

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

320

PROTEIN

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.

LEMON COUSCOUS SALAD WITH ROASTED CHICKPEAS

INGREDIENTS

- 1 cup couscous
- 1 cup chickpeas, drained
- 1 cucumber, chopped
- ½ cup cherry tomatoes
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon cumin or paprika
- Salt and pepper to taste

CALORIES

390 kcal

PROTEIN

14 g

DIRECTIONS

1. Roast chickpeas at 200°C (400°F) for 20–25 minutes with oil and spices.
2. Prepare couscous according to package directions.
3. Combine couscous, cucumber, and tomatoes.
4. Add roasted chickpeas.
5. Drizzle with olive oil and lemon juice.
6. Toss and serve warm or cold.



SIMPLE SHRIMP AVOCADO SALAD

INGREDIENTS

- 200g shrimp, cooked
- 1 avocado, diced
- 2 cups mixed greens
- ½ cucumber, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon or lime juice
- Salt and pepper to taste

CALORIES

320

PROTEIN

26g

DIRECTIONS

1. Cook shrimp until pink and cooled slightly.
2. Combine greens, avocado, and cucumber in a bowl.
3. Add shrimp on top.
4. Drizzle with olive oil and lemon juice.
5. Season with salt and pepper.
6. Toss gently and serve chilled.



ITALIAN SUB SALAD BOWL

INGREDIENTS

- 2 cups chopped romaine or mixed greens
- 3–4 slices salami
- 3–4 slices ham
- 3–4 slices turkey (optional)
- ¼ cup pepperoncini
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, sliced
- ¼ cup provolone cheese, cubed
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

CALORIES

420

PROTEIN

28g



DIRECTIONS

1. Combine greens, meats, cheese, and vegetables in a bowl.
2. Whisk olive oil, vinegar, salt, and pepper.
3. Pour dressing over salad.
4. Toss well to combine.
5. Serve immediately.

HERBED RICOTTA AND TOMATO FLATBREAD

INGREDIENTS

- 1 flatbread or naan
- ½ cup ricotta cheese
- 1–2 tomatoes, sliced
- 1 tablespoon olive oil
- Fresh basil or oregano
- Salt and pepper to taste
- Optional: balsamic glaze

CALORIES

380

PROTEIN

16g



DIRECTIONS

1. Toast flatbread lightly if desired.
2. Spread ricotta evenly over surface.
3. Add tomato slices.
4. Drizzle olive oil and season with salt and pepper.
5. Top with herbs and optional balsamic glaze.
6. Slice and serve.

BUFFALO CHICKEN CELERY BOATS

INGREDIENTS

1½ cups cooked shredded chicken

2–3 tablespoons buffalo sauce

1 tablespoon Greek yogurt or ranch (optional)

3–4 celery stalks, cut into sticks

Optional: blue cheese crumbles



CALORIES

150

PROTEIN

13g

DIRECTIONS

1. Mix chicken with buffalo sauce and yogurt/ranch if using. Stir until well coated.
2. Spoon mixture into celery sticks.
3. Top with blue cheese if desired.
4. Serve chilled or slightly warm.

SOUTHWEST BLACK BEAN SCRAMBLE

INGREDIENTS

- 3 eggs
- ½ cup black beans
- ¼ cup corn
- ½ bell pepper, diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional: salsa or avocado



CALORIES

320

PROTEIN

22g

DIRECTIONS

1. Heat oil in a pan and sauté bell pepper until soft.
2. Add black beans and corn; warm through.
3. Whisk eggs with spices, salt, and pepper.
4. Pour eggs into pan and scramble gently.
5. Cook until fluffy and set. Serve with salsa or avocado if desired.

GINGER BEEF AND SNAP PEA STIR-FRY

INGREDIENTS

- 200g beef, thinly sliced
- 2 cups snap peas
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- Optional: sesame seeds, green onions

CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Heat sesame oil in a pan over high heat.
2. Cook beef until browned.
3. Add garlic, ginger, and snap peas.
4. Stir-fry until crisp-tender.
5. Add soy sauce and honey.
6. Toss and serve hot.



MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

- 1 can chickpeas, drained and rinsed
- ½ cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ red onion, finely chopped
- ¼ cup olives (optional)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: feta cheese



CALORIES

320

PROTEIN

12g

DIRECTIONS

1. Combine chickpeas, cucumber, tomatoes, onion, and olives in a bowl.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper.
3. Pour dressing over salad and toss well.
4. Add feta if desired.
5. Serve chilled or at room temperature.

SHREDDED CHICKEN AND NAPA CABBAGE SALAD

INGREDIENTS

- 2 cups cooked shredded chicken
- 2 cups napa cabbage, shredded
- ½ carrot, julienned
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar or lime juice
- 1 teaspoon honey
- Optional: green onions, sesame seeds



CALORIES

320

PER SERVING

PROTEIN

28g

PER SERVING

DIRECTIONS

1. Combine chicken, cabbage, and carrot in a bowl.
2. Whisk soy sauce, sesame oil, vinegar, and honey.
3. Pour dressing over salad.
4. Toss well to combine.
5. Top with green onions and sesame seeds.
6. Serve chilled or lightly warm.

BALSAMIC ROASTED STRAWBERRIES AND SPINACH SALAD

INGREDIENTS

2 cups fresh strawberries, halved

2 cups spinach

1 tablespoon balsamic vinegar

1 tablespoon olive oil

1 teaspoon honey

¼ cup feta cheese (optional)

Salt and pepper to taste

Optional: walnuts or almonds



CALORIES

210

PROTEIN

6g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss strawberries with balsamic vinegar and honey.
3. Roast for 10–12 minutes until soft and juicy.
4. In a bowl, add spinach and roasted strawberries.
5. Drizzle with olive oil, salt, and pepper.
6. Top with feta and nuts if desired.

TURKEY HAM AND SWISS ROLL-UPS

INGREDIENTS

- 6–8 slices turkey ham
- 4–6 slices Swiss cheese
- 1 tablespoon mustard or cream cheese (optional)
- Lettuce or pickles (optional)

CALORIES

180

PROTEIN

16g



DIRECTIONS

1. Lay turkey ham slices flat.
2. Add cheese and optional spread or toppings.
3. Roll tightly into wraps.
4. Secure with toothpicks if needed.
5. Slice and serve chilled.

GARLIC MUSHROOM AND SPINACH FRITTATA

INGREDIENTS

- 6 eggs
- 1 cup mushrooms, sliced
- 2 cups spinach
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- ¼ cup milk (optional)
- Salt and pepper to taste
- Optional: cheese (feta or cheddar)

CALORIES

280

PROTEIN

18g



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté mushrooms and garlic in olive oil until browned.
3. Add spinach and cook until wilted.
4. Whisk eggs with milk, salt, and pepper.
5. Pour into oven-safe pan and add vegetables.
6. Bake 15–20 minutes until set.

TURKEY BREAST AND APPLE SLAW SANDWICH

INGREDIENTS

- 2 slices bread or sandwich roll
- 3–4 slices turkey breast
- ½ apple, thinly sliced
- 1 cup shredded cabbage or coleslaw mix
- 1 tablespoon mayo or Greek yogurt
- 1 teaspoon vinegar or lemon juice
- Salt and pepper to taste

CALORIES

360

PROTEIN

28g



DIRECTIONS

1. Mix cabbage, mayo/yogurt, vinegar, salt, and pepper to make slaw.
2. Layer turkey and apple slices on bread.
3. Add slaw on top.
4. Close sandwich and press lightly.
5. Serve cold or toasted.

CURRIED CAULIFLOWER CHICKPEA WRAP

INGREDIENTS

- 1 cup chickpeas, drained
- 1 cup cauliflower florets (roasted or steamed)
- 1 teaspoon curry powder
- 2 tablespoons Greek yogurt or mayo
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 tortilla wrap
- Optional: spinach, cucumber, raisins



CALORIES

400

PROTEIN

18g

DIRECTIONS

1. Roast or steam cauliflower until tender.
2. Mix chickpeas, cauliflower, curry powder, yogurt, lemon juice, salt, and pepper.
3. Warm tortilla slightly.
4. Add filling and optional greens.
5. Roll tightly into a wrap. Serve warm or cold.

MINTED WATERMELON AND FETA SALAD

INGREDIENTS

- 2 cups watermelon, cubed
- ¼ cup feta cheese, crumbled
- Fresh mint leaves
- 1 tablespoon olive oil (optional)
- 1 teaspoon lime juice (optional)
- Black pepper to taste

CALORIES

120

PROTEIN

4g

DIRECTIONS

Place watermelon in a bowl. Add feta and mint leaves. Drizzle with olive oil and lime juice if using. Season lightly with black pepper. Toss gently and serve chilled.



SPICY EDAMAME AND BROWN RICE BOWL

INGREDIENTS

- 1 cup cooked brown rice
- 1 cup shelled edamame
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon chili flakes or sriracha
- 1 garlic clove, minced
- Optional: green onions, sesame seeds

CALORIES

420

PROTEIN

18g

DIRECTIONS

Heat sesame oil in a pan and sauté garlic briefly.

Add edamame and warm through.

Stir in soy sauce and chili sauce.

Serve over brown rice.

Top with green onions and sesame seeds.

Serve warm.



CITRUS GRILLED CHICKEN AND ASPARAGUS

INGREDIENTS

- 2 chicken breasts
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 tablespoons orange or lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried thyme or oregano
- Salt and pepper to taste

CALORIES

420

PROTEIN

38g

DIRECTIONS

1. Mix olive oil, citrus juice, garlic, herbs, salt, and pepper.
2. Marinate chicken for 20–30 minutes.
3. Grill or pan-cook chicken until fully done.
4. Grill or sauté asparagus until tender-crisp.
5. Serve chicken sliced with asparagus on the side.



SMOKY CHIPOTLE EGG SALAD LETTUCE CUPS

INGREDIENTS

- 3–4 hard-boiled eggs, chopped
- 2 tablespoons mayonnaise or Greek yogurt
- 1 teaspoon chipotle powder or chipotle sauce
- 1 teaspoon lime juice
- Salt and pepper to taste
- Lettuce leaves (romaine or butter lettuce)
- Optional: diced celery, cilantro



CALORIES

210

PROTEIN

13g

DIRECTIONS

1. Chop boiled eggs and place in a bowl.
2. Mix with mayo/yogurt, chipotle, lime juice, salt, and pepper.
3. Stir until creamy and well combined.
4. Spoon into lettuce cups.
5. Add optional toppings and serve chilled.

RECIPE

Zucchini Noodles with Basil Marinara

INGREDIENTS

- 2 zucchinis, spiralized
- 1 cup marinara sauce
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- Fresh basil leaves
- Salt and pepper to taste
- Optional: Parmesan cheese

CALORIES

210

PROTEIN

7g

DIRECTIONS

1. Heat olive oil in a pan and sauté garlic.
2. Add marinara sauce and warm through.
3. Add zucchini noodles and toss for 2–3 minutes (do not overcook).
4. Season with salt and pepper.
5. Top with fresh basil and optional Parmesan. Serve warm.



LEMON HERB GRILLED SHRIMP SKEWERS

INGREDIENTS

- 300g shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried oregano or parsley
- Salt and pepper to taste
- Optional: lemon zest, chili flakes

CALORIES

280 kcal

PROTEIN

26 g



DIRECTIONS

1. Mix olive oil, lemon juice, garlic, herbs, salt, and pepper.
2. Toss shrimp in marinade and rest 10–20 minutes.
3. Thread shrimp onto skewers.
4. Grill or pan-cook 2–3 minutes per side until pink.
5. Serve hot with lemon wedges.

SPICY TURKEY AND AVOCADO WRAP

INGREDIENTS

- 1 tortilla wrap
- 1 cup cooked ground turkey
- ½ avocado, sliced or mashed
- 1 teaspoon chili powder or hot sauce
- Lettuce or spinach
- Salt and pepper to taste

CALORIES

410

PROTEIN

28g



DIRECTIONS

1. Warm cooked turkey in a pan with chili powder or hot sauce.
2. Spread avocado on tortilla.
3. Add turkey and greens.
4. Season with salt and pepper.
5. Roll tightly into a wrap.
6. Slice and serve warm or cold.

ROASTED VEGETABLE AND QUINOA BOWL

INGREDIENTS

- 1 cup cooked quinoa
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 carrot, sliced
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: tahini or lemon dressing



CALORIES

440 kcal

PROTEIN

14 g

DIRECTIONS

1. Roast vegetables at 200°C (400°F) for 20–25 minutes.
2. Season with olive oil, spices, salt, and pepper.
3. Add cooked quinoa to a bowl.
4. Top with roasted vegetables.
5. Drizzle with tahini or lemon dressing if desired.
6. Serve warm or cold.

LEMON GARLIC GRILLED COD

INGREDIENTS

- 2 cod fillets
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried oregano or parsley
- Salt and pepper to taste

CALORIES: 290

PROTEIN: 28g

DIRECTIONS

Mix olive oil, lemon juice, garlic, herbs, salt, and pepper.

Brush over cod and let marinate 10–15 minutes.

Grill or pan-sear 2–3 minutes per side until flaky.

Serve hot with extra lemon.



LAYERED HUMMUS AND VEGETABLE JAR

INGREDIENTS

- ½ cup hummus
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, chopped
- ½ cup shredded carrots
- ½ cup spinach or lettuce
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: chickpeas or olives

CALORIES

320

PROTEIN

11g



DIRECTIONS

1. In a jar, layer hummus first.
2. Add vegetables in layers (carrots, cucumbers, tomatoes, greens).
3. Drizzle olive oil on top.
4. Season lightly with salt and pepper.
5. Seal and refrigerate or serve immediately.

GREEK SALAD WITH GRILLED CHICKEN BREAST

INGREDIENTS

- 1 chicken breast, grilled and sliced
- 2 cups romaine or mixed greens
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- ¼ cup olives
- ¼ cup feta cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste

CALORIES

420

PROTEIN

36g



DIRECTIONS

1. Grill chicken until fully cooked and slice.
2. Combine greens, cucumber, tomatoes, olives, and feta.
3. Add chicken on top.
4. Whisk olive oil, lemon juice, oregano, salt, and pepper.
5. Drizzle over salad and serve.

SPICY SHRIMP AND CABBAGE SLAW WRAP

INGREDIENTS

- 200g shrimp, peeled
- 2 cups shredded cabbage
- 1 tablespoon olive oil
- 1 teaspoon chili powder or hot sauce
- 1 tablespoon lime juice
- 1 tortilla wrap
- Salt and pepper to taste
- Optional: cilantro, yogurt sauce



CALORIES

340

PROTEIN

28g

DIRECTIONS

1. Cook shrimp in olive oil until pink.
2. Season with chili powder, lime juice, salt, and pepper.
3. Toss cabbage with a pinch of salt and lime juice.
4. Add shrimp and slaw to tortilla.
5. Roll tightly into a wrap.
6. Serve warm or cold.

CREAMY CAULIFLOWER LEEK SOUP

INGREDIENTS

- 1 head cauliflower, chopped
- 2 leeks, sliced
- 2 garlic cloves, minced
- 4 cups vegetable broth
- ½ cup cream or milk
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: thyme or parsley

CALORIES

210

PROTEIN

6g

DIRECTIONS

1. Heat olive oil and sauté leeks and garlic until soft.
2. Add cauliflower and broth. Simmer 20–25 minutes until tender.
3. Blend until smooth.
4. Stir in cream and season with salt, pepper, and thyme or parsley if using. Serve warm.



SAVORY LENTIL AND SPINACH SALAD

INGREDIENTS

- 1 cup cooked lentils
- 2 cups spinach
- ½ red onion, sliced
- ½ cup cherry tomatoes
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
(optional)
- Salt and pepper to taste



CALORIES

310 kcal

PROTEIN

15 g

DIRECTIONS

Combine lentils, spinach, onion, and tomatoes. Whisk olive oil, lemon juice, mustard, salt, and pepper. Pour dressing over salad. Toss gently to combine. Serve warm or cold.

PESTO TURKEY LETTUCE BOAT

INGREDIENTS

2 cups cooked turkey, shredded or chopped

2–3 tablespoons pesto

Lettuce leaves (romaine or butter lettuce)

½ cup cherry tomatoes, chopped (optional)

Salt and pepper to taste

Optional: Parmesan cheese



CALORIES

250

PROTEIN

28g

DIRECTIONS

1. Mix turkey with pesto, salt, and pepper.
2. Spoon mixture into lettuce leaves.
3. Add tomatoes or Parmesan if desired.
4. Serve immediately as cold lettuce boats.

SLICED BEEF AND BROCCOLI GLASS NOODLE BOWL

INGREDIENTS

200g beef, thinly sliced
2 cups broccoli florets
1 bundle glass noodles, cooked
2 garlic cloves, minced
1 teaspoon ginger, grated
2 tablespoons soy sauce
1 tablespoon sesame oil
Optional: green onions,
sesame seeds

CALORIES
560

PROTEIN
34g



DIRECTIONS

1. Cook glass noodles according to package instructions.
2. Stir-fry beef until browned.
3. Add garlic, ginger, and broccoli; cook until tender-crisp.
4. Add soy sauce and sesame oil.
5. Toss with noodles until coated.
6. Top with green onions and sesame seeds. Serve warm.

BLACKENED COD WITH PINEAPPLE SALSA

INGREDIENTS

For the cod:

- 2 cod fillets
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- Salt and pepper to taste

For the pineapple salsa:

- 1 cup pineapple, diced
- ½ red bell pepper, diced
- ¼ red onion, finely chopped
- 1 tablespoon lime juice
- Optional: cilantro, chili flakes

CALORIES

340

PROTEIN

32g

DIRECTIONS

1. Mix spices and coat cod fillets with olive oil and seasoning.
2. Pan-sear or bake at 200°C (400°F) for 12–15 minutes until flaky.
3. Combine pineapple, pepper, onion, lime juice, and optional cilantro.
4. Spoon salsa over cooked cod. Serve warm.



CLEAR BROTH CHICKEN VEGETABLE SOUP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 6 cups chicken broth
- 1 teaspoon thyme
- Salt and pepper to taste
- Optional: parsley or spinach



CALORIES

220

PROTEIN

25g

DIRECTIONS

1. Bring broth to a simmer in a pot.
2. Add onion, carrot, celery, and garlic.
3. Cook until vegetables are tender.
4. Add chicken and thyme.
5. Simmer 10–15 minutes.
6. Season and garnish before serving.

COLD PEANUT NOODLE SALAD WITH SHREDDED CABBAGE

INGREDIENTS

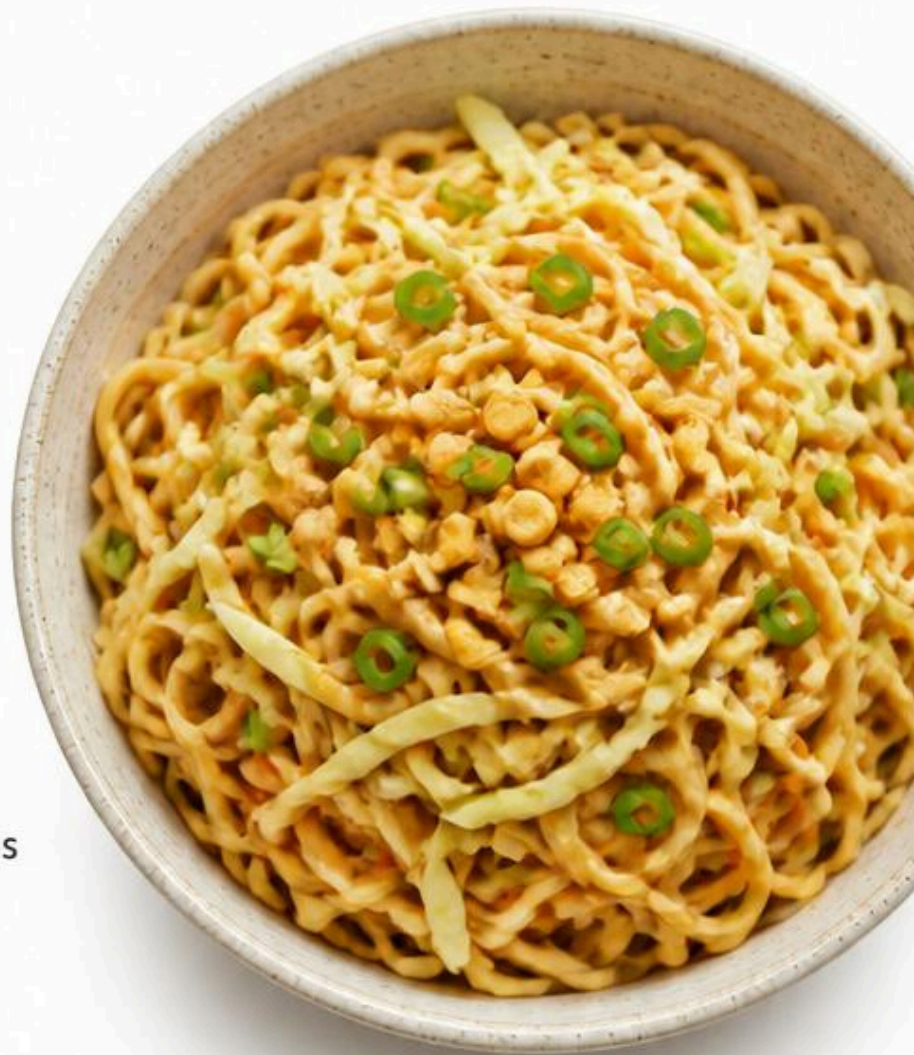
- 2 cups cooked noodles (rice or wheat)
- 2 cups shredded cabbage
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon lime juice
- 1 teaspoon honey
- Water to thin sauce
- Optional: carrots, green onions

CALORIES

420

PROTEIN

13g



DIRECTIONS

1. Whisk peanut butter, soy sauce, sesame oil, lime juice, honey, and water until smooth.
2. Combine noodles and shredded cabbage in a bowl.
3. Pour sauce over and toss well.
4. Chill or serve cold.

CLASSIC GAZPACHO WITH DICED CUCUMBERS

INGREDIENTS

- 4 ripe tomatoes
- 1 cucumber (half blended,
half diced)
- 1 small red bell pepper
- 1 garlic clove
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- Optional: bread for thickness,
basil or parsley



CALORIES

120 kcal

PROTEIN

2.5 g

DIRECTIONS

Blend tomatoes, half the cucumber, bell pepper, garlic, olive oil, vinegar, salt, and pepper until smooth.

Chill for at least 1–2 hours. Stir and adjust seasoning.

Top with diced cucumber before serving. Serve cold.

SMOKED SALMON AND DILL SALAD BOWLS

INGREDIENTS

- 2 cups mixed greens
- 100–150g smoked salmon
- ½ cucumber, sliced
- ½ avocado, sliced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Fresh dill
- Salt and pepper to taste



290

CALORIES

22g

PROTEIN

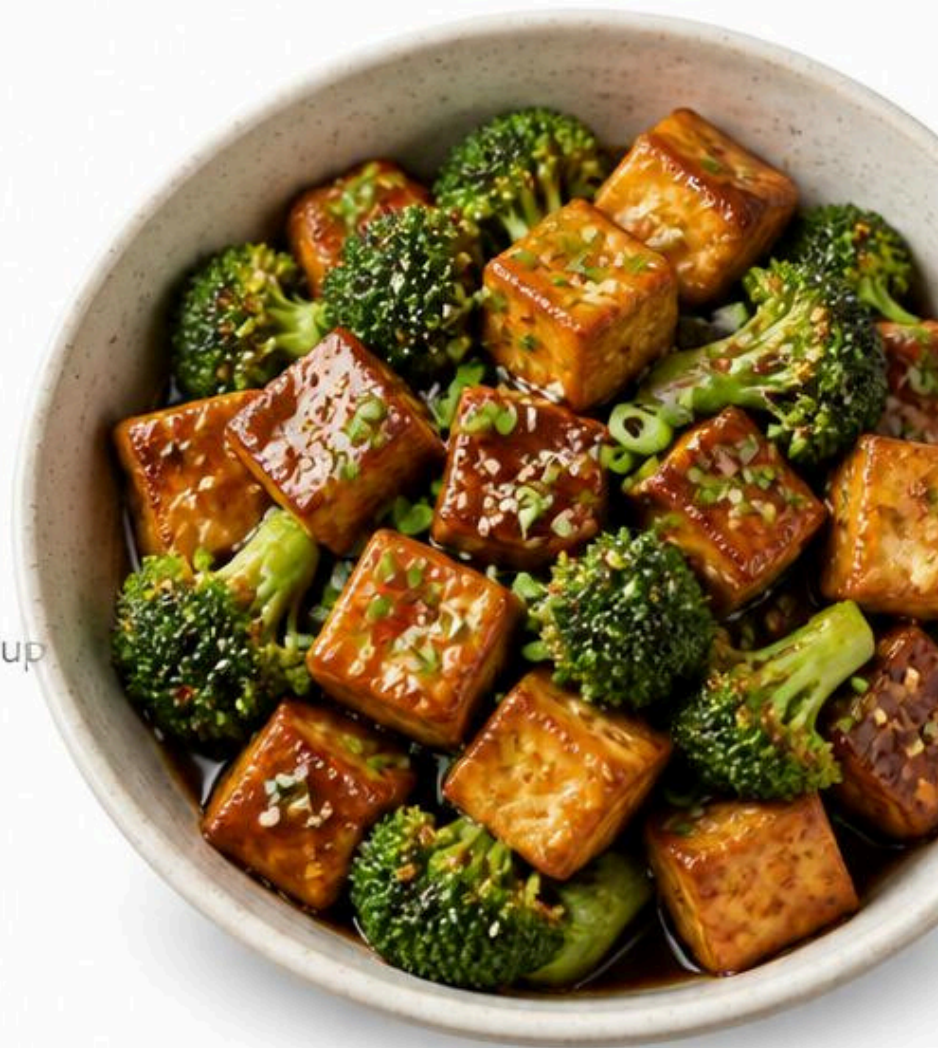
DIRECTIONS

1. Arrange greens in a bowl.
2. Add smoked salmon, cucumber, and avocado.
3. Whisk olive oil, lemon juice, salt, and pepper.
4. Drizzle dressing over salad.
5. Top with fresh dill.
6. Serve chilled.

SESAME GINGER TOFU CUBES WITH BROCCOLI

INGREDIENTS

- 200g tofu, cubed
- 2 cups broccoli florets
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon honey or maple syrup
- Optional: sesame seeds,
green onions



CALORIES

320

PROTEIN

20g

DIRECTIONS

1. Pan-fry tofu in sesame oil until golden.
2. Add garlic and ginger and sauté briefly.
3. Add broccoli and cook until tender-crisp.
4. Stir in soy sauce and honey.
5. Cook until lightly glazed.
6. Top with sesame seeds and serve warm.

ROASTED CAULIFLOWER AND ARUGULA BOWL

INGREDIENTS

- 2 cups cauliflower florets
- 2 cups arugula
- 1 cup cooked quinoa (optional base)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: feta cheese, lemon juice, tahini drizzle

CALORIES

PROTEIN

420

16g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower with olive oil, garlic powder, paprika, salt, and pepper.
3. Roast 20–25 minutes until golden and tender.
4. Add arugula (and quinoa if using) to a bowl.
5. Top with roasted cauliflower.
6. Finish with feta or lemon/tahini drizzle if desired.

EGG WHITE VEGGIE SCRAMBLE

INGREDIENTS

- 4–6 egg whites
- 1 cup spinach
- ½ bell pepper, diced
- ¼ onion, chopped
- 1 teaspoon olive oil
- Salt and pepper to taste
- Optional: mushrooms, salsa, hot sauce

CALORIES: 180

PROTEIN: 24g

DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Sauté onion, pepper, and any extra veggies until soft.
3. Add spinach and wilt.
4. Pour in egg whites and scramble gently.
5. Cook until set and fluffy.
6. Season and serve warm.



SLICED TURKEY AND CUCUMBER BOATS

INGREDIENTS

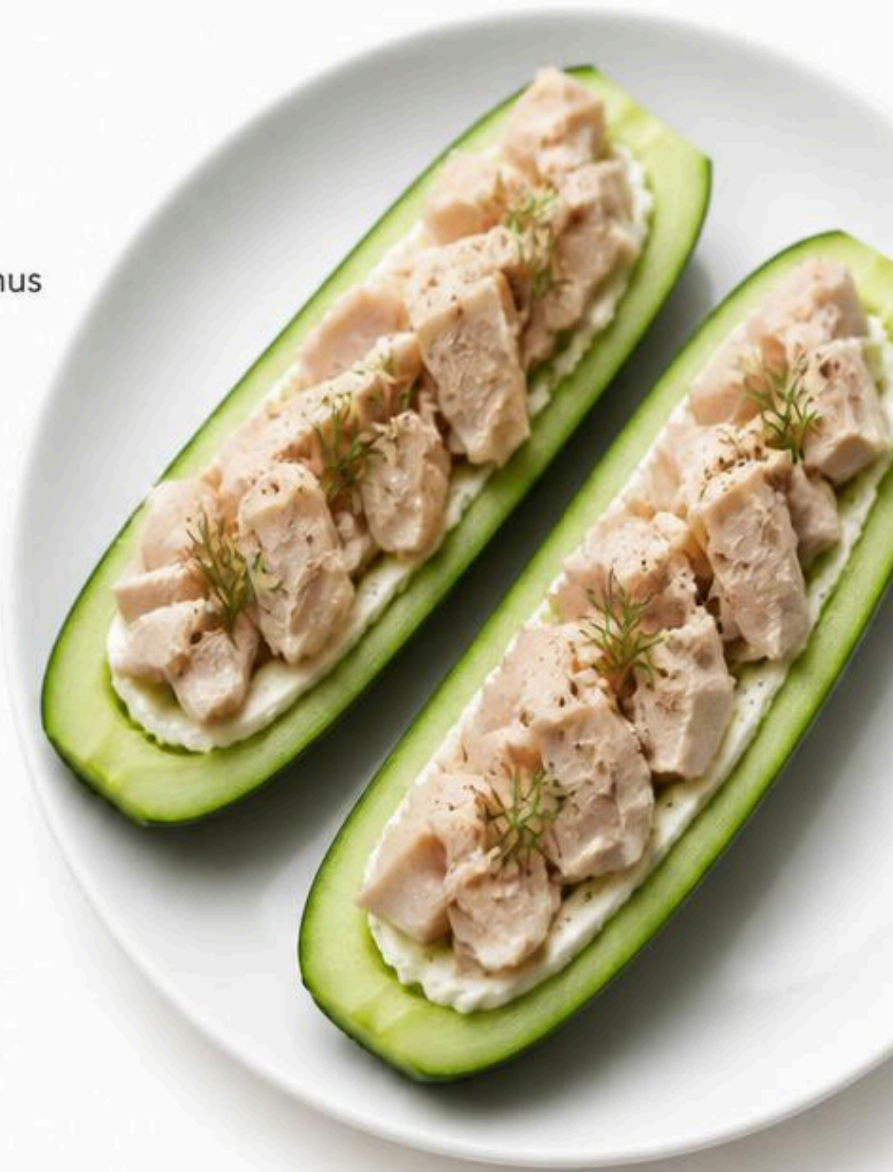
- 1 cucumber, halved and seeded
- 3–4 slices turkey, chopped
- 2 tablespoons cream cheese or hummus
- Salt and pepper to taste
- Optional: dill, mustard, or shredded cheese

CALORIES

150

PROTEIN

14g



DIRECTIONS

1. Hollow cucumber halves slightly to form “boats.”
2. Spread cream cheese or hummus inside.
3. Add sliced turkey.
4. Season with salt and pepper.
5. Top with optional herbs or extras.
6. Serve chilled.

CHILI SEASONED SHRIMP LETTUCE CUPS

INGREDIENTS

200g shrimp, peeled
1 teaspoon chili powder
1 teaspoon paprika
1 tablespoon olive oil
1 tablespoon lime juice
Lettuce leaves
Optional: avocado, cilantro,
yogurt drizzle

CALORIES

210

PROTEIN

24g

DIRECTIONS

Heat olive oil in a pan.
Cook shrimp until pink.
Add chili powder, paprika, lime juice,
salt, and pepper.
Spoon into lettuce cups.
Add optional toppings.
Serve warm or chilled.



CREAMY TOMATO BASIL SOUP WITH WHOLE GRAIN CRACKERS

INGREDIENTS

- 1 can crushed tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable or chicken broth
- ½ cup cream or milk
- 1 tablespoon olive oil
- Fresh basil (or 1 tsp dried)
- Salt and pepper to taste
- Whole grain crackers for serving



CALORIES

290

PROTEIN

8g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic until soft.
2. Add tomatoes and broth and simmer 15–20 minutes.
3. Blend until smooth (optional for texture).
4. Stir in cream and basil.
5. Season and serve with crackers.

SPICY MUSTARD CHICKEN ROLL-UPS

INGREDIENTS

- 2 cups cooked chicken, shredded
- 1–2 tablespoons Dijon mustard
- 1 tablespoon mayonnaise or Greek yogurt
- 1 teaspoon hot sauce (optional)
- Salt and pepper to taste
- Lettuce leaves or tortillas

CALORIES

280

PROTEIN

26g

DIRECTIONS

Mix chicken, mustard, mayo/yogurt, hot sauce, salt, and pepper. Stir until creamy and well coated.

Spoon into lettuce leaves or spread in tortillas.

Roll tightly. Slice if needed and serve.



TURKEY BACON AND SPINACH FRITTATA MUFFINS

INGREDIENTS

6 eggs

3–4 slices turkey bacon,
cooked and chopped

1 cup spinach, chopped

¼ cup milk

½ cup shredded cheese

Salt and pepper to taste

CALORIES

120 kcal

PROTEIN

9 g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs, milk, salt, and pepper.
3. Stir in bacon, spinach, and cheese.
4. Pour into greased muffin tin.
5. Bake 18–22 minutes until set.
6. Cool slightly and serve.



QUINOA AND BLACK BEAN SALAD BOWL

INGREDIENTS

- 1 cup cooked quinoa
- 1 can black beans, drained
- ½ cup cherry tomatoes, halved
- ½ cup corn
- ¼ red onion, finely chopped
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: avocado, cilantro



CALORIES

390

PROTEIN

15g

DIRECTIONS

1. Combine quinoa, black beans, tomatoes, corn, and onion in a bowl.
2. Whisk olive oil, lime juice, cumin, salt, and pepper.
3. Pour dressing over salad and toss.
4. Add optional avocado or cilantro.
5. Serve chilled or at room temperature.

SPICY BLACK BEAN LETTUCE BOATS

INGREDIENTS

1 can black beans, drained
1 teaspoon chili powder
1 teaspoon cumin
1 tablespoon olive oil
1 tablespoon lime juice
Lettuce leaves (romaine
or butter lettuce)
Optional: avocado, salsa,
cilantro

CALORIES

290

PROTEIN

13g



DIRECTIONS

Heat olive oil in a pan and warm black beans.
Add chili powder, cumin, salt, and pepper.
Stir in lime juice.
Spoon mixture into lettuce leaves.
Add optional toppings.
Serve warm or cold.

ZUCCHINI AND SWEET CORN SAUTÉ

INGREDIENTS

- 2 zucchinis, sliced
- 1 cup corn (fresh or frozen)
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: parmesan or chili flakes

CALORIES

180 kcal

PROTEIN

5 g



DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Sauté garlic until fragrant.
3. Add zucchini and cook until slightly tender.
4. Stir in corn and cook 3–5 minutes.
5. Season with salt and pepper.
6. Add optional parmesan or chili flakes and serve warm.

COLD SESAME NOODLES WITH SHREDDED CHICKEN

INGREDIENTS

- 2 cups cooked noodles (soba, spaghetti, or rice noodles)
- 1 cup cooked shredded chicken
- 2 tablespoons peanut butter or tahini
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon rice vinegar or lime juice
- 1 teaspoon honey
- 1 garlic clove, minced
- Water to thin sauce
- Optional: cucumber, carrots, green onions, sesame seeds



CALORIES

520

PROTEIN

32g

DIRECTIONS

1. Whisk peanut butter, soy sauce, sesame oil, vinegar, honey, garlic, and a splash of water until smooth.
2. Toss noodles with sauce until fully coated.
3. Add shredded chicken and optional vegetables.
4. Chill or serve cold.
5. Top with sesame seeds and green onions.

ROASTED BEET AND GOAT CHEESE SALAD

INGREDIENTS

- 2–3 beets, roasted and sliced
- 2 cups mixed greens or arugula
- ¼ cup goat cheese, crumbled
- 2 tablespoons walnuts (optional)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste



CALORIES

PROTEIN

320

10g

DIRECTIONS

1. Roast beets at 200°C (400°F) for 40–50 minutes until tender, then slice.
2. Arrange greens in a bowl. Top with beets, goat cheese, and walnuts.
3. Drizzle olive oil and balsamic vinegar.
4. Season and serve.

TANGY CRANBERRY TURKEY SALAD CUPS

INGREDIENTS

- 2 cups cooked turkey, shredded
- 2 tablespoons mayonnaise or Greek yogurt
- 2 tablespoons cranberry sauce
- 1 teaspoon Dijon mustard (optional)
- Salt and pepper to taste
- Lettuce cups or small romaine leaves

CALORIES

220

PROTEIN

24g

DIRECTIONS

Mix turkey, mayo/yogurt, cranberry sauce, mustard, salt, and pepper. Stir until creamy and well combined. Spoon into lettuce cups. Chill or serve immediately.



BLACK BEAN AND SWEET CORN FIESTA SALAD

Black Bean and Sweet Corn Fiesta Salad

INGREDIENTS

- 1 can black beans, drained
- 1 cup corn
- ½ red onion, chopped
- ½ cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: cilantro, avocado



CALORIES

210

PROTEIN

8g

DIRECTIONS

1. Combine beans, corn, onion, and tomatoes in a bowl.
2. Whisk olive oil, lime juice, cumin, salt, and pepper.
3. Pour dressing over salad and toss.
4. Add cilantro or avocado if desired.
5. Serve chilled or fresh.

GINGER SESAME CHICKEN LETTUCE WRAPS

INGREDIENTS

2 cups cooked chicken, chopped or shredded

1 tablespoon sesame oil

1 tablespoon soy sauce

1 teaspoon grated ginger

1 garlic clove, minced

1 teaspoon honey

Lettuce leaves (romaine or butter lettuce)

Optional: green onions, sesame seeds

CALORIES

280

PROTEIN

26g



DIRECTIONS

1. Heat sesame oil in a pan over medium heat.
2. Add garlic and ginger and sauté briefly.
3. Stir in chicken, soy sauce, and honey.
4. Cook until warmed through and slightly glazed.
5. Spoon into lettuce leaves. Top with green onions and sesame seeds if desired.

CREAMY CUCUMBER AND DILL TUNA SALAD

INGREDIENTS

- 1 can tuna, drained
- ½ cucumber, finely chopped
- 2 tablespoons mayonnaise
or Greek yogurt
- 1 teaspoon lemon juice
- 1 teaspoon fresh dill (or dried)
- Salt and pepper to taste

CALORIES

210

PROTEIN

20g



DIRECTIONS

- Mix tuna, mayo/yogurt, lemon juice, dill, salt, and pepper.
- Fold in chopped cucumber. Chill for 10–15 minutes if possible.
- Serve in sandwiches, wraps, or on its own.