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Day 1

2387 Calories • 28g Carbs (7g Fiber) • 206g Fat • 108g Protein

BREAKFAST

797 Calories • 4g Carbs (0g Fiber) • 74g Fat • 30g Protein



Scrambled Eggs with Chives
597 Cal

Ingredients:
4 Egg (200 g)
1 3/4 tbsp Butter (25 g)
1 3/4 tbsp chopped Chives (5 g)
3 1/2 tbsp Sour Cream (53 g)
1 3/4 tsp Olive Oil (8 g)
optional - 2 dash Salt (1 g)
optional - 2 dash Black Pepper (0 g)



Bacon
200 Cal

Ingredients:
4 strip Bacon (48 g)

LUNCH

488 Calories • 15g Carbs (4g Fiber) • 39g Fat • 22g Protein



Portabella Pizza
385 Cal

Ingredients:
1/4 cup Tomato Sauce (60 g)
6 slice round Pepperoni (12 g)
1/2 cup, shredded Mozzarella Cheese (56 g)
2 tbsp Parmesan Cheese (10 g)
1/4 tsp Garlic Powder (1 g)
2 Portabella Mushroom (168 g)
1 tbsp Butter (14 g)
optional - 1/4 tsp, leaves Oregano (0 g)



Tomato and Onion Salad
103 Cal

Ingredients:
1 1/2 medium Tomato (185 g)
1/8 small Onion (9 g)
1/2 tbsp Olive Oil (7 g)
1/2 tbsp Lemon juice (8 g)
optional - 1 dash Salt (0 g)
optional - 1/2 tsp, ground Black Pepper (1 g)

DINNER

723 Calories • 8g Carbs (3g Fiber) • 62g Fat • 34g Protein



Beef Tenderloin in Herbed Salt Crust
566 Cal

Ingredients:
3/4 tbsp Olive Oil (11 g)
6 oz Beef Tenderloin (170 g)
1/4 cup Water (59 g)
optional - 1 tsp Salt (6 g)
optional - 1/2 tbsp Rosemary (1 g)
optional - 1 tsp Black Pepper (2 g)



Roasted Cauliflower
157 Cal

Ingredients:
1/2 head small (4" dia.)
Cauliflower (132 g)
1 tbsp Olive Oil (14 g)
optional - 1/4 tsp Salt (2 g)

SNACK

378 Calories • 1g Carbs (0g Fiber) • 31g Fat • 23g Protein



Cheese
378 Cal

Ingredients:
3 1/3 oz Cheddar Cheese (94 g)

Day 2

2406 Calories • 29g Carbs (8g Fiber) • 206g Fat • 113g Protein

BREAKFAST

757 Calories • 5g Carbs (0g Fiber) • 65g Fat • 36g Protein



Scrambled Eggs with
Cheddar Cheese
557 Cal

Ingredients:
4 Egg (200 g)
1 3/4 tbsp Butter (25 g)
3 1/2 tbsp, shredded Cheddar
Cheese (25 g)
3 1/2 tbsp Milk (53 g)



Bacon
200 Cal

Ingredients:
4 strip Bacon (48 g)

LUNCH

568 Calories • 19g Carbs (5g Fiber) • 47g Fat • 23g Protein



Portabella Pizza
385 Cal

Ingredients:
1/4 cup Tomato Sauce (60 g)
6 slice round Pepperoni (12 g)
1/2 cup, shredded Mozzarella
Cheese (56 g)
2 tbsp Parmesan Cheese (10 g)
1/4 tsp Garlic Powder (1 g)
2 Portabella Mushroom (168 g)
1 tbsp Butter (14 g)
optional - 1/4 tsp, leaves Oregano
(0 g)



Cherry Tomato & Dill Salad
183 Cal

Ingredients:
2 cup cherry tomatoes Tomato
(298 g)
1 tsp Dill (0 g)
1 tbsp Olive Oil (14 g)
optional - 1 tsp Salt (6 g)
optional - 1 tsp, ground Black
Pepper (2 g)

DINNER

1081 Calories • 6g Carbs (3g Fiber) • 94g Fat • 54g Protein



Pan-Roasted Chicken Thighs

773 Cal

Ingredients:

4 1/2 thigh, bone and skin removed Chicken Thigh (311 g)

3/4 tbsp Olive Oil (11 g)

optional - 1 dash Black Pepper (0 g)

optional - 1 dash Salt (0 g)



Baked Spinach Chips

308 Cal

Ingredients:

4 1/2 cup Spinach (129 g)

2 1/4 tbsp Olive Oil (32 g)

1 1/8 tbsp Italian Seasoning (6 g)

optional - 2 dash Salt (0 g)

Day 3

2368 Calories • 32g Carbs (11g Fiber) • 192g Fat • 129g Protein

BREAKFAST

728 Calories • 4g Carbs (1g Fiber) • 57g Fat • 48g Protein

Spinach and Cheese Omelet 728 Cal

Ingredients:

4 Egg (200 g)
1 3/4 cup Spinach (50 g)
3 1/2 oz Cheddar Cheese (99 g)
1 3/4 tsp Olive Oil (8 g)
optional - 2 dash Salt (1 g)
optional - 2 dash Black Pepper (0 g)

LUNCH

787 Calories • 20g Carbs (7g Fiber) • 66g Fat • 33g Protein



Beef Taco Bowl 542 Cal

Ingredients:

1/4 lb Ground Beef (113 g)
1/8 cup Water (30 g)
1/4 cup Sour Cream (60 g)
1 cup shredded Iceberg Lettuce (36 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1/4 cup, chopped or sliced Tomato (45 g)
1/4 tsp Hot Sauce (1 g)
optional - 1/4 pinch Cayenne Pepper (0 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/2 tbsp Chili Powder (4 g)



Spinach Tomato Salad 245 Cal

Ingredients:

3 cup Spinach (86 g)
3 medium (4-1/8" long) Scallions (45 g)
3/4 medium whole (2-3/5" dia) Tomato (92 g)
1 1/2 tbsp Olive Oil (21 g)
3/4 lemon yields Lemon juice (36 g)
optional - 2 dash Black Pepper (0 g)

DINNER

808 Calories • 6g Carbs (2g Fiber) • 65g Fat • 47g Protein



Baked Lemon Thyme Salmon
726 Cal

Ingredients:
1/2 lemon Lemon zest (2 g)
2 tbsp Olive Oil (28 g)
8 oz Salmon (227 g)
1 medium stalk Green Onion (15 g)
optional - 1/2 tbsp Thyme (1 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)



Roasted Broccoli
82 Cal

Ingredients:
1/2 cup chopped Broccoli (46 g)
1/2 clove Garlic (2 g)
1/4 lemon yields Lemon juice (12 g)
1/2 tbsp Olive Oil (7 g)
optional - 1/2 tsp Salt (3 g)

SNACK

45 Calories • 2g Carbs (1g Fiber) • 4g Fat • 1g Protein



Roasted Cauliflower and Tahini
45 Cal

Ingredients:
1/3 cup chopped, (1/2" pieces) Cauliflower (35 g)
1/3 tbsp Tahini Butter (5 g)

Day 4

2243 Calories • 28g Carbs (11g Fiber) • 185g Fat • 125g Protein

BREAKFAST

355 Calories • 5g Carbs (1g Fiber) • 33g Fat • 11g Protein



Creamy Chocolate Shake
219 Cal

Ingredients:

1/4 cup, fluid (yields 2 cups whipped) Heavy Whipping Cream (60 g)

3/4 tbsp Cocoa (4 g)

2 tbsp Swerve Sweetener (30 g)

1/2 cup Ice Cubes (119 g)

1/4 tsp Vanilla Extract (1 g)

optional - 1 dash Salt (0 g)



Sunny-Side-Up Eggs
137 Cal

Ingredients:

3/4 tsp Olive Oil (3 g)

2 Egg (100 g)

optional - to taste Salt (0 g)

optional - to taste Black Pepper (0 g)

LUNCH

667 Calories • 10g Carbs (3g Fiber) • 55g Fat • 35g Protein



Beef Taco Bowl
542 Cal

Ingredients:

1/4 lb Ground Beef (113 g)

1/8 cup Water (30 g)

1/4 cup Sour Cream (60 g)

1 cup shredded Iceberg Lettuce (36 g)

1/4 cup, shredded Cheddar Cheese (28 g)

1/4 cup, chopped or sliced Tomato (45 g)

1/4 tsp Hot Sauce (1 g)

optional - 1/4 pinch Cayenne Pepper (0 g)

optional - 1/4 tsp Paprika (1 g)

optional - 1/2 tbsp Chili Powder (4 g)



Spinach and Scallion Salad
124 Cal

Ingredients:

1 cup Spinach (29 g)

1/2 large Scallions (13 g)

1/2 tbsp Olive Oil (7 g)

1/4 lemon yields Lemon juice (12 g)

1/8 cup, grated Parmesan Cheese (13 g)

optional - to taste Black Pepper (0 g)

optional - to taste Salt (0 g)

DINNER

1108 Calories • 13g Carbs (6g Fiber) • 87g Fat • 72g Protein



Parmesan Chicken Tenders

555 Cal

Ingredients:

1/4 cup Parmesan Cheese (20 g)

1/2 tbsp Parsley (2 g)

1/4 tsp Garlic Powder (1 g)

6 oz Chicken Breast Tenders (226 g)

1/8 cup Butter (29 g)

optional - 1/4 tsp, ground Oregano (0 g)

optional - 1/4 tbsp Paprika (2 g)

optional - 1/4 tbsp Cayenne Pepper (1 g)

optional - 1/4 tsp Salt (2 g)

optional - 1/8 tsp, ground Black Pepper (0 g)



Sautéed Spinach with Parmesan Cheese

553 Cal

Ingredients:

4 tbsp Butter (56 g)

8 cup Spinach (229 g)

1/4 cup, grated Parmesan Cheese (25 g)

optional - 2 dash Salt (1 g)

optional - 2 dash Black Pepper (0 g)

SNACK

114 Calories • 0g Carbs (0g Fiber) • 9g Fat • 7g Protein



Cheese

114 Cal

Ingredients:

1 oz Cheddar Cheese (28 g)

Day 5

2299 Calories • 30g Carbs (7g Fiber) • 184g Fat • 131g Protein

BREAKFAST

532 Calories • 5g Carbs (0g Fiber) • 45g Fat • 26g Protein



Bacon and Cheese Quiche

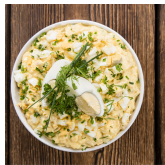
532 Cal

Ingredients:

3/4 strip cooked Bacon (6 g)
2 Egg (100 g)
1/4 cup, fluid (yields 2 cups whipped) Heavy Whipping Cream (60 g)
1/4 tsp Olive Oil (1 g)
1 1/2 tbsp chopped Chives (5 g)
1 1/2 tbsp Plain Greek yogurt (23 g)
1/2 cup, shredded Mozzarella Cheese (56 g)
optional - 1/8 tsp Salt (1 g)

LUNCH

434 Calories • 8g Carbs (1g Fiber) • 32g Fat • 26g Protein



Egg Salad

434 Cal

Ingredients:

4 Egg (200 g)
1/4 cup Light Mayonnaise (60 g)
1/2 medium stalk Green Onion (8 g)
optional - 1/2 tsp Black Pepper (1 g)
optional - 1/8 tsp Paprika (0 g)
optional - 1/4 tsp Salt (2 g)

DINNER

1161 Calories • 15g Carbs (5g Fiber) • 93g Fat • 67g Protein



Cheese Meatballs

940 Cal

Ingredients:

8 oz Ground Beef (227 g)
1 Egg (50 g)
2 1/2 oz Cheddar Cheese (70 g)
optional - 1/2 tsp Black Pepper (1 g)
optional - 1/2 tsp Salt (3 g)
optional - 1/2 tsp Cayenne Pepper (1 g)
optional - 1/2 tsp Chili Powder (1 g)



Roasted Garlic Brussell Sprouts

221 Cal

Ingredients:

1 1/3 cup Brussels Sprouts (117 g)
1 1/3 cloves, minced Garlic (4 g)
1 1/3 tbsp Olive Oil (19 g)

SNACK

172 Calories • 3g Carbs (1g Fiber) • 13g Fat • 11g Protein



Egg and Cheese Bento Box

172 Cal

Ingredients:

1 Egg (50 g)

1/4 cup Radish (29 g)

1/4 oz Almonds (7 g)

1/2 slice Cheddar Cheese (14 g)

Day 6

2263 Calories • 32g Carbs (17g Fiber) • 188g Fat • 114g Protein

BREAKFAST

621 Calories • 17g Carbs (11g Fiber) • 51g Fat • 25g Protein



Overnight Raspberry Chia Pudding
348 Cal

Ingredients:
1/4 cup Almond Milk (60 g)
2 tbsp Swerve Sweetener (30 g)
2 tbsp Chia Seeds (24 g)
1/4 cup, fluid (yields 2 cups whipped) Heavy Whipping Cream (60 g)
1/4 cup, frozen Raspberries (31 g)



Sunny-Side-Up Eggs
273 Cal

Ingredients:
1 1/2 tsp Olive Oil (7 g)
3 Egg (150 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)

LUNCH

484 Calories • 4g Carbs (1g Fiber) • 34g Fat • 39g Protein



Chicken Caesar Salad
484 Cal

Ingredients:
3 cup shredded Iceberg Lettuce (108 g)
1 1/2 tbsp Caesar Salad Dressing (23 g)
3 tsp Olive Oil (13 g)
1 1/2 breast Chicken Breast (150 g)
3 tbsp Parmesan Cheese (15 g)

DINNER

1158 Calories • 11g Carbs (5g Fiber) • 103g Fat • 51g Protein



Crispy Baked Chicken Thighs
679 Cal

Ingredients:
4 thigh, bone and skin removed Chicken Thigh (276 g)
1/2 tbsp Olive Oil (7 g)
1/2 tsp Garlic Powder (2 g)
1/2 tsp Italian Seasoning (1 g)
1/2 tsp Onion Powder (1 g)
optional - 1/2 tsp Salt (3 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/4 tsp, ground Black Pepper (1 g)



Baked Spinach Chips
479 Cal

Ingredients:
7 cup Spinach (200 g)
3 1/2 tbsp Olive Oil (49 g)
1 3/4 tbsp Italian Seasoning (9 g)
optional - 2 dash Salt (1 g)

Day 7

2225 Calories • 29g Carbs (10g Fiber) • 186g Fat • 115g Protein

BREAKFAST

369 Calories • 5g Carbs (1g Fiber) • 30g Fat • 20g Protein



Caprese Egg Stuffed
Portabella Mushroom
369 Cal

Ingredients:

2 Egg (100 g)
1/2 cup, chopped or sliced Tomato (90 g)
1 oz Mozzarella Cheese (28 g)
1 Portabella Mushroom (84 g)
1 tbsp Olive Oil (14 g)
optional - 4 leaf, whole Basil (2 g)
optional - to taste Black Pepper (0 g)
optional - to taste Salt (0 g)

LUNCH

824 Calories • 12g Carbs (4g Fiber) • 64g Fat • 53g Protein



Bacon Chicken Balls
749 Cal

Ingredients:

1/2 lb Ground Chicken (227 g)
3 strip Bacon (36 g)
1 Egg (50 g)
1/8 cup Ranch Dressing (30 g)
1/2 tsp Garlic Powder (2 g)
1/8 cup Almond Flour (15 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)
optional - 1/2 tsp Paprika (1 g)



Asparagus Almond Salad
74 Cal

Ingredients:

1/4 cup Asparagus (34 g)
1/8 tbsp Balsamic Vinegar (2 g)
1/8 tsp Dijon Mustard (1 g)
1/4 tbsp Olive Oil (4 g)
1/4 cup shredded Iceberg Lettuce (9 g)
1/8 tsp Honey (1 g)
1/4 tbsp chopped Shallot (3 g)
1/2 tbsp, shaved Almonds (5 g)
optional - to taste Black Pepper (0 g)

DINNER

1033 Calories • 11g Carbs (4g Fiber) • 92g Fat • 42g Protein



**Garlic Rosemary-Marinated
Lamb Chops**
910 Cal

Ingredients:

2 tsp Lemon zest (4 g)
2 clove Garlic (6 g)
2 tbsp Olive Oil (28 g)
1/2 lb Lamb Chop (227 g)
optional - 3 tsp Rosemary (4 g)
optional - 2 dash Salt (1 g)



**Roasted Broccoli with
Parmesan Lemon Butter
Sauce**
123 Cal

Ingredients:

1 1/4 cup flowerets Broccoli (90 g)
1/2 tbsp Butter (7 g)
1/4 tbsp Lemon juice (4 g)
1/4 tsp Lemon zest (1 g)
1/2 tbsp Parmesan Cheese (3 g)
1/4 tbsp Olive Oil (4 g)
optional - 1 dash Salt (0 g)

Recipe Directions

Scrambled Eggs with Chives

1. In a bowl, whisk eggs with butter. Season with salt and pepper.
2. Chop chives.
3. Grease a nonstick pan with oil and place it over medium heat.
4. Pour whisked eggs into heated pan.
5. Constantly stir eggs, periodically removing pan from heat.
6. When eggs are no longer runny and sour cream and chives.
7. Mix until combined.
8. Optional to season with additional salt and pepper.
9. Serve and enjoy!

Bacon

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp or to desired liking.
2. Optional to cook bacon in an oven at 350°F for about 20 minutes or to desired crispiness.

Portabella Pizza

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Prepare portabella mushroom by removing gills from the underside and wiping clean with a damp paper towel.
3. Place butter into a bowl and microwave for 20 seconds or until butter is melted.
4. Using a brush, paint the outside of mushroom with butter.
5. In a small bowl, mix tomato sauce with garlic powder and oregano. Then Spoon tomato sauce mixture into cap.
6. Layer pepperoni slices on top of sauce and sprinkle with mozzarella cheese and parmesan.
7. Place pizza mushroom into the oven and bake for 25 minutes or until cheese is melted and mushrooms are tender.

Tomato and Onion Salad

1. Thinly slice onion and chop tomatoes into bite size pieces.
2. Add both tomatoes and onions into a serving bowl, along with olive oil and lemon juice.
3. Toss until coated.
4. Season with salt and pepper.
5. Serve and enjoy!

Beef Tenderloin in Herbed Salt Crust

1. Preheat oven to 425 °F.
2. Finely chop rosemary.
3. Pat beef dry. Heat oil in a skillet over moderately high heat.
4. Add beef to pan and cook for 6 minutes, occasionally turning.
5. Transfer beef to a shallow roasting pan, reserving pan drippings in skillet.
6. Stir together salt, rosemary, pepper, and water until mixture resembles wet sand.
7. Pat salt mixture onto top and sides of meat to coat evenly.
8. Place marinated beef on a pan and roast in the oven until instant-read thermometer reads 130 °F.
9. Let meat stand in roasting pan 5 minutes. Remove salt crust and transfer meat to a cutting board. Cut into 1/2-inch-thick slices and spoon meat juices from skillet over slices.

Roasted Cauliflower

1. Preheat oven to 425°F.
2. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.
3. In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly.
4. Line a baking sheet with parchment and spread the cauliflower pieces on the sheet.
5. Optional to sprinkle additional salt.
6. Roast cauliflower in the oven for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown.
7. (The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste).

Cheese

1. Cut cheese into slices.

Scrambled Eggs with Cheddar Cheese

1. Whisk together eggs and milk in a bowl.
2. Add butter to pan and allow it to melt over medium heat.
3. Add eggs to pan and cook for 3-4 mins, stirring frequently. Occasionally take the pan off heat while stirring the eggs to prevent eggs from over cooking,
4. Turn off heat while eggs are still slightly runny.
5. Add cheddar cheese to eggs.
6. Scramble until cheese has melted and eggs are cooked through. Enjoy!

Cherry Tomato & Dill Salad

1. Halve cherry tomatoes and place in a serving bowl.
2. Pour in olive oil and toss.
3. Sprinkle with salt, pepper and fresh dill.

Pan-Roasted Chicken Thighs

1. Preheat oven to 475°F.
2. Season chicken with salt and pepper. Heat oil in a cast-iron or heavy nonstick skillet over high heat until hot.
3. Nestle chicken in skillet and cook 2 minutes. Reduce heat to medium-high; continue cooking for 12 minutes, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat.
4. Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking for 5 minutes or until meat is thoroughly cooked through.

Baked Spinach Chips

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl, until spinach is evenly coated.
3. Arrange the spinach in a single layer (don't let them overlap) on a baking sheet lined with parchment paper.
4. Bake for 15 minutes or until edges of spinach start to brown.

Spinach and Cheese Omelet

1. Whisk the eggs, add the spinach, salt and pepper.
2. Heat a pan coated with olive oil over medium, add the mixture.
3. Cook until the eggs are almost completely set. Carefully flip it and add the cheese on top, cover the pan so the cheese melts. Move to a plate and serve. Enjoy!

Beef Taco Bowl

1. Place a skillet over medium heat and ground beef, breaking it apart with a wooden spoon.
2. Season beef with chili powder, paprika, and cayenne pepper. Continue cooking until beef is no longer pink inside.
3. Pour water and reduce heat to medium-low and simmer for 10 minutes.
4. In a serving bowl, add shredded lettuce, chopped tomato, and cooked beef.
5. Top salad with sour cream and cheddar cheese.
6. Optional to drizzle hot sauce.

Spinach Tomato Salad

1. Chop spinach, green onion and tomato; transfer into a serving bowl.
2. Drizzle olive oil and lemon juice.
3. Toss salad until coated.
4. Season with salt and pepper.

Baked Lemon Thyme Salmon

1. Preheat oven to 275°F.
2. Line baking sheet with aluminum foil and brush half the amount of oil.
3. Place salmon skin side down onto prepared baking sheet.
4. In a bowl, mix the remaining oil with thyme and lemon zest.
5. Pour lemon thyme mixture over salmon.
6. Season with salt and pepper.
7. Allow salmon to marinate for 10 minutes before baking.
8. Bake salmon for 15 minutes or until opaque and easily flaked with a fork.
9. Garnish with chopped green onion.
10. Optional to serve with lemon wedge.

Roasted Broccoli

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Cut broccoli into florets and mince garlic.
3. In a mixing bowl, toss florets, garlic with olive oil.
4. Transfer florets onto a baking sheet.
5. Season with salt.
6. Place baking sheet into the oven and roast for 25 minutes or until slightly crispy.
7. Squeeze fresh lemon on top of roasted broccoli.

Roasted Cauliflower and Tahini

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Chop cauliflower into bite size pieces. Toss with sesame butter.
3. Spread in pan and roast for about 20 minutes or until lightly toasty brown.

Creamy Chocolate Shake

1. Combine all ingredients in a blender and pulse until smooth.

Sunny-Side-Up Eggs

1. Heat oil in a nonstick skillet over low heat for 5 minutes or until slightly shimmering.
2. Crack egg into a small ramekin/cup and slowly pour it to the skillet.
3. Cover with a tight lid and cook, uninterrupted, until the whites are completely set but yolk is still runny to your liking.
4. Slide egg out of the skillet onto a plate.
5. Season with salt and pepper.
6. Enjoy!

Spinach and Scallion Salad

1. Chop spinach and scallions.
2. Put spinach and scallions into a serving bowl and pour in olive oil.
3. Toss until well coated.
4. Season with salt and pepper.
5. Sprinkle parmesan cheese on all over.
6. Squeeze lemon juice and serve.
7. Enjoy!

Parmesan Chicken Tenders

1. Preheat oven to 350°F. Line a shallow pan with foil.
2. Combine all dry ingredients into a bowl and set aside.
3. Melt butter in a microwavable shallow dish.
4. Dip each chicken tender in butter then roll in seasoning mixture and place in pan.
5. Bake for 20-30 minutes or until chicken is cooked through and no longer pink inside.

Sautéed Spinach with Parmesan Cheese

1. Melt butter in sauté pan over medium heat; add spinach. Season with salt and pepper to taste.
2. Sauté until just wilted.
3. Remove from stove.
4. Sprinkle parmesan cheese.

Bacon and Cheese Quiche

1. Preheat oven to 350°F and grease a glass pie dish with oil.
2. Fry bacon pieces over medium heat until brown and crispy; drain on paper towel.
3. In a bowl, beat eggs with cream. Season salt and whisk until well combined.
4. Arrange shredded cheese and bacon evenly in the bottom of prepared dish.
5. Pour the egg mixture over the cheese.
6. Bake 35-40 minutes or until a knife inserted in the centre comes out clean.
7. Dollop with yogurt and sprinkle chives on top.

Egg Salad

1. Place eggs in a medium saucepan with enough cold water to cover, and bring to a boil.
2. Cover saucepan, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.
3. In a large bowl, mix eggs, mayonnaise, salt, pepper, and paprika.
4. Chop green onion and add it to egg mixture.
5. Mash with a fork until smooth.
6. Refrigerate for 20 minutes.

Cheese Meatballs

1. Preheat oven to 400 °F. Line a baking sheet with foil and set aside.
2. Dice cheese into even cubes. Set aside.
3. In a medium bowl, mix together eggs and seasoning.
4. Add ground beef and combine evenly.
5. Mold beef mixture around each cheese cube until a 1" meatball is formed.
6. Arrange each meatball on the baking sheet about 1" apart from each other.
7. Bake for 20 minutes or until no longer pink inside.

Roasted Garlic Brussell Sprouts

1. Cut sprouts in half and place in boiling water for 3 minutes.
2. Remove and dry on paper towel, removing as much moisture as possible.
3. Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
4. Add minced garlic, and cook until garlic is soft and sprouts are browned.

Egg and Cheese Bento Box

1. Place eggs in the bottom of a pot.
2. Fill the pan with cold water, 1 inch above egg.
3. Bring the water to a rapid boil on the stovetop over high heat.
4. Once the water comes to a boil, cover the pan with a lid and remove the pan from the heat. Do not lift the lid.
5. Boil egg for 8 minutes for medium done.
6. Fill a large bowl with ice and water.
7. Remove egg by using tongs from the hot water and immerse gently into the prepared ice water to cool, about 10 minutes.
8. Peel egg, slice cheese and radishes and place onto a serving plate.
9. Top with almonds.

Overnight Raspberry Chia Pudding

1. In a mason jar whisk chia seeds with heavy cream, swerve sweetener, and almond milk.
2. Add in frozen raspberries.
3. Cover jar and place in the fridge overnight.
4. When ready to eat, stir melted raspberries into chia mixture.

Chicken Caesar Salad

1. Slice the raw chicken breast into strips and fry in a pan with olive oil.
2. Cook chicken until no longer pink.
3. Mix the roasted chicken, lettuce, and dressing together.
4. Sprinkle cheese on top.

Crispy Baked Chicken Thighs

1. Preheat oven to 400 °F and line a baking sheet with parchment paper.
2. Pat chicken dry using a paper towel and arrange thigh on prepared baking sheet.
3. Pour and rub olive oil all over chicken until well coated. Optional to wear disposable gloves.
4. In a bowl, mix together salt, pepper, garlic powder, onion powder, Italian seasoning and paprika.
5. Sprinkle and rub seasoning mixture all over chicken.
6. Bake seasoned chicken in the oven for 20 minutes or until chicken is no longer pink inside.

Caprese Egg Stuffed Portabella Mushroom

1. Preheat oven to 400°F.
2. Cut the stem out of the mushroom cap and clean the inside with a damp paper towel.
3. Brush oil on the outside of mushroom cap and place into a baking pan.
4. Crack egg inside the cap.
5. Chop tomato and place on top of egg.
6. Season with salt and pepper.
7. Sprinkle shredded cheese and bake in the oven for 15 minutes or until egg is set and cheese is melted.
8. Garnish with chopped basil.

Bacon Chicken Balls

1. Preheat oven to 375°F. Line a baking tray with parchment paper and set aside.
2. Lay bacon in a cold pan and place over medium-heat heat.
3. Use tongs to loosen the strips and turn each slice to cook on the other side. .
4. Keep flipping and turning the bacon so that it browns evenly and cook to desired crispness.
5. Cool and chop into bite size pieces.
6. In a bowl, mix together chicken, bacon, almond flour, egg, paprika, garlic powder and season with salt and pepper.
7. Form mixture into tablespoon-size balls and flatten slightly.
8. Place on prepared baking sheet and bake for 30 minutes or until golden and no longer pink inside.
9. Serve with ranch dip.

Asparagus Almond Salad

1. Bring a pot of water to boil with a steam tray over top.
2. Steam asparagus for 5-10 minutes or until crispy-tender.
3. Drain and pat dry with paper towel. Cool, chop and set aside.
4. In a bowl, combine chopped shallot, vinegar, mustard, honey and black pepper. Gradually whisk oil.
5. Transfer shredded lettuce in a serving plate and top with chopped asparagus.
6. Drizzle dressing.
7. Garnish with shaved almonds.

Garlic Rosemary-Marinated Lamb Chops

1. Preheat the broiler.
2. Mince and mash garlic clove to a paste, and season with a pinch of salt.
3. In a small bowl stir together lemon zest, garlic paste, black pepper, rosemary and oil
4. Rub the lamb chop with the marinade and marinate on a plate for 20 minutes.
5. Broil lamb chop on the rack of a broiler pan about 4 inches from the heat for 4 to 5 minutes on each side for medium-rare meat or an instant-read thermometer inserted into the centre reads 145 °F.

Roasted Broccoli with Parmesan Lemon Butter Sauce

1. Preheat oven to 400°F.
2. Place broccoli florets on a baking sheet in a single layer.
3. Drizzle olive oil on top of broccoli.
4. Bake for 20 minutes and remove.
5. In a small bowl mix, butter, lemon juice, lemon zest, and salt to taste.
6. Pour butter mixture over cooked broccoli.
7. Toss to coat.
8. Garnish with shaved parmesan.

Grocery List

MILK, EGGS, OTHER DAIRY



Egg
1400g total

28 egg (1400g)



Butter
170g total

10 tbsp (141g)

1/8 cup (29g)



Sour Cream
173g total

3 1/2 tbsp (53g)

1/2 cup (120g)



Milk
53g total

3 1/2 tbsp (53g)



Heavy Whipping Cream
180g total

3/4 cup, fluid (yields 2 cups
whipped) (180g)



Plain Greek yogurt
23g total

1 1/2 tbsp (23g)



Almond Milk
60g total

1/4 cup (60g)

SPICES AND SEASONINGS

These items have low nutritional value and are optional



Salt
35g total

13 dash (5g)

4 5/8 tsp (30g)

to taste (0g)



Black Pepper
9g total

9 dash (0g)

2 1/8 tsp, ground (5g)

2 tsp (4g)

to taste (0g)



Garlic Powder
7g total

1 3/4 tsp (7g)



Italian Seasoning
16g total

2 7/8 tbsp (15g)

1/2 tsp (1g)



Cayenne Pepper
2g total

1/2 pinch (0g)

1/4 tbsp (1g)

1/2 tsp (1g)



Paprika
6g total

1 3/8 tsp (4g)

1/4 tbsp (2g)



Chili Powder
9g total

1 tbsp (8g)

1/2 tsp (1g)



Onion Powder
1g total

1/2 tsp (1g)

PRODUCE



Chives
10g total

3 1/4 tbsp chopped (10g)



Portabella Mushroom
420g total

5 Portabella Mushroom (420g)



Tomato
755g total

1 1/2 medium (185g)

2 cup cherry tomatoes (298g)

1 cup, chopped or sliced (180g)

3/4 medium whole (2-3/5" dia)
(92g)



Onion
9g total

1/8 small (9g)



Lemon juice
72g total

3/4 tbsp (12g)

1 1/4 lemon yields (60g)



Cauliflower
167g total

1/2 head small (4" dia.) (132g)

1/3 cup chopped, (1/2" pieces)
(35g)



Spinach
723g total

25 1/4 cup (723g)



Iceberg Lettuce
189g total

5 1/4 cup shredded (189g)



Scallions
58g total

3 medium (4-1/8" long) (45g)

1/2 large (13g)



Lemon zest
7g total

1/2 lemon (2g)

2 1/4 tsp (5g)



Green Onion
23g total

1 1/2 medium stalk (23g)



Broccoli
136g total

1/2 cup chopped (46g)

1 1/4 cup flowerets (90g)



Garlic
12g total

2 1/2 clove (8g)

1 1/3 cloves, minced (4g)



Brussels Sprouts
117g total

1 1/3 cup (117g)



Radish
29g total

1/4 cup (29g)



Raspberries
31g total

1/4 cup, frozen (31g)



Asparagus
34g total

1/4 cup (34g)



Shallot
3g total

1/4 tbsp chopped (3g)

OIL, VINEGAR, SALAD DRESSING



Olive Oil
317g total

9 tsp (40g)
19 29/50 tbsp (277g)



Caesar Salad Dressing
23g total

1 1/2 tbsp (23g)



Ranch Dressing
30g total

1/8 cup (30g)



Balsamic Vinegar
2g total

1/8 tbsp (2g)

MEAT



Bacon
138g total

11 strip (132g)
3/4 strip cooked (6g)



Pepperoni
24g total

12 slice round (24g)



Beef Tenderloin
170g total

6 oz (170g)



Chicken Thigh
587g total

8 1/2 thigh, bone and skin removed (587g)



Ground Beef
453g total

1/2 lb (226g)
8 oz (227g)



Chicken Breast Tenders
226g total

6 oz (226g)



Chicken Breast
150g total

1 1/2 breast (150g)



Ground Chicken
227g total

1/2 lb (227g)



Lamb Chop
227g total

1/2 lb (227g)

PASTA AND RICE



Tomato Sauce
120g total

1/2 cup (120g)

CHEESE



Mozzarella Cheese
196g total

1 1/2 cup, shredded (168g)

1 oz (28g)



Parmesan Cheese
96g total

7 1/2 tbsp (38g)

3/8 cup, grated (38g)

1/4 cup (20g)



Cheddar Cheese
386g total

10 1/3 oz (291g)

3 1/2 tbsp, shredded (25g)

1/2 cup, shredded (56g)

1/2 slice (14g)

PRODUCE; SPICES AND SEASONINGS

These items have low nutritional value and are optional



Oregano
0g total

1/2 tsp, leaves (0g)

1/4 tsp, ground (0g)



Rosemary
5g total

1/2 tbsp (1g)

3 tsp (4g)



Dill
0g total

1 tsp (0g)



Thyme
1g total

1/2 tbsp (1g)



Parsley
2g total

1/2 tbsp (2g)



Basil
2g total

4 leaf, whole (2g)

BEVERAGES



Water
119g total

1/2 cup (119g)

CONDIMENTS



Hot Sauce
2g total

1/2 tsp (2g)



Light Mayonnaise
60g total

1/4 cup (60g)



Dijon Mustard
1g total

1/8 tsp (1g)

SEAFOOD



Salmon
227g total

8 oz (227g)

NUT BUTTERS, JAMS, AND HONEY



Tahini Butter
5g total

1/3 tbsp (5g)



Honey
1g total

1/8 tsp (1g)

BAKING



Cocoa
4g total

3/4 tbsp (4g)



Vanilla Extract
1g total

1/4 tsp (1g)

HEALTH FOODS;BAKING



Swerve Sweetener
60g total

4 tbsp (60g)

FROZEN



Ice Cubes
119g total

1/2 cup (119g)

NUTS



Almonds
12g total

1/4 oz (7g)

1/2 tbsp, shaved (5g)

HEALTH FOODS



Chia Seeds
24g total

2 tbsp (24g)

GLUTEN FREE;HEALTH FOODS;BAKING



Almond Flour
15g total

1/8 cup (15g)

