

SIMPLE PARSLEY AND WALNUT GARLIC SPAGHETTI

INGREDIENTS

2 cups cooked spaghetti

2–3 garlic cloves, minced

2 tablespoons olive oil

¼ cup walnuts, chopped

¼ cup fresh parsley, chopped

Salt and pepper to taste

Optional: parmesan, lemon zest, chili flakes

CALORIES

420

PROTEIN

12g

DIRECTIONS

1. Heat olive oil in a pan and gently sauté garlic until fragrant.
2. Add walnuts and toast lightly for 1–2 minutes.
3. Toss in cooked spaghetti.
4. Add parsley, salt, and pepper. Mix well, adding a splash of pasta water if needed.
5. Finish with parmesan or lemon zest if desired.



GARDEN VEGETABLE AND BASIL PESTO PASTA SALAD

INGREDIENTS

- 2 cups cooked pasta (rotini or penne)
- 1 cup cherry tomatoes, halved
- 1 zucchini, diced
- 1 bell pepper, diced
- ¼ cup basil pesto
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: mozzarella balls, olives, parmesan



CALORIES

390

PER SERVING

PROTEIN

13g

PER SERVING

DIRECTIONS

1. Lightly sauté or roast vegetables (optional for extra flavor).
2. Toss cooled pasta with pesto and olive oil.
3. Add vegetables and mix well.
4. Season with salt and pepper.
5. Add optional cheese or olives.
6. Chill or serve immediately.

CLASSIC CLAM AND GARLIC LINGUINE

INGREDIENTS

- 2 cups cooked linguine
- 1 can clams (with juice)
- 2-3 garlic cloves, minced
- 2 tablespoons olive oil
- ¼ cup white wine or broth (optional)
- Salt and pepper to taste
- Optional: parsley, chili flakes, lemon

CALORIES

450

PROTEIN

24g

DIRECTIONS

1. Heat olive oil and sauté garlic until fragrant.
2. Add clams and their juice (and wine if using). Simmer briefly to blend flavors.
3. Toss in cooked linguine.
4. Season with salt, pepper, and chili flakes.
5. Finish with parsley and lemon juice.



MUSHROOM AND TRUFFLE OIL TAGLIATELLE

INGREDIENTS

- 2 cups cooked tagliatelle
- 2 cups mushrooms, sliced
- 2 tablespoons olive oil or butter
- 1-2 teaspoons truffle oil
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: parmesan, parsley

CALORIES

520

PER SERVING

PROTEIN

16g

PER SERVING



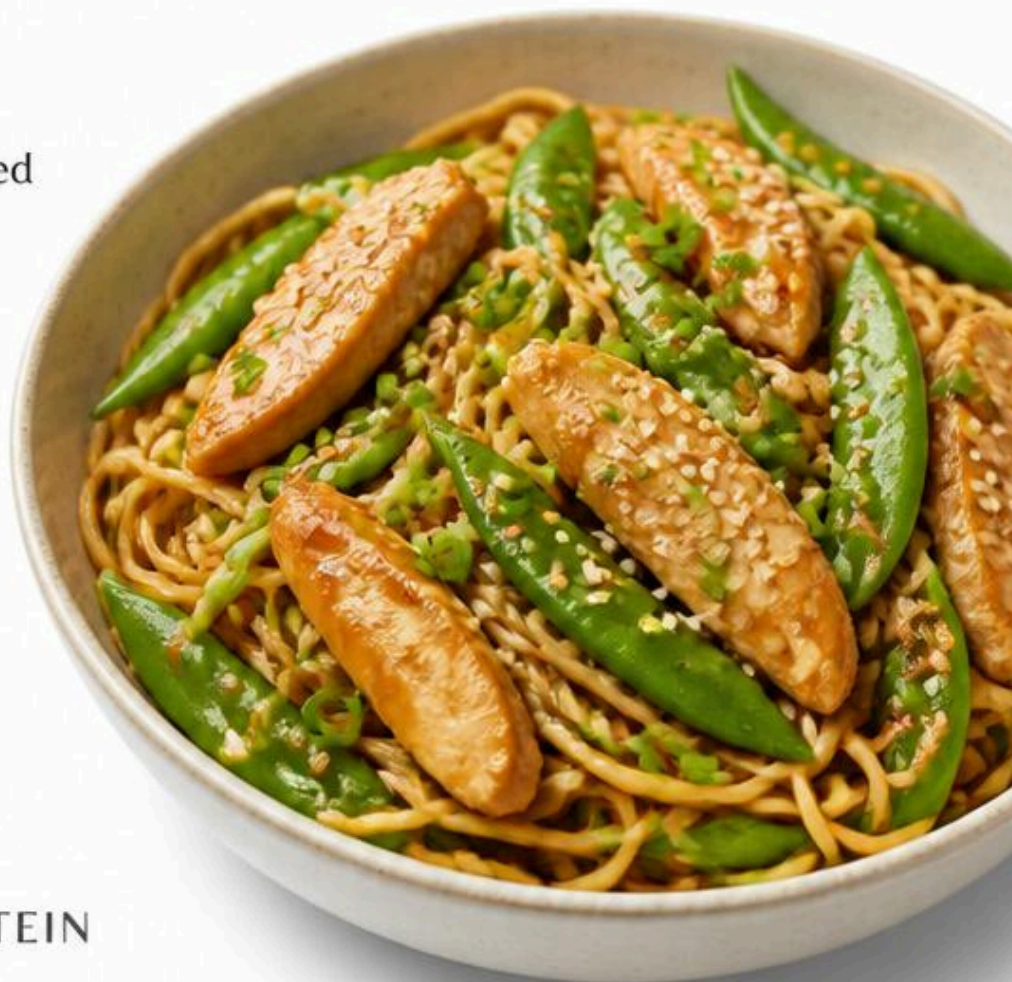
DIRECTIONS

1. Sauté mushrooms in olive oil until golden.
2. Add garlic and cook briefly.
3. Toss in cooked tagliatelle.
4. Drizzle with truffle oil and mix well.
5. Season with salt and pepper.
6. Finish with parmesan or parsley.

SESAME GINGER CHICKEN AND SNAP PEA NOODLES

INGREDIENTS

- 2 cups cooked noodles
- 2 cups cooked chicken, sliced
- 1 cup snap peas
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon honey
- Optional: sesame seeds,
green onions, chili flakes



CALORIES

520

PROTEIN

36g

DIRECTIONS

1. Heat sesame oil in a pan and sauté garlic and ginger.
2. Add snap peas and cook until tender-crisp.
3. Stir in chicken and noodles.
4. Add soy sauce and honey; toss well.
Heat until evenly coated.
5. Top with sesame seeds and green onions.

GRILLED ASPARAGUS AND RICOTTA CAVATAPPI

INGREDIENTS

2 cups cooked cavatappi

1 bunch asparagus, grilled or roasted

½ cup ricotta cheese

1 tablespoon olive oil

Salt and pepper to taste

Optional: lemon zest, parmesan, garlic

CALORIES

450

PROTEIN

18g

DIRECTIONS

1. Grill or roast asparagus until tender and slightly charred.
2. Toss warm pasta with ricotta and olive oil.
3. Cut asparagus into pieces and mix in.
4. Season with salt and pepper.
5. Add lemon zest or parmesan if desired.
6. Serve warm.



SPICY ARRABBIATA WITH WHITE BEANS AND RIGATONI

INGREDIENTS

- 2 cups cooked rigatoni
- 1 can white beans, drained
- 1 can crushed tomatoes
- 2-3 garlic cloves, minced
- 1 teaspoon chili flakes
(adjust to taste)
- 2 tablespoons olive oil
- Salt to taste
- Optional: basil, parmesan



CALORIES

430

PROTEIN

16g

DIRECTIONS

1. Heat olive oil and sauté garlic and chili flakes.
2. Add crushed tomatoes and simmer 10–15 minutes.
3. Stir in white beans and warm through.
4. Toss with cooked rigatoni.
5. Adjust salt and spice level.
6. Finish with basil or parmesan if desired.

LEMON PEPPER TUNA AND CAPER SPAGHETTI

INGREDIENTS

- 2 cups cooked spaghetti
- 1 can tuna, drained
- 1 tablespoon olive oil
- 1–2 teaspoons lemon pepper seasoning
- 1 tablespoon capers
- Juice of ½ lemon
- Optional: parsley, garlic, chili flakes



CALORIES

450

PROTEIN

28g

DIRECTIONS

Heat olive oil in a pan and add tuna. Stir in lemon pepper seasoning and capers. Add cooked spaghetti and toss well. Squeeze in lemon juice. Heat through until combined. Garnish with parsley if desired.

LEAN BEEF AND MUSHROOM BOLOGNESE

INGREDIENTS

- 300–400g lean ground beef
- 2 cups mushrooms, finely chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can crushed tomatoes
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Optional: basil, parmesan

CALORIES

420

PER SERVING

PROTEIN

32g

PER SERVING



DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add mushrooms and cook until softened.
3. Add ground beef and brown fully.
4. Stir in tomatoes and seasoning.
5. Simmer 15–20 minutes until thickened.
6. Serve over pasta with parmesan if desired.

SMOKED SALMON AND DILL FARFALLE

INGREDIENTS

- 2 cups cooked farfalle pasta
- 100–150g smoked salmon, torn
- 2 tablespoons cream cheese or Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon fresh dill (or 1 tsp dried)
- Juice of ½ lemon
- Salt and pepper to taste
- Optional: capers, red onion

CALORIES

420

kcal

PROTEIN

24

g



DIRECTIONS

1. Cook pasta and let it cool slightly.
2. Mix cream cheese with olive oil, lemon juice, dill, salt, and pepper.
3. Toss pasta in the creamy mixture.
4. Gently fold in smoked salmon.
5. Add optional capers or onion.
6. Serve chilled or slightly warm.

GROUND TURKEY AND SPINACH BAKED ZITI

INGREDIENTS

- 2 cups cooked ziti pasta
- 300–400g ground turkey
- 2 cups marinara sauce
- 2 cups spinach
- 1 cup ricotta cheese
- 1 cup shredded mozzarella
- 2 garlic cloves, minced
- Salt and pepper to taste

CALORIES

510

PER SERVING

PROTEIN

34g

PER SERVING



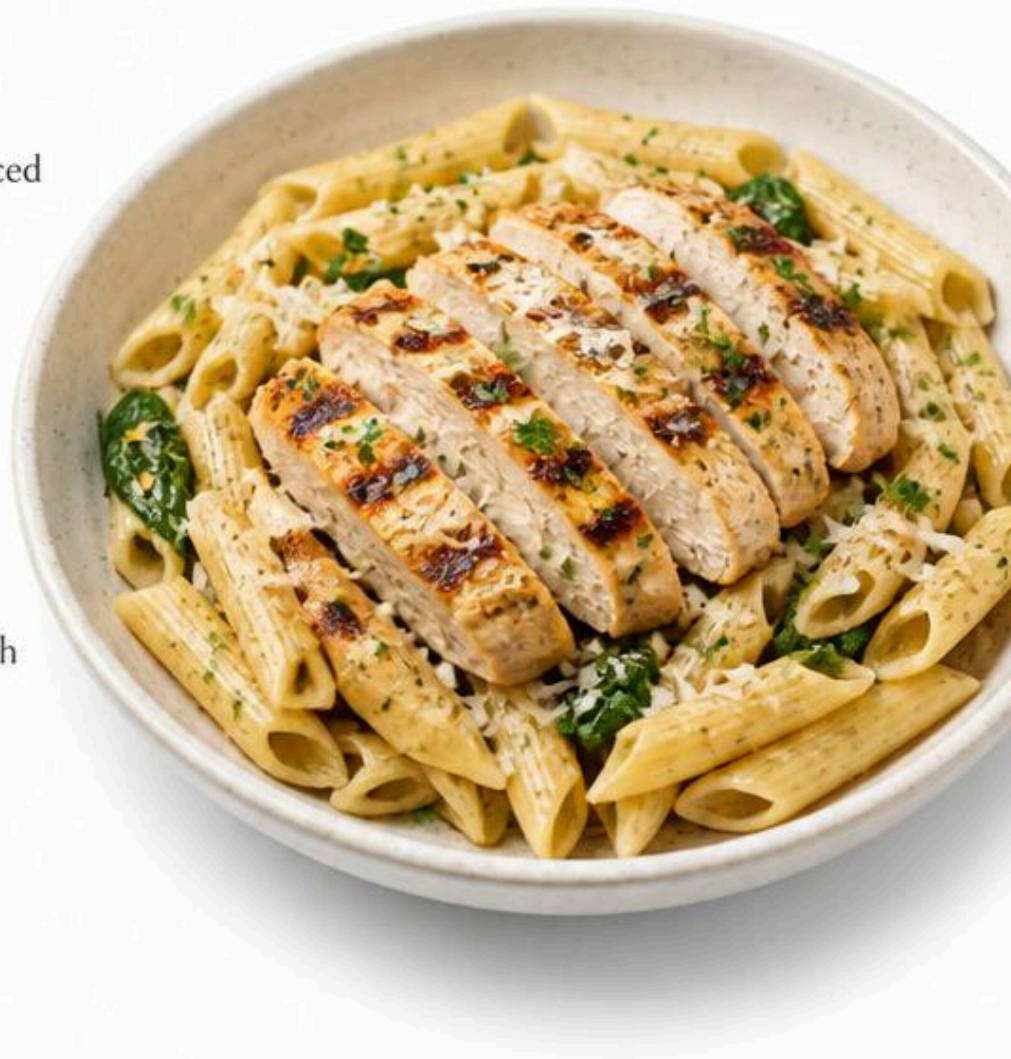
DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Brown turkey with garlic, salt, and pepper.
3. Stir in marinara sauce and spinach until wilted.
4. Mix pasta with sauce mixture.
5. Layer with ricotta and mozzarella in a baking dish.
6. Bake 20–25 minutes until bubbly and golden.

LEMON HERB GRILLED CHICKEN PENNE

INGREDIENTS

- 2 cups cooked penne pasta
- 2 chicken breasts, grilled and sliced
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: parmesan, parsley, spinach



CALORIES PROTEIN

480

kcal

38

g

DIRECTIONS

1. Cook pasta and set aside.
2. Season chicken with salt, pepper, and herbs, then grill and slice.
3. In a pan, warm olive oil and sauté garlic briefly.
4. Add pasta, chicken, lemon juice, and oregano.
5. Toss until evenly coated and heated through.
6. Finish with parmesan or parsley if desired.

ROASTED GARLIC AND TOMATO BASIL SPAGHETTI

INGREDIENTS

- 2 cups cooked spaghetti
- 1 pint cherry tomatoes
- 3–4 garlic cloves, minced
- 2 tablespoons olive oil
- Fresh basil leaves
- Salt and pepper to taste
- Optional: parmesan, chili flakes



CALORIES	PROTEIN
420	14g

DIRECTIONS

1. Roast or sauté tomatoes until blistered and juicy.
2. Add garlic and cook briefly until fragrant.
3. Toss in cooked spaghetti and olive oil.
4. Season with salt and pepper.
5. Stir in fresh basil.
6. Top with parmesan or chili flakes if desired.

GROUND LAMB AND MINTED TOMATO RIGATONI

INGREDIENTS

- 2 cups cooked rigatoni
- 300–400g ground lamb
- 1 can crushed tomatoes
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh mint leaves, chopped
- 1 tablespoon olive oil

CALORIES

560

PROTEIN

32g

DIRECTIONS

1. Heat olive oil and brown ground lamb.
2. Add garlic and cook briefly.
3. Stir in crushed tomatoes and oregano.
4. Simmer 10–15 minutes until thickened.
5. Stir in fresh mint.
6. Toss with rigatoni and serve hot.



ROASTED RED ONION AND GOAT CHEESE ORZO SALAD

INGREDIENTS

2 cups cooked orzo

1 large red onion, sliced

2 tablespoons olive oil

¼ cup goat cheese, crumbled

1 tablespoon balsamic vinegar

Salt and pepper to taste

Optional: arugula, cherry tomatoes, basil



CALORIES

PROTEIN

380 kcal

13 g

DIRECTIONS

1. Roast red onion at 200°C (400°F) with olive oil until caramelized.
2. Toss roasted onion with cooked orzo.
3. Add balsamic vinegar, salt, and pepper.
4. Fold in goat cheese.
5. Mix gently to combine.
6. Serve warm or chilled.

ROASTED PUMPKIN AND NUTMEG WHOLE WHEAT PENNE

INGREDIENTS

2 cups cooked whole wheat penne

2 cups pumpkin, cubed

1 tablespoon olive oil

½ teaspoon nutmeg

Salt and pepper to taste

Optional: cream, parmesan, sage



CALORIES PROTEIN

420 kcal 16 g

DIRECTIONS

1. Roast pumpkin at 200°C (400°F) for 25–30 minutes until soft.
2. Toss roasted pumpkin with cooked penne.
3. Add olive oil, nutmeg, salt, and pepper.
4. Mash slightly for a creamy texture if desired.
5. Stir in optional cream or parmesan.
6. Serve warm.

CREAMY ROASTED PARSNIP AND THYME FETTUCCHINE

INGREDIENTS

- 2 cups cooked fettuccine
- 2 cups parsnips, chopped
- 2 tablespoons olive oil
- 1 teaspoon thyme
- ½ cup cream or milk
- Salt and pepper to taste
- Optional: parmesan, garlic

CALORIES

520

PROTEIN

14g



DIRECTIONS

1. Roast parsnips at 200°C (400°F) for 25–30 minutes until golden.
2. Blend or mash roasted parsnips with cream until smooth.
3. Add thyme, salt, and pepper.
4. Toss sauce with cooked fettuccine.
5. Heat gently to combine.
6. Top with parmesan if desired.

COLD PEANUT CHICKEN AND CUCUMBER NOODLE SALAD

INGREDIENTS

- 2 cups cooked chicken, shredded
- 2 cucumbers, spiralized or thinly sliced
- 200g noodles (rice noodles or spaghetti), cooked and cooled
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon honey or maple syrup
- 1 teaspoon lime juice
- Optional: chili flakes, cilantro, crushed peanuts

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Cook noodles and rinse under cold water.
2. Whisk peanut butter, soy sauce, sesame oil, honey, and lime juice into a dressing.
3. Toss noodles with cucumber and chicken.
4. Add peanut dressing and mix well.
5. Chill for 10–15 minutes if desired. Top with peanuts or cilantro before serving.

ROASTED CAULIFLOWER AND CAPER ORECCHIETTE

INGREDIENTS

- 2 cups cooked orecchiette
- 2–3 cups cauliflower florets
- 2 tablespoons olive oil
- 1–2 tablespoons capers
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: lemon zest, parsley, parmesan, chili flakes

CALORIES

430

PROTEIN

16g



DIRECTIONS

1. Roast cauliflower at 200°C (400°F) with olive oil, salt, and pepper for 20–25 minutes until golden.
2. Heat a pan with a little olive oil and sauté garlic briefly.
3. Add roasted cauliflower and capers.
4. Toss in cooked orecchiette.
5. Mix until well combined and heated through.
6. Finish with lemon zest or parmesan if desired.

SWEET CORN AND CHERRY TOMATO SUMMER CAMPANELLE

INGREDIENTS

- 2 cups cooked campanelle pasta
- 1 cup sweet corn (fresh or frozen)
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: basil, parmesan, chili flakes



CALORIES

480

kcal

PROTEIN

17

g

DIRECTIONS

1. Heat olive oil in a pan and sauté garlic briefly.
2. Add corn and cook until lightly golden.
3. Add cherry tomatoes and cook until just softened.
4. Toss in cooked pasta.
5. Season with salt and pepper.
6. Finish with basil or parmesan if desired.

CHICKEN AND ARTICHOKE HEART WHOLE WHEAT FUSILLI

INGREDIENTS

2 cups cooked whole wheat fusilli
2 cups cooked chicken, sliced
1 cup artichoke hearts, chopped
2 tablespoons olive oil
2 garlic cloves, minced
Juice of ½ lemon
Salt and pepper to taste
Optional: spinach, parmesan,
chili flakes

CALORIES

480

PROTEIN

34g

DIRECTIONS

Heat olive oil in a pan and sauté garlic.
Add chicken and artichokes; warm through.
Stir in cooked fusilli.
Add lemon juice, salt, and pepper.
Toss until evenly coated.
Finish with parmesan or spinach if desired.



ROASTED BUTTERNUT SQUASH AND SAGE PENNE

INGREDIENTS

- 2 cups cooked penne
- 2 cups butternut squash, cubed
- 1 tablespoon olive oil
- 1 teaspoon dried sage (or fresh)
- Salt and pepper to taste
- Optional: butter, parmesan, garlic



420

CALORIES

13g

PROTEIN

DIRECTIONS

1. Roast squash at 200°C (400°F) for 20–25 minutes until tender and caramelized.
2. Heat olive oil or butter in a pan and add sage.
3. Toss roasted squash with cooked penne.
4. Season with salt and pepper.
5. Stir gently to combine flavors.
6. Finish with parmesan if desired.

TURKEY MEATBALL AND MARINARA SHELLS

INGREDIENTS

- 2 cups cooked pasta shells
- 2 cups turkey meatballs (pre-cooked)
- 1½ cups marinara sauce
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste
- Optional: parmesan, basil, chili flakes



CALORIES

420
kcal

PROTEIN

32
g

DIRECTIONS

1. Heat olive oil in a pan and sauté garlic briefly.
2. Add marinara sauce and warm through.
3. Add turkey meatballs and simmer until heated.
4. Toss in cooked pasta shells.
5. Stir until well coated.
6. Top with parmesan or basil if desired.

WALNUT PESTO AND ZUCCHINI RIBBONS WITH LINGUINE

INGREDIENTS

2 cups cooked linguine

1 zucchini, spiralized or ribboned

¼–½ cup pesto (walnut pesto preferred)

1 tablespoon olive oil

Salt and pepper to taste

Optional: parmesan, lemon zest, cherry tomatoes

CALORIES

480 kcal

PROTEIN

16 g

DIRECTIONS

1. Lightly sauté zucchini ribbons for 1–2 minutes (optional).
2. Warm pesto with olive oil in a pan.
3. Add cooked linguine and toss to coat.
4. Fold in zucchini ribbons.
5. Season with salt and pepper.
6. Top with parmesan or lemon zest if desired.



MEDITERRANEAN CHICKPEA AND OLIVE ROTINI

INGREDIENTS

- 2 cups cooked rotini
- 1 can chickpeas, drained
- ½ cup olives, sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1 teaspoon oregano
- Salt and pepper to taste
- Optional: feta, lemon juice, parsley



CALORIES

430

PROTEIN

16g

DIRECTIONS

1. Heat olive oil in a pan and sauté garlic briefly.
2. Add chickpeas and warm through.
3. Stir in tomatoes, olives, oregano, salt, and pepper.
4. Toss in cooked rotini.
5. Mix until evenly coated and heated.
6. Finish with feta or lemon juice if desired.

GARLIC BUTTER SHRIMP AND BROCCOLI ANGEL HAIR

INGREDIENTS

- 200–300g shrimp, peeled
- 2 cups cooked angel hair pasta
- 2 cups broccoli florets
- 2 tablespoons butter
- 3 garlic cloves, minced
- Salt and pepper to taste
- Juice of ½ lemon
- Optional: chili flakes, parsley

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Cook broccoli until tender-crisp.
2. Melt butter in a pan and sauté garlic.
3. Add shrimp and cook until pink and opaque.
4. Toss in broccoli and cooked pasta.
5. Season with salt, pepper, and lemon juice.
6. Serve warm with parsley or chili flakes.

CREAMY AVOCADO AND PEA FETTUCCINE

INGREDIENTS

2 cups cooked fettuccine

1 ripe avocado

1 cup peas

1 tablespoon olive oil

Juice of ½ lemon

1 garlic clove, minced

Salt and pepper to taste

Optional: parmesan, basil

CALORIES

460

PROTEIN

16g

DIRECTIONS

1. Cook peas until tender.
2. Blend avocado, olive oil, lemon juice, garlic, salt, and pepper into a sauce.
3. Toss warm pasta with avocado sauce.
4. Stir in peas.
5. Adjust seasoning to taste.
6. Top with parmesan or basil if desired.



Sun-Dried Tomato and Turkey Sausage Skillet

INGREDIENTS

- 2–3 turkey sausages, sliced
- 2 tablespoons sun-dried tomatoes, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup spinach (optional)
- 1 cup cooked pasta or rice (optional, for serving)
- Salt and pepper to taste
- Optional: parmesan, chili flakes, basil



CALORIES

410

PROTEIN

28g

DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add sliced turkey sausage and cook until browned.
3. Stir in garlic and sun-dried tomatoes; cook briefly until fragrant.
4. Add spinach if using and let it wilt.
5. Season with salt, pepper, and optional chili flakes.
6. Serve as-is or over pasta or rice.

SPICY SESAME TOFU AND EDAMAME NOODLES

INGREDIENTS

- 2 cups cooked noodles
- 200g tofu, cubed
- 1 cup shelled edamame
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon chili paste or sriracha
- 1 teaspoon honey or maple syrup
- 1 garlic clove, minced
- Optional: sesame seeds, green onions

CALORIES

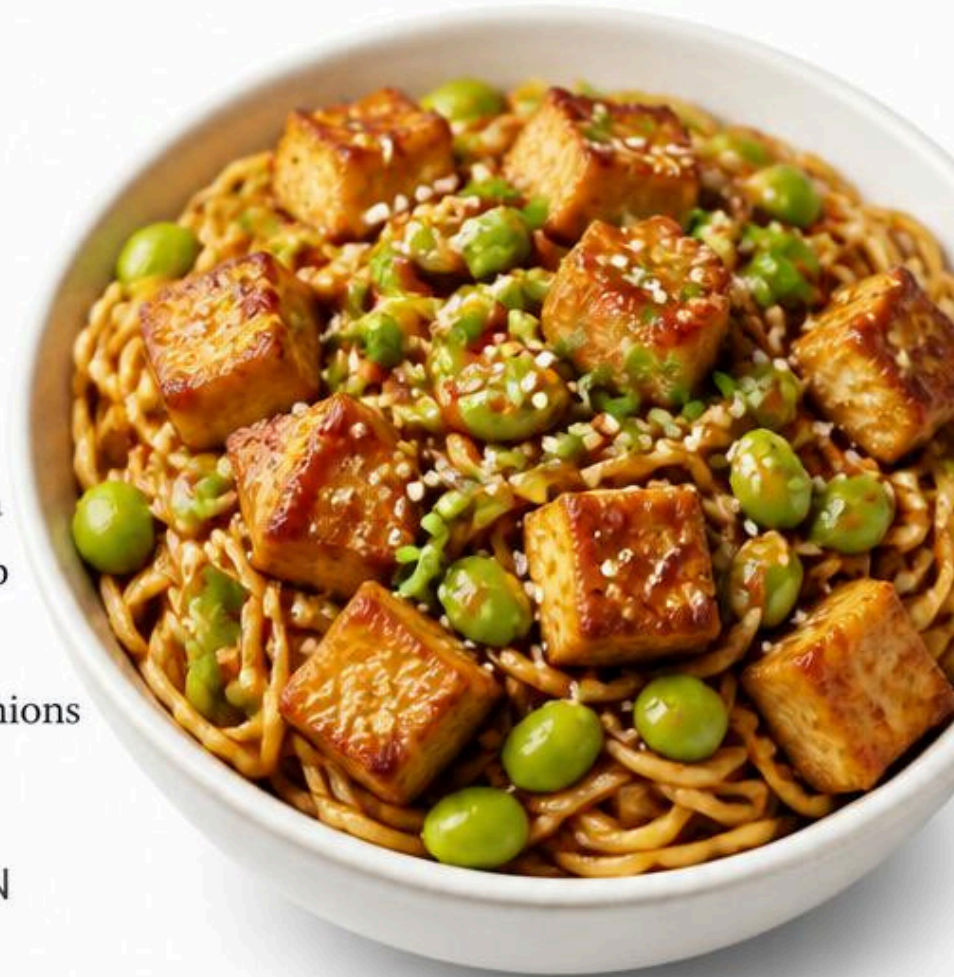
560

PROTEIN

28g

DIRECTIONS

1. Pan-fry tofu until golden and crisp.
2. Add garlic and edamame; sauté briefly.
3. Mix soy sauce, sesame oil, chili paste, and sweetener.
4. Toss noodles with sauce mixture.
5. Combine with tofu and edamame.
6. Top with sesame seeds and green onions.



SPICY CAJUN CHICKEN AND TRI-COLOR BELL PEPPER PENNE

INGREDIENTS

- 2 cups cooked penne
- 2 chicken breasts, sliced
- 2 bell peppers (red, yellow, green), sliced
- 2 tablespoons olive oil
- 1-2 teaspoons Cajun seasoning
- Salt and pepper to taste
- Optional: cream, parmesan



CALORIES

520

PROTEIN

36g

DIRECTIONS

1. Season chicken with Cajun seasoning, salt, and pepper.
2. Sauté chicken in olive oil until cooked through.
3. Add bell peppers and cook until tender-crisp.
4. Toss in cooked penne.
5. Mix well and heat through.
6. Optional: stir in cream or parmesan for richness.

Roasted Leek and Fontina Baked Shells

INGREDIENTS

- 2 cups cooked pasta shells
- 2 leeks, sliced
- 1 tablespoon butter or olive oil
- 1 cup fontina cheese, shredded
- ½ cup cream or milk
- Salt and pepper to taste
- Optional: parmesan, thyme

CALORIES

460 kcal

PROTEIN

18 g

DIRECTIONS

1. Roast or sauté leeks in butter until soft and lightly golden.
2. Mix cooked shells with cream and half the fontina.
3. Stir in roasted leeks, salt, and pepper.
4. Transfer to baking dish and top with remaining cheese.
5. Bake at 190°C (375°F) for 15–20 minutes until bubbly. Rest slightly before serving.



ROASTED EGGPLANT AND RICOTTA SALATA RIGATONI

INGREDIENTS

- 2 cups cooked rigatoni
- 1 eggplant, cubed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ½ cup ricotta salata, crumbled
- Salt and pepper to taste
- Optional: basil, chili flakes

CALORIES

520

PROTEIN

18g

DIRECTIONS

1. Roast eggplant at 200°C (400°F) for 25–30 minutes until golden.
2. Sauté garlic briefly in olive oil.
3. Add roasted eggplant and toss with rigatoni.
4. Season with salt and pepper.
5. Remove from heat and fold in ricotta salata.
6. Top with basil or chili flakes.



TUSCAN WHITE BEAN AND KALE CAVATAPPI

INGREDIENTS

- 2 cups cooked cavatappi
- 1 can white beans, drained
- 2 cups kale, chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: crushed tomatoes, parmesan, chili flakes

CALORIES

430

PROTEIN

18g



DIRECTIONS

1. Heat olive oil and sauté garlic.
2. Add kale and cook until wilted.
3. Stir in white beans and warm through.
4. Add cooked cavatappi and toss well.
5. Season with salt and pepper.
6. Finish with parmesan or a drizzle of olive oil.

SPICY PORK SAUSAGE AND RAPINI ORECCHIETTE

INGREDIENTS

- 2 cups cooked orecchiette
- 3–4 pork sausages, sliced
- 2 cups rapini (broccoli rabe), chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ½ teaspoon chili flakes
- Salt and pepper to taste
- Optional: parmesan, lemon juice

CALORIES

560

PROTEIN

26g



DIRECTIONS

1. Cook sausage slices until browned; set aside.
2. Sauté garlic and chili flakes in olive oil.
3. Add rapini and cook until tender.
4. Return sausage to pan.
5. Toss in cooked orecchiette.
6. Finish with parmesan or lemon juice.

ROASTED RED PEPPER AND GOAT CHEESE PENNE

INGREDIENTS

- 2 cups cooked penne
- 1 cup roasted red peppers, sliced
- 2 tablespoons olive oil
- ¼–½ cup goat cheese
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: basil, chili flakes, parmesan

CALORIES

420

PROTEIN

15g

DIRECTIONS

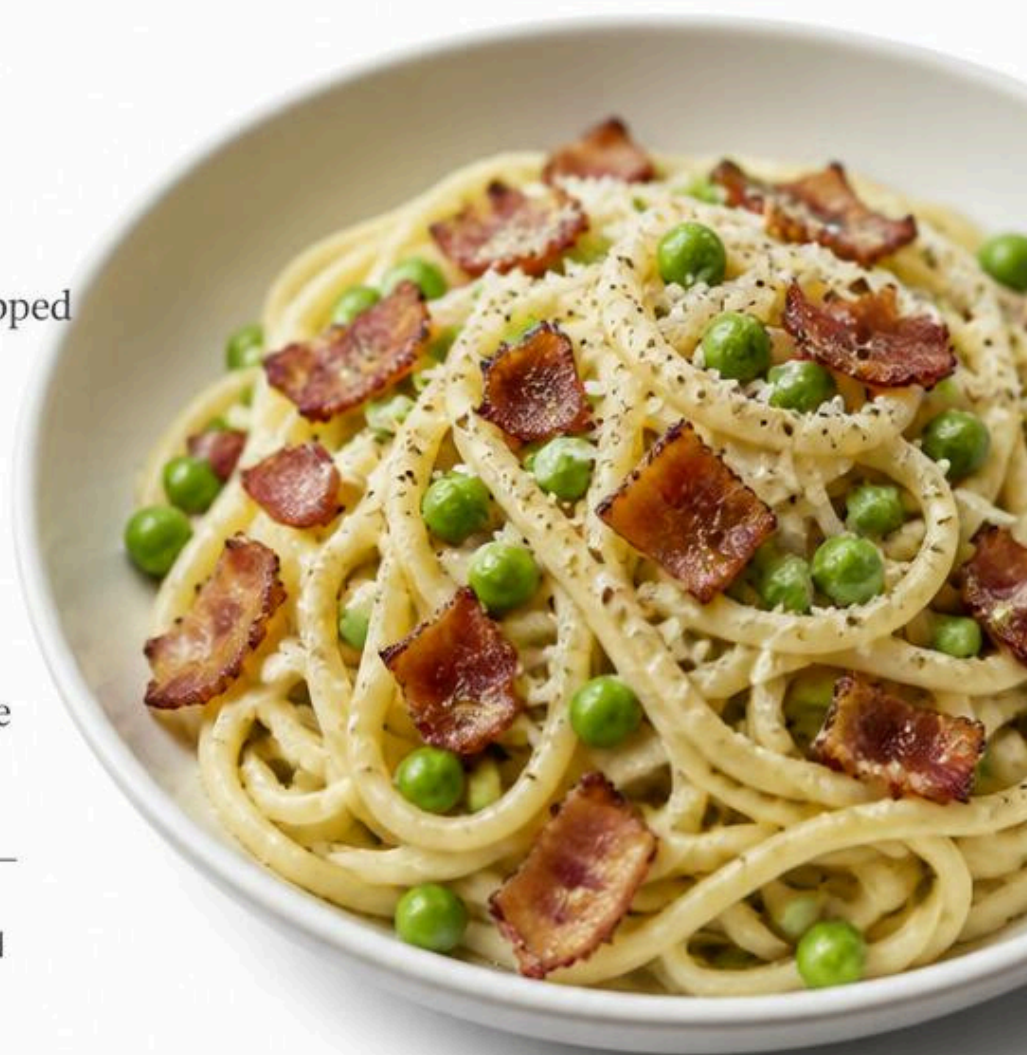
1. Heat olive oil and sauté garlic briefly.
2. Add roasted red peppers and warm through.
3. Stir in cooked penne.
4. Remove from heat and mix in goat cheese until creamy.
5. Season with salt and pepper.
6. Top with basil or chili flakes if desired.



TURKEY BACON AND SWEET PEA CARBONARA

INGREDIENTS

- 2 cups cooked pasta
(spaghetti or fettuccine)
- 4-6 slices turkey bacon, chopped
- 1 cup sweet peas
- 2 eggs
- ½ cup grated parmesan
- 1 garlic clove, minced
- Salt and black pepper to taste



CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Cook turkey bacon until crispy; set aside.
2. Whisk eggs, parmesan, salt, and pepper in a bowl.
3. Add peas to hot pasta water briefly to warm, then drain.
4. Toss hot pasta with egg mixture off heat (to create creamy sauce).
5. Stir in bacon, peas, and garlic.
6. Serve immediately with extra pepper.

BLACK PEPPER AND PECORINO CACIO E PEPE

INGREDIENTS

- 2 cups cooked spaghetti or tonnarelli
- 2 tablespoons butter or olive oil
- ½–1 cup grated Pecorino Romano
- 1–2 teaspoons freshly cracked black pepper
- Salt to taste

CALORIES: 480

PROTEIN: 18g

DIRECTIONS

1. Cook pasta and reserve a bit of pasta water.
2. Melt butter in a pan and add black pepper.
3. Add pasta and toss well.
4. Add cheese gradually with a splash of pasta water.
5. Stir until creamy and emulsified.
6. Serve immediately.



CREAMY SUN-DRIED TOMATO AND CHICKEN GNOCCHI

INGREDIENTS

- 500g gnocchi
- 2 cups cooked chicken, sliced
- 2 tablespoons sun-dried tomatoes, chopped
- 2 garlic cloves, minced
- 1 cup cream
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach, parmesan, basil

CALORIES

620

kcal

PROTEIN

36

g



DIRECTIONS

1. Heat olive oil and sauté garlic and sun-dried tomatoes.
2. Add cream and simmer lightly.
3. Stir in gnocchi and cook until tender and coated.
4. Add chicken and warm through.
5. Season with salt and pepper. Finish with spinach or parmesan if desired.

BALSAMIC ROASTED VEGETABLE RATATOUILLE OVER ORZO

INGREDIENTS

- 2 cups cooked orzo
- 1 zucchini, sliced
- 1 eggplant, cubed
- 1 bell pepper, chopped
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1-2 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: thyme, basil, parmesan

CALORIES

420

PROTEIN

13g



DIRECTIONS

1. Roast vegetables at 200°C (400°F) with olive oil, garlic, salt, and pepper for 25–30 minutes.
2. Drizzle roasted vegetables with balsamic vinegar.
3. Toss with cooked orzo.
4. Mix gently to combine flavors.
5. Adjust seasoning as needed.
6. Top with fresh basil or parmesan.

BAKED PASTA

Caramelized Onion and Gruyère Baked Penne

INGREDIENTS

- 2 cups cooked penne
- 2 large onions, sliced
- 1 tablespoon butter
- 1 cup Gruyère cheese, shredded
- ½ cup milk or cream
- Salt and pepper to taste
- Optional: thyme, parmesan

CALORIES

520

kcal per serving

PROTEIN

20

g per serving



DIRECTIONS

1. Cook onions slowly in butter until deeply caramelized (15–25 min).
2. Mix cooked penne with caramelized onions and cream.
3. Stir in half the Gruyère.
4. Transfer to baking dish and top with remaining cheese.
5. Bake at 190°C (375°F) for 15–20 minutes until bubbly.
6. Rest slightly before serving.

ROASTED ASPARAGUS AND TARRAGON CHICKEN LINGUINE

INGREDIENTS

- 2 cups cooked linguine
- 2 chicken breasts, grilled and sliced
- 1 bunch asparagus, roasted
- 1 tablespoon olive oil
- 1 teaspoon dried tarragon (or fresh)
- Salt and pepper to taste
- Optional: lemon zest, parmesan

CALORIES

560

PROTEIN

38g



DIRECTIONS

1. Roast asparagus at 200°C (400°F) for 12–15 minutes.
2. Season and grill chicken, then slice.
3. Toss linguine with olive oil and tarragon.
4. Add chicken and asparagus.
5. Heat briefly to combine flavors.
6. Finish with lemon zest or parmesan.

SHREDDED CHICKEN AND

Green Chile Verde Spaghetti

INGREDIENTS

- 2 cups cooked spaghetti
- 2 cups shredded cooked chicken
- 1 cup green chile salsa or salsa verde
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cilantro, lime juice, cotija cheese

CALORIES

480

PROTEIN

36g



DIRECTIONS

1. Heat olive oil in a pan and sauté garlic briefly.
2. Add shredded chicken and warm through.
3. Stir in salsa verde and simmer 2–3 minutes.
4. Toss in cooked spaghetti.
5. Mix until evenly coated and heated.
6. Finish with cilantro, lime, or cheese if desired.

LEMON HERB GRILLED SWORDFISH CAVATAPPI

INGREDIENTS

- 2 cups cooked cavatappi
- 2 swordfish steaks
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried herbs
(oregano or thyme)
- Salt and pepper to taste
- Optional: parsley, butter

CALORIES

550

PROTEIN

43g

DIRECTIONS

1. Season swordfish with olive oil, lemon, garlic, herbs, salt, and pepper.
2. Grill 3–4 minutes per side until cooked through.
3. Flake swordfish into chunks.
4. Toss with warm cavatappi.
5. Add extra lemon juice if desired.
6. Garnish with parsley and serve.



SPINACH AND THREE-CHEESE STUFFED JUMBO SHELLS

INGREDIENTS

- 20–24 jumbo pasta shells
- 2 cups ricotta cheese
- 1 cup mozzarella cheese, shredded
- ½ cup parmesan cheese
- 2 cups spinach, chopped
- 1 egg
- 2 cups marinara sauce
- 2 garlic cloves, minced
- Salt and pepper to taste

CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Cook shells until al dente and set aside.
2. Mix ricotta, mozzarella, parmesan, spinach, egg, garlic, salt, and pepper.
3. Fill each shell with cheese mixture.
4. Spread marinara in a baking dish and place stuffed shells on top.
5. Bake at 190°C (375°F) for 25–30 minutes.
6. Serve warm with extra parmesan.



GINGER SOY

Pork and Bok Choy Bow Ties

INGREDIENTS

- 2 cups cooked bow tie pasta
- 300g pork, sliced thin
- 2 cups bok choy, chopped
- 2 tablespoons soy sauce
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 1 tablespoon oil
- Optional: chili flakes, green onions

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Heat oil and cook pork until browned.
2. Add garlic and ginger; sauté briefly.
3. Add bok choy and cook until just wilted.
4. Stir in soy sauce and sesame oil.
5. Toss in cooked bow ties.
6. Mix well and serve hot.

ROASTED BRUSSELS SPROUTS AND PANCETTA FUSILLI

INGREDIENTS

- 2 cups cooked fusilli
- 2 cups Brussels sprouts, halved
- ½ cup pancetta, diced
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: parmesan, lemon zest, chili flakes



CALORIES

520

PROTEIN

22g

DIRECTIONS

1. Roast Brussels sprouts at 200°C (400°F) with olive oil, salt, and pepper for 20–25 minutes.
2. Cook pancetta in a skillet until crisp.
3. Add garlic to pancetta and sauté briefly.
4. Toss in roasted sprouts and cooked fusilli.
5. Mix well to combine and heat through.
6. Finish with parmesan or lemon zest if desired.

FIVE-INGREDIENT

Garlic Olive Oil Spaghetti

INGREDIENTS

2 cups cooked spaghetti

3–4 garlic cloves, thinly sliced

3 tablespoons olive oil

Salt to taste

Optional: chili flakes, parsley

CALORIES

380

calories

PROTEIN

9g

protein



DIRECTIONS

1. Heat olive oil in a pan over low-medium heat.
2. Add garlic and cook gently until golden (not burnt).
3. Toss in cooked spaghetti.
4. Season with salt and chili flakes if using.
5. Add a splash of pasta water if needed for coating.
6. Finish with parsley and serve.

HERBED GROUND TURKEY AND ZUCCHINI SKILLET

INGREDIENTS

300–400g ground turkey

2 zucchinis, chopped

1 tablespoon olive oil

2 garlic cloves, minced

1 teaspoon Italian seasoning

Salt and pepper to taste

Optional: parmesan, spinach



CALORIES

330

PROTEIN

30g

DIRECTIONS

1. Heat olive oil in a skillet and brown turkey.
2. Add garlic and cook briefly.
3. Stir in zucchini and cook until tender.
4. Season with herbs, salt, and pepper.
5. Cook until zucchini is softened and turkey is fully cooked.
6. Finish with parmesan if desired.

BUFFALO CHICKEN SKILLET

Macaroni

INGREDIENTS

- 2 cups cooked macaroni
- 2 cups cooked chicken, shredded
- ½ cup buffalo sauce
- 2 tablespoons cream cheese or butter
- ½ cup milk
- ½ cup shredded cheddar cheese
- Optional: blue cheese, green onions, ranch

CALORIES

520

PROTEIN

32g

DIRECTIONS

1. Heat cream cheese and milk in a skillet until smooth.
2. Stir in buffalo sauce and cheddar cheese.
3. Add chicken and warm through.
4. Fold in cooked macaroni.
5. Stir until fully coated and creamy.
6. Top with blue cheese or green onions if desired.



CREAMY BASIL PESTO AND SALMON FARFALLE

INGREDIENTS

- 2 cups cooked farfalle
- 2 cups cooked salmon, flaked
- 2-3 tablespoons basil pesto
- 2 tablespoons cream or Greek yogurt
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cherry tomatoes, parmesan, lemon zest



520
CALORIES

34g
PROTEIN

DIRECTIONS

1. Mix pesto with cream or yogurt to loosen.
2. Warm olive oil in a pan and gently heat salmon.
3. Add cooked farfalle and toss.
4. Stir in pesto sauce until coated.
5. Season with salt and pepper.
6. Finish with lemon zest or parmesan if desired.

LEMON SARDINE AND FENNEL SPAGHETTI

INGREDIENTS

- 2 cups cooked spaghetti
- 1 can sardines (in oil or water), drained
- 1 fennel bulb, thinly sliced
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: chili flakes, parsley

CALORIES

520

PROTEIN

28g



DIRECTIONS

1. Sauté fennel in olive oil until softened.
2. Add garlic and cook briefly.
3. Stir in sardines and break lightly.
4. Add cooked spaghetti and toss.
5. Squeeze in lemon juice and season.
Top with parsley or chili flakes.

LEMON RICOTTA AND SWEET PEA LINGUINE

INGREDIENTS

2 cups cooked linguine

½ cup ricotta cheese

1 cup sweet peas

1 tablespoon olive oil

Juice of ½ lemon

1 garlic clove, minced

Salt and pepper to taste

Optional: parmesan, basil,
lemon zest



CALORIES

480

PROTEIN

19g

DIRECTIONS

1. Cook peas until tender and set aside.
2. Warm olive oil and sauté garlic briefly.
3. Toss linguine with ricotta, lemon juice, and olive oil.
4. Add peas and mix gently.
5. Season with salt and pepper.
6. Finish with parmesan or basil if desired.