and oil.
3. Season with pepper and salt.
4. Bake in preheated oven for 12-15 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 56 Fat 4.8 g, Carbohydrates 3 g, Sugar 1.4 g, Protein 1.7 g, Cholesterol 0 mg

43-Sautéed Lemon Garlic Kale

Time: 25 minutes

Serve: 6

Ingredients:

- 2 lbs kale, rinsed and chopped
- 1 tbsp fresh lemon juice
- ½ tsp red pepper flakes

- 2 garlic cloves, minced
- 1 tbsp olive oil

Directions:

1. Heat oil in a large pot over medium-high heat.
2. Add kale in a pot and sauté for 5-6 minutes or until wilted.
3. Add red pepper and garlic and stir well.
4. Cover and cook for 6-8 minutes until kale is tender.
5. Remove cover and cook for 2-3 minutes.
6. Add lemon juice and stir well.
7. Season with pepper and salt.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 97 Fat 2.4 g, Carbohydrates 16.3 g, Sugar 0.1 g, Protein 4.6 g, Cholesterol 0 mg

44-Roasted Roots

Time: 40 minutes

Serve: 6

Ingredients:

- ½ lb carrots, cut into chunks
- 1 lb sweet potato, cubed
- 1 lb beetroot, cubed
- 3 tsp paprika
- 2 tsp olive oil

Directions:

1. Add all ingredients in a large mixing bowl and toss well.
2. Transfer root mixture onto a baking tray.
3. Roast in the oven at 350 F/ 180 C for 30 minutes.

4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 133 Fat 2 g, Carbohydrates 27.5 g, Sugar 12.9 g, Protein 3.3 g,
Cholesterol 0 mg

45-Parmesan Green Beans

Time: 20 minutes

Serve: 5

Ingredients:

- 1 lb green beans, trimmed
- ¼ cup parmesan cheese, shredded
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1/8 tsp pepper

Directions:

1. Boil water in a saucepan over high heat.
2. Add green beans in boiling water and blanch for 5 minutes.
3. Heat oil in a pan over medium heat.
4. Add garlic to the pan and sauté for 30 seconds.
5. Add green beans and pepper and saute for 3 minutes.
6. Sprinkle with parmesan cheese and serve.

Nutritional Value (Amount per Serving):

Calories 71 Fat 4 g, Carbohydrates 7 g, Sugar 1.3 g, Protein 3.3 g,
Cholesterol 3 mg

46-Cauliflower Salad

Time: 15 minutes

Serve: 2

Ingredients:

- 4 eggs, hard boiled
- 1 tsp Dijon mustard
- ¼ cup mayonnaise
- 1 green onion, sliced
- 1 lb cauliflower, cut into florets

Directions:

1. Add cauliflower in boiling water and cook for 5-7 minutes. Drain well.
2. Place cauliflower in a large mixing bowl.
3. Peeled and chopped eggs and place in a mixing bowl.
4. Add remaining ingredients to the bowl and stir well.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 301 Fat 18.9 g, Carbohydrates 20.4 g, Sugar 8.2 g, Protein 16.1 g, Cholesterol 335 mg

47-Parmesan Eggplant

Time: 2 hours 10 minutes

Serve: 8

Ingredients:

- 1 eggplant, peeled and cut in 1-inch cubes
- 1/3 cup parmesan cheese, shredded
- 1 ½ cup spaghetti sauce
- 1 onion, cut in wedges
- 1 medium zucchini, cut into 1-inch pieces

Directions:

1. Add all ingredients into the slow cooker and stir well.
2. Cover slow cooker with lid and cook on high for 2 hours.
3. Stir well and serve.

Nutritional Value (Amount per Serving):

Calories 47 Fat 1.2 g, Carbohydrates 7.2 g, Sugar 3.6 g, Protein 2.5 g, Cholesterol 2 mg

48-Tomato Basil Green Bean Salad

Time: 15 minutes

Serve: 4

Ingredients:

- 1 lb green beans, trimmed and cut into 2-inch pieces
- 2 cups cherry tomatoes, cut in half
- 1/3 cup fresh basil, chopped
- For dressing:
 - 2 tbsp lemon juice
 - 3 tbsp olive oil

Directions:

1. Boil water in a large pot over medium heat.
2. Once the water starts boiling then add green beans and cook for 5 minutes.
3. Drain beans well and transfer in a mixing bowl.
4. Add basil and cherry tomatoes in green beans and mix well.
5. In a small bowl, mix together all dressing ingredients and pour over salad.
6. Toss well and serve.

Nutritional Value (Amount per Serving):

Calories 144 Fat 10.9 g, Carbohydrates 11.9 g, Sugar 4.1 g, Protein 3 g, Cholesterol 0 mg

49-Stir Fried Broccoli

Time: 20 minutes

Serve: 2

Ingredients:

- 2 cups broccoli florets
- 1/2 tsp apple cider vinegar
- 1/2 onion, sliced
- 1/2 tbsp olive oil
- 1/2 red chili, chopped

Directions:

1. Boil broccoli florets until tender then drained well and set aside.
2. Heat olive oil in a pan over medium heat.
3. Add onion and sauté until softened then add broccoli and toss well.
4. Add remaining ingredients. Stir well and cook for 4 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 79 Fat 3.8 g, Carbohydrates 10.3 g, Sugar 4.2 g, Protein 2.9 g, Cholesterol 0 mg

50-Healthy Carrot Tomato Soup

Time: 4 hours 10 minutes

Serve: 4

Ingredients:

- 4 medium carrots, peeled and chopped

- 1 cup of coconut milk
- 14.5 oz can tomatoes, diced
- 1 tsp ground coriander
- 1 tbsp turmeric

Directions:

1. Add all ingredients into the slow cooker and stir well.
2. Cover slow cooker with lid and cook on low for 4 hours.
3. Puree the soup using an immersion blender until smooth.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 193 Fat 14.6 g, Carbohydrates 15.9 g, Sugar 8.6 g, Protein 3 g, Cholesterol 12 mg

51-Creamy Zucchini Soup

Time: 45 minutes

Serve: 4

Ingredients:

- 1 zucchini, chopped
- 1 bell pepper, chopped
- 2 carrots, chopped
- 1 cup of coconut milk
- 1 tbsp olive oil

Directions:

1. Heat olive oil in a pan over medium heat.
2. Add vegetables to the pan and cook for 7-8 minutes or until they are done.
3. Add coconut milk and stir well. Cook over medium heat for 5 minutes.

4. Add 1 cup of water and cook on low for 15 minutes.
5. Puree the soup using an immersion blender until smooth.
6. Season soup with pepper and salt.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 202 Fat 18 g, Carbohydrates 10.8 g, Sugar 5.9 g, Protein 2.8 g, Cholesterol 13 mg

52-Cucumber Egg Salad

Time: 15 minutes

Serve: 4

Ingredients:

- 6 eggs, hard-boiled, peel and diced
- 1/4 cup mayonnaise
- 1/2 tsp paprika
- 1 avocado, peel, and cube
- 1 cucumber, peel and chopped

Directions:

1. Add all ingredients into the mixing bowl and toss well.
2. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 176 Fat 12.7 g, Carbohydrates 7.6 g, Sugar 2.7 g, Protein 9.2 g, Cholesterol 249 mg

53-Almond Lemon Broccoli

Time: 25 minutes

Serve: 4

Ingredients:

- 1 1/2 lbs broccoli florets
- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- 3 tbsp slivered almonds, toasted
- 2 garlic cloves, sliced

Directions:

1. Preheat the oven to 425 F/ 218 C.
2. Spray baking dish with cooking spray.
3. Add broccoli, pepper, salt, garlic, and oil in a large bowl and toss well.
4. Spread broccoli on the prepared baking dish and roast in preheated oven for 20 minutes.
5. Add lemon juice and almonds over broccoli and toss well.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 177 Fat 13.3 g, Carbohydrates 12.9 g, Sugar 3.2 g, Protein 5.8 g, Cholesterol 0 mg

54-Spicy Chicken Salad

Time: 25 minutes

Serve: 2

Ingredients:

- 1 1/2 cups chicken, cooked and shredded
- 1 tsp chili powder
- 1/2 fresh lime juice
- 2 tbsp fresh cilantro, chopped
- 1 green onion, sliced

Directions:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Season salad with pepper and salt.
3. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 112 Fat 2.3 g, Carbohydrates 1.2 g, Sugar 0.2 g, Protein 20.6 g,
Cholesterol 54 mg

55-Egg Pepper Salad

Time: 20 minutes

Serve: 2

Ingredients:

- 6 hard-boiled eggs, peeled and chopped
- 2 celery stalks, diced
- 1/2 bell pepper, diced
- 1 tbsp brown mustard
- 1/4 cup light mayonnaise

Directions:

1. Add all ingredients into the mixing bowl and mix well.
2. Season with pepper and salt.
3. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 363 Fat 25.6 g, Carbohydrates 15.7 g, Sugar 6.1 g, Protein 18.2 g,
Cholesterol 501 mg

56-Broccoli Bread

Time: 35 minutes

Serve: 5

Ingredients:

- 5 eggs, lightly beaten
- 3/4 cup broccoli florets, chopped
- 1 cup cheddar cheese, shredded
- 2 tsp baking powder
- 3 1/1 tbsp coconut flour

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray a loaf pan with cooking spray and set aside.
3. Add all ingredients into the bowl and mix well.
4. Pour egg mixture into the prepared loaf pan and bake in preheated oven for 30 minutes.
5. Cut loaf into the slices and serve.

Nutritional Value (Amount per Serving):

Calories 209 Fat 13 g, Carbohydrates 8 g, Sugar 1 g, Protein 13 g,
Cholesterol 187 mg

57-Shrimp with Beans

Time: 20 minutes

Serve: 4

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1/2 lb green beans, washed and trimmed
- 2 tbsp soy sauce
- 2 tbsp olive oil
- Salt

Directions:

1. Heat oil in a pan over medium-high heat.
2. Add beans to the pan and sauté for 5-6 minutes or until tender.
3. Remove pan from heat and set aside.
4. Add shrimp in the same pan and cook for 2-3 minutes each side.
5. Return beans to the pan along with soy sauce.
6. Stir well and cook until shrimp is done.
7. Season with salt and serve.

Nutritional Value (Amount per Serving):

Calories 217 Fat 9 g, Carbohydrates 6.4 g, Sugar 0.9 g, Protein 27.4 g,
Cholesterol 16 mg

58-Tasty Chicken Patties

Time: 20 minutes

Serve: 4

Ingredients:

- 1 lb ground chicken
- 1/4 tsp red pepper flakes
- 1/2 tsp chili seasoning, no salt added
- 1/2 tsp ground cumin
- 1 tsp paprika

Directions:

1. Preheat the grill.
2. Add all ingredients into the large bowl and mix well to combine.
3. Make four small round patties from the mixture.
4. Once the grill is hot then place patties and grill for 5 minutes on each side.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 220 Fat 8.6 g, Carbohydrates 0.8 g, Sugar 0.1 g, Protein 33 g,
Cholesterol 101 mg

59-Onion Soup

Time: 30 minutes

Serve: 6

Ingredients:

- 8 cups onions, peel and slice
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 6 cups vegetable stock
- 1 tsp salt

Directions:

1. Add olive oil in instant pot and set the pot on sauté mode.
2. Add sliced onion to the pot and cook until softened.
3. Add remaining ingredients into the pot and stir well.
4. Seal pot with a lid and select manual high pressure for 10 minutes.
5. Allow releasing pressure naturally then open the lid.
6. Remove bay leaves from soup.
7. Puree the soup using a blender until smooth.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 104 Fat 4.7 g, Carbohydrates 15.1 g, Sugar 7.3 g, Protein 1.7 g,
Cholesterol 0 mg

60-Avocado Egg Salad

Time: 20 minutes

Serve: 2

Ingredients:

- 4 eggs, hard-boiled, peel and chopped
- 4 cups arugula
- 1 avocado, peel and sliced
- 2 tsp Dijon mustard
- 1/2 cup sour cream

Directions:

1. In a small bowl, combine together Dijon mustard, sour cream, pepper, and salt.
2. Add eggs, arugula, and avocado in a large bowl and toss well.
3. Pour dressing over salad and toss well.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 489 Fat 42 g, Carbohydrates 13 g, Sugar 2 g, Protein 17 g, Cholesterol 397 mg

61-Curried Tomato Soup

Time: 4 hours 10 minutes

Serve: 8

Ingredients:

- 4 lbs tomatoes, cored and diced
- 2 tbsp onion, minced
- 1 tsp garlic, minced
- 2 tsp curry powder
- 2 cups of coconut milk

Directions:

1. Add all ingredients into the slow cooker along with 1 cup of water and stir well.
2. Cover slow cooker with lid and cook on high for 4 hours.
3. Puree the soup using a blender until smooth.
4. Stir well and serve.

Nutritional Value (Amount per Serving):

Calories 182 Fat 14.8 g, Carbohydrates 12 g, Sugar 8.1 g, Protein 3.5 g, Cholesterol 0 mg

62-Creamy Asparagus Soup

Time: 30 minutes

Serve: 6

Ingredients:

- 2 lbs asparagus, cut the ends
- 2 tbsp sour cream
- 6 cups vegetable stock
- 1 onion, chopped
- 1 tbsp butter

Directions:

1. Melt butter in a large pot over medium heat.
2. Add onion to the pot and sauté for 2 minutes.
3. Add asparagus, stock, pepper, and salt and bring to boil.
4. Cover pot with lid and simmer for 20 minutes.
5. Remove pot from heat and add sour cream. Stir well.
6. Puree the soup using a blender until smooth.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 73 Fat 3.5 g, Carbohydrates 8.5 g, Sugar 4.3 g, Protein 4.4 g,
Cholesterol 7 mg

63-Shredded Turkey

Time: 7 hours 10 minutes

Serve: 24

Ingredients:

- 4 lbs turkey breast, skinless, boneless, and halves
- 1/2 cup butter, cubed
- 12 oz chicken stock
- 1 envelope onion soup mix

Directions:

1. Place turkey breast into the slow cooker.
2. Combine together butter, chicken stock, and onion soup mix and pour over turkey breast.
3. Cover slow cooker with lid and cook on low for 8 hours.
4. Shred turkey breast with a fork and serve.

Nutritional Value (Amount per Serving):

Calories 113 Fat 5.1 g, Carbohydrates 3.2 g, Sugar 2.7 g, Protein 13 g,
Cholesterol 43 mg

64-Dijon sprouts Salad

Time: 20 minutes

Serve: 6

Ingredients:

- 1 1/2 lbs Brussels sprouts, trimmed

- 1/4 cup toasted hazelnuts, chopped
- 2 tbsp olive oil
- 2 tsp Dijon mustard
- 1 1/2 tbsp lemon juice

Directions:

1. In a small bowl, whisk together oil, mustard, lemon juice, pepper, and salt.
2. In a large bowl, combine together Brussels sprouts and hazelnuts.
3. Pour dressing over salad and toss well.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 111 Fat 7.1 g, Carbohydrates 11 g, Sugar 2.7 g, Protein 4.4 g, Cholesterol 0 mg

65-Cauliflower Soup

Time: 35 minutes

Serve: 4

Ingredients:

- 1/2 head cauliflower, diced
- 1 garlic clove, minced
- 1/4 tbsp coconut oil
- 16 oz vegetable broth
- 1 small onion, diced

Directions:

1. Heat coconut oil in a saucepan over medium heat.
2. Add garlic and onion and sauté for 4 minutes.
3. Add vegetable broth and cauliflower. Bring to boil.
4. Cover and simmer for 15 minutes. Season with salt.

5. Puree the soup using a blender until smooth and creamy.
6. Season with pepper and salt.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 53 Fat 1.6 g, Carbohydrates 6.2 g, Sugar 2.8 g, Protein 4.1 g, Cholesterol 0 mg

66-Tomato Avocado Salad

Time: 15 minutes

Serve: 3

Ingredients:

- 4 medium tomatoes, sliced
- 4 oz mozzarella cheese
- 2 tbsp pesto
- 5 olives, halved and deseeded
- 1 large avocado, peel and sliced

Directions:

1. Add avocado, olives, and tomato in a bowl and mix well.
2. Add pesto and mozzarella.
3. Season with pepper and salt.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 408 Fat 34 g, Carbohydrates 13 g, Sugar 5 g, Protein 14 g, Cholesterol 23 mg

67-Creamy Mushroom Soup

Time: 25 minutes

Serve: 4

Ingredients:

- 3 cups mushrooms, sliced
- 1 medium onion, chopped
- 1 tsp olive oil
- 1 cup skim milk
- 2 tsp whole wheat flour
- Pepper
- Salt

Directions:

1. Heat oil in a saucepan over medium heat.
2. Add onion to the pan and sauté over medium heat for 1 minute.
3. Add mushrooms, flour, and one cup of water and stir well and cook for 5-6 minutes.
4. Remove pan from heat and set aside to cool completely.
5. Add milk and blend using an immersion blender until smooth.
6. Season with pepper and salt.
7. Add one cup of water and stir well and cook over medium heat for 2-3 minutes more.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 59 Fat 1.4 g, Carbohydrates 8.3 g, Sugar 5.1 g, Protein 4.1 g, Cholesterol 1 mg

68-Tomato Basil Soup

Time: 45 minutes

Serve: 6

Ingredients:

- 10 tomatoes, diced

- 2 tbsp fresh basil, chopped
- 1/4 cup heavy cream
- 1/4 cup vegetable stock
- 1 tbsp olive oil

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. Spray a baking tray with cooking spray.
3. In a bowl, toss together tomatoes and olive oil and spread on a baking tray.
4. Roast in preheated oven for 20 minutes.
5. Transfer roasted tomato mixture into the blender and blend until smooth.
6. Pour tomato puree into a saucepan and heat over medium heat.
7. Add stock and simmer for 15 minutes.
8. Add basil and cream and stir well.
9. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 78 Fat 4.9 g, Carbohydrates 8.9 g, Sugar 5.7 g, Protein 2 g, Cholesterol 7 mg

69-Balsamic Asparagus Potatoes

Time: 40 minutes

Serve: 4

Ingredients:

- 2 lbs potatoes, cut into quarters
- 9 oz asparagus, cut into 2-inch pieces
- 1/4 cup balsamic vinegar
- 2 tbsp olive oil

Directions:

1. Preheat the oven to 390 F/ 198 C.
2. Spray a baking tray with cooking spray and set aside.
3. In a large bowl, add potatoes, balsamic vinegar, olive oil, and salt and toss well.
4. Spread potatoes on a prepared baking tray and roast in preheated oven for 20 minutes.
5. Add asparagus and stir well and cook for 15 minutes more.
6. Season with pepper and salt.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 232 Fat 7.3 g, Carbohydrates 38.3 g, Sugar 3.9 g, Protein 5.2 g, Cholesterol 0 mg

70-Chicken Soup

Time: 1 hour 20 minutes

Serve: 6

Ingredients:

- 4 lbs Chicken, cut into pieces
- 5 carrots, sliced thick
- 8 cups of water
- 2 celery stalks, sliced 1 inch thick
- 2 large onions, sliced

Directions:

1. In a large pot add chicken, water, and salt. Bring to boil.
2. Add celery and onion in the pot and stir well.
3. Turn heat to medium-low and simmer for 30 minutes.
4. Add carrots and cover pot with a lid and simmer for 40 minutes.

5. Remove Chicken from the pot and remove bones and cut Chicken into bite-size pieces.
6. Return chicken into the pot and stir well.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 501 Fat 9.2 g, Carbohydrates 10.3 g, Sugar 4.7 g, Protein 88.7 g, Cholesterol 233 mg

71-Ginger Chili Broccoli

Time: 25 minutes

Serve: 5

Ingredients:

- 8 cups broccoli florets
- 1/2 cup olive oil
- 2 fresh lime juice
- 2 tbsp fresh ginger, grated
- 2 tsp chili pepper, chopped

Directions:

1. Add broccoli florets into the steamer and steam for 8 minutes.
2. Meanwhile, for dressing in a small bowl, combine together lime juice, oil, ginger, and chili pepper.
3. Add steamed broccoli in a large bowl then pour dressing over broccoli. Toss well.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 239 Fat 20.8 g, Carbohydrates 13.7 g, Sugar 3 g, Protein 4.5 g, Cholesterol 0 mg

72-Simple Avocado Tomato Salad

Time: 15 minutes

Serve: 4

Ingredients:

- 2 avocados, diced
- 1 tbsp olive oil
- 4 cup cherry tomatoes, cut into half
- 1 fresh lime juice
- 1/4 cup fresh cilantro, chopped

Directions:

1. Add cherry tomatoes, cilantro, and avocados in a large bowl.
2. In a small bowl, combine together lemon juice, and olive oil.
3. Pour lemon juice mixture over salad and mix well.
4. Season with pepper and salt.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 270 Fat 23.5 g, Carbohydrates 16.6 g, Sugar 5.4 g, Protein 3.6 g, Cholesterol 0 mg

Chapter 6 Dinner Recipes

73-Tasty Chicken Tenders

Time: 25 minutes

Serve: 4

Ingredients:

- 1 ½ lbs chicken tenders
- 1 tbsp extra virgin olive oil
- 1 tsp rotisserie chicken seasoning

- 2 tbsp BBQ sauce

Directions:

1. Add all ingredients except oil in a zip-lock bag.
2. Seal bag and place in the refrigerator for 2-3 hours.
3. Heat oil in a large pan over medium heat.
4. Cook marinated chicken tenders in a pan until lightly brown and cooked.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 365 Fat 16.1 g, Carbohydrates 2.8 g, Sugar 2 g, Protein 49.2 g, Cholesterol 151 mg

74-Lemon Pepper Fish Fillet

Time: 30 minutes

Serve: 4

Ingredients:

- 1 lb white fish fillets
- ½ tbsp olive oil
- ½ tsp lemon pepper
- 1 tsp paprika
- ½ tbsp ground cumin

Directions:

1. In a small bowl, mix together cumin, lemon pepper, and paprika.
2. Rub spice mixture on fish fillets.
3. Heat oil in a large pan over medium heat.
4. Add fish fillets and cook until browned from both the sides, about 4 minutes on each side.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 215 Fat 10.5 g, Carbohydrates 0.8 g, Sugar 0.1 g, Protein 28 g,
Cholesterol 87 mg

75-Pesto Chicken

Time: 20 minutes

Serve: 6

Ingredients:

- 1 ¾ lbs chicken breasts, skinless, boneless, and slice
- ½ cup mozzarella cheese, shredded
- ¼ cup pesto

Directions:

1. Add chicken and pesto in a mixing bowl and mix until well coated.
2. Place in refrigerator for 2-3 hours.
3. Grill chicken over medium heat until completely cooked.
4. Sprinkle cheese over chicken and serve.

Nutritional Value (Amount per Serving):

Calories 303 Fat 14.6 g, Carbohydrates 0.8 g, Sugar 0.7 g, Protein 39.9 g,
Cholesterol 122 mg

76-Italian Pork Chops

Time: 45 minutes

Serve: 4

Ingredients:

- 4 pork chops, boneless
- 3 garlic cloves, minced

- 1 tsp dried rosemary, crushed
- ¼ tsp pepper
- ¼ tsp sea salt

Directions:

1. Preheat the oven to 425 F/ 218 C.
2. Line baking tray with cooking spray and season pork chops with pepper and salt.
3. Combine together garlic and rosemary and rub all over pork chops.
4. Place pork chops in a prepared baking tray.
5. Roast pork chops in preheated oven for 10 minutes.
6. Turn oven temperature to 350 F/ 180 C and roast for 25 minutes.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 261 Fat 19.9 g, Carbohydrates 1 g, Sugar 0 g, Protein 18.1 g, Cholesterol 69 mg

77-Delicious Baked Fish

Time: 25 minutes

Serve: 2

Ingredients:

- 4 oz salmon fish fillets, skinless
- 1 tsp Worcestershire sauce
- 1 tbsp green onion, sliced
- 2 tbsp parmesan cheese, grated
- ¼ cup mayonnaise

Directions:

1. Preheat the oven to 450 F/ 232 C.

2. In a small bowl, mix together mayonnaise, Worcestershire sauce, green onion, and parmesan cheese.
3. Spread mayonnaise mixture over salmon fillets.
4. Bake in preheated oven for 10-12 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 186 Fat 12.3 g, Carbohydrates 7.7 g, Sugar 2.5 g, Protein 11.8 g, Cholesterol 34 mg

78-Basil Lemon Salmon

Time: 25 minutes

Serve: 2

Ingredients:

- 2 salmon fillets
- 1 tbsp butter, melted
- 1 tbsp fresh lemon juice
- 1 tbsp fresh basil, minced
- 1/8 tsp salt

Directions:

1. Preheat grill over medium heat.
2. Place salmon fillets skin side down on foil piece.
3. In a small bowl, mix together lemon juice, basil, butter, and salt.
4. Spoon lemon juice mixture over salmon fillets. Fold foil around the fish fillets.
5. Cook on a hot grill for 10-15 minutes.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 289 Fat 16.8 g, Carbohydrates 0.3 g, Sugar 0.2 g, Protein 34.7 g,
Cholesterol 46 mg

79-Dill Mustard Salmon

Time: 25 minutes

Serve: 4

Ingredients:

- 1 lb salmon, slice into 4 fillets
- 1 fresh lemon juice
- 2 tbsp dill, chopped
- 2 tbsp mustard

Directions:

1. Preheat the oven to 450 F/ 230 C.
2. Place salmon fillets on a baking tray.
3. Add all remaining ingredients into the bowl and brush over the salmon fillets.
4. Bake in preheated oven for 15 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 183 Fat 8.8 g, Carbohydrates 3.1 g, Sugar 0.6 g, Protein 23.8 g,
Cholesterol 50 mg

80-Salsa Chicken

Time: 2 hours 10 minutes

Serve: 6

Ingredients:

- 1 1/2 lbs chicken tenders, skinless

- 16 oz salsa
- 1/4 tsp garlic powder
- 1/8 tsp ground cumin
- 1/8 tsp oregano

Directions:

1. Place chicken tenders into the slow cooker.
2. Season with cumin, oregano, and garlic powder.
3. Pour salsa over the chicken tenders.
4. Cover slow cooker with lid and cook on high for 2 hours.
5. Remove chicken from slow cooker and shred with a fork.
6. Return shredded chicken to the slow cooker and stir well.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 237 Fat 8.5 g, Carbohydrates 4.9 g, Sugar 2.3 g, Protein 34 g, Cholesterol 101 mg

81-Moist & Tender Turkey Breast

Time: 4 hours 10 minutes

Serve: 12

Ingredients:

- 6 lbs turkey breast, bone-in
- 4 fresh rosemary sprigs
- 1/2 cup water
- 4 garlic cloves, peeled

Directions:

1. Place turkey breast into the slow cooker.
2. Add water, garlic, and rosemary on top. Season with pepper and salt.

3. Cover slow cooker with lid and cook on low for 4 hours or until meat is tender.
4. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 237 Fat 3.8 g, Carbohydrates 9.9 g, Sugar 8 g, Protein 38.8 g, Cholesterol 98 mg

82-Parmesan Salmon

Time: 25 minutes

Serve: 4

Ingredients:

- 4 salmon fillets
- 1/4 cup parmesan cheese, grated
- 1 tbsp lemon rind
- 1/2 cup walnuts
- 1 tsp olive oil

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. Spray a baking tray with cooking spray.
3. Place salmon on a baking tray.
4. Add walnuts into the food processor and process until finely ground.
5. Mix ground walnuts with parmesan cheese, oil, and lemon rind. Stir well.
6. Spoon walnut mixture over the salmon fillets and press gently.
7. Bake in preheated oven for 15 minutes.
8. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 423 Fat 27.4 g, Carbohydrates 1.9 g, Sugar 0.3 g, Protein 46.3 g,
Cholesterol 98 mg

83-Chili Chicken Wings

Time: 1 hour 10 minutes

Serve: 4

Ingredients:

- 2 lbs chicken wings
- 1/8 tsp paprika
- 1/2 cup coconut flour
- 1/4 tsp garlic powder
- 1/4 tsp chili powder

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. In a mixing bowl, add all ingredients except chicken wings and mix well.
3. Add chicken wings to the bowl mixture and coat well and place on a baking tray.
4. Bake in preheated oven for 55-60 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 440 Fat 17.1 g, Carbohydrates 1.3 g, Sugar 0.2 g, Protein 65.9 g,
Cholesterol 202 mg

84-Garlic Chicken Wings

Time: 55 minutes

Serve: 6

Ingredients:

- 12 chicken wings
- 2 garlic clove, minced
- 3 tbsp ghee
- 1/2 tsp turmeric
- 2 tsp cumin seeds

Directions:

1. Preheat the oven to 425 F/ 215 C.
2. In a large bowl, mix together 1 teaspoon cumin, 1 tbsp ghee, turmeric, pepper, and salt.
3. Add chicken wings to the bowl and toss well.
4. Spread chicken wings on a baking tray and bake in preheated oven for 30 minutes.
5. Turn chicken wings to another side and bake for 8 minutes more.
6. Meanwhile, heat remaining ghee in a pan over medium heat.
7. Add garlic and cumin to the pan and cook for a minute.
8. Remove pan from heat and set aside.
9. Remove chicken wings from oven and drizzle with ghee mixture/
10. Bake chicken wings 5 minutes more.
11. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 378 Fat 27.9 g, Carbohydrates 11.4 g, Sugar 0 g, Protein 19.7 g, Cholesterol 94 mg

85-Spinach Cheese Pie

Time: 40 minutes

Serve: 8

Ingredients:

- 6 eggs, lightly beaten
- 2 boxes frozen spinach, chopped

- 2 cup cheddar cheese, shredded
- 15 oz cottage cheese
- 1 tsp salt

Directions:

1. Preheat the oven to 375 F/ 190 C.
2. Spray an 8*8-inch baking dish with cooking spray and set aside.
3. In a mixing bowl, combine together spinach, eggs, cheddar cheese, cottage cheese, pepper, and salt.
4. Pour spinach mixture into the prepared baking dish and bake in preheated oven for 10 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 229 Fat 14 g, Carbohydrates 5.4 g, Sugar 0.9 g, Protein 21 g, Cholesterol 157 mg

86-Tasty Harissa Chicken

Time: 4 hours 10 minutes

Serve: 4

Ingredients:

- 1 lb chicken breasts, skinless and boneless
- 1/2 tsp ground cumin
- 1 cup harissa sauce
- 1/4 tsp garlic powder
- 1/2 tsp kosher salt

Directions:

1. Season chicken with garlic powder, cumin, and salt.
2. Place chicken to the slow cooker.
3. Pour harissa sauce over the chicken.

4. Cover slow cooker with lid and cook on low for 4 hours.
5. Remove chicken from slow cooker and shred using a fork.
6. Return shredded chicken to the slow cooker and stir well.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 232 Fat 9.7 g, Carbohydrates 1.3 g, Sugar 0.1 g, Protein 32.9 g,
Cholesterol 101 mg

Chapter 7 Side Dishes

87-Roasted Balsamic Mushrooms

Time: 50 minutes

Serve: 4

Ingredients:

- 8 oz mushrooms, sliced
- ½ tsp thyme
- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 onions, sliced

Directions:

1. Preheat the oven to 375 F/ 190 C.
2. Line baking tray with aluminum foil and spray with cooking spray and set aside.
3. In a mixing bowl, add all ingredients and mix well.
4. Spread mushroom mixture onto a prepared baking tray.
5. Roast in preheated oven for 45 minutes.
6. Season with pepper and salt.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 96 Fat 7.2 g, Carbohydrates 7.2 g, Sugar 3.3 g, Protein 2.4 g,
Cholesterol 0 mg

88-Roasted Cumin Carrots

Time: 45 minutes

Serve: 4

Ingredients:

- 8 carrots, peeled and cut into ½ inch thick slices
- 1 tsp cumin seeds
- 1 tbsp olive oil
- ½ tsp kosher salt

Directions:

1. Preheat the oven to 400 F/ 200 C.
2. Line baking tray with parchment paper.
3. Add carrots, cumin seeds, olive oil, and salt in a large bowl and toss well to coat.
4. Spread carrots on a prepared baking tray and roast in preheated oven for 20 minutes.
5. Turn carrots to another side and roast for 20 minutes more.
6. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 82 Fat 3.6 g, Carbohydrates 12.2 g, Sugar 6 g, Protein 1.1 g,
Cholesterol 0 mg

89-Tasty & Tender Brussels Sprouts

Time: 35 minutes

Serve: 4

Ingredients:

- 1 lb Brussels sprouts, trimmed cut in half
- ¼ cup balsamic vinegar
- 1 onion, sliced
- 1 tbsp olive oil

Directions:

1. Add water in a saucepan and bring to boil.
2. Add Brussels sprouts and cook over medium heat for 20 minutes. Drain well.
3. Heat oil in a pan over medium heat.
4. Add onion and cook until softened. Add sprouts and vinegar and stir well and cook for 1-2 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 93 Fat 3.9 g, Carbohydrates 13 g, Sugar 3.7 g, Protein 4.2 g, Cholesterol 0 mg

90-Sautéed Veggies

Time: 15 minutes

Serve: 4

Ingredients:

- 1/2 cup mushrooms, sliced
- 1 zucchini, diced
- 1 squash, diced
- 2 1/2 tsp southwest seasoning
- 3 tbsp olive oil

Directions:

1. In a medium bowl, whisk together southwest seasoning, pepper, olive oil, and salt.
2. Add vegetables to a bowl and mix well to coat.
3. Heat pan over medium-high heat.
4. Add vegetables in the pan and sauté for 5-7 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 107 Fat 10.7 g, Carbohydrates 3.6 g, Sugar 1.5 g, Protein 1.2 g, Cholesterol 0 mg

91-Mustard Green Beans

Time: 20 minutes

Serve: 4

Ingredients:

- 1 lb green beans, washed and trimmed
- 1 tsp whole grain mustard
- 1 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1/4 cup onion, chopped

Directions:

1. Steam green beans in the microwave until tender.
2. Meanwhile, in a pan heat olive oil over medium heat.
3. Add the onion in a pan sauté until softened.
4. Add water, apple cider vinegar, and mustard in the pan and stir well.
5. Add green beans and stir to coat and heat through.
6. Season green beans with pepper and salt.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 71 Fat 3.7 g, Carbohydrates 8.9 g, Sugar 1.9 g, Protein 2.1 g,
Cholesterol 0 mg

Chapter 8 Snacks

92-Zucchini Fries

Time: 40 minutes

Serve: 4

Ingredients:

- 1 egg
- 2 medium zucchini, cut into fries shape
- 1 tsp Italian herbs
- 1 tsp garlic powder
- 1 cup parmesan cheese, grated

Directions:

1. Preheat the oven to 425 F/ 218 C.
2. Spray a baking tray with cooking spray and set aside.
3. In a small bowl, add egg and lightly whisk it.
4. In a separate bowl, mix together spices and parmesan cheese.
5. Dip zucchini fries in egg then coat with parmesan cheese mixture and place on a baking tray.
6. Bake in preheated oven for 25-30 minutes. Turn halfway through.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 184 Fat 10.3 g, Carbohydrates 3.9 g, Sugar 2 g, Protein 14.7 g,
Cholesterol 71 mg

93-Simple Garlic Chickpeas

Time: 45 minutes

Serve: 4

Ingredients:

- 1 cup chickpeas, dried
- 4 garlic cloves
- 4 cups of water
- 2 bay leaves
- Salt

Directions:

1. Rinse chickpeas and add to the instant pot.
2. Add bay leaves, salt, garlic, and water. Stir well.
3. Seal pot with a lid and select beans mode and set timer for 35 minutes.
4. Allow releasing pressure naturally then open the lid.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 186 Fat 3.0 g, Carbohydrates 31.3 g, Sugar 5 g, Protein 9 g,
Cholesterol 0 mg

94-Broccoli Nuggets

Time: 25 minutes

Serve: 4

Ingredients:

- 2 cups broccoli florets
- 1/4 cup almond flour
- 2 egg whites
- 1 cup cheddar cheese, shredded
- 1/8 tsp salt

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray a baking tray with cooking spray and set aside.
3. Using potato masher breaks the broccoli florets into small pieces.
4. Add remaining ingredients to the broccoli and mix well.
5. Drop 20 scoops onto baking tray and press lightly into a nugget shape.
6. Bake in preheated oven for 20 minutes.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 148 Fat 10.4 g, Carbohydrates 3.9 g, Sugar 1.1 g, Protein 10.5 g, Cholesterol 30 mg

95-Zucchini Cauliflower Fritters

Time: 15 minutes

Serve: 4

Ingredients:

- 2 medium zucchini, grated and squeezed
- 3 cups cauliflower florets
- 1 tbsp coconut oil
- 1/4 cup coconut flour
- 1/2 tsp sea salt

Directions:

1. Steam cauliflower florets for 5 minutes.
2. Add cauliflower into the food processor and process until it looks like rice.
3. Add all ingredients except coconut oil to the large bowl and mix until well combined.
4. Make small round patties from the mixture and set aside.
5. Heat coconut oil in a pan over medium heat.

6. Place patties in a pan and cook for 3-4 minutes on each side.
7. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 68 Fat 3.8 g, Carbohydrates 7.8 g, Sugar 3.6 g, Protein 2.8 g, Cholesterol 0 mg

96-Roasted Chickpeas

Time: 30 minutes

Serve: 4

Ingredients:

- 15 oz can chickpeas, drained, rinsed and pat dry
- 1/2 tsp paprika
- 1 tbsp olive oil
- 1/2 tsp pepper
- 1/2 tsp salt

Directions:

1. Preheat the oven to 450 F/ 232 C.
2. Spray a baking tray with cooking spray and set aside.
3. In a large bowl, toss chickpeas with olive oil, paprika, pepper, and salt.
4. Spread chickpeas on a prepared baking tray and roast in preheated oven for 25 minutes. Stir every 10 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 158 Fat 4.8 g, Carbohydrates 24.4 g, Sugar 0 g, Protein 5.3 g, Cholesterol 0 mg

Chapter 9 Dessert

97-Peanut Butter Mousse

Time: 10 minutes

Serve: 2

Ingredients:

- 1 tbsp peanut butter
- 1 tsp vanilla extract
- 1 tsp stevia
- 1/2 cup heavy cream

Directions:

1. Add all ingredients into the bowl and whisk until soft peak forms.
2. Spoon into the serving bowls and enjoy.

Nutritional Value (Amount per Serving):

Calories 157 Fat 15.1 g, Carbohydrates 5.2 g, Sugar 3.6 g, Protein 2.6 g, Cholesterol 41 mg

98-Yummy Chocolate Mousse

Time: 10 minutes

Serve: 4

Ingredients:

- 1 1/4 cup heavy cream
- 4 oz cream cheese
- 4 drops liquid stevia
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp vanilla

Directions:

1. Add all ingredients into the blender and blend until smooth.

2. Pour mixture into the serving glasses and place in the refrigerator.
3. Serve chilled and enjoy.

Nutritional Value (Amount per Serving):

Calories 254 Fat 25.2 g, Carbohydrates 7.7 g, Sugar 0.4 g, Protein 5 g, Cholesterol 83 mg

99-Coffee Mousse

Time: 20 minutes

Serve: 8

Ingredients:

- 4 tbsp brewed coffee
- 16 oz cream cheese, softened
- 1/2 cup unsweetened almond milk
- 1 cup whipping cream
- 2 tsp liquid stevia

Directions:

1. Add coffee and cream cheese in a blender and blend until smooth.
2. Add stevia, and milk and blend again until smooth.
3. Add cream and blend until thickened.
4. Pour into the serving glasses and place in the refrigerator.
5. Serve chilled and enjoy.

Nutritional Value (Amount per Serving):

Calories 244 Fat 24.6 g, Carbohydrates 2.1 g, Sugar 0.1 g, Protein 4.7 g, Cholesterol 79 mg

100-Chocolate Brownies

Time: 30 minutes

Serve: 4

Ingredients:

- 1 scoop protein powder
- 2 tbsp unsweetened cocoa powder
- 1/2 cup almond butter
- 1 cup overripe bananas

Directions:

1. Preheat the oven to 350 F/ 180 C.
2. Spray baking dish with cooking spray.
3. Add all ingredients into the blender and blend until smooth.
4. Pour batter into the prepared dish and bake in preheated oven for 20 minutes.
5. Serve and enjoy.

Nutritional Value (Amount per Serving):

Calories 82 Fat 2.1 g, Carbohydrates 11.3 g, Sugar 5 g, Protein 6.9 g,
Cholesterol 16 mg