
low carb

cookbook

When
You Say Yes
to Health;
You Say No
to Excess
Carbohydrates



by Stephanie Sharp

Low-carb Cookbook

When You Say Yes to Health; You Say No to Excess
Carbohydrates

BY
Stephanie Sharp



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Introduction



Carbohydrates, one way or another, have become one of our biggest enemies these days. Almost one-third of the entire population is fatty and love eating foods that have high levels of carbohydrates.

Carbohydrates are found in almost all the things and play an important role in the functioning of human development.

The secret of staying slim and staying fit for the whole life is to consume a diet packed with the right kind of carbs and everyone should know this fact.

A diet high in carbohydrates level may have adverse effects on your brain development. With the right diet that includes a low-carbohydrates level that you would be getting numerous health benefits such as:

- Prevent your body from several health conditions such as Cancer, Lower chances of heart diseases, and would be able to control your type II diabetes to a great extent
- You would be able to keep your body in a perfect shape
- Improved energy level throughout the day and weight loss
- Clear thinking that simply means you would be able to make precise and correct decisions.

This book has 45 delicious recipes that you can try at your home (includes breakfast, lunch, dinner, and snacks.)

Breakfast

Egg and Cottage Cheese Muffins



Prep Time: 20 minutes

Cooking Time: 30 minutes

Servings: 12 persons

These flourless savory breakfast muffins are one of my favorites. I often prefer to kick-start my day with one or two muffins. For a different taste; feel free to make some changes to it. Instead of Spike seasoning, you can use 1 tablespoon of garlic powder, 1 tablespoon of Madras curry powder, 1/3 cup of freshly chopped cilantro, and ¼ teaspoon of chili powder.

Ingredients

For Wet Ingredients:

- ½ cup cottage cheese
- 6 beaten eggs, large
- 1/3 cup green onion, thinly sliced

For Dry Ingredients:

- ½ cup each of almond flour, raw hemp seed and finely-grated

Parmesan cheese

- ¼ cup each of flax seed meal and nutritional yeast flakes
- ½ teaspoon each of baking powder & Spike Seasoning
- ¼ teaspoon salt

Directions

1. Preheat your oven to 375 F in advance.
2. Lightly coat a muffin pan or baking cups with some olive oil or non-stick spray.
3. Combine the almond flour with nutritional yeast flakes, Parmesan cheese, raw hemp seed, flax seed meal, Spike Seasoning, baking powder, and salt in a medium-sized mixing bowl.
4. Beat the eggs in a separate small-sized bowl and then, add the thinly sliced green onions and reduced-fat cottage cheese; mix well.
5. Add the mixture of wet ingredients into the mixture of dry ingredients.
6. Using a small measuring cup; scoop the mixture out fill the muffin cups until almost full; evenly dividing the mixture among the muffin cups.
7. Bake in the preheated oven until the muffins are nicely browned and firm, for 25 to 30 minutes. Serve and enjoy.

Nutritional Value: kcal: 148, Fat: 11 g, Fiber: 2 g, Protein: 10 g, Carbohydrates: 5 g

Cream Cheese Pancakes



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4 persons

These Low-carb, gluten-free, and nut-free pancakes are delicious and quite easy to prepare. You would stop searching for any other pancake recipes after making this one. Serve these pancakes with fresh berries and sugar-free syrup.

Ingredients

- 2 oz cream cheese
- 1 teaspoon granulated sugar substitute
- 2 large eggs
- ½ teaspoon cinnamon

Directions

1. Put the entire ingredients together in a magic bullet or blender. Blend on high power until completely smooth.
2. Let the batter to rest until the bubbles settle, for a couple of minutes.
3. Lightly grease a pan with butter and heat it over moderate heat. Pour approximately $\frac{1}{4}$ of the prepared batter into the hot pan.
4. Cook until turn golden, for 2 minutes; carefully flip cook the other side for a minute more.
5. Repeat the cooking step with the remaining batter.
6. Serve enjoy.

Nutritional Value: kcal: 344, Fat: 29 g, Fiber: 0 g, Protein: 17 g, Carbohydrates: 3 g

Spinach Mushroom and Feta Crustless Quiche



Prep Time: 15 minutes

Cooking Time: 50 minutes

Servings: 6 persons

This Mushroom, Spinach, and Feta Crustless Quiche is absolutely delicious, low on carbs, and quite easy to prepare. These veggies filled breakfast would keep you full and happy. You can add some ground flax and thyme, along with some more garlic, or you can add fresh spinach and add some bacon to this quiche as well.

Ingredients

- 8 oz button mushrooms; rinsed, cleaned and thinly sliced
- 1 cup milk
- 10 oz box spinach, frozen thawed; squeeze any excess moisture
- ¼ cup Parmesan, grated

- 4 large eggs
- 1 garlic clove, minced
- ½ cup mozzarella, shredded
- 2 oz feta cheese
- Pepper salt to taste

Directions

1. Preheat your oven to 350 F in advance.
2. Lightly coat a non-stick skillet with non-stick spray; add mushrooms with garlic and a pinch each of pepper salt. Sauté the garlic and mushrooms for 5 to 7 minutes, until the mushrooms turn soft and the moisture is completely evaporated.
3. Now, coat a 9” pie dish with some non-stick spray and then, place the spinach into the bottom of your prepared pie dish. Add the sautéed mushrooms over the spinach and then, add the crumbled feta.
4. Whisk the eggs with Parmesan, and milk in a medium-sized mixing bowl. Lightly season with pepper and then, pour the prepared egg mixture on top; sprinkle with the shredded mozzarella.
5. For easy clean up; place the pie dish on a large-sized baking sheet and then, bake in the preheated oven until the top turns golden brown, for 45 to 55 minutes. Evenly cut into six slices; serve hot and enjoy.

Nutritional Value: kcal: 168, Fat: 10 g, Fiber: 2 g, Protein: 12 g, Carbohydrates: 6 g

Avocado, Bacon, Egg and Tomato Salad



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 2 persons

This salad recipe is one of my favorites and delicious too. To add some crunch or texture to it, simply add some pine nuts on top and serve it in fresh lettuce wraps. You can even sub the plain avocado for onion, cilantro, garlic, and jalapenos.

Ingredients

- 2 hard-boiled eggs, chopped into small chunks
- 1 avocado, ripe, chopped into small chunks
- Juice from one lemon, freshly squeezed
- 1 tomato, medium-sized, chopped into small chunks
- 2-4 pieces of bacon, cooked crumbled

- Pepper salt to taste

Directions

1. Combine the entire ingredients together in a large bowl; continue to mix until the egg and avocado are mashed well.
2. Serve and enjoy.

Nutritional Value: kcal: 350, Fat: 25 g, Fiber: 5.6 g, Protein: 28 g, Carbohydrates: 6 g

Bacon Chive Muffins



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 6 persons

Absolutely delicious and quite easy to prepare! You can prepare these muffins in advance and can just re-heat the same either in the microwave or in the oven whenever you want to eat them again.

Ingredients

- ½ teaspoon onion powder
- 3 thick-cut bacon slices

- ¼ cup plus 1 tablespoon coconut milk
- 3 tablespoon butter or coconut oil, melted
- ¼ cup chives, minced plus more for garnish purpose
- 5 large eggs
- ½ cup coconut flour
- 1 teaspoon garlic powder
- ½ teaspoon baking powder
- 1 tablespoon lemon juice, freshly squeezed
- ¼ teaspoon salt

Directions

1. Preheat your oven to 350 F in advance.
2. Over medium heat in a large skillet; cook the bacon slices until crisp, for a few minutes.
3. Drain the grease; set aside at room temperature to cool the browned slices and then, crumble.
4. Line a muffin tin with muffin tin papers or grease them with the coconut oil.
5. Whisk butter or coconut oil with coconut milk, eggs and lemon juice in a large-sized mixing bowl until mixed well.
6. Stir the coconut flour with onion powder, garlic powder, salt and baking powder in a separate bowl.
7. Add the dry mixture into the wet mixture; give everything a good stir until just mixed.
8. Fold in the chopped chives and crumbled bacon. Evenly fill the muffin tin with the prepared batter.
9. Sprinkle gently pressing more of chive slices over the muffins.
10. Bake in the preheated oven until a toothpick comes out clean, for 25 to 30 minutes. Let cool for a couple of minutes, before serving.

Nutritional Value: kcal: 210, Fat: 16 g, Fiber: 1.4 g, Protein: 9.6 g, Carbohydrates: 3 g

Garlic Herb Muffins



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 4 persons

You can always try these garlic herb muffins if you want to avoid sugary things in the morning. These muffins are nut-free, gluten-free, and delicious too.

Ingredients

- 4 tablespoon butter, melted
- ¼ cup almond milk
- 6 eggs, large
- 2/3 cup coconut flour
- 4 tablespoon coconut oil, melted
- 1 teaspoon baking powder
- ½ cup granulated sugar substitute

- 1 ½ tablespoon vanilla extract
- ½ teaspoon salt

Directions

1. Preheat your oven to 375 F in advance.
2. Whisk the eggs together with coconut oil, butter, vanilla extract, almond milk sugar substitute; whisk well.
3. Whisk the coconut flour together with baking powder salt in a separate bowl.
4. Slowly add in the coconut flour to the wet ingredients; give everything a good stir until well incorporated thick.
5. Pour the batter into the prepared standard-sized muffin tin.
6. Bake in the preheated oven until cooked through, for 20 to 25 minutes.

Nutritional Value: kcal: 160, Fat: 13 g, Fiber: 2 g, Protein: 4 g, Carbohydrates: 5 g

Tempting Guacamole



Prep Time: 5 minutes

Total Time: 15 minutes

Servings: 6

Just serve this freshly prepared guacamole with some crispy nachos and enjoy the taste. Feel free to sub onion and tomatoes with some salsa (since salsa has these two things already added in it.) To boost the taste, just add some garlic powder to it.

Ingredients

- 3 avocados, pitted
- $\frac{1}{4}$ cup cilantro, freshly chopped, plus more for garnish
- Juice of 2 limes
- $\frac{1}{2}$ teaspoon kosher salt
- 1 small jalapeño, minced
- $\frac{1}{2}$ small white onion, finely chopped

Directions

1. Combine avocados with cilantro, lime juice, jalapeño, onion and salt in a large-sized mixing bowl; mix well.
2. Give the **Ingredients** a good stir and then, slowly turn the bowl; running a fork through the avocados. Once you get your desired level of consistency, immediately season it with more of salt, if required. Just before serving; feel free to garnish your recipe with more of fresh cilantro.

Nutritional Value: kcal: 165, Fat: 15 g, Fiber: 6.9 g, Protein: 3 g, Carbohydrates: 6 g

Delicious Peanut Butter Breakfast Balls



Prep Time: 2 minutes

Total Time: 35 minutes

Servings: 6 persons

Once you try these delicious balls in breakfast, you wouldn't be able to wait to make these again. These peanut balls are packed with plenty of health benefits, and you should try it. You can even sub the sweetener with raw honey.

Ingredients

- ¼ cup peanut butter, smooth
- 1/3 cup coconut flour

- ¼ cup monk fruit sweetened maple syrup

Directions

1. Line a large-sized plate or tray with parchment paper in advance; set aside until ready to use.
2. Now, combine the entire ingredients together in a large-sized mixing bowl; mix well. If the batter appears to be too thick, immediately add a small amount of water (but ensure that the batter still remains thick).
3. Form the dough into small balls using your hands; placing each ball on the lined tray or plate. Refrigerate until firm, for 30 minutes.

Nutritional Value: kcal: 132, Fat: 6.6 g, Fiber: 1.3 g, Protein: 4 g, Carbohydrates: 6 g

Low-carb Spinach Frittata



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 4 persons

Eggs, spinach, bacon or sausage, and veggies give a colorful recipe and tastes great too. Serve this frittata with some homemade dressing and shredded red or green cabbage on the side and enjoy the tastes.

Ingredients

- 5 oz. chorizo or bacon, diced
- 8 oz. spinach, fresh
- 2 tablespoon softened butter
- 8 large eggs

- 5 oz. cheese, shredded
- 1 cup heavy whipping cream
- Pepper and salt to taste

Directions

1. Grease a 9x9" baking dish and then, preheat your oven to 350 F in advance.
2. Now, over medium heat in a large frying pan; heat the butter until melted and then, fry the bacon until turn crispy, for a couple of minutes. Add the fresh spinach and give it a good stir until completely wilted. Immediately remove the hot pan from heat set aside.
3. Whisk the cream with eggs and pour the mixture into the prepared baking dish.
4. Add the spinach, bacon cheese; place in the middle rack of your preheated oven bake until turn golden brown on top and almost set in the middle, for 25 to 30 minutes.

Nutritional Value: kcal: 661, Fat: 59 g, Fiber: 1 g, Protein: 27 g, Carbohydrates: 4 g

Delicious Mexican Scrambled Eggs



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4 persons

You must try this recipe when you don't have much time and want to serve something healthy to your loved ones. To add more excitement, you just serve this recipe with some crisp lettuce, avocado and dressing.

Ingredients

- 1 tomato, finely chopped
- 2 pickled jalapeños, finely chopped
- 1 oz. butter
- 6 large eggs
- 1 scallion, finely chopped

- 3 oz. cheese, shredded
- Pepper and salt, to taste

Directions

1. Over medium high heat in a large frying pan; heat the butter until completely melted.
2. Once done; add the scallions followed by tomatoes and jalapeños; give the ingredients a good stir and fry for 3 to 4 minutes.
3. Beat the eggs; pour it into the hot pan. Continue to cook for 2 more minutes, scramble in between. Add cheese seasonings; stir well. Serve hot and enjoy.

Nutritional Value: kcal: 229, Fat: 18 g, Fiber: 1 g, Protein: 14 g, Carbohydrates: 2 g

Lunch

Chicken Parmesan Stuffed Zucchini Boats



Prep Time: 15 minutes

Cooking Time: 45 minutes

Servings: 8 persons

These stuffed zucchini boats are a high protein, low-carb meal. To ensure even cooking, ensure that the zucchini is of the same size. For some heat, feel free to sprinkle some red chili flakes or even black pepper on the top.

Ingredients

- 1-pound ground chicken
- 4 zucchinis, large, halved lengthwise
- 1 teaspoon basil, dried
- 2 garlic cloves, minced
- 1 yellow onion, small
- ¼ cup parmesan, freshly grated
- Mozzarella cheese, grated

- 3 cups tomato-basil-marinara Sauce
- 1 tablespoon plus 2 teaspoons extra virgin olive oil

Directions

1. Preheat your oven to 400 F in advance. Place approximately ¼ cup of marinara sauce in the bottom of an 8×8" baking pan and ¾ cup in a 13×9" pan; set aside until ready to use.
2. Scoop the flesh out from each zucchini half using a melon baller; leaving approximately ¼" border on the bottom along the sides. Chop or briefly process the flesh in your food processor; set aside.
3. Next, over moderate heat in a large saucepan; heat 1 tablespoon of olive oil until hot. Add and cook the onion for 2 to 3 minutes. Add the garlic continue to sauté for half a minute.
4. Add the chopped zucchini flesh and chicken along with pepper and salt to taste; continue to cook until the chicken is cooked through, for 3 to 5 more minutes, breaking up the chicken using the back of a large spoon. Carefully drain the excess liquid.
5. Add the leftover marinara sauce; give the ingredients a good stir until combined well. Let simmer for 5 to 10 minutes, over medium heat.
6. Place the zucchini halves into the prepared pans; generously filling with the meat the mixture; covering both the dishes using aluminum foil. Bake until the zucchini turns fork-tender, for 20 to 25 minutes.
7. Top the zucchini boats with the mozzarella and parmesan bake for a couple of more minutes, until bubbly and melted. Serve hot enjoy.

Nutritional Value: kcal: 226, Fat: 10 g, Fiber: 3 g, Protein: 20 g, Carbohydrates: 6 g

Delicious Turkey Salad



Prep Time: 5 minutes

Cooking Time: 10 minutes

Servings: 6 persons

This is one of the healthiest, colorful, low-carb salad recipes that I have ever prepared and tasted. For extra crunch, feel free to serve this recipe with some roasted cashew nuts. Just serve this recipe in front of your guests during a get-together and enjoy.

Ingredients

- ½ head red cabbage, shredded
- 3 tablespoon sesame seeds, toasted
- 1 pound turkey breast, sliced
- 2 bell peppers, de-seed finely sliced
- 1 large carrot; cut into matchsticks
- 6 radishes; finely sliced
- 1 cup bean sprouts
- 3 green onions (spring onions/scallions), finely sliced

- 1 bell pepper, de-seeded finely sliced
- 4 tablespoon cilantro or fresh coriander, chopped
- ½ head white cabbage, shredded

For Dressing:

- ¼ cup Tahini
- Low-carb maple syrup to taste
- ¼ cup lemon juice, fresh
- 1 minced garlic clove
- ¼ cup water or as required
- Black pepper salt to taste

Directions

1. Add the entire salad ingredients together in a large-sized mixing bowl; mix until combined well.
2. Prepare the salad dressing by blending the entire ingredients together in a blender until creamy, on high-power.
3. Add half of the prepared salad dressing over the salad; gently toss. Taste add more of dressing as needed.

Nutritional Value: kcal: 175, Fat: 4 g, Fiber: 5 g, Protein: 22 g, Carbohydrates: 7 g

Mexican Ground Turkey Stuffed Peppers



Prep Time: 20 minutes

Cooking Time: 30 minutes

Servings: 6 persons

I love peppers and was looking for a recipe that I could prepare for my loved ones. Luckily, one of my friends shared her technique, and I prepared it for my family. You can even try adding ground beef in this recipe and can serve the peppers with Greek yogurt or sour cream, salsa or fresh tomatoes, avocado slices, fresh cilantro or green onions, and/or tortilla chips.

Ingredients

- 2 cups brown or basmati rice (cooked; approximately $\frac{3}{4}$ cups uncooked)
- 1 pound lean ground turkey
- 6 bell peppers

- 2 cups mozzarella or cheddar cheese, shredded
- 3 tablespoons taco seasoning

Directions

1. Prepare the rice per the directions mentioned on the package; set aside let cool.
2. Cut and remove the tops from each bell pepper; get rid of the seeds and membranes.
3. Make few holes towards the bottom of each bell pepper using a toothpick.
4. Stir the cooked rice with ground turkey, 1 ¼ cups of cheese and taco seasoning in a large-sized mixing bowl.
5. Spoon the prepared filling into the bell peppers; filling them approximately full.
6. Add 1 cup of water in the base of a 6 or more-quart Instant Pot and then, add the trivet. Work in batches and arrange half of the filled bell peppers over the trivet; sprinkle with the leftover cheese.
7. Cook until cooked through or for 10 to 12 minutes, on high pressure.

Nutritional Value: kcal: 323, Fat: 19 g, Fiber: 1.3 g, Protein: 24 g, Carbohydrates: 5 g

Indian Chicken Skillet



Prep Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4 persons

This recipe is absolutely delicious and I can assure you that you would prepare it often. Serve this chicken skillet with some plain yogurt on side and enjoy.

Ingredients

- 1-pound boneless, skinless chicken thighs
- $\frac{1}{4}$ cup tomato sauce
- 1 teaspoon curry powder
- $\frac{1}{2}$ head of cauliflower; riced (approximately 4 cups)

- 1 ½ cups green beans; fresh or frozen
- 1 tablespoon olive oil
- ¼ cup water
- Pepper salt, to taste
- 1 teaspoon cumin
- ½ teaspoon each of onion powder, garlic powder, ground coriander garam masala

Directions

1. Over moderate heat in a large nonstick pan; heat the oil until hot. Once done; immediately add and cook the chicken until cooked through, for 3 to 5 minutes on each side. Transfer the pieces to a large, clean plate.
2. If there is excess oil; immediately drain the pan. Add water the spices to the pan; let simmer for a minute or two, stirring every now and then.
3. Add the tomato sauce; give the ingredients a good stir until mixed well.
4. Add the rice cauliflower in two batches, stirring until the spice mixture/tomato sauce is mixed in completely. Add the green beans continue to cook until soft cooked through, for 2 to 4 more minutes.
5. Serve immediately and enjoy.

Nutritional Value: kcal: 207, Fat: 8 g, Fiber: 3 g, Protein: 24 g, Carbohydrates: 8 g

Cashew Chicken Lettuce Wraps



Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 8 persons

I have ordered chicken lettuce wraps plenty of times at restaurants but had never prepared this at home. When I was first preparing it, I was a bit scared but luckily, it came out delicious and my family loved it. Just before serving, I sprinkled scallions on the top and it was a hit.

Ingredients

For the Wraps:

- ½ cup water chestnuts, diced
- 1 green bell pepper, diced
- Green onions, diced
- 1 small white onion, diced
- ½ cup cashews plus more for serving
- Fresh lettuce, separated; hard stems removed
- 1-pound boneless skinless chicken thighs, diced
- 1 tablespoon coconut oil
- Pepper salt to taste

For the Sauce:

- 2 tablespoons honey
- 1 tablespoon hoisin sauce
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon fresh ginger, minced
- 1/3 cup soy sauce or coconut aminos
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- ¼ to ½ teaspoon red pepper flakes, crushed, optional

Directions

For the Sauce:

1. Whisk the entire ingredients together in a large bowl until combined well; set aside until ready to use.

For the Chicken:

1. Over medium heat in a large pan; heat the coconut oil until melted and hot. Season the diced chicken with pepper and salt. Carefully add the pieces to the hot pan stir-fry for a couple of minutes, until browned. Add green pepper and onions; continue to cook until the chicken is cooked through the onion is translucent. Add water chestnuts, cashews, and sauce. Cover let simmer for 5 minutes until cashews have slightly softened sauce has reduced, over low heat.

2. Spoon the chicken mixture over the fresh lettuce leaves sprinkle with more cashews and green onions. Serve and enjoy.

Nutritional Value: kcal: 175, Fat: 8.5 g, Fiber: 1.4 g, Protein: 14 g, Carbohydrates: 6 g

Delicious Turkey with Cream-Cheese Sauce



Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4 persons

This creamy cheese sauce is great with any of the following: chicken or lamb, beef or pork, fillets or chops. My family just loved these turkey breasts and asked me to cook almost every weekend.

Ingredients

- 1 tablespoon tamari soy sauce
- 7 oz. cream cheese
- 1½ pounds turkey breast
- 2 cups heavy whipping cream or crème fraîche
- 1½ oz. small capers
- 2 tablespoon butter
- Pepper salt to taste

Directions

1. Preheat your oven to 350 F in advance.

2. Over moderate heat in a large oven-proof frying pan; heat half of the butter until melted. Generously season the turkey with pepper salt; carefully fry until turn golden brown all around.
3. Finish cooking the meat in the preheated oven. When done, place the cooked turkey on a clean, large plate; tent with aluminum foil.
4. Pour the turkey drippings into a small-sized saucepan. Add cream cheese and cream. Give the ingredients a good stir bring to a light boil. Once done; decrease the heat let simmer for a couple of minutes, until thickened. Add the soy sauce, season with pepper and salt.
5. Next, over high heat in a medium frying pan; heat the leftover butter until melted. Quickly sauté the capers for a minute or two, until turn crispy.
6. Serve the turkey with fried capers and sauce. Enjoy.

Nutritional Value: kcal: 815, Fat: 67 g, Fiber: 0.4 g, Protein: 47 g, Carbohydrates: 7 g

Tofu in Purgatory



Prep Time: 20 minutes

Cooking Time: 20 minutes

Servings: 2 persons

For this recipe, you can even add some broccoli during the last few minutes of cooking or use mixed herbs such as Italian Seasoning, Herbs De Provence, rosemary, or oregano.

Ingredients

- 1 block of un-pressed medium tofu; cut into rounds
- 4 cloves of garlic, large
- ½ teaspoon dried chili flakes
- 2 teaspoons dried herbs

- 1 tablespoon olive oil
- Pepper salt to taste
- 1 can diced tomatoes
- Indian black salt, optional

Directions

1. Over moderate heat in a large skillet; heat the olive oil until hot. Once done; add cook the garlic until it just begins to turn a little brown, for a couple of minutes.
2. Add the tomatoes, chili flakes, pepper, herbs and salt.
3. Let simmer for a couple of minutes and then, add the tofu rounds.
4. Decrease the heat to medium-low let simmer until the tofu is soft heated through the sauce thickens, for 12 to 15 minutes.
5. Just before serving; sprinkle your recipe with a small amount of optional Indian black salt.
6. Serve with toast, baguette or even crusty bread. Enjoy.

Nutritional Value: kcal: 270, Fat: 19 g, Fiber: 4 g, Protein: 24 g, Carbohydrates: 6 g

Tomato Mushroom Spaghetti Squash



Prep Time: 30 minutes

Cooking Time: 20 minutes

Servings: 4 persons

This recipe is a great substitute for regular pasta. It tastes delicious and quite healthy too. You can even top a part of the spaghetti squash with some grated parmesan.

Ingredients

- 8 ounces mushrooms; sliced
- 1/3 cup shallots or onions, chopped
- 2 cups tomatoes, diced
- 1/4 cup pine nuts, toasted
- 4 garlic cloves, minced
- A small handful of fresh basil; cut chiffonade
- 2 spaghetti squash; cooked until "al dente" (approximately 6 cups)
- Black pepper kosher salt to taste
- 3 tablespoons olive oil
- A pinch of red pepper flakes, optional

Directions

1. Prepare the spaghetti squash as per the directions provided by the manufacturer; set aside to cool until you can handle it easily. When done, slice it into half; removing any stringy bits and seeds then shred with two forks; set the squash aside.
2. Now, heat the oil until hot, over medium heat in a large sauté pan. Add onions mushrooms; cook for 3 to 4 minutes, stirring constantly. Add in the garlic; give the ingredients a good stir and continue to cook for 2 more minutes, until just fragrant. Keep an eye on the garlic; don't let it turn brown.
3. Add in the tomatoes continue to stir.
4. Add in the cooked spaghetti squash; toss until the vegetables are evenly distributed and squash is hot.
5. Toss with toasted pine nuts and fresh basil. Season with a pinch of red pepper flakes, pepper and kosher salt to taste.

Nutritional Value: kcal: 250, Fat: 17 g, Fiber: 5 g, Protein: 6 g, Carbohydrates: 4 g

Broccoli Fried Rice



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4 persons

If you are looking for a low carb fried rice substitute or tired of regular cauliflower fried rice, then you must try this recipe. This dish is a great substitute for a regular cauliflower fried rice recipe. You can prepare this recipe without any difficulties at home. Serve the shrimp and scallops on the top of broccoli fried rice and enjoy.

Ingredients

- 4 cups riced broccoli, roughly 2 heads of broccoli
- 1 tablespoon garlic, finely chopped
- ¼ to ½ teaspoon frozen ginger, grated
- 1 tablespoon coconut aminos
- ¼ of one whole lime juice plus more for serving
- 1 ½ teaspoon sesame oil, toasted

- 2 bulbs scallions, chopped
- 1 tablespoon avocado oil
- 4 tablespoon parsley or cilantro, chopped
- ¼ to ½ teaspoon coarse salt or to taste
- Sliced almonds to sprinkle

Directions

1. Over moderate heat in a large sauté pan; heat 1 tablespoon of oil until hot. Once done; add and sauté the finely chopped garlic with riced broccoli for a minute and then, season with toasted sesame oil, coconut aminos coarse salt. Continue to sauté until the broccoli turns bright green in color, for 2 minutes more.

2. Turn the heat off grate approximately ½ teaspoon of the frozen ginger on top of the rice. Season with the freshly squeezed lime juice.

3. Garnish with cilantro, scallions sliced almonds. Serve with more of lime wedges on side and enjoy.

Nutritional Value: kcal: 200, Fat: 17 g, Fiber: 3.9 g, Protein: 6 g, Carbohydrates: 3.7 g

Roasted Masala Cauliflower



Prep Time: 8 hours 10 minutes

Cooking Time: 15 minutes

Servings: 4 persons

You would fall in love with this masala cauliflower recipe and would make it over and over again. Just serve the Roasted Cauliflower along with the thick and creamy Masala Sauce and enjoy the taste.

Ingredients

- 1 whole cauliflower head
- 5 tomatoes, diced
- 1 teaspoon ginger chopped
- 2 large onions, diced
- ½ cup cashews, soaked in almond milk
- 4 peppercorns
- 1 teaspoon garlic copped
- 3 garlic cloves
- ½ teaspoon cumin seeds
- 2 black cardamoms

- 1 green cardamom
- 2 tablespoon olive oil
- 1 bay leaf
- ½ teaspoon turmeric powder
- 1 teaspoon coriander powder
- ½ teaspoon garam masala
- 2 cups water
- 1 tablespoon fresh cilantro, chopped
- Salt to taste

Optional Ingredients:

- 1 teaspoon sesame seeds, roasted
- 1 teaspoon red chili powder

Directions

1. Preheat your instant pot by pressing the sauté feature. Once the word hot appears; immediately add the oil followed by the black cardamoms, cloves, cumin seeds, green cardamom, peppercorns bay leaf; give the ingredients a good stir until mixed well.
2. Add the onions and then, the ginger garlic. Sprinkle with salt; cook for a couple of minutes, until the onions turn translucent.
3. Add in the chili powder, coriander powder turmeric. Cook for a minute more; continue to stir.
4. Add in the chopped tomatoes; combine well. Cook until the oil begins separating.
5. Throw in the soaked cashews almond milk; carefully blend using an immersion blender until you get smooth paste like consistency. Slowly add the hot water.
6. Now wash the cauliflower thoroughly remove the bottom from it.
7. Add the trivet to your instant pot followed by a cup of water.
8. Cook on High “Pressure” for a minute. Once done; immediately release the pressure using the quick release feature
9. Carefully remove the lid let the cauliflower to cool down.
10. Plate the cooked cauliflower into a large-sized serving dish pour half of the prepared sauce that you have made at the beginning.

11. Broil the dressed cauliflower for a minute or two.

12. Garnish it with garam masala, freshly chopped cilantro roasted sesame seeds.

Nutritional Value: kcal: 170, Fat: 8 g, Fiber: 8 g, Protein: 6 g, Carbohydrates: 6 g

Dinner

Delicious Beef Stroganoff



Prep Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4 persons

This is one of the best and tastiest beef recipes that you can ever prepare for your loved ones. Serve the recipe hot, topped with some freshly chopped parsley and enjoy.

Ingredients

- 11 white button mushrooms, sliced
- 2 beef steaks (approximately 1 pound)
- 1 onion, medium, peeled finely sliced
- 2 garlic cloves, peeled chopped finely
- 1 tablespoon coconut aminos or gluten-free tamari sauce
- 2 packs of fettuccine, shirataki noodles (7-oz each)
- 1 cup beef broth
- ¼ cup coconut cream
- 1 tablespoon Dijon mustard
- ¼ cup parsley, fresh chopped finely
- 3 tablespoons coconut oil

- Freshly ground black pepper and salt to taste

Directions

1. Fill a large pot with water and bring it to a simmer over moderate heat. In the meantime, rinse the shirataki noodles under the cold water. Once the water is hot; keep the noodles warm in the pot with the hot water.
2. Place the steaks on kitchen towels and pat them dry; season on all sides with freshly ground black pepper and salt.
3. Next, over moderate heat in a large pan; heat 2 tablespoons of coconut oil until hot. Once done; add cook the steaks for a couple of minutes, until browned on both the sides. Remove set aside at room temperature until ready to use.
4. Heat one more tablespoon of coconut oil in the same pan cook the onions until softened. Add in the garlic mushrooms; cook for a couple of minutes, until the mushrooms have caramelized.
5. Next, pour the beef broth and tamari in the pan. Decrease the heat cook for a couple of more minutes, until the beef broth decreases to a quarter of the original volume. Thicken the sauce by stirring in the coconut cream and mustard.
6. Slice the steaks into strips add them to the mixture; cook until heated through.
7. Drain the shirataki noodles evenly divide them between 2 large bowls. Spoon over the beef strips sauce. Serve and enjoy.

Nutritional Value: kcal: 640, Fat: 40 g, Fiber: 5 g, Protein: 33 g, Carbohydrates: 8 g

Mexican Beef and Cauliflower Rice Bowls



Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4 persons

This recipe is simply delicious and quite easy to prepare. You can customize it as per your preference. You can add sliced jalapeños, fresh pico de gallo, salsa, sour cream and organic cheese, fried green plantains, shredded lettuce, stir-fried fajita vegetables, or can serve as it is. Both ways, it goes great.

Ingredients

For Mexican Beef:

- 1-pound ground beef
- 2 tablespoons organic Mexican seasoning
- ¼ cup water
- Pepper and salt to taste

For Cauliflower Rice:

- 1-2 tablespoons avocado oil
- Juice from 1 lime, fresh
- 1 Bags of frozen cauliflower rice or fresh riced cauliflower
- Pepper and salt to taste

For Guacamole:

- 3 hass avocados, medium; pit removed flesh separated from the skin
- 1 Roma tomato, diced
- ½ jalapeno pepper, finely diced
- 2 tablespoons diced red onion
- ¼ teaspoon paprika
- 1 tablespoon lemon juice, freshly squeezed
- ¼ cup cilantro, packed
- 1 tablespoon lime juice, fresh
- ¼ teaspoon sea salt

Directions

1. For Rice: Over medium heat in a large pan; heat the avocado oil until hot. Once done; add rice and immediately season with pepper and salt; give the ingredients a good stir.
2. Cook for a couple of minutes, stirring frequently and then, cover the pan with a lid. Continue cooking for 8 to 10 more minutes, until the liquid is almost evaporated.
3. Carefully remove the lid and stir in the lime juice; transfer the cooked rice to a large bowl.
4. For Guacamole: Transfer the avocado flesh to a large-sized mixing bowl lightly mash using the back of a large fork. Add the leftover ingredients; stir well until evenly combined; don't mix too much.
5. For Beef: Place the pan on the heat again add the ground beef. Generously season the meat with pepper and salt.
6. Cook the beef until almost cooked through and browned then add in the Mexican seasoning water; stir well.
7. Cook for a couple of more minutes, until browned and then remove it from

the heat source.

8. For the Bowls: Top the cauliflower rice with guacamole, ground beef, fresh lime juice and any of your favorite taco toppings. Serve immediately and enjoy.

Nutritional Value: kcal: 550, Fat: 45 g, Fiber: 8 g, Protein: 30 g, Carbohydrates: 5 g

Asian Meatballs with Thai Basil Sauce



Prep Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4 persons

These meatballs are very juicy and healthy. The best part is that you can freeze the remaining meatballs for up to 3 months in a refrigerator and can just re-heat whenever you want to eat them. You can even sub the ground pork with turkey or chicken.

Ingredients

- 1 teaspoon ground black pepper
- 1¼ pounds ground pork
- 1 tablespoon grated ginger, fresh
- 2 oz. coconut oil or butter
- ½ minced yellow onion
- 20 oz. green cabbage
- 1 tablespoon fish sauce

- 2 tablespoons coconut oil

For Thai Basil Sauce:

- $\frac{3}{4}$ cup mayonnaise
- 1 tablespoon Thai basil, fresh, chopped finely
- 2 oz. radishes
- Pepper and salt to taste

For Pickled Onion Salad:

- 1 red chili pepper
- 2 tablespoons water
- 1 tablespoon rice vinegar
- $\frac{1}{2}$ teaspoon salt
- 1 oz. scallions

Directions

1. For the pickled onion salad; slice the scallions chili pepper in advance. Combine rice vinegar with water salt in a large-sized mixing bowl. Add scallions and chili; set aside for a couple of minutes at room temperature.
2. Finely chop the radishes mix with the mayonnaise and Thai basil. Add pepper and salt to taste. Reserve.
3. Next, preheat your oven to 200 F in advance. Mix the entire meatball **Ingredients** together in a large bowl. Make roughly 18 to 20 meatballs from the prepared mixture using slightly wet hands. Fry in hot oil for a couple of minutes, until golden brown and cooked thoroughly. Keep the meatballs warm in the preheated oven.
4. Next, using a sharp knife, mandolin slicer or a food processor; shred the cabbage. Fry in oil or butter over moderate heat in a large skillet until the cabbage is browned, but still a bit chewy, stirring occasionally to prevent burning.
5. Season with pepper and salt.
6. Plate the cabbage and arrange the meatballs on top; serve the pickled onions and sauce on the side and enjoy.

Nutritional Value: kcal: 860, Fat: 75 g, Fiber: 5 g, Protein: 30 g, Carbohydrates: 9 g

Chicken Provençale



Prep Time: 10 minutes

Cooking Time: 45 minutes

Servings: 4 persons

Once you try this recipe, you would prepare it again and again. You can even use canned tomatoes and omit the garlic. You can also substitute or omit the sliced onion or chopped shallots.

Ingredients

- 8 oz. tomatoes
- 2 pounds chicken thighs or drumsticks
- 1 tablespoon dried oregano
- ½ cup black olives, pitted
- 5 cloves garlic, sliced
- ¼ cup olive oil
- Pepper and salt to taste

For Serving:

- Zest of ¼ lemon, fresh
- 1 cup mayonnaise
- 7 oz. lettuce
- 1 teaspoon paprika powder
- Pepper and salt to taste

Directions

1. Preheat your oven to 400 F in advance. Place the chicken in an oven-proof baking dish, skin-side up and then, add the olives followed by garlic tomatoes (over around the pieces).
2. Generously drizzle with the olive oil sprinkle with the thyme; season with pepper and salt to taste.
3. Place in the preheated oven roast for 50 to 55 minutes, until the chicken is completely cooked through.
4. Serve with mayo flavored with lemon zest and paprika and salad or a mild chili some pepper and salt.

Nutritional Value: kcal: 900, Fat: 78 g, Fiber: 3 g, Protein: 40 g, Carbohydrates: 5 g

Chicken Wings



Prep Time: 10 minutes

Cooking Time: 50 minutes

Servings: 4 persons

These sweet and sticky chicken wings taste great. To enhance the taste, feel free to add a few drops of your favorite fish sauce to this recipe.

Ingredients

- ¼ teaspoon onion powder
- 2 pounds chicken wings

- ¾ cup coconut aminos
- 1 ½ teaspoon Himalayan pink sea salt
- ¼ teaspoon each of chili flakes, garlic powder ground ginger

Directions

1. Preheat your oven to 450 F in advance.
2. For even cooking, arrange the chicken wings on a large-sized rimmed baking sheet (with the thicker skin-side up) with wire racks.
3. Generously sprinkle the wings with salt.
4. Bake in the preheated oven for 45 to 50 minutes.
5. During the last 10 minutes of baking; prepare the sauce.
6. Over medium heat in a large skillet; add cook the coconut aminos for a minute or two and then, add the red pepper flakes followed by onion powder, garlic powder and ginger powder. Bring it to a simmer, stirring frequently to prevent burning.
7. Continue stirring until the sauce has thickened slightly.
8. Next, place the baked chicken wings in a large-sized heatproof bowl pour the prepared sauce on top of them. Give everything a good stir until the pieces are evenly coated with the sauce. Serve enjoy.

Nutritional Value: kcal: 470, Fat: 29 g, Fiber: 1 g, Protein: 40 g, Carbohydrates: 8 g

Mouth-watering Garlic Chicken



Prep Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4 persons

When I made this garlic chicken, I served it with Indian Buttered Naan. Absolutely delicious and my family loved it as well. You can even serve the cooked chicken with a hearty salad and aioli or cauliflower mash. Enjoy.

Ingredients

- 2 pounds chicken drumsticks
- 4 tablespoons butter, melted
- Juice of 1 lemon, freshly squeezed
- 5 to 10 garlic cloves, sliced

- ½ cup parsley, fresh, chopped finely
- 2 tablespoons olive oil

Directions

1. Preheat your oven to 450 F in advance.
2. Lightly coat a large-sized baking pan with butter and then, arrange the chicken pieces into the bottom of your coated pan. Generously season with pepper and salt. Sprinkle the pieces with parsley and garlic on top and then, drizzle with the olive oil and lemon juice.
3. Bake in the preheated oven for 35 to 40 minutes, until the garlic slices have roasted turned brown and the pieces turn golden.

Nutritional Value: kcal: 543, Fat: 39 g, Fiber: 1 g, Protein: 40 g, Carbohydrates: 3 g

Bacon Asparagus Bites



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 6 persons

You would forget about any other bacon recipes after trying this one. This recipe is very colorful and delicious. While serving, don't forget to squeeze a little lime on the top. Enjoy.

Ingredients

- 9 asparagus spears, blanched
- 1 clove garlic, minced
- 5 oz. softened cream cheese, at room temperature
- 6 bacon slices, cut into thirds
- Freshly ground black pepper kosher salt to taste

Directions

1. Line a medium-sized baking sheet with the parchment paper and preheat your oven to 400 F in advance.
2. Now, over medium heat settings in a large skillet; cook the bacon for a couple of minutes, until the fat is almost cooked out; ensure it's not crisp.

Immediately remove the bacon from pan place it on a plate lined with paper towel to drain.

3. Combine the cream cheese together with garlic then season with pepper and salt to taste in a small bowl; give everything a good stir until combined well.

4. Spread approximately $\frac{1}{2}$ tbsp. of the cream cheese over each bacon strip. Place asparagus in the middle roll the bacon until the bacon ends meet. Now, arrange the bites on the baking sheet bake in the preheated oven until cream cheese is warmed through and bacon is crisp, for 5 minutes. Serve immediately and enjoy.

Nutritional Value: kcal: 130, Fat: 6 g, Fiber: 1 g, Protein: 5 g, Carbohydrates: 3 g

Tempering Cheese Tuna Melt



Prep Time: 10 minutes

Cooking Time: 50 minutes

Servings: 4 persons

If you love fish and looking for a fish recipe that you should go for this one, you would fall in love with this recipe. Just serve it with the bread (recipe mentioned below) and enjoy the taste.

Ingredients

For Fish Salad

- 4 stalks celery
- 1 cup sour cream or mayonnaise
- ½ cup chopped dill pickles
- 1 teaspoon lemon juice, freshly squeezed
- 8 oz. tuna, preferably in some olive oil
- 1 clove garlic, minced
- Pepper and salt, to taste

For Topping

- ¼ teaspoon paprika powder or cayenne pepper
- 10 oz. mozzarella or cheddar cheese, shredded

For Serving:

- 5 1/3 oz. fresh leafy greens
- Olive oil

For Bread:

- 4 ¼ oz. cream cheese
- ½ tablespoon ground psyllium husk powder
- 3 large eggs
- A pinch of salt
- ½ teaspoon baking powder

Directions**For Bread:**

1. Preheat your oven to 300 F in advance.
2. Separate egg whites in a bowl egg yolk into a separate small-sized mixing bowl.
3. Whip the egg whites with salt for a couple of minutes, until stiff.
4. Combine the egg yolks with cream cheese; mix well and then, add the seed husk followed by the baking powder.
5. Next, fold the whites gently into the yolk mix.
6. Place on a baking tray lined with parchment paper.
7. Bake in the center rack of your oven until turn golden, for 20 to 25 minutes.

For Tuna-mix Serving:

1. Preheat your oven to 350 F.
2. Combine the entire salad ingredients together in a large-sized mixing bowl; mix well.
3. Place the bread slices on a parchment paper lined baking sheet. Spread the prepared tuna mix over the bread sprinkle with the cheese.

4. Add some cayenne pepper or paprika powder.
5. Bake in the preheated oven for 12 to 15 minutes, until the cheese changes its color to golden brown. Serve the prepared sandwich with leafy greens drizzled with the olive oil.

Nutritional Value: kcal: 915, Fat: 80 g, Fiber: 3 g, Protein: 40 g, Carbohydrates: 5 g

Thai Coconut Curried Fish



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4 persons

This curried fish recipe tastes absolutely delicious. This fish recipe is very famous in Thailand and quite easy to prepare. This recipe may become one of your favorite weeknight recipes.

Ingredients

- 14 oz. coconut cream
- 1-pound broccoli or cauliflower
- 2 tablespoons green curry paste or red curry paste
- 1 tablespoon olive oil or butter
- 4 tablespoons ghee or butter
- ½ cup fresh cilantro, chopped
- 1 ½ pounds white fish or salmon, cut into pieces
- Pepper salt to taste

Directions

1. Lightly grease a medium-sized baking dish with oil and then, preheat your oven to 400 F in advance.
2. Arrange the fish pieces in an even layer on the prepared baking dish. Generously sprinkle with pepper and salt; put a tablespoon full of butter over each piece of fish.
3. Combine coconut cream with chopped cilantro and curry paste in a small-sized mixing bowl pour the mixture on top of the fish.
4. Bake in the preheated oven until the fish is cooked through, for 20 minutes.
5. Meanwhile, cut the cauliflower or broccoli into small florets boil them in lightly salted water for a few minutes, until cooked through. Serve immediately with the fish enjoy.

Nutritional Value: kcal: 850, Fat: 75 g, Fiber: 5 g, Protein: 40 g, Carbohydrates: 8 g

Garlic Lemon Butter Crab Legs



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 2 persons

Snow crab and king crab are one of my favorite seafood and very famous in Las-Vegas. Season the King crab with lemon butter sauce and garlic herb, this recipe just tastes great. Before eating, don't forget to add some of the lemon juice on the crab.

Ingredients

- ½ stick of melted salted butter (approximately 4 tbsp.)
- 1-pound king crab legs; thaw if frozen (Cut or slice the crab legs into halves using a pair of a scissors or a sharp knife)
- 3 garlic cloves, minced
- ½ tbsp. lemon juice, freshly squeezed
- 1 tbsp. fresh parsley, chopped
- Lemon slices

Directions

1. Preheat your oven to 375 F in advance.
2. Evenly arrange the crab legs on a large-sized baking tray or sheet.
3. Heat the butter in a microwave until completely melted. Add the parsley, garlic lemon juice to the melted butter; give everything a good stir until evenly mixed. Drizzle spread the butter mixture over the crab legs; reserving some for the dipping.
4. Bake in the preheated oven until heated through, for 5 minutes. Serve immediately with the kept-aside butter garlic lemon lemon slices.

Nutritional Value: kcal: 850, Fat: 75 g, Fiber: 5 g, Protein: 40 g, Carbohydrates: 8 g

Salad, Soup Snacks

Asian Sesame Beef Salad



Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6 persons

The taste of this salad is just amazing because of sesame seeds, sesame oil, and tamari sauce. It's quite easy to prepare, and you can prepare it for just under 20 minutes.

Ingredients

For the Salad:

- ½ pound beef, cut into small cubes
- 2 tablespoons cilantro, fresh
- ¼ cup tamari sauce
- 6 oz fresh iceberg lettuce, cut into small pieces
- Coconut oil or avocado oil
- 2 tablespoons green onions or scallions or chives

- 1 tablespoon sesame oil
- ¼ zucchini, shredded
- 2 tablespoons almonds, whole or sliced
- 1 tablespoon sesame seeds
- ¼ carrot, small, shredded

For the Dressing:

- 1 ½ tablespoons olive or sesame oil
- Salt to taste
- ½ tablespoon vinegar

Directions

1. Place the sesame oil and tamari sauce in a large bowl; add in the beef pieces let marinate in the mixture for a couple of minutes.
2. In the meantime, cut the vegetables add them in a bowl.
3. Over moderate heat settings in a large frying pan; sauté the marinated beef until cooked through, for several minutes.
4. Toss the ingredients together with the dressing ingredients. Serve immediately and enjoy.

Nutritional Value: kcal: 490, Fat: 40 g, Fiber: 3 g, Protein: 28 g, Carbohydrates: 7 g

Veggie Goat Cheese Salad



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4 persons

If you want something warm, hearty, and crunchy salad then, you can always go for this recipe. This salad recipe is doable and packed with healthy nutrients. Serve garnished with fresh cilantro and enjoy.

Ingredients

- 1 tablespoon avocado oil
- 4 cups arugula, divided between 2 bowls
- 2 tablespoons poppy seeds
- 1 teaspoon garlic flakes
- 1 teaspoon onion flakes
- 4 ounces goat cheese, cut into 4 ½" thick medallions
- 1 red bell pepper, medium, seeds removed cut into 8 pieces
- ½ cup baby portobello mushrooms, sliced
- 2 tablespoons sesame seed

Directions

1. First, combine the sesame and poppy seeds with garlic flakes and onion in small dish; mix well.
2. Coat both sides of each piece of goat cheese. Plate place in a refrigerator until ready to use.
3. Next, over moderate heat in a lightly coated skillet (coat it with the nonstick spray); char the mushrooms and peppers on both sides, until the pepper softens and the mushroom pieces just begin to darken, for a couple of minutes. Add them to the bowls of arugula.
4. The next step is to gently fry the cold goat cheese in the hot skillet for approximately half a minute.
5. Add the fried cheese to the salad drizzle with the avocado oil. Serve warm enjoy.

Nutritional Value: kcal: 330, Fat: 25 g, Fiber: 5 g, Protein: 16 g, Carbohydrates: 8 g

Chicken Enchilada Soup



Prep Time: 5 minutes

Cooking Time: 30 minutes

Servings: 4 persons

I generally prepare this soup on the weekend, and my family just loved it every time. I normally serve it over some steamed cooked rice, but you can serve it with some freshly chopped salad as well. Enjoy.

Ingredients

- 1 large yellow onion, diced
- 1-pound chicken breasts
- 1 red bell pepper, large, diced
- 3 garlic cloves, minced
- 1 large jalapeño, minced
- 1 tablespoon chili powder
- 8 fl oz tomato sauce, sugar-free
- 1 tablespoon chipotle pepper in adobo sauce (approximately 0.5 oz)

- 2 teaspoon ground cumin
- 1 teaspoon white wine vinegar
- ½ teaspoon oregano
- 1 teaspoon onion powder
- 3 cups chicken broth (¾ quart)
- 1 teaspoon garlic powder
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Himalayan pink salt or sea salt

Optional Toppings:

- Sliced jalapeno pepper
- Diced avocado
- Minced cilantro
- Sour cream

Directions

1. Drizzle olive oil into the bottom of your Instant Pot; press the Sauté feature. Add the onion followed by jalapeño pepper, garlic bell pepper; cook until turn soft, for 3 to 4 minutes.
2. Combine the tomato sauce with chipotle chili, vinegar spices in a small-sized mixing bowl. Pour this mixture into the pot.
3. Add the chicken broth; give the ingredients a good stir. Cover your Instant pot with a lid and press the Manual setting. Set the cooking time to 20 minutes, at high pressure. Once done, immediately release the pressure using the quick release feature.
4. Remove the chicken; shred and add it to the pot again; stir well.
5. Top the recipe with your favorite toppings; serve immediately enjoy.

Nutritional Value: kcal: 275, Fat: 11 g, Fiber: 4 g, Protein: 31 g, Carbohydrates: 7 g

Broccoli Cheese soup



Prep Time: 20 minutes

Cooking Time: 30 minutes

Servings: 8 persons

You just need five ingredients to prepare this broccoli cheddar soup. This recipe is low-carb, gluten-free, and quite easy to prepare. Rather than using the chicken brother, you can use vegetarian broth to make it a vegetarian recipe.

Ingredients

- 4 garlic cloves, minced
- 1 cup heavy cream
- 3 ½ cups bone or chicken broth
- 4 cups broccoli, cut into small, bite-sized florets

- 3 cups cheddar cheese, shredded

Directions

1. Over medium heat in a large pot; sauté the garlic until fragrant, for a minute.
2. Add in the chicken broth, chopped broccoli and heavy cream. Increase the heat settings and bring everything together to a boil. Once boiling; decrease the heat; let simmer until the broccoli is fork-tender, for 10 to 20 minutes.
3. Slowly add the shredded cheddar cheese continue to cook until melted, stirring constantly, over very low heat (if required, work in batches and don't cook over high heat settings). Once the cheese melts completely; immediately remove the pot from heat. Serve hot and enjoy.

Nutritional Value: kcal: 475, Fat: 35 g, Fiber: 2 g, Protein: 29 g, Carbohydrates: 5 g

Butternut Squash Soup



Prep Time: 20 minutes

Cooking Time: 1 hour 10 minutes

Servings: 4 persons

I was looking for a butternut squash recipe, so I tried making a soup. The soup came out to be so creamy that my family loved the taste.

Ingredients

- 1 tablespoon coconut oil
- 32 oz bone or chicken broth (approximately 4 cups)
- 1 butternut squash, chopped, cut it into 1" thick slices, skin removed and cut roughly into 1" cubes
- Pepper, nutmeg salt to taste
- 1 onion, medium-sized, roughly chopped

Directions

1. Over low heat in a large pot; heat 1 tablespoon of coconut oil until hot. Once done; add sauté the chopped onions until turn transparent, for a couple of minutes, stirring frequently.
2. Next, pour the bone or chicken broth and then add in the chopped butternut squash; stir well let simmer for an hour, over medium heat settings.
3. Now, remove the pot from heat and blend until you get a soup like consistency using an immersion blender.
4. Once pureed, season the soup with pepper, nutmeg salt to taste.
5. Stir well and cook for 30 more minutes. Serve warm and enjoy.

Nutritional Value: kcal: 475, Fat: 35 g, Fiber: 2 g, Protein: 29 g, Carbohydrates: 5 g

Cauliflower, Leek, and Bacon Soup



Prep Time: 10 minutes

Cooking Time: 2 hours 10 minutes

Servings: 4 persons

This is one of my favorite soup recipes. You can always use vegetable broth instead of chicken broth and a whole can of coconut milk to make it creamier and thicker.

Ingredients

- 4 cups chicken broth
- ½ head of cauliflower; cut into small pieces
- 5 bacon strips
- 1 leek; cut into small pieces
- Pepper and salt to taste

Directions

1. Place the leek and cauliflower pieces into a large pot and then, fill the pot

with chicken broth.

2. Bring it to a boil over moderate heat; continue to cook until tender, for 1 to 1 ½ hours.
3. To create a smooth soup; puree the vegetables using an immersion blender.
4. Microwave the bacon strips on high-heat for a minute and then, cut into small pieces; dropping the pieces into the soup.
5. Cook for 30 more minutes on low-heat.
6. Add pepper and salt to taste. Give the ingredients a good stir. Serve hot and enjoy.

Nutritional Value: kcal: 222, Fat: 15 g, Fiber: 4 g, Protein: 9 g, Carbohydrates: 6 g

Egg Drop Soup



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 2 persons

If you are looking for a blow of spicy chicken soup, then you should go for this one. You can adjust the heat to your taste by reducing chili powder and black pepper a bit. Serve the chicken soup with some garlic bread and enjoy.

Ingredients

- 2 tablespoons scallions, sliced
- A pinch of red pepper flakes
- 4 cups bone broth or 2 large bouillon cubes plus 4 cups of water
- Freshly ground pepper and salt to taste
- 2 eggs, large

Directions

1. Scramble the eggs with some fresh pepper in a large bowl; set aside.
2. Next, over high heat in a small pot; add bone broth a pinch of red pepper flakes. Bring it to a boil and then, slowly stir in the egg mixture; continue to mix and bring it to a boil again.
3. Remove from the heat and add pepper and salt to taste.
4. Evenly divide the sliced scallions in half garnish each bowl with. Serve hot enjoy

Nutritional Value: kcal: 75, Fat: 4 g, Fiber: 0.3 g, Protein: 7 g, Carbohydrates: 2 g

Pan Roasted Chicken with Carrots



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 4 persons

Quite easy to prepare and absolutely delicious! For a tangy flavor, just squeeze a fresh lemon on the top of everything and then sprinkle with some red chili flakes.

Ingredients

- 1½ pounds carrots, peeled trimmed
- 4 chicken thighs
- 1 tablespoon fresh rosemary, chopped
- A head of garlic
- 1 large onion, peeled cut into eighths
- 4 tablespoon olive oil
- Freshly ground black pepper and kosher salt, to taste

Directions

1. Preheat your oven to 425 F in advance.
2. Arrange the onion and carrots on a lightly-greased, large-sized baking

sheet, preferably in a single layer.

3. Remove the top from the garlic; discard place the remaining on the tray.

4. Drizzle the vegetables with approximately 2 tablespoon of olive oil and then, season with the rosemary, pepper and salt.

5. Place the chicken thighs on top. Rub the chicken thighs with 1 teaspoon of olive oil and the season with pepper and salt.

6. Roast in the preheated oven for 15 to 20 minutes, until the carrots are fork-tender the skin of the chicken turns golden.

7. Evenly divide the cooked chicken thighs and vegetables among four plates. Serve immediately and enjoy.

Nutritional Value: kcal: 380, Fat: 26 g, Fiber: 6 g, Protein: 17 g, Carbohydrates: 8 g

Spinach and Feta Turkey Burgers



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 8 persons

You can serve these burgers on a special with a cup of hot tea or coffee and with some freshly prepared green chili-mint chutney. For a bit of a kick, you can even add coriander, cayenne, and cumin.

Ingredients

- 40 oz Ground Turkey
- 2 oz feta cheese
- ½ teaspoon garlic, minced
- 2 whole eggs, large
- ½ package chopped spinach, frozen (preferably from 10 oz)

Directions

1. Preheat your outdoor grill over medium-high heat settings lightly oil the grill grates.

2. In the meantime, mix eggs with feta cheese, minced garlic, turkey and thawed spinach in a large-sized mixing bowl until combined well; make 8 even-sized patties from the prepared mixture.

3. Season with freshly ground black pepper and salt; cook on the preheated grill for 15 to 20 minutes, until no longer pink in the middle.

Nutritional Value: kcal: 290, Fat: 21 g, Fiber: 1 g, Protein: 27 g, Carbohydrates: 1.1 g

Caprese Hasselback Chicken



Prep Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4 persons

Your family would fall in love with this caprese chicken. You can serve these chicken pieces with some freshly prepared green chili-mint chutney. Enjoy.

Ingredients

- 2 tablespoons balsamic vinegar
- 2 Roma tomatoes, medium, sliced
- 4 chicken breasts, large (6 ounces each)
- 4 oz mozzarella cheese, fresh
- 2 tablespoons olive oil
- Pepper sea salt
- ¼ cup fresh basil, divided

Directions

1. Line a large-sized baking sheet with the foil or parchment paper and then,

preheat your oven to 400 F.

2. Carefully make some deep slits in each chicken breast; don't cut it completely. Season with black pepper and sea salt, preferably both sides. Arrange the chicken pieces over a lined baking sheet.

3. Slice the mozzarella and tomatoes very thinly then cut the pieces to a width slightly wider than your chicken breast. Next, stuff a piece of mozzarella, a whole basil leaf, and a tomato slice into each slit in the chicken.

4. Drizzle the chicken with balsamic vinegar and olive oil.

5. Bake in the preheated oven until cooked through, for 20 to 25 minutes.

6. When done, sprinkle the leftover fresh basil ribbons over the cooked chicken and drizzle with more of balsamic vinegar. Serve immediately and enjoy.

Nutritional Value: kcal: 380, Fat: 17 g, Fiber: 3 g, Protein: 40 g, Carbohydrates: 4 g

Desserts

Cinnamon Orange Souffle



Prep Time: 2 hours 20 minutes

Cooking Time: 20 minutes

Servings: 3 persons

This is one of the famous recipes in South America. People often prepare this recipe on a special day and prefer to serve it to the guests.

Ingredients

- 6 cinnamon orange scones leftover
- 1 cup coconut milk
- 2 tablespoons softened, butter
- 1 teaspoon allspice
- 2 large eggs, separated

Directions

1. Preheat your oven to 400 F in advance. Using your hands; break up the scones into pieces. Microwave the coconut milk until warm then pour the milk over the scones.
2. Separate the eggs beat the egg whites for a minute or two, until stiff peaks form. Then, beat the egg yolks together with allspice and butter.
3. Add the egg yolk mixture to the milk and scones; give everything a good

stir until well combined.

4. Carefully fold the egg whites into mixture and then distribute the batter among the ramekins.

5. Bake for 45 to 50 minutes; let them cool and then remove them from ramekins.

Nutritional Value: kcal: 190, Fat: 17 g, Fiber: 1 g, Protein: 5 g, Carbohydrates: 10 g

Delicious Coffee Cake



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 6 persons

I was looking for a cake recipe with something different, so I come up with this. This cake turned out to be so delicious that my family asked me to prepare this cake again. Just loved it.

Ingredients

For Base:

- ¼ cup protein powder, unflavored
- 6 eggs, separated
- ¼ teaspoon liquid stevia
- 6 oz. cream cheese
- ¼ teaspoon cream of tartar
- 2 teaspoon vanilla extract
- ¼ cup erythritol

For Filling:

- ½ stick butter
- 1 ½ cup almond flour
- ¼ cup erythritol
- 1 tablespoon cinnamon
- ¼ cup maple syrup substitute

Directions

1. Preheat your oven to 325 F in advance. Separate the eggs from the egg whites and then cream the egg yolks with erythritol; add the remaining ingredients (don't add the egg whites cream of tartar) whisk well.
2. Whip the cream and egg whites until somewhat solid peaks form.
3. Fold ½ of the prepared egg white mixture directly to the yolks then, the other half.
4. Mix the entire filling ingredients together until a soft dough forms.
5. Pour the formed batter into a metal cake pan then top with half of the prepared cinnamon filling; pushing it down.
6. Bake in the preheated oven for 15 to 20 minutes then, top the prepared cake with the remaining filling dough.
7. Bake until a toothpick nearly comes out clean, for 20 to 30 more minutes. Before you remove the cake from pan; let it cool for a couple of minutes.

Nutritional Value: kcal: 320, Fat: 28 g, Fiber: 3 g, Protein: 13 g, Carbohydrates: 4 g

Lava Cake



Prep Time: 20 minutes

Cooking Time: 20 minutes

Servings: 1 person

When it comes to cakes, I expect it to be with low carbs. I have personally prepared it so many times, and each time, it was a hit.

Ingredients

- 2 tablespoon cocoa powder
- ½ teaspoon vanilla extract
- 1 egg, medium
- 1-2 tablespoon erythritol
- ¼ teaspoon baking powder
- 1 tablespoon heavy cream
- A pinch of salt

Directions

1. Preheat your oven to 350 F in advance. Combine cocoa powder with erythritol; whisk well until smooth and make sure there are no clumps.
2. Beat the egg in a separate bowl until fluffy. Add egg, vanilla extract and heavy cream to the cocoa-erythritol mixture. Add baking powder and salt as well.
3. Lightly coat the mug with the cooking oil, pour the batter and bake at 350 F until set but pretty jiggly, for 10 to 15 minutes. Don't overcook the cake.
4. Top the cake with whipped cream, ice cream, or any type of goodies. For molten lava cake; add a scoop of ice cream to the top of the mug, while still hot.

Nutritional Value: kcal: 173, Fat: 13 g, Fiber: 3 g, Protein: 8 g, Carbohydrates: 4 g

Banana Walnut Bread



Prep Time: 10 minutes

Cooking Time: 1 hour 20 minutes

Servings: 10 persons

If you are looking for a bread recipe which is healthy for your heart, then you must try this one. With this bread, you can give your loved ones more fiber that they actually need.

Ingredients

- 3 bananas, medium
- ½ cup walnuts
- 3 eggs, large
- 1 teaspoon baking soda
- 2 cups almond flour
- ¼ cup olive oil
- Coconut oil

Directions

1. Lightly grease a loaf pan with the coconut oil and preheat your oven to 350 F in advance.
 2. Cut up the bananas and then add the entire ingredients in a large-sized mixing bowl; mix until combined well.
 3. Pour the mixture into the prepared loaf pan and bake for 55 to 60 minutes.
- Nutritional Value:** kcal: 269, Fat: 22 g, Fiber: 4 g, Protein: 8 g, Carbohydrates: 4 g

Chocolate Peanut Butter Avocado Pudding



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2 persons

This is one of the best pudding recipes that I have ever prepared for my family. You would never be able to taste avocado in the recipe. You may add some chocolate shavings and crushed nuts on top.

Ingredients

- ¼ cup cocoa powder or cacao
- 1 avocado, very ripe
- 2 tablespoon maple syrup
- 1 teaspoon vanilla extract
- A few cacao nibs for sprinkling
- 1 tablespoon creamy peanut butter

Directions

1. In a small-sized mixing bowl; mash the avocado pulp with a potato masher or fork. Add the leftover ingredients; whisk until completely smooth.

Nutritional Value: kcal: 333, Fat: 21 g, Fiber: 4 g, Protein: 7 g, Carbohydrates: 9 g

Conclusion

Thank you again for downloading this book.

If you love low-carb recipes and love to try them at your home, then this e-book will really help you a lot.

With the recipes mentioned in this e-book, you can live a healthy life again and would be more energetic throughout the day.

Start caring for your loved ones and give them a healthy diet that they always need. Keep you and yourself protected from several health conditions.

What are you still waiting for? If you haven't downloaded this e-book till yet then, do it now and forget about the health of your loved ones. This e-book would help you and your family maintaining optimized weight.

About the Author

Born in New Germantown, Pennsylvania, Stephanie Sharp received a Masters degree from Penn State in English Literature. Driven by her passion to create culinary masterpieces, she applied and was accepted to The International Culinary School of the Art Institute where she excelled in French cuisine. She has married her cooking skills with an aptitude for business by opening her own small cooking school where she teaches students of all ages.

Stephanie's talents extend to being an author as well and she has written over 400 e-books on the art of cooking and baking that include her most popular recipes.

Sharp has been fortunate enough to raise a family near her hometown in Pennsylvania where she, her husband and children live in a beautiful rustic house on an extensive piece of land. Her other passion is taking care of the furry members of her family which include 3 cats, 2 dogs and a potbelly pig named Wilbur.

Watch for more amazing books by Stephanie Sharp coming out in the next few months.

Author's Afterthoughts



I am truly grateful to you for taking the time to read my book. I cherish all of my readers! Thanks ever so much to each of my cherished readers for investing the time to read this book!

With so many options available to you, your choice to buy my book is an honour, so my heartfelt thanks at reading it from beginning to end!

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