

SAVORY SHEPHERD'S PIE

INGREDIENTS

- 500g ground beef or lamb
- 1 onion, chopped
- 2 carrots, diced
- 1 cup peas
- 2 tablespoons tomato paste
- 1 cup beef broth
- 3 cups mashed potatoes
- Salt and pepper to taste
- Optional: Worcestershire sauce, thyme

CALORIES

520

PER SERVING

PROTEIN

28g

PER SERVING



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Cook meat with onion and carrots until browned.
3. Add tomato paste, broth, peas, and seasonings; simmer until thick.
4. Spread mixture into baking dish.
5. Top with mashed potatoes.
6. Bake 20–25 minutes until golden on top.

BAKED SALISBURY STEAK WITH ONION GRAVY

INGREDIENTS

Steaks:

- 500g ground beef
- ½ onion, finely chopped
- 1 egg
- ½ cup breadcrumbs
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste
- 1 tablespoon oil

Onion Gravy:

- 1 large onion, sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups beef broth
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste



CALORIES: 520

PROTEIN: 32g

INSTRUCTIONS

1. Preheat oven to 190°C (375°F).
2. In a large bowl, combine ground beef, onion, egg, breadcrumbs, Worcestershire sauce, salt, and pepper. Mix well and shape into 4 oval steaks.
3. Heat oil in a skillet over medium-high heat. Sear steaks for 2–3 minutes per side until browned.
4. Transfer steaks to a baking dish and bake for 20 minutes.
5. For the gravy, melt butter in a skillet over medium heat. Add sliced onion and cook until soft and golden, about 10 minutes.
6. Stir in flour and cook for 1 minute. Gradually whisk in beef broth and Worcestershire sauce. Bring to a simmer and cook until thickened.
7. Season with salt and pepper.
8. Pour onion gravy over baked steaks and serve hot.

CLASSIC LASAGNA BOLOGNESE

INGREDIENTS

Meat Sauce:

- 500g ground beef (or beef + pork mix)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can crushed tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 tablespoon olive oil

Cheese Layer:

- 2 cups ricotta cheese
- 1 egg
- 1 cup grated parmesan
- 2 cups shredded mozzarella

Other:

- Lasagna noodles (9–12 sheets)

CALORIES

560

PER SERVING

PROTEIN

32g

PER SERVING



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Heat olive oil and cook onion and garlic until soft.
3. Add ground beef and brown fully.
4. Stir in tomatoes, tomato paste, and seasoning.
5. Simmer 15–20 minutes.

HEARTY LENTIL AND VEGETABLE STEW

INGREDIENTS

- 1 cup lentils
- 1 onion, chopped
- 2 carrots, diced
- 2 potatoes, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 6 cups vegetable broth
- 1 teaspoon thyme
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 tablespoon olive oil



CALORIES

320

PROTEIN

14g

DIRECTIONS

1. Heat olive oil and sauté onion, garlic, carrots.
2. Add spices and stir briefly.
3. Add lentils, potatoes, tomatoes, and broth.
4. Simmer 30–40 minutes until tender.
5. Adjust seasoning. Serve thick and warm.

CREAMY GARLIC PARMESAN PASTA

INGREDIENTS

- 2 cups pasta
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 cup heavy cream or milk
- 1 cup grated parmesan
- Salt and pepper to taste
- Optional: parsley, chili flakes

CALORIES

560 kcal

PROTEIN

18 g

DIRECTIONS

1. Cook pasta until al dente.
2. Melt butter and sauté garlic until fragrant.
3. Add cream and simmer lightly.
4. Stir in parmesan until smooth.
5. Toss pasta in sauce.
6. Season and serve warm.



BAKED POTATO SOUP WITH ALL THE FIXINGS

INGREDIENTS

- 4 potatoes, peeled and diced
- 1 onion, chopped
- 4 cups chicken broth
- 1 cup milk or cream
- 2 tablespoons butter
- Salt and pepper to taste
- Optional toppings: cheese, bacon bits, sour cream, chives

CALORIES: 390

PROTEIN: 12g

DIRECTIONS

1. Boil potatoes in broth until tender.
2. Mash slightly for thickness.
3. Stir in butter and milk or cream.
4. Season with salt and pepper.
5. Simmer until creamy.
6. Serve topped with cheese, bacon, sour cream, and chives.



CREAMY CHICKEN AND RICE CASSEROLE

INGREDIENTS

2 cups cooked chicken, shredded

1 cup uncooked rice
(or 2 cups cooked)

2 cups chicken broth

1 can cream of mushroom
or chicken soup

1 cup milk

1 cup mixed vegetables

Salt and pepper to taste



520

CALORIES

32g

PROTEIN

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients in a baking dish.
3. Cover with foil and bake 45-60 minutes (until rice is tender).
4. Stir halfway through if needed.
5. Uncover and bake 10 more minutes for a golden top.
6. Let sit before serving.

TRADITIONAL MEATLOAF WITH A SWEET GLAZE

INGREDIENTS

500g ground beef
½ cup breadcrumbs
1 egg
½ onion, finely chopped
2 garlic cloves, minced
¼ cup milk
Salt and pepper to taste

GLAZE:

¼ cup ketchup
2 tablespoons brown sugar
1 tablespoon mustard

CALORIES

380

PER SERVING

PROTEIN

26g

PER SERVING



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix beef, breadcrumbs, egg, onion, garlic, milk, salt, and pepper.
3. Shape into a loaf and place in baking dish.
4. Mix glaze ingredients and spread over top.
5. Bake 45–60 minutes until cooked through.
6. Rest before slicing and serving.

BAKED ZITI WITH MOZZARELLA AND RICOTTA

INGREDIENTS

- 2 cups ziti pasta
- 2 cups marinara sauce
- 1 cup ricotta cheese
- 1½ cups shredded mozzarella
- ¼ cup parmesan
- Salt and pepper to taste
- Optional: basil, garlic powder

CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Cook pasta until al dente.
2. Mix pasta with marinara sauce.
3. Layer half in baking dish, dollop ricotta, then mozzarella.
4. Repeat layers and top with parmesan.
5. Bake at 190°C (375°F) for 20–25 minutes until bubbly.
6. Let rest and serve warm.



Hearty Beef and Barley Soup

INGREDIENTS

500g beef stew meat, cubed
1 onion, chopped
2 carrots, sliced
2 celery stalks, chopped
¾ cup barley
6 cups beef broth
2 garlic cloves, minced
1 teaspoon thyme
Salt and pepper to taste
1 tablespoon olive oil



CALORIES

370

PER SERVING

PROTEIN

28g

PER SERVING

DIRECTIONS

1. Brown beef in olive oil in a large pot.
2. Add onion, garlic, carrots, and celery; sauté briefly.
3. Add broth, barley, and thyme. Simmer 45–60 minutes until beef and barley are tender.
4. Season to taste. Serve hot.

GOLDEN CHICKEN POT PIE WITH PUFF PASTRY

INGREDIENTS

- 2 cups cooked chicken, diced
- 1 cup carrots, diced
- 1 cup peas
- 1 onion, chopped
- 2 tablespoons butter
- 2 tablespoons flour
- 1½ cups chicken broth
- ½ cup milk or cream
- Salt and pepper to taste
- 1 sheet puff pastry

CALORIES

420

PROTEIN

28g



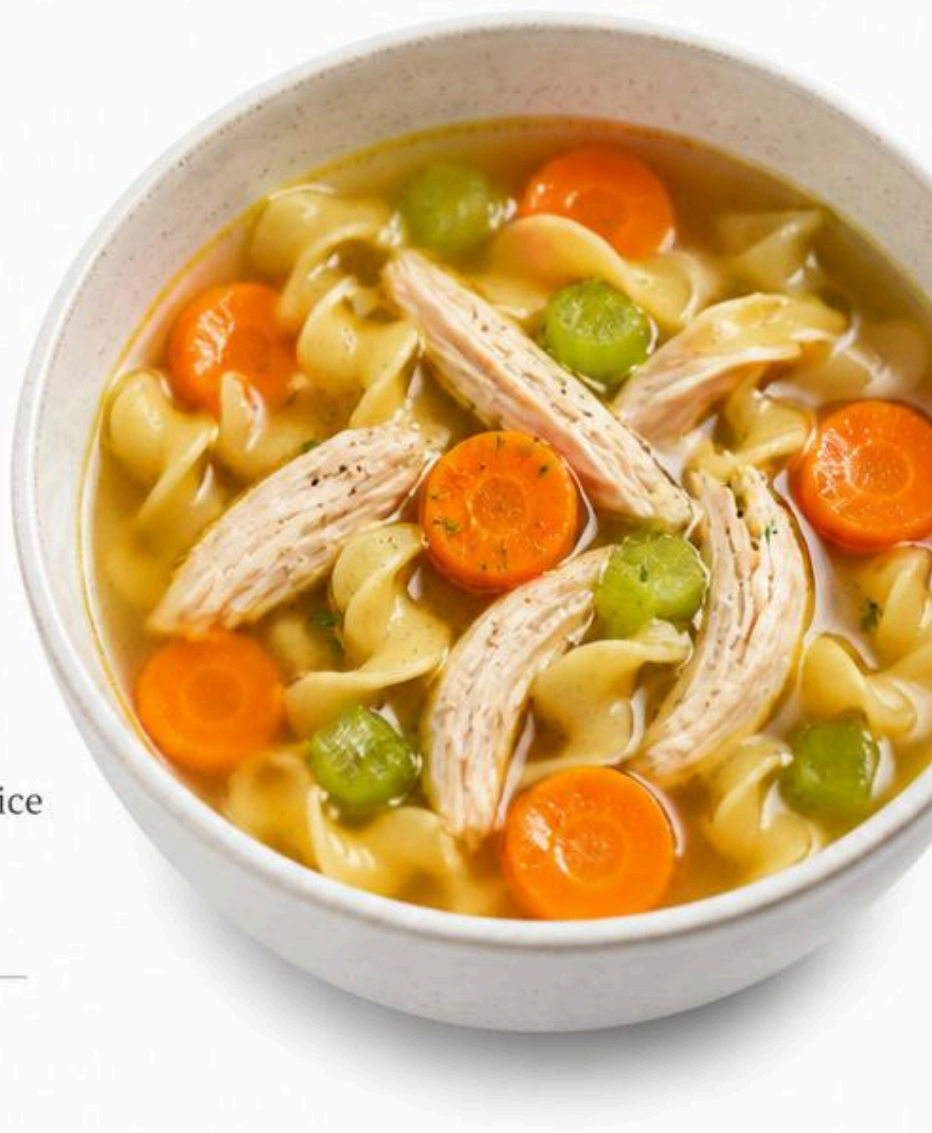
DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Melt butter and sauté onion and carrots.
3. Stir in flour to form a roux.
4. Slowly add broth and milk until thickened.
5. Add chicken and peas; season well.
6. Pour into baking dish, top with puff pastry, and bake 25–30 minutes until golden.

HOMESTYLE CHICKEN NOODLE SOUP

INGREDIENTS

- 2 cups cooked shredded chicken
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 6 cups chicken broth
- 2 cups egg noodles
- Salt and pepper to taste
- Optional: parsley, thyme, lemon juice



CALORIES

320

PROTEIN

26g

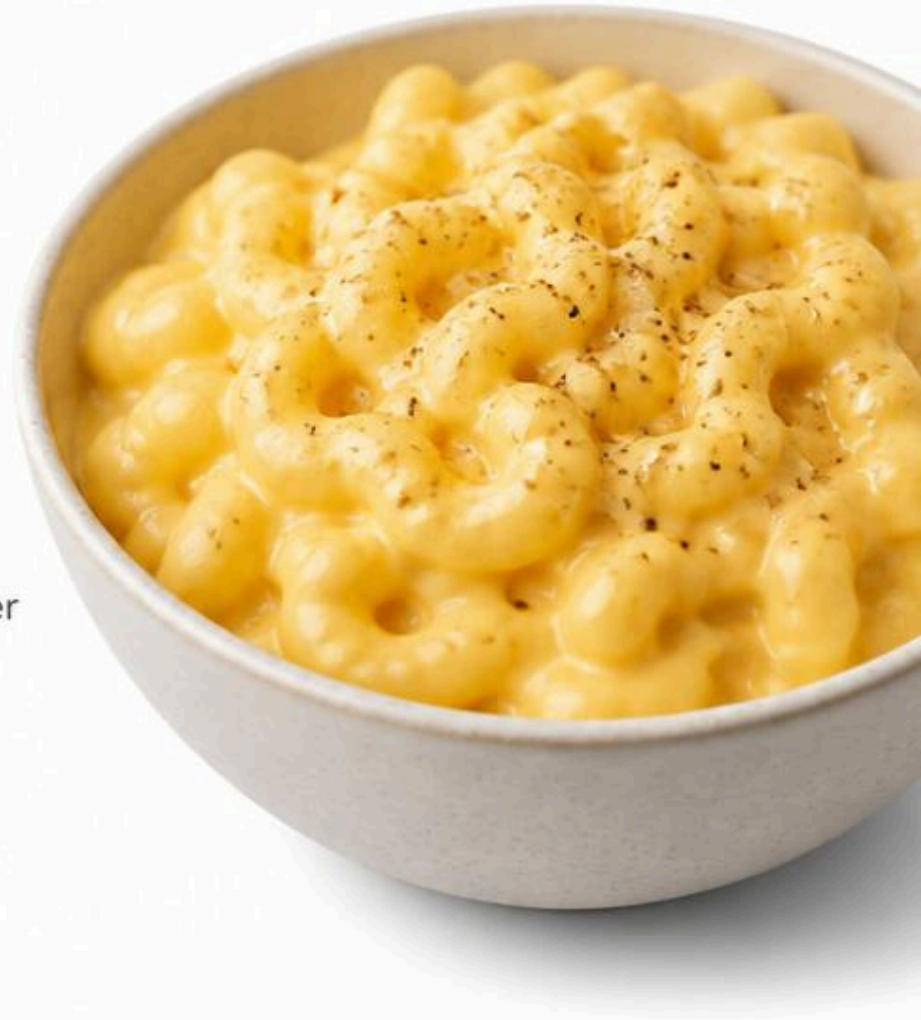
DIRECTIONS

1. Bring broth to a simmer. Add carrots, celery, onion, and garlic. Cook 10–15 minutes until tender.
2. Add noodles and cook until soft.
3. Stir in chicken and heat through.
4. Season and finish with herbs or lemon.

CLASSIC CREAMY MACARONI AND CHEESE

INGREDIENTS

- 2 cups elbow macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 2 cups shredded cheddar cheese
- Salt and pepper to taste
- Optional: paprika, mustard powder



CALORIES

520

PROTEIN

21g

DIRECTIONS

1. Cook macaroni until al dente and drain.
2. Melt butter in a pot and whisk in flour (1–2 minutes).
3. Slowly add milk, whisking until thickened.
4. Stir in cheese until melted and smooth.
5. Add cooked pasta and mix well.
6. Season and serve warm.

SLOW-COOKED BEEF POT ROAST

INGREDIENTS

- 1.5–2 kg beef chuck roast
- 3–4 carrots, chopped
- 3–4 potatoes, quartered
- 1 onion, sliced
- 3 garlic cloves, minced
- 3 cups beef broth
- 2 tablespoons olive oil
- 1 tablespoon tomato paste (optional)
- 1 teaspoon thyme
- 1 teaspoon rosemary
- Salt and pepper to taste
- Optional: bay leaf, Worcestershire sauce



CALORIES

520

PER SERVING

PROTEIN

45g

PER SERVING

DIRECTIONS

1. (Optional) Sear beef in a hot pan with olive oil until browned.
2. Add carrots, potatoes, and onion to slow cooker.
3. Place beef on top.
4. Add garlic, broth, tomato paste, herbs, salt, and pepper.
5. Cook on LOW 8–10 hours or HIGH 4–5 hours.
6. Shred or slice beef and serve with vegetables and broth.

COUNTRY FRIED CHICKEN WITH WHITE GRAVY

INGREDIENTS

Chicken:

- 4 chicken pieces
- 1 cup flour
- 1 teaspoon paprika
- Salt and pepper
- 1 egg + ½ cup milk (for dredge)
- Oil for frying

Gravy:

- 2 tablespoons pan drippings or butter
- 2 tablespoons flour
- 2 cups milk
- Salt and pepper

CALORIES

620

PROTEIN

36g



DIRECTIONS

1. Dredge chicken in flour mixture, then egg wash, then flour again.
2. Fry until golden and cooked through.
3. For gravy, melt butter and whisk in flour.
4. Slowly add milk, whisking until thickened.
5. Season gravy with salt and pepper.
Serve chicken topped with warm gravy.

BAKED SALISBURY STEAK WITH ONION GRAVY

INGREDIENTS

Steaks:

- 500g ground beef
- ½ onion, finely chopped
- 1 egg
- ½ cup breadccrums
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste
- 1 tablespoon oil

Onion Gravy:

- 1 large onion, sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups beef broth
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste

CALORIES

460

kcal

PROTEIN

30

g



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix beef, onion, egg, breadcrumbs, Worcestershire sauce, salt, and pepper.
3. Shape into oval patties and place in a baking dish.
4. Bake 15–20 minutes until partially cooked.

SOUTHERN-STYLE CHICKEN AND DUMPLINGS

INGREDIENTS

- 2 cups cooked chicken, shredded
- 6 cups chicken broth
- 1 onion, chopped
- 2 carrots, sliced
- 2 celery stalks, chopped
- 2 cups flour (for dumplings)
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup milk
- 2 tablespoons butter
- Salt and pepper to taste
- Optional: thyme, parsley



CALORIES

390

PROTEIN

28g

DIRECTIONS

1. Bring broth, onion, carrots, and celery to a simmer.
2. Add shredded chicken and season.
3. Mix flour, baking powder, salt, milk, and butter into a dough.
4. Drop spoonfuls of dumpling dough into simmering broth.
5. Cover and cook 15–20 minutes until dumplings are fluffy.
6. Stir gently and serve warm.

CLASSIC FRENCH ONION SOUP

INGREDIENTS

- 4 large onions, thinly sliced
- 2 tablespoons butter
- 1 tablespoon olive oil
- 6 cups beef broth
- 1 teaspoon thyme
- Salt and pepper to taste
- Baguette slices
- 1–2 cups grated Gruyère or Swiss cheese



CALORIES

360

PROTEIN

16g

DIRECTIONS

1. Cook onions in butter and olive oil over low heat until deeply caramelized (25–40 minutes).
2. Add broth and thyme; simmer 20 minutes.
3. Season with salt and pepper.
4. Ladle into oven-safe bowls, top with baguette and cheese.
5. Broil until cheese is melted and golden. Serve hot.

SLOW-COOKER PORK CARNITAS

INGREDIENTS

- 1.5–2 kg pork shoulder
- 1 onion, sliced
- 4 garlic cloves
- 1 teaspoon cumin
- 1 teaspoon oregano
- Salt and pepper to taste
- Juice of 1 orange
- Juice of 1 lime



CALORIES

320

PROTEIN

28g

DIRECTIONS

1. Place pork, onion, garlic, and spices in slow cooker.
2. Add orange and lime juice.
3. Cook on LOW 8–10 hours or HIGH 4–6 hours.
4. Shred pork with forks.
5. Optional: crisp under broiler for texture.
6. Serve in tacos, bowls, or wraps.

CLASSIC BEEF CHILI

INGREDIENTS

- 500g ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can kidney beans
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 1–2 teaspoons chili powder
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: bell pepper, jalapeño

CALORIES

420

PROTEIN

28g

DIRECTIONS

1. Brown beef in a large pot and drain excess fat.
2. Add onion and garlic; sauté until soft.
3. Stir in spices and tomato paste.
4. Add beans and tomatoes.
5. Simmer 25–40 minutes until thick and flavorful.
6. Serve hot with toppings like cheese or sour cream.



CREAMY TOMATO BASIL SOUP WITH GRILLED CHEESE

INGREDIENTS

Soup:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2–3 garlic cloves, minced
- 2 cans crushed tomatoes
- 2 cups vegetable or chicken broth
- ½ cup cream or milk
- Salt and pepper to taste
- Fresh basil leaves

Grilled Cheese:

- 4 slices bread
- 4 slices cheese (cheddar or American)
- Butter

CALORIES: 560 | **PROTEIN:** 20g



DIRECTIONS

1. Heat olive oil in a pot and sauté onion and garlic until soft.
2. Add tomatoes and broth; simmer 15–20 minutes.
3. Blend until smooth (optional).
4. Stir in cream, basil, salt, and pepper.
5. For grilled cheese, butter bread and toast with cheese until golden and melted.
6. Serve soup hot with grilled cheese for dipping.

SKILLET CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE

INGREDIENTS

- 4 chicken thighs
- 2 cups mushrooms, sliced
- 2 garlic cloves, minced
- 1 cup heavy cream or half-and-half
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- Optional: thyme, parsley,
white wine splash

CALORIES

540 kcal

PROTEIN

34 g

DIRECTIONS

1. Heat olive oil in skillet and sear chicken thighs until golden; remove.
2. Add butter, mushrooms, and garlic; sauté until browned.
3. Pour in cream and simmer until slightly thickened.
4. Return chicken to pan and simmer until cooked through.
5. Season and add herbs if desired. Serve warm over rice, pasta, or potatoes.



CLASSIC ITALIAN MEATBALLS IN MARINARA

INGREDIENTS

Meatballs:

500g ground beef (or beef + pork mix)
½ cup breadcrumbs
1 egg
2 garlic cloves, minced
¼ cup grated parmesan
2 tablespoons milk
1 teaspoon Italian seasoning
Salt and pepper to taste

Sauce:

2 cups marinara sauce
1 tablespoon olive oil
Optional: basil, chili flakes

CALORIES

520 kcal

PROTEIN

32 g

DIRECTIONS

1. Mix meatball ingredients until just combined. Form into small balls.
2. Brown meatballs in a skillet with olive oil.
3. Add marinara sauce and simmer 15–20 minutes.
4. Stir gently until meatballs are cooked through.
5. Serve with pasta or bread.

