

AUTUMN SQUASH AND QUINOA SALAD BOWL

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup butternut squash, cubed
- 1 tablespoon olive oil
- ½ teaspoon cinnamon or paprika
- 2 cups mixed greens
- 2 tablespoons pumpkin seeds
- 1 tablespoon maple syrup
or honey (optional)
- Salt and pepper to taste

CALORIES

360

PROTEIN

12g



DIRECTIONS

1. Roast squash at 200°C (400°F) for 20–25 minutes.
2. Toss with olive oil, salt, pepper, and spice.
3. Add quinoa and greens to a bowl.
4. Top with roasted squash and pumpkin seeds.
5. Drizzle with honey or maple syrup if desired.
6. Serve warm or cold.

CREAMY TOMATO BASIL SOUP WITH CHICKPEAS

INGREDIENTS

- 1 can crushed tomatoes
- 1 can chickpeas, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth
- ½ cup cream or coconut milk
- 1 tablespoon olive oil
- Fresh basil (or 1 tsp dried)
- Salt and pepper to taste



CALORIES

330

kcal

PROTEIN

12

g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic until soft.
2. Add tomatoes, broth, and chickpeas.
3. Simmer 15–20 minutes.
4. Blend slightly if desired for texture.
5. Stir in cream and basil.
6. Season and serve warm.

CLASSIC GROUND BEEF MEATLOAF MEDALLIONS

INGREDIENTS

- 500g ground beef
- 1 egg
- ½ cup breadcrumbs
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ketchup or mustard (optional)
- Salt and pepper to taste

CALORIES

320

PER SERVING

PROTEIN

23g

PER SERVING



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix beef, egg, breadcrumbs, onion, garlic, Worcestershire sauce, salt, and pepper.
3. Shape into small round medallions.
4. Place on a baking sheet and bake 18–22 minutes.
5. Rest 5 minutes before serving.

ROSEMARY GARLIC ROASTED PORK TENDERLOIN

INGREDIENTS

- 1 pork tenderloin
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon rosemary (fresh or dried)
- 1 teaspoon thyme
- Salt and pepper to taste
- Optional: Dijon mustard

CALORIES

320

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Rub pork with olive oil, garlic, rosemary, thyme, salt, and pepper.
3. Place on a baking tray or skillet.
4. Roast 20–25 minutes until cooked through.
5. Rest 5–10 minutes before slicing.
6. Serve warm.



CREAMY PESTO CHICKEN PASTA

INGREDIENTS

- 2 cups cooked pasta
- 2 chicken breasts, sliced
- 2-3 tablespoons pesto
- ½ cup cream or Greek yogurt
- 2 garlic cloves, minced
- ½ cup cherry tomatoes
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: Parmesan cheese

CALORIES

560

PROTEIN

38g



DIRECTIONS

1. Cook pasta and set aside.
2. Heat olive oil and cook chicken until golden and fully cooked.
3. Add garlic and sauté briefly.
4. Stir in pesto and cream until smooth.
5. Add pasta and toss to coat.
6. Add cherry tomatoes and heat through.
7. Top with Parmesan and serve warm.

MOROCCAN-SPICED LENTIL AND VEGETABLE STEW

INGREDIENTS

- 1 cup lentils
- 1 onion, chopped
- 2 carrots, diced
- 1 zucchini, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- 1 tablespoon olive oil
- Salt and pepper to taste



CALORIES: 320

PROTEIN: 16g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add spices and cook 1 minute.
3. Stir in lentils, vegetables, tomatoes, and broth.
4. Simmer 30–35 minutes until lentils are tender.
5. Season and serve warm.

SESAME GINGER GROUND BEEF SKILLET

INGREDIENTS

- 300g ground beef
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon honey
- 1 cup mixed vegetables (optional)
- Optional: green onions, sesame seeds



CALORIES

420

PROTEIN

28g

DIRECTIONS

1. Brown ground beef in a skillet.
2. Add garlic and ginger and sauté briefly.
3. Stir in soy sauce, sesame oil, and honey.
4. Add vegetables if using and cook until tender.
5. Simmer until slightly glazed.
6. Garnish and serve hot.

SHEET PAN GREEK CHICKEN AND POTATOES

INGREDIENTS

- 2 chicken breasts or thighs
- 3 potatoes, chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste

CALORIES

480

PROTEIN

36g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss potatoes with olive oil, garlic, salt, and pepper.
3. Season chicken with lemon juice, oregano, salt, and pepper.
4. Arrange everything on a sheet pan.
5. Bake 30–40 minutes until fully cooked.
6. Serve warm.

LEMON HERB BAKED COD WITH QUINOA

INGREDIENTS

- 2 cod fillets
- 1 cup cooked quinoa
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried herbs (parsley, thyme, or dill)
- Salt and pepper to taste

CALORIES

370

PROTEIN

34g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix olive oil, lemon juice, garlic, herbs, salt, and pepper.
3. Brush over cod fillets.
4. Bake 12–15 minutes until flaky.
5. Serve over warm quinoa.

SWEET POTATO AND BLACK BEAN TURKEY CHILI

INGREDIENTS

300g ground turkey
1 sweet potato, diced
1 can black beans, drained
1 can diced tomatoes
1 onion, chopped
2 garlic cloves, minced
1 tablespoon chili powder
1 teaspoon cumin
2 cups broth or water
Salt and pepper to taste



CALORIES

380

PROTEIN

32g

DIRECTIONS

Brown turkey in a large pot. Add onion and garlic and sauté until soft. Stir in sweet potato, beans, tomatoes, broth, and spices. Simmer 25–30 minutes until sweet potato is tender. Season and serve hot.

GARLIC CHICKEN RICE BOWL

INGREDIENTS

- 2 chicken breasts, diced
- 1 cup cooked rice
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon soy sauce
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: green onions, cucumber, sesame seeds



CALORIES

560

PROTEIN

38g

DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Cook chicken until golden and fully cooked.
3. Add garlic and sauté until fragrant.
4. Stir in soy sauce, paprika, salt, and pepper.
5. Serve over rice and top with optional garnishes.

BUFFALO GROUND TURKEY LETTUCE WRAP FILLING

INGREDIENTS

- 300g ground turkey
- 2-3 tablespoons buffalo sauce
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Lettuce leaves (romaine or butter lettuce)
- Optional: ranch or blue cheese dressing

CALORIES

260

PROTEIN

28g



DIRECTIONS

1. Cook ground turkey in a skillet until browned.
2. Add garlic powder, salt, pepper, and buffalo sauce.
3. Stir until fully coated and heated through.
4. Spoon into lettuce leaves.
5. Add optional dressing and serve warm or cold.

SWEET POTATO AND SPINACH EGG FRITTATA

INGREDIENTS

- 6 eggs
- 1 sweet potato, diced small
- 2 cups spinach
- 1 small onion, chopped
- 2 tablespoons olive oil
- ¼ cup milk (optional)
- Salt and pepper to taste
- Optional: feta or cheddar cheese

CALORIES

320

PER SERVING

PROTEIN

20g

PER SERVING



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté sweet potato and onion in olive oil until tender.
3. Add spinach and cook until wilted.
4. Whisk eggs, milk, salt, and pepper.
5. Pour into skillet with vegetables.
6. Bake 15–20 minutes until set.

LEMON GARLIC GRILLED CHICKEN WITH GREEN BEANS

INGREDIENTS

- 2 chicken breasts
- 2 cups green beans, trimmed
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 3 garlic cloves, minced
- 1 teaspoon oregano
- Salt and pepper to taste

CALORIES

360

PROTEIN

34g

DIRECTIONS

1. Mix olive oil, lemon juice, garlic, oregano, salt, and pepper.
2. Marinate chicken for 20–30 minutes if possible.
3. Grill or pan-cook chicken until fully done.
4. Sauté or steam green beans until tender-crisp.
5. Serve together warm.



THAI GREEN CURRY WITH VEGETABLES AND TOFU

INGREDIENTS

- 200g tofu, cubed
- 1 can coconut milk
- 2 tablespoons green curry paste
- 1 cup broccoli florets
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 tablespoon oil
- 1 teaspoon soy sauce
- Optional: basil or lime juice

CALORIES

420 kcal

PROTEIN

20 g

DIRECTIONS

1. Pan-fry tofu until lightly golden.
2. Heat oil and stir-fry curry paste until fragrant.
3. Add coconut milk and simmer.
4. Add vegetables and cook until tender.
5. Stir in tofu and soy sauce.
6. Finish with basil or lime and serve warm.



TURKEY AND SPINACH STUFFED SHELLS

INGREDIENTS

- 20 jumbo pasta shells
- 300g ground turkey
- 2 cups spinach, chopped
- 1 cup ricotta cheese
- 1 egg
- 2 cups marinara sauce
- 1 cup mozzarella cheese
- Salt and pepper to taste
- 1 teaspoon Italian seasoning

CALORIES

420

PROTEIN

30g



DIRECTIONS

1. Preheat oven to 190°C (375°F). Cook shells until al dente and set aside.
2. Brown turkey in a pan and mix with spinach.
3. Combine ricotta, egg, seasoning, salt, and pepper.
4. Mix turkey and ricotta mixture together.
5. Fill shells and place in baking dish with marinara.
6. Top with mozzarella and bake 25–30 minutes.

SHEET PAN SAUSAGE, PEPPERS, AND ONIONS

INGREDIENTS

- 2–3 sausages, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES	PROTEIN
420	22g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sausages, peppers, and onions with oil and seasoning.
3. Spread on a sheet pan in a single layer.
4. Roast 25–30 minutes, stirring halfway.
5. Serve warm.

SMOKY CHIPOTLE CHICKEN BURRITO BOWLS

INGREDIENTS

- 2 chicken breasts, cooked and shredded
- 1 teaspoon chipotle powder or chipotle sauce
- 1 cup cooked rice
- ½ cup black beans
- ½ cup corn
- ½ cup salsa
- ½ avocado, sliced
- 1 tablespoon olive oil
- Salt and pepper to taste



CALORIES

620

PROTEIN

38g

DIRECTIONS

1. Heat olive oil and toss chicken with chipotle seasoning.
2. Warm beans and corn in a pan.
3. Assemble rice in bowls.
4. Add chicken, beans, corn, salsa, and avocado.
5. Season and serve warm.

SAVORY TURKEY MEATBALLS WITH MARINARA

INGREDIENTS

- 500g ground turkey
- 1 egg
- ½ cup breadcrumbs
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 2 cups marinara sauce

CALORIES

380

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix turkey, egg, breadcrumbs, garlic, and seasoning.
3. Form into meatballs.
4. Bake 15–20 minutes until cooked through.
5. Warm marinara sauce in a pan.
6. Toss meatballs in sauce and serve.



BEEF AND BROCCOLI STIR-FRY BOWLS

INGREDIENTS

- 200g beef, sliced thin
- 2 cups broccoli florets
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon oyster or hoisin sauce (optional)
- 1 tablespoon oil
- Cooked rice for serving



CALORIES PROTEIN

520 kcal | **36** g

DIRECTIONS

1. Heat oil and cook beef until browned.
2. Add garlic, ginger, and broccoli.
3. Stir-fry until broccoli is tender-crisp.
4. Add soy sauce and optional sauce.
5. Toss to coat. Serve over rice.

HONEY SOY GLAZED SALMON AND SNAP PEAS

INGREDIENTS

- 2 salmon fillets
- 2 cups snap peas
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- Optional: sesame seeds, green onions

CALORIES

420

PROTEIN

34g

DIRECTIONS

1. Mix soy sauce, honey, sesame oil, garlic, and ginger.
2. Heat a skillet over medium heat and cook salmon skin-side down until golden.
3. Flip and brush with glaze; cook until done.
4. Add snap peas to the pan and sauté 2–3 minutes.
5. Spoon extra glaze over everything.
6. Top with sesame seeds and serve warm.



BLACK BEAN AND CORN ENCHILADA CASSEROLE

INGREDIENTS

- 2 cups black beans
- 1 cup corn
- 1 cup enchilada sauce
- 6 tortillas, cut into strips
- 1 cup shredded cheese
- 1 teaspoon cumin
- Salt and pepper to taste

350

CALORIES

18g

PROTEIN



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix beans, corn, cumin, and enchilada sauce.
3. Layer tortillas and filling in a baking dish.
4. Top with cheese.
5. Bake 20–25 minutes until bubbly.
6. Serve warm.

ROASTED CHICKPEA AND MEDITERRANEAN GRAIN BOWL

INGREDIENTS

- 1 cup cooked quinoa or couscous
- 1 can chickpeas, drained
- 1 tablespoon olive oil
- 1 teaspoon paprika or cumin
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- ¼ cup olives (optional)
- 2 tablespoons feta cheese
- 1 tablespoon lemon juice
- Salt and pepper to taste

CALORIES

420 kcal

PROTEIN

15 g

DIRECTIONS

1. Roast chickpeas at 200°C (400°F) for 20–25 minutes with oil and spices.
2. Add cooked grain to a bowl.
3. Top with chickpeas, cucumber, tomatoes, olives, and feta.
4. Drizzle with olive oil and lemon juice.
5. Toss lightly and serve warm or cold.



ITALIAN SAUSAGE AND PENNE PASTA BAKE

INGREDIENTS

- 2–3 Italian sausages, sliced
- 2 cups cooked penne pasta
- 2 cups marinara sauce
- 1 cup shredded mozzarella
- ¼ cup Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES

560

PROTEIN

28g



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Cook sausage in a pan until browned.
3. Mix pasta, sausage, marinara, and seasoning.
4. Pour into baking dish.
5. Top with mozzarella and Parmesan.
6. Bake 20–25 minutes until bubbly and golden.

SPICY LENTIL BOLOGNESE WITH SPAGHETTI

INGREDIENTS

- 1 cup dried lentils (or 2½ cups cooked)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, finely diced
- 1 can crushed tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon chili flakes or paprika
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste
- Spaghetti for serving



CALORIES

420

PROTEIN

22g

DIRECTIONS

1. Heat olive oil and sauté onion, garlic, and carrot until soft.
2. Stir in tomato paste and cook 1–2 minutes.
3. Add lentils, crushed tomatoes, spices, and seasoning.
4. Simmer 25–30 minutes until thick and lentils are tender.
5. Serve over cooked spaghetti.

GARLIC SHRIMP AND ZUCCHINI NOODLE SKILLET

INGREDIENTS

- 200g shrimp, peeled
- 2 zucchinis, spiralized
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: chili flakes, parsley

320
CALORIES

28g
PROTEIN



DIRECTIONS

1. Heat olive oil in a skillet and sauté garlic.
2. Add shrimp and cook until pink.
3. Add zucchini noodles and toss 2–3 minutes.
4. Stir in lemon juice, salt, and pepper.
5. Top with parsley or chili flakes.
Serve immediately.

CURRIED CHICKPEA AND SPINACH STEW

INGREDIENTS

- 1 can chickpeas, drained
- 2 cups spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 can diced tomatoes
- 1 cup vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES	PROTEIN
290	13g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add curry powder and turmeric; cook 1 minute.
3. Add chickpeas, tomatoes, and broth.
Simmer 15–20 minutes.
4. Stir in spinach until wilted.
5. Season and serve warm.



LEMON HERB TURKEY BURGERS

INGREDIENTS

500g ground turkey

1 egg

½ cup breadcrumbs

2 garlic cloves, minced

1 tablespoon lemon juice

1 teaspoon dried oregano or parsley

Salt and pepper to taste

Optional: burger buns, lettuce, tomato

CALORIES: 360

PROTEIN: 32g

DIRECTIONS

1. Mix turkey, egg, breadcrumbs, garlic, lemon juice, herbs, salt, and pepper.
2. Form into burger patties.
3. Cook in skillet or grill until fully cooked.
4. Serve on buns or lettuce wraps with toppings.



SHEET PAN FLANK STEAK AND ASPARAGUS

INGREDIENTS

- 250–300g flank steak
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon soy sauce or Worcestershire sauce
- Salt and pepper to taste
- Optional: lemon juice or chili flakes

CALORIES

430 kcal

PROTEIN

36 g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Season steak with olive oil, garlic, soy sauce, salt, and pepper.
3. Toss asparagus with olive oil, salt, and pepper.
4. Place everything on a sheet pan in a single layer.
5. Roast 12–18 minutes depending on desired steak doneness.
6. Rest steak for 5 minutes, slice, and serve.

CREAMY CHICKEN AND WILD RICE SOUP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 cup wild rice (cooked or uncooked depending on time)
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 4 cups chicken broth
- 1 cup cream or milk
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: thyme or parsley



CALORIES

320

PROTEIN

25g

DIRECTIONS

1. Heat olive oil and sauté onion, carrots, celery, and garlic.
2. Add broth and rice (cook until tender if uncooked).
3. Stir in chicken and simmer 10 minutes.
4. Add cream and seasonings.
5. Heat through and serve warm.

BLACK BEAN AND AVOCADO QUESADILLA PACKS

INGREDIENTS

- 2 tortillas
- 1 cup black beans, mashed slightly
- 1 avocado, sliced or mashed
- 1 cup shredded cheese
- 1 teaspoon cumin or chili powder
- Salt and pepper to taste
- Optional: salsa, lime juice

CALORIES: 520

PROTEIN: 20g

DIRECTIONS

1. Warm black beans with cumin, salt, and pepper.
2. Spread beans over tortilla.
3. Add avocado and cheese.
4. Top with second tortilla.
5. Cook in skillet until golden on both sides.
6. Slice and serve warm.



TERIYAKI SALMON AND BROCCOLI BOWLS

INGREDIENTS

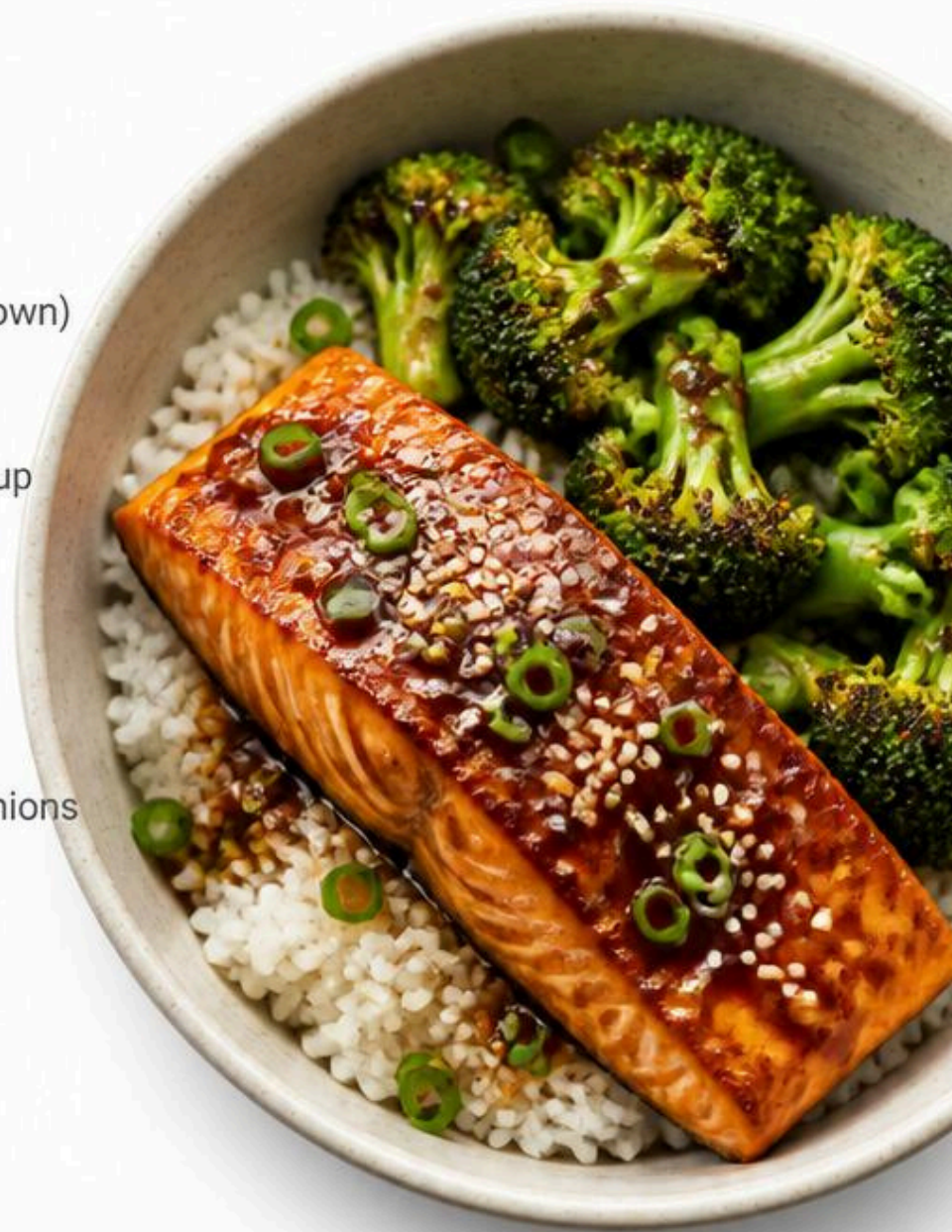
- 2 salmon fillets
- 2 cups broccoli florets
- 1 cup cooked rice (jasmine or brown)
- 2 tablespoons soy sauce
- 1 tablespoon honey or maple syrup
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- Optional: sesame seeds, green onions

CALORIES

520

PROTEIN

36g



DIRECTIONS

1. Mix soy sauce, honey, sesame oil, ginger, and garlic.
2. Bake or pan-sear salmon until nearly done, brushing with sauce.
3. Steam or sauté broccoli until tender-crisp.
4. Serve salmon over rice with broccoli.
5. Drizzle extra sauce and top with sesame seeds.

RUSTIC WHITE BEAN AND KALE SOUP

INGREDIENTS

- 1 can white beans, drained
- 2 cups kale, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable or chicken broth
- 1 tablespoon olive oil
- 1 teaspoon thyme
- Salt and pepper to taste

CALORIES

280

PROTEIN

14g

DIRECTIONS

- Heat olive oil and sauté onion and garlic until soft.
- Add broth, beans, and thyme. Simmer 15–20 minutes.
- Stir in kale and cook until wilted.
- Season and serve warm.



SWEET AND SOUR CRISP TOFU BOWLS

INGREDIENTS

- 200g tofu, cubed
- 1 tablespoon cornstarch (for crisping)
- 1 bell pepper, chopped
- 1 cup pineapple chunks
- 2 tablespoons soy sauce
- 2 tablespoons ketchup or tomato sauce
- 1 tablespoon vinegar
- 1 tablespoon honey or sugar
- 1 tablespoon oil
- Cooked rice for serving

CALORIES

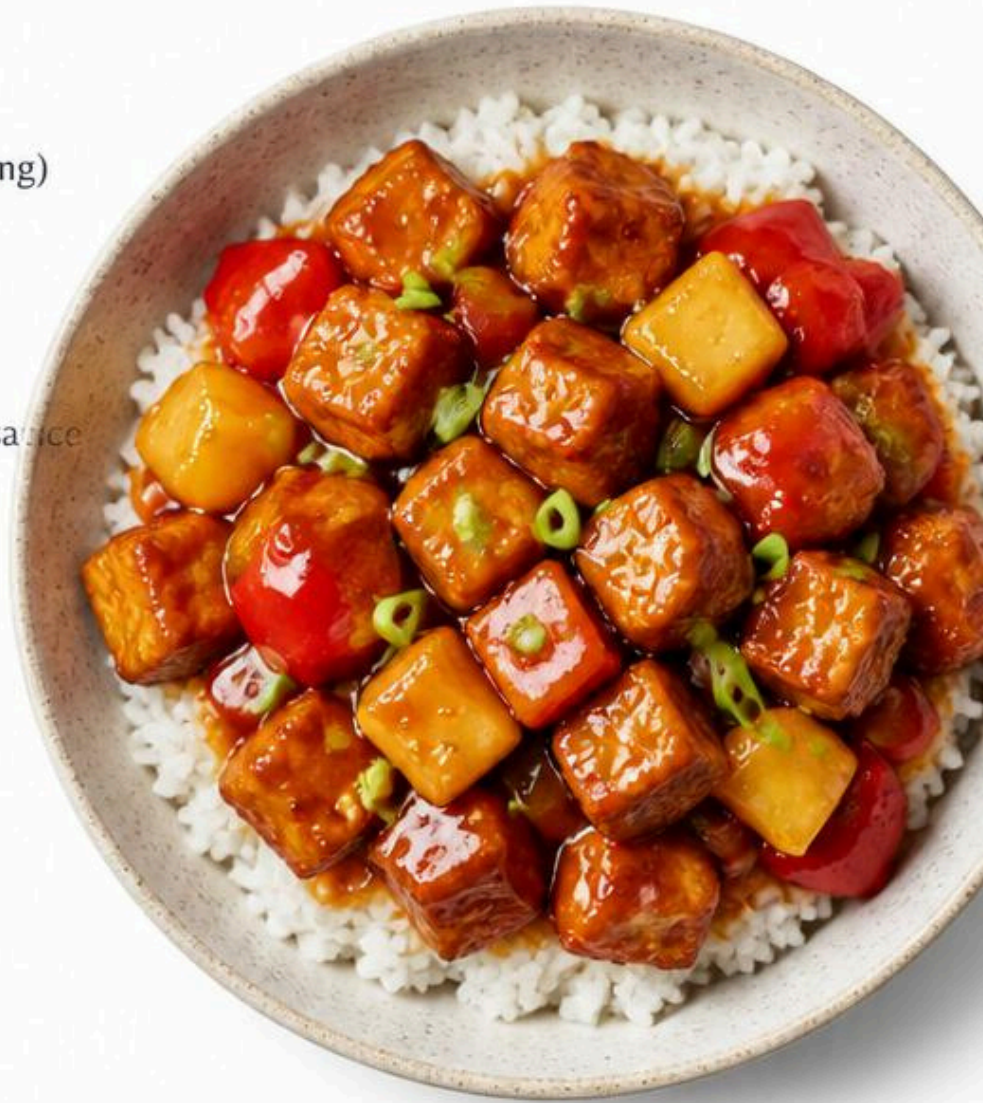
520

PROTEIN

22g

DIRECTIONS

1. Toss tofu with cornstarch and pan-fry until crispy.
2. Remove tofu and sauté bell pepper.
3. Mix soy sauce, ketchup, vinegar, and honey for sauce.
4. Return tofu to pan and add sauce and pineapple.
5. Cook until thick and glossy.
6. Serve over rice.



SAVORY GROUND TURKEY AND GREEN BEAN SKILLET

INGREDIENTS

- 300g ground turkey
- 2 cups green beans, trimmed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon soy sauce
- 1 teaspoon paprika
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: chili flakes

CALORIES

340

PROTEIN

28g

DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook turkey until browned.
3. Add onion and garlic and sauté until soft.
4. Add green beans and cook until tender-crisp.
5. Stir in soy sauce, paprika, salt, and pepper.
6. Serve warm.



Mediterranean Roasted Vegetable Medley

INGREDIENTS

- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 eggplant, cubed
- 1 red onion, sliced
- 2 cups cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: feta cheese, lemon juice

CALORIES

180

PROTEIN

5g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss all vegetables with olive oil, oregano, garlic powder, salt, and pepper.
3. Spread evenly on a sheet pan.
4. Roast 25–35 minutes, stirring halfway through.
5. Finish with feta or lemon juice if desired.
6. Serve warm or cold.

SLOW COOKER SHREDDED BEEF TACOS

INGREDIENTS

- 1.5 kg beef chuck roast
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 cup beef broth
- Salt and pepper to taste
- Tortillas for serving
- Optional: salsa, avocado, cilantro



CALORIES: 420

PROTEIN: 35g

DIRECTIONS

1. Place beef, onion, garlic, spices, and broth in slow cooker.
2. Cook on low 8 hours or high 4–5 hours.
3. Shred beef with forks.
4. Serve in tortillas with toppings.

CREAMY COCONUT LIME WHITE FISH SKILLET

INGREDIENTS

- 2 white fish fillets (cod, tilapia, etc.)
- 1 can coconut milk
- 1 tablespoon lime juice
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cilantro, chili flakes

CALORIES

410

PROTEIN

32g



DIRECTIONS

1. Heat olive oil in a skillet and lightly sear fish on both sides.
2. Remove fish and sauté garlic and ginger.
3. Add coconut milk and simmer.
4. Return fish to skillet and cook until flaky.
5. Stir in lime juice and seasonings.
6. Garnish and serve warm.

CREAMY AVOCADO AND SPINACH PASTA SALAD

INGREDIENTS

- 2 cups cooked pasta
- 1 ripe avocado
- 1 cup spinach
- 1 garlic clove
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: cherry tomatoes or Parmesan

CALORIES 420
PROTEIN 12g

DIRECTIONS

1. Blend avocado, spinach, garlic, olive oil, lemon juice, salt, and pepper until smooth.
2. Toss sauce with cooked pasta. Add a splash of pasta water if needed for creaminess.
3. Mix in optional toppings.
4. Serve chilled or at room temperature.



SAVORY TURKEY AND BROWN RICE STUFFED PEPPERS

INGREDIENTS

- 3–4 bell peppers, halved and seeded
- 300g ground turkey
- 1 cup cooked brown rice
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 1 teaspoon paprika
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: shredded cheese

CALORIES **PROTEIN**

360 kcal 28 g

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Cook turkey with onion and garlic until browned.
3. Stir in tomatoes, rice, and spices.
4. Fill pepper halves with mixture. Top with cheese if using.
5. Bake 25–30 minutes until peppers are tender.



PESTO ROASTED CAULIFLOWER AND CHICKPEA BOWL

INGREDIENTS

- 2 cups cauliflower florets
- 1 can chickpeas, drained
- 2 tablespoons pesto
- 1 tablespoon olive oil
- 1 cup cooked quinoa or greens
- Salt and pepper to taste
- Optional: Parmesan or lemon juice



CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Roast cauliflower and chickpeas at 200°C (400°F) for 20–25 minutes.
2. Toss with olive oil, salt, and pepper before roasting.
3. Mix roasted vegetables with pesto.
4. Serve over quinoa or greens. Add Parmesan or lemon juice if desired.

CLASSIC SHREDDED CHICKEN AND VEGETABLE LASAGNA

INGREDIENTS

- 2 cups cooked shredded chicken
- 9 lasagna noodles
- 2 cups marinara sauce
- 2 cups mixed vegetables
(spinach, zucchini, mushrooms)
- 1 cup ricotta cheese
- 1 egg
- 1 cup mozzarella cheese
- ¼ cup Parmesan cheese
- Salt and pepper to taste

CALORIES

560

PROTEIN

38g



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Cook lasagna noodles if needed.
3. Mix ricotta, egg, salt, and pepper.
4. Layer sauce, noodles, chicken, vegetables, and ricotta mixture.
5. Repeat layers and top with mozzarella and Parmesan.
6. Bake 30–35 minutes until bubbly.

WHITE FISH CEVICHE WITH BAKED TORTILLA CHIPS

INGREDIENTS

200g white fish (cod, tilapia, or similar), diced

1 cup lime juice

½ red onion, finely chopped

1 tomato, diced

½ cucumber, diced

1 jalapeño, minced (optional)

Salt to taste

Corn tortillas

Olive oil for baking chips



CALORIES

280 kcal

PROTEIN

28 g

DIRECTIONS

1. Place fish in lime juice and refrigerate 30–60 minutes until “cooked.”
2. Mix fish with onion, tomato, cucumber, jalapeño, and salt.
3. Slice tortillas, brush with olive oil, and bake at 200°C (400°F) until crisp.
4. Serve ceviche chilled with chips.

ROASTED TOMATO AND LENTIL STEW

INGREDIENTS

- 1 cup cooked lentils
- 2 cups cherry tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth
- 1 teaspoon thyme
- 1 teaspoon paprika
- 1 tablespoon olive oil
- Salt and pepper to taste



CALORIES

PROTEIN

320

16g

DIRECTIONS

1. Roast tomatoes at 200°C (400°F) for 20 minutes.
2. Heat olive oil and sauté onion and garlic.
3. Add roasted tomatoes, lentils, broth, and spices.
4. Simmer 15–20 minutes.
5. Season and mash slightly if thicker texture is desired.
6. Serve warm.

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Teriyaki Tofu and Jasmine Rice Bowl:

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INGREDIENTS

- 1 200g tofu, cubed
- 2: cup teriyaki sauce
- 2: cup cooked jasmine rice
- 4. tablespoon honey
- 5. teaspoon sesame oil
- 1. tablespoon soy sauce
- 5. teaspoon vegetable oil
- 3. broccolini, bowl



DIRECTIONS

Calories are met according to health guidelines: 2000 and honey: 2 parils and stivey and below calorie affect. Realistic and every analysis, a scientific solution.

Preparation: 1. Heat oil in a pan. Add the rice and stir. Add the teriyaki sauce, honey, and soy sauce. Cook for 5 minutes. 2. Add the tofu and cook for 5 minutes. 3. Add the broccoli and cook for 5 minutes. 4. Serve the rice bowl with the teriyaki tofu and broccoli. 5. Enjoy!