



# 30 DAY KETOGENIC VEGETARIAN MEAL PLAN

Top 90 Healthy and  
Delicious Vegetarian  
Recipes to Help You Enjoy  
The Perfect Keto Lifestyle

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# **30 Day Ketogenic Vegetarian Meal Plan**

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**Top 90 Healthy and Delicious Vegetarian Recipes to Help You Enjoy The Perfect Keto Lifestyle**

**By Janine Colon**

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## **DAY 1**

# 1-Lemon Almond Poppyseed Muffins

**Total Time:** 50 minutes

**Serving Size:** 12



## Ingredients:

- 1 cup almond flour
- 1 tsp lemon extract
- 1/4 cup heavy whipping cream
- 4 true lemon packets
- 2 tbsp poppy seeds
- 3 eggs
- 1/4 cup coconut oil
- 1/4 cup ricotta cheese
- 1 tsp baking powder
- 1/3 cup Truvia

## Directions:

Add all ingredients into the large mixing bowl and beat until fluffy.

Spray muffin tray with cooking spray.

Pour batter into the prepared muffin tray.

Bake at 350 F/ 175 C for 40 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 147

Fat 12.3 g

Carbohydrates 8.3 g

Sugar 0.7 g

Protein 4.3 g

Cholesterol 46 mg

## 2-Crustless Cheese Pie

**Total Time:** 40 minutes

**Serving Size:** 4



### Ingredients:

- 8 eggs
- 1 lb cheddar cheese, grated
- 1 1/2 cups heavy whipping cream
- Pepper
- Salt

### Directions:

Preheat the oven to 400 F.

In a bowl, whisk together half cheese, eggs, whipping cream, pepper, and salt.

Spray pie dish with cooking spray.

Spread remaining half cheese into the pie dish and bake in preheated oven for 5-10 minutes or until cheese is melted.

Remove dish from oven and allow to cool slightly.

Pour egg mixture into the pie dish and bake at 350 F for 15-20 minutes or until egg is set.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 738

Fat 63 g

Carbohydrates 3.4 g

Sugar 1.3 g

Protein 40.2 g

Cholesterol 508 mg

# 3-Creamy Red Pepper Soup

**Total Time:** 30 minutes

**Serving Size:** 4



## Ingredients:

- 1 cup coconut milk
- 1/8 tsp fresh thyme
- 4 cups vegetable broth
- 4 cups cauliflower florets
- 1/4 tsp red pepper flakes
- 1 tsp paprika
- 1 tbsp seasoned salt
- 1 large shallot, chopped
- 1/2 cup roasted red pepper, chopped
- 2 tbsp coconut oil

## Directions:

Heat coconut oil in a pot over medium heat.

Add shallots and sauté for 3 minutes.

Add red peppers and seasoning. Stir well and cook for 2-3 minutes.

Add cauliflower, thyme, and broth. Bring to simmer.

Cover and cook for 10-15 minutes.

Using blender puree the soup until smooth.

Return soup to the stove and slowly mix in coconut milk.

Stir well and serve.

**Nutritional Value (Amount per Serving):**

Calories 245

Fat 20.5 g

Carbohydrates 10.4 g

Sugar 4.2 g

Protein 8.4 g

Cholesterol 0 mg



## **DAY 2**

## 4-Delicious Cauliflower Hash Browns

**Total Time:** 25 minutes

**Serving Size:** 6



### Ingredients:

- 1 egg
- 1/4 tsp garlic powder
- 3 cups cauliflower, grated
- 1/4 tsp cayenne pepper
- 3/4 cup cheddar cheese, shredded
- 1/8 tsp ground black pepper
- 1/2 tsp salt

### Directions:

Add grated cauliflower in microwave safe bowl and microwave for 3 minutes.

Transfer cauliflower to the paper towel to soak excess liquid.

Transfer cauliflower in mixing bowl.

Add remaining ingredients into the bowl and mix well.

Make 6 equal shape hash browns from cauliflower mixture and place onto the baking tray.

Bake at 400 F for 15 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 81

Fat 5.5 g

Carbohydrates 3.1 g

Sugar 1.4 g

Protein 5.5 g

Cholesterol 42 mg

## 5-Delicious Cheddar Cheese Omelet

**Total Time:** 15 minutes

**Serving Size:** 2



### **Ingredients:**

- 6 eggs
- 7 oz cheddar cheese, shredded
- 3 oz butter
- Pepper
- Salt

### **Directions:**

In a bowl, whisk together eggs, half cheese, pepper, and salt.

Melt butter in a pan over medium heat.

Pour egg mixture into the pan and cook until set.

Add remaining cheese fold and serve.

### **Nutritional Value (Amount per Serving):**

Calories 894

Fat 80.5 g

Carbohydrates 2.4 g

Sugar 1.6 g

Protein 41.7 g

Cholesterol 687 mg

## 6-Creamy Mushroom Soup

**Total Time:** 30 minutes

**Serving Size:** 4



### Ingredients:

- 1/2 onion, diced
- 1 1/2 cup mushrooms, diced
- 1/2 tsp olive oil
- 1/4 tsp salt
- 1 tsp onion powder
- 1 2/3 cup coconut milk
- 2 cups cauliflower florets
- 1/4 tsp black pepper

### Directions:

Add cauliflower, coconut milk, onion powder, pepper, and salt in a saucepan.

Cover and bring to boil over medium heat.

Reduce heat to low and simmer for 8 minutes.

Using blender puree the soup until smooth.

Heat oil in a saucepan over high heat.

Add onion and mushrooms and sauté for 8 minutes.

Add cauliflower mixture to sautéed mushrooms. Bring to boil.

Cover and simmer for 10 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 261

Fat 24.6 g

Carbohydrates 10.8 g

Sugar 5.8 g

Protein 4.3 g

Cholesterol 0 mg

## **DAY 3**



## 7-Healthy Broccoli Cheese Nuggets

**Total Time:** 25 minutes

**Serving Size:** 4



### Ingredients:

- 2 egg whites
- 1 cup cheddar cheese, shredded
- 2 cups broccoli florets
- 1/4 cup almond flour
- 1/8 tsp salt

### Directions:

Preheat the oven to 350 F.

Spray a baking tray with cooking spray and set aside.

Using masher break the broccoli florets into small pieces.

Add remaining ingredients to the broccoli and mix well.

Drop 20 scoops onto baking tray and press lightly into a nugget shape.

Bake in preheated oven for 20 minutes.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 148

Fat 10.4 g

Carbohydrates 3.9 g

Sugar 1.1 g

Protein 10.5 g

Cholesterol 30 mg

## 8-Creamy Cauliflower Mash

**Total Time:** 15 minutes

**Serving Size:** 4



### Ingredients:

- 1 lb cauliflower, cut into florets
- 1/2 lemon juice
- 4 oz butter
- 3 oz parmesan cheese, grated
- Pepper
- Salt

### Directions:

Boil cauliflower florets in the salted water until tender. Drain well.

Add cooked cauliflower into the blender with remaining ingredients and blend until smooth.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 301

Fat 27.7 g

Carbohydrates 6.9 g

Sugar 2.9 g

Protein 9.4 g

Cholesterol 76 mg

# 9-Cabbage Zucchini Salad

**Total Time:** 15 minutes

**Serving Size:** 10



## Ingredients:

- 1 medium zucchini, spiralized
- 1 tsp stevia
- 1/3 cup rice vinegar
- 3/4 cup olive oil
- 1 cup almonds, sliced
- 1 cup sunflower seeds shelled
- 1 lb cabbage, shredded

## Directions:

Chop spiralized zucchini into small pieces and set aside.

In large mixing bowl, combine together cabbage, almonds, and sunflower seeds. Stir in zucchini.

In a small bowl, mix together oil, stevia, and vinegar. Whisk well and pour over vegetables.

Toss salad well and place in refrigerator for 2 hours.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 225

Fat 21.1 g

Carbohydrates 6.8 g

Sugar 2.3 g

Protein 3.8 g

Cholesterol 0 mg

## **DAY 4**

# 10-Green Chile Cheese Breakfast Casserole

**Total Time:** 45 minutes

**Serving Size:** 8



## Ingredients:

- 12 eggs, beaten
- 6 oz black olives, pitted and sliced
- 1/4 cup green onions, sliced
- 4 oz green chilies, diced
- 2 cups cheddar cheese, grated
- 2 cups cottage cheese, rinsed and drained
- Pepper
- Salt

## Directions:

Preheat the oven to 375 F.

Spray casserole dish with cooking spray.

Layer cottage cheese, cheddar cheese, green chilies, green onion, and olives in the prepared casserole dish.

Whisk beaten eggs and pour over cheese mixture. Stir gently.

Season with pepper and salt.

Bake in preheated oven for 35 minutes.

Serve and enjoy.



**Nutritional Value (Amount per Serving):**

Calories 289

Fat 19.3 g

Carbohydrates 5.4 g

Sugar 1.4 g

Protein 23.3 g

Cholesterol 280 mg

# 11-Classic Zucchini Salad

**Total Time:** 20 minutes

**Serving Size:** 6



## Ingredients:

- 2 lbs zucchini, peel and cut into half-inch pieces
- 1/2 tbsp Dijon mustard
- 2 tbsp fresh chives, chopped
- 1 cup mayonnaise
- 2 oz scallions, chopped
- 2 oz celery stalks, sliced
- 2 tbsp olive oil
- Pepper
- Salt

## Directions:

Add zucchini pieces into the salted water and leave for 5 minutes then drain out the water well.

Fry zucchini pieces in olive oil over medium heat.

Remove pan from heat and set aside to cool.

Add remaining ingredients into the mixing bowl and mix well.

Add zucchini and mix well.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 310

Fat 31.7 g

Carbohydrates 6.2 g

Sugar 3 g

Protein 2.2 g

Cholesterol 13 mg

## 12-Delicious Keto Slaw

**Total Time:** 25 minutes

**Serving Size:** 3



### Ingredients:

- 2 garlic cloves, minced
- 1 tbsp olive oil
- 2 tbsp tamari
- 1 tsp vinegar
- 1 tsp chili paste
- 1/2 cup macadamia nuts, chopped
- 4 cups green cabbage, shredded

### Directions:

Toss shredded cabbage in a pan with tamari, chili paste, olive oil, and vinegar on medium-low heat.

Add garlic and stir for 1 minute.

Cover and let sit for 5 minutes.

Add chopped nuts and stir everything well to combine.

Cook for another 5 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 240

Fat 22 g

Carbohydrates 10.5 g

Sugar 4.7 g

Protein 4.5 g

Cholesterol 1 mg

## **DAY 5**

# 13-Omelet Egg Muffins

**Total Time:** 35 minutes

**Serving Size:** 18



## Ingredients:

- 12 large eggs
- 1/2 cup red bell pepper, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup onion, chopped
- 1 1/2 cups cheddar cheese, shredded
- 3/4 cup almond milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt

## Directions:

Preheat the oven to 375 F.

Spray muffin tray with cooking spray and set aside.

In a large mixing bowl, whisk together eggs, almond milk, black pepper, and salt.

Stir in onion, bell peppers, and 1 cup cheese.

Pour batter into the prepared muffin tray then sprinkle remaining cheese on top.

Bake in preheated oven for 25 minutes.



Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 113

Fat 8.8 g

Carbohydrates 1.9 g

Sugar 1.1 g

Protein 6.9 g

Cholesterol 134 mg

# 14-Green Green Beans

**Total Time:** 25 minutes

**Serving Size:** 4



## **Ingredients:**

- 2/3 lb fresh green beans, trim and rinse
- 1 cup heavy whipping cream
- 3 oz butter
- 1/4 tsp black pepper
- 1/2 tsp sea salt
- 1/2 lemon zest

## **Directions:**

Heat butter in the pan over medium heat.

Add green beans to the pan and sauté for 4 minutes or until beginning to brown.

Season green beans with pepper and salt.

Add heavy cream and let simmer for 2 minutes.

Sprinkle lemon zest over the green beans.

Serve and enjoy.

## **Nutritional Value (Amount per Serving):**

Calories 280

Fat 28.4 g

Carbohydrates 6.3 g

Sugar 1.1 g

Protein 2.2 g

Cholesterol 87 mg

# 15-Easy Egg Salad

**Total Time:** 20 minutes

**Serving Size:** 4



## **Ingredients:**

- 6 hard-boiled eggs, peel and chop
- 1 tsp curry powder
- 1/2 cup mayonnaise

## **Directions:**

Add all ingredients into the mixing bowl and toss well.

Serve and enjoy.

## **Nutritional Value (Amount per Serving):**

Calories 211

Fat 16.4 g

Carbohydrates 7.8 g

Sugar 2.4 g

Protein 8.6 g

Cholesterol 253 mg

## **DAY 6**

# 16-Spinach Mushroom Casserole

**Total Time:** 55 minutes

**Serving Size:** 8



## Ingredients:

- 6 eggs, beaten
- 12 oz cheddar cheese, grated
- 16 oz cottage cheese
- 4 tbsp butter
- 2 garlic cloves, minced
- 1 onion, chopped
- 3 green onion, sliced
- 1/2 lb mushrooms, sliced
- 12 oz fresh baby spinach
- 1/2 tsp black pepper
- 1 tsp kosher salt

## Directions:

Preheat the oven to 350 F.

Spray baking dish with cooking spray and set aside.

Melt butter in a pan over medium heat.

Add onion, garlic, and mushrooms and sauté for 4 minutes or until onion is

softened.

Add spinach and cook until wilted, about 5 minutes.

In a separate bowl, whisk eggs, cheddar cheese, cottage cheese, pepper, and salt.

Add cooked mushroom and spinach and stir well to combine.

Pour egg mixture into the prepared baking dish.

Bake in preheated oven for 45 minutes.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 345

Fat 24.5 g

Carbohydrates 7.3 g

Sugar 2.1 g

Protein 25 g

Cholesterol 187 mg

# 17-Cabbage Dill Salad

**Total Time:** 25 minutes

**Serving Size:** 6



## Ingredients:

- 2 lbs red cabbage, shred
- 2 tbsp fresh dill, chopped
- 1 orange juice
- 1 tbsp red wine vinegar
- 1 cinnamon stick
- 4 1/4 oz butter
- 1/4 tsp black pepper
- 1 tsp salt

## Directions:

Heat butter in the pan over medium heat.

Add shredded cabbage to the pan and cook for 10-15 minutes.

Season with pepper and salt.

Add orange juice, vinegar, and cinnamon. Stir well and simmer for 5 minutes.

Remove pan from heat.

Add dill and lemon zest.

Serve and enjoy.



**Nutritional Value (Amount per Serving):**

Calories 403

Fat 39.5 g

Carbohydrates 13.1 g

Sugar 7.8 g

Protein 2.9 g

Cholesterol 104 mg

# 18-Mushroom Spinach Quiche

**Total Time:** 45 minutes

**Serving Size:** 6



## Ingredients:

- 1 cup mozzarella cheese, shredded
- 1/2 tsp garlic powder
- 1/3 cup parmesan cheese, shredded
- 1/2 cup water
- 1/2 cup heavy cream
- 6 large eggs
- 2 provolone cheese slices
- 8 oz can mushroom, sliced
- 10 oz frozen spinach, thawed and drained
- Pepper
- Salt

## Directions:

Spray pie dish with cooking spray.

Spread spinach into the prepared pie dish.

Spread sliced mushrooms over the spinach.

Arrange cheese slices over the mushrooms.

Whisk together eggs, water, and heavy cream. Mix in parmesan, pepper, garlic powder, and salt.

Pour egg mixture over spinach and mushrooms mixture.

Top with mozzarella cheese and bake at 350 F for 40 minutes.

Cut into pieces and serve.

**Nutritional Value (Amount per Serving):**

Calories 227

Fat 15.8 g

Carbohydrates 4.6 g

Sugar 0.7 g

Protein 17.3 g

Cholesterol 218 mg

## **DAY 7**

# 19-Healthy Overnight Oats

**Total Time:** 10 minutes

**Serving Size:** 2



## Ingredients:

- 1/2 cup harvest hemp hearts
- 1 tbsp chia seed
- 2/3 cup coconut milk
- 4 drops liquid stevia
- 1/2 tsp vanilla extract
- Pinch of salt

## Directions:

Add all ingredients into the large container and stir well.

Cover container with lid and place in refrigerator for overnight.

Serve with desired toppings and additional milk.

## Nutritional Value (Amount per Serving):

Calories 428

Fat 37.7 g

Carbohydrates 10.1 g

Sugar 2.8 g

Protein 15.9 g

Cholesterol 0 mg

## 20-Roasted Cauliflower

**Total Time:** 25 minutes

**Serving Size:** 4



### **Ingredients:**

- 2 lbs cauliflower, cut into florets
- 5 1/3 oz butter
- Pepper
- Salt

### **Directions:**

Preheat the oven to 400 F.

Add cauliflower florets into the baking dish and season with pepper and salt.

Arrange butter slices over the top of cauliflower florets.

Bake in preheated oven for 20 minutes.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 921

Fat 98 g

Carbohydrates 12.1 g

Sugar 5.5 g

Protein 5.5 g

Cholesterol 259 mg

## 21-Baked Egg Skillet

**Total Time:** 30 minutes

**Serving Size:** 3



### Ingredients:

- 4 eggs
- 1 ripe avocado, sliced
- 10 oz Rotel tomatoes
- Pepper
- Salt

### Directions:

Preheat the oven to 400 F.

Spray medium pan with cooking spray.

Add tomatoes to the pan and simmer over medium heat.

Arrange sliced avocado over the tomatoes in a circle.

Slowly put each egg between the avocado slices.

Season with black pepper and salt.

Place pan in preheated oven and bake for 10 minutes.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 235



Fat 19 g

Carbohydrates 9.7 g

Sugar 0.8 g

Protein 9.3 g

Cholesterol 218 mg

## **DAY 8**

## 22-Asparagus Cheese Quiche

**Total Time:** 45 minutes

**Serving Size:** 6



### Ingredients:

- 4 eggs
- 4 egg whites
- 2 tbsp feta cheese, crumbled
- 1 cup cottage cheese
- 1/2 tsp dried thyme
- 1/4 cup water
- 8 oz asparagus, cut into 1-inch pieces
- 1/4 tsp ground black pepper
- 1/4 tsp salt

### Directions:

Preheat the oven to 375 F.

Spray baking dish with cooking spray and set aside.

Add water into the large pot and bring to boil over high heat.

Add asparagus into the pot and cook for 2 minutes. Drain and rinse with cold water.

In a large bowl, whisk together egg whites, eggs, cottage cheese, thyme, water, pepper, and salt.

Pour egg mixture into the prepared dish.

Sprinkle asparagus pieces into the egg mixture then top with feta cheese.

Bake in preheated oven for 30 minutes.

Cut into pieces and serve.

**Nutritional Value (Amount per Serving):**

Calories 102

Fat 5 g

Carbohydrates 4 g

Sugar 3 g

Protein 11 g

Cholesterol 116 mg

## 23-Tomato Cheese Salad

**Total Time:** 10 minutes

**Serving Size:** 4



### **Ingredients:**

- 2 tbsp green pesto
- 8 oz mozzarella, mini cheese balls, cut in half
- 8 oz cherry tomatoes. cut in half
- Pepper
- Salt

### **Directions:**

Add tomato, cheese, and pesto into the bowl and mix well.

Season with pepper and salt.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 182

Fat 11.2 g

Carbohydrates 4.4 g

Sugar 1.5 g

Protein 16.8 g

Cholesterol 31 mg

## 24-Artichoke Spinach Casserole

**Total Time:** 40 minutes

**Serving Size:** 12



### Ingredients:

- 16 large eggs
- 1/2 tsp red pepper, crushed
- 1/2 tsp thyme, diced
- 1 garlic cloves, minced
- 1/4 cup onion, shaved
- 1/2 cup ricotta cheese
- 1/2 cup parmesan cheese
- 1 cup cheddar cheese, shredded
- 10 oz frozen spinach, thawed and drain well
- 14 oz can artichoke hearts, drained and cut into pieces
- 1/4 cup coconut milk
- 1 tsp salt

### Directions:

Preheat the oven to 350 F.

Spray baking dish with cooking spray.

In a large bowl, whisk together eggs and coconut milk.

Add spinach and artichoke into the egg mixture.

Add all remaining ingredients except ricotta cheese and stir well to combine.

Pour egg mixture into the prepared baking dish.

Spread ricotta cheese evenly over the egg mixture.

Bake in preheated oven for 30 minutes.

Serve warm and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 205

Fat 13.7 g

Carbohydrates 4.9 g

Sugar 1.5 g

Protein 15.9 g

Cholesterol 266 mg

## **DAY 9**



# 25-Spinach Avocado Cheese Omelet

**Total Time:** 25 minutes

**Serving Size:** 2



## Ingredients:

- 3 eggs
- 1/2 avocado, diced
- 2 tbsp goat cheese, crumble
- 1 cup baby spinach
- 3 oz mushrooms, sliced
- 1 tbsp olive oil
- Pepper
- Salt

## Directions:

Heat olive oil in a pan over medium heat.

Add sliced mushrooms and cook about 5 minutes or until tender.

Transfer mushrooms in a bowl.

Clean pan with a paper towel then sprays with cooking spray and heat over medium heat.

In a small bowl, whisk together eggs, pepper, and salt.

Pour egg mixture into the hot pan and cook until edges are set and lightly brown, about 6 minutes.

Arrange sautéed mushrooms, avocado, goat cheese, and spinach on half omelet then fold another half over the veggies.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 325

Fat 28 g

Carbohydrates 7.3 g

Sugar 2.1 g

Protein 14 g

Cholesterol 258 mg

## 26-Mix Vegetable Salad

**Total Time:** 15 minutes

**Serving Size:** 10



### Ingredients:

- 2 cups carrots, chopped
- 2 cups cherry tomatoes, halved
- 2 cups cauliflower florets
- 1 bell pepper, seeded and chopped
- 1 cucumber, seeded and chopped
- For dressing:
  - 4 tsp Dijon mustard
  - 2 tbsp shallots, minced
  - 1/2 cup red wine vinegar
  - 2 garlic cloves, minced
  - 2 tsp Italian seasoning
  - 1/2 cup olive oil
  - Pepper
  - Salt

### Directions:

In a small bowl, combine together all dressing ingredients.

Add all salad ingredients to the large bowl and toss well.

Pour dressing over salad and toss well.  
Place salad bowl in refrigerator for 4 hours.  
Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 124

Fat 10.6 g

Carbohydrates 7.5 g

Sugar 3.8 g

Protein 1.4 g

Cholesterol 1 mg

## 27-Creamy Garlic Cheese Mushrooms

**Total Time:** 10 minutes

**Serving Size:** 4



### Ingredients:

- 8 oz mushrooms, sliced
- 1 tsp Italian seasoning
- 2 oz cream cheese
- 1/4 cup parmesan cheese, grated
- 1/2 cup heavy cream
- 2 garlic clove, minced
- 1 tbsp olive oil
- 2 tbsp butter
- 1/4 tsp pepper
- 1/2 tsp salt

### Directions:

Heat butter and olive oil into the pan over medium heat.

Add garlic and mushrooms and sauté until tender.

Add heavy cream, Italian seasoning, cream cheese, parmesan cheese, pepper, and salt. Stir until sauce smooth.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 272

Fat 25.1 g

Carbohydrates 3.4 g

Sugar 1.1 g

Protein 11.3 g

Cholesterol 68 mg

## **DAY 10**

# 28-Cheese Spinach Egg Bake

**Total Time:** 45 minutes

**Serving Size:** 6



## Ingredients:

- 8 eggs, beaten
- 1 tsp spike seasoning
- 1/3 cup green onion, sliced
- 1 1/2 cups mozzarella
- 1 tsp olive oil
- 5 oz fresh spinach
- Pepper
- Salt

## Directions:

Preheat the oven to 375 F.

Spray casserole dish with cooking spray and set aside.

Heat oil in a large pan over medium heat.

Add spinach and cook until wilted, about 2 minutes.

Transfer cooked spinach into the casserole dish and spread well.

Spread onion and cheese onto the spinach layer.

In a small bowl, whisk together eggs, pepper, spike seasoning, and salt.



Pour egg mixture over spinach mixture and stir gently.

Bake in preheated oven for 35 minutes.

Cut into pieces and serve.

**Nutritional Value (Amount per Serving):**

Calories 118

Fat 8 g

Carbohydrates 2 g

Sugar 0.7 g

Protein 10.2 g

Cholesterol 222 mg

## 29-Cucumber Onion Salad

**Total Time:** 10 minutes

**Serving Size:** 4



### **Ingredients:**

- 2 large cucumbers, sliced
- 4 tbsp white vinegar
- 1/4 cup sour cream
- 1 garlic clove, grated
- 1 tbsp dill, chopped
- 1/4 cup red onion, sliced
- Pepper
- Salt

### **Directions:**

Add all ingredients into the large bowl and mix until well combined.

Place salad bowl in refrigerator for 30 minutes.

Serve chilled and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 63

Fat 3.2 g

Carbohydrates 7.6 g

Sugar 2.9 g

Protein 1.7 g

Cholesterol 6 mg

## 30-Basil Cheese Green Beans

**Total Time:** 20 minutes

**Serving Size:** 3



### Ingredients:

- 1 lb fresh green beans, trimmed
- 2 tbsp parmesan cheese, grated
- 3/4 tsp dried basil
- 1 tbsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt

### Directions:

Preheat the oven to 425 F.

Spread green beans onto the baking tray. Toss with olive oil.

Season with basil, pepper, and salt.

Roast in preheated oven for 10 minutes.

Sprinkle with parmesan cheese and serve.

### Nutritional Value (Amount per Serving):

Calories 112

Fat 6.4 g

Carbohydrates 10.9 g

Sugar 2.1 g

Protein 4.8 g

Cholesterol 5 mg

## **DAY 11**

# 31-Delicious Cheese Fritters

**Total Time:** 15 minutes

**Serving Size:** 6



## Ingredients:

- 3 tbsp olive oil
- 2 eggs
- 1 lemon zest
- 2 tbsp fresh oregano, chopped
- 1 1/2 tbsp coconut flour
- 1/2 cup parmesan cheese, grated
- 1 lb fresh ricotta cheese
- 12 tsp black pepper
- Pinch of salt

## Directions:

Add all ingredients except olive oil into the bowl and mix well until combined.

Make 12 small patties from mixture.

Heat olive oil in a large pan over medium heat.

Place fritters onto the hot pan and cook for 2-3 minutes on each side or until lightly golden brown.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 229

Fat 16.7 g

Carbohydrates 7.1 g

Sugar 0.7 g

Protein 13.8 g

Cholesterol 83 mg

## 32-Zucchini Pasta Salad

**Total Time:** 25 minutes

**Serving Size:** 2



### Ingredients:

- 1 yellow zucchini, cut into julienned
- 1 green zucchini, cut into julienned
- 3 tbsp parmesan cheese, grated
- 1 fresh lemon zest, grated
- 1 tbsp fresh lemon juice
- 1 1/2 tbsp olive oil
- Pepper
- Salt

### Directions:

In a bowl, whisk together olive oil, lemon zest, pepper, salt, and lemon juice.

Add zucchini in a bowl and toss until well coated.

Add parmesan cheese and toss to combine.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 123



Fat 10.9 g

Carbohydrates 6.8 g

Sugar 3.6 g

Protein 2.4 g

Cholesterol 0 mg

### 33-Healthy Brussels sprouts

**Total Time:** 10 minutes

**Serving Size:** 1



#### **Ingredients:**

- 6 Brussels sprouts, trimmed and cut in half
- 1 tbsp parmesan cheese, grated
- 1 tsp olive oil
- 1/2 tsp apple cider vinegar
- 1/8 tsp black pepper
- Pinch of salt

#### **Directions:**

Add Brussels sprouts, olive oil, apple cider vinegar, black pepper, and salt into the mixing bowl and toss well.

Sprinkle parmesan cheese and combine well.

Serve and enjoy.

#### **Nutritional Value (Amount per Serving):**

Calories 112

Fat 6.5 g

Carbohydrates 10.9 g

Sugar 2.5 g

Protein 5.8 g

Cholesterol 4 mg

## **DAY 12**

## 34-Almond Coconut Pancake

**Total Time:** 25 minutes

**Serving Size:** 11



### Ingredients:

- 6 large eggs
- 1 tsp vanilla extract
- 6 tbsp almond milk, unsweetened
- 1 tsp baking powder
- 2 tbsp erythritol
- 1/4 cup coconut flour
- 1 cup almond flour
- Pinch of salt

### Directions:

Whisk all ingredients in the mixing bowl until smooth.

Heat pan over medium-low heat.

Pour batter into hot pan and make small pancakes.

Cover and cook about 2-3 minutes then flip to another side and cook for 1-2 minutes or until golden brown.

Repeat with remaining batter.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 101

Fat 8 g

Carbohydrates 5.5 g

Sugar 3.4 g

Protein 5.7 g

Cholesterol 101 mg

## 35-Creamy Garlic Cauliflower Mashed

**Total Time:** 30 minutes

**Serving Size:** 4



### Ingredients:

- 1 large cauliflower head, cut into florets
- 2 tbsp parmesan cheese, grated
- 3 garlic cloves
- 2 tbsp goat cheese
- Pepper
- Salt

### Directions:

Add cauliflower, garlic, and salt in a saucepan and pour enough water in saucepan to cover the cauliflower.

Boil cauliflower over low heat for 20 minutes or until soft.

Remove cauliflower from heat and drain.

Add drained cauliflower in food processor and process until pureed.

Add cauliflower puree in a pan and cook over low heat.

Add goat cheese, parmesan cheese, pepper, and salt. Stir well.

Cook for 3 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 32

Fat 0.1 g

Carbohydrates 6.8 g

Sugar 2.7 g

Protein 2.4 g

Cholesterol 0 mg

## 36-Delicious Taco Salad

**Total Time:** 15 minutes

**Serving Size:** 4



### Ingredients:

- 4 cups iceberg lettuce, chopped
- 1/2 avocado, sliced
- 1/2 cup hemp seeds
- 1/2 tbsp chili powder
- 1/2 cup macadamia nuts
- 1/2 cup almonds
- 1 cup salsa
- Pepper
- Salt

### Directions:

In a large bowl, add macadamia nuts and almonds.

Cover nuts with water and soak for 2 hours. Drain well.

Add soaked nuts and chili powder into the food processor and grind them into a coarse.

Add hemp seed into the nut mixture and stir well.

Add nut mixture into the mixing bowl with remaining ingredients and toss well.



Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 334

Fat 30.10 g

Carbohydrates 3.95 g

Sugar 4 g

Protein 11.6 g

Cholesterol 0 mg

## **DAY 13**

## 37-Roasted Vegetable Frittata

**Total Time:** 40 minutes

**Serving Size:** 2



### Ingredients:

- 1/2 beet, peel and sliced
- 2 tsp olive oil
- 1/3 cup broccoli florets
- 1/2 yellow bell pepper, sliced
- 4 egg whites
- 1/2 tsp oregano
- 2 tbsp cheese, grated
- 1/2 tsp sea salt

### Directions:

Coat vegetables with 1 tsp olive oil and salt.

Arrange vegetables onto the baking tray and grill at 180 C for 15 minutes.

In another bowl, whisk together egg whites, oregano and salt.

Heat remaining olive oil in a pan over medium heat.

Spread roasted vegetables onto the pan then pour egg mixture over the vegetables.

Spread cheese on top of egg and vegetable mixture.

Cover and cook on low heat for 10 minutes or until set.  
Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 273

Fat 19.1 g

Carbohydrates 6.1 g

Sugar 3.8 g

Protein 20.8 g

Cholesterol 47 mg

## 38-Yummy Cauliflower Soup

**Total Time:** 35 minutes

**Serving Size:** 4



### Ingredients:

- 1/2 head cauliflower, diced
- 1 garlic clove, minced
- 16 oz vegetable broth
- 1 small onion, diced
- 1/4 tbsp olive oil
- 1/2 tsp salt

### Directions:

Heat olive oil in a saucepan over medium heat.

Add onion and garlic in a saucepan and cook for 4 minutes.

Add cauliflower and broth. Stir well and bring to boil.

Cover pan with lid and simmer for 15 minutes.

Season with salt.

Using blender puree the soup until smooth and creamy.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 42

Fat 1.6 g

Carbohydrates 4.1 g

Sugar 1.9 g

Protein 3.2 g

Cholesterol 0 mg

## 39-Creamy Celery Soup

**Total Time:** 40 minutes

**Serving Size:** 4



### Ingredients:

- 6 large celery stalks, chopped
- 1 tbsp lime juice
- 1 tsp dried dill
- 2 cups water
- 1 tsp olive oil
- 1 cup coconut milk
- 1 onion, sliced
- 1/2 tsp black pepper
- 1 tsp salt

### Directions:

Heat olive oil in a saucepan over medium heat.

Add onion and sauté for 3-4 minutes.

Add celery and cook for 3 minutes.

Add water and salt and simmer for 30 minutes over medium heat.

Using blender puree the soup until smooth.

Again simmer for 5 minutes.

Season with lemon juice, pepper, and dill.  
Serve hot and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 178

Fat 15.7 g

Carbohydrates 10 g

Sugar 4.7 g

Protein 2.5 g

Cholesterol 0 mg



## **DAY 14**

## 40-Avocado Egg Baked

**Total Time:** 25 minutes

**Serving Size:** 6



### Ingredients:

- 3 avocados, halved and seeded
- 2 tbsp fresh chives, chopped
- 6 large eggs
- 1/4 tsp red pepper flakes
- 1/4 tsp ground black pepper
- 1/4 tsp salt

### Directions:

Preheat the oven to 425 F.

Spray a baking tray with cooking spray and set aside.

Scoop out about 2 tbsp flesh of avocado to creating a small hole in the center of each avocado.

Gently break 1 egg into the hole of avocado.

Season with red pepper flakes, pepper, and salt.

Repeat same with remaining avocado and egg.

Place prepared avocado egg onto the baking tray and bake in preheated oven for 15-20 minutes or until egg white set.

Garnish with chopped chives and serve.

**Nutritional Value (Amount per Serving):**

Calories 277

Fat 24.6 g

Carbohydrates 9.2 g

Sugar 0.9 g

Protein 8.3 g

Cholesterol 186 mg

# 41-Cheese Egg Dill Salad

**Total Time:** 15 minutes

**Serving Size:** 2



## Ingredients:

- 3 eggs, hard-boiled
- 1 tsp mustard
- 3 oz cottage cheese
- 1 tbsp dill cubes
- 1 tbsp onion, chopped
- Pepper
- Salt

## Directions:

Chop boiled eggs.

Add all ingredients into the bowl and mix well.

Serve and enjoy.

## Nutritional Value (Amount per Serving):

Calories 143

Fat 7.9 g

Carbohydrates 3.1 g

Sugar 1 g

Protein 14.6 g

Cholesterol 249 mg

## 42-Kale Avocado Salad

**Total Time:** 30 minutes

**Serving Size:** 2



### **Ingredients:**

- 1 medium avocado, peel and cut into cubes
- 2 tbsp pine nuts
- 2 tbsp olive oil
- 1/2 small orange juice
- 1/2 lime juice
- 2 cups kale, chopped
- 1/4 tsp black pepper
- 1/2 tsp sea salt

### **Directions:**

Heat 2-liter water into the pot.

Add salt and kale into the pot and cook for 10-20 minutes.

Drain kale well and set aside to cool.

Add kale, avocado, and pine nuts into the mixing bowl and toss well.

Season salad with pepper and salt.

In a small bowl, mix together oil, orange juice, and lime juice and pour over salad.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 379

Fat 34 g

Carbohydrates 9.8 g

Sugar 3 g

Protein 5.3 g

Cholesterol 0 mg

## **DAY 15**



## 43-Breakfast English Muffins

**Total Time:** 10 minutes

**Serving Size:** 2



### Ingredients:

- 1 egg, beaten
- 1 tbsp almond milk, unsweetened
- 1/2 tsp baking powder
- 2 tbsp almond flour
- 1 tbsp butter
- 2 tbsp almond butter
- 1/8 tsp salt

### Directions:

Spray ramekin with cooking spray and set aside.

Melt butter and almond butter in microwave safe dish and set aside to cool.

In a small bowl, whisk together almond flour, baking powder, and salt.

Pour egg and milk into the dry ingredients and stir until well combined. Add both melted butter and mix well.

Pour mixture into the prepared ramekin and microwave for 2 minutes.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 223

Fat 20.6 g

Carbohydrates 5.3 g

Sugar 1.1 g

Protein 7.8 g

Cholesterol 97 mg

## 44-Creamy Egg Stuffed Cucumber

**Total Time:** 15 minutes

**Serving Size:** 4



### Ingredients:

- 1 large cucumber, 12 inch
- 1/4 cup plain yogurt
- 1/8 tsp cayenne pepper
- 1/4 tsp ground pepper
- 2 tsp Dijon mustard
- 4 eggs, hard-boiled and peeled
- 1 celery stalk, diced
- 2 tbsp parsley, chopped
- 1/8 tsp salt

### Directions:

In a mixing bowl, mash eggs with a fork.

Add parsley, celery, yogurt, mustard, pepper, and salt. Stir well.

Cut cucumber in half then cut each piece in half lengthwise.

Scoop out cucumber seeds.

Divide the eggs mixture into the 4 equal portions and stuffed in four cucumber boats.

Sprinkle cayenne pepper over the top of each stuffed cucumber.  
Serve immediately and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 89

Fat 4.8 g

Carbohydrates 4.6 g

Sugar 2.8 g

Protein 7.1 g

Cholesterol 165 mg

# 45-Stuff Bell Pepper

**Total Time:** 35 minutes

**Serving Size:** 4



## Ingredients:

- 2 medium bell peppers, cut in half and deseeded
- 2 tbsp olive oil
- 1/4 cup baby broccoli florets
- 1/4 cup cherry tomatoes
- 1 tsp dried sage
- 2.5 oz cheddar cheese, grated
- 4 eggs
- 7 oz almond milk
- Pepper
- Salt

## Directions:

Preheat the oven to 390 F.

In a bowl, whisk together eggs, milk, broccoli, cherry tomatoes, sage, pepper, and salt.

Add olive oil to the baking dish and spread well.

Place bell pepper halves in the baking dish.

Pour egg mixture into the bell pepper halves.

Sprinkle cheese on top of bell pepper.

Bake in preheated oven for 25 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 285

Fat 25.2 g

Carbohydrates 5.8 g

Sugar 3.3 g

Protein 11.5 g

Cholesterol 167 mg

## **DAY 16**

## 46-Coconut Flatbread

**Total Time:** 20 minutes

**Serving Size:** 3



### Ingredients:

- 3 egg whites
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tbsp water
- 2 tbsp coconut milk
- 1/4 tsp baking powder
- 2 tbsp coconut flour
- 1 tbsp butter

### Directions:

Add all ingredients into the mixing bowl and whisk until smooth.

Heat pan over medium heat.

Add butter to the hot pan.

Once butter is melted then pour batter into the hot pan and spread with spatula.

Cook until edges are lightly brown then flip to another side and cook until lightly golden brown.

Repeat same with remaining ingredients.



Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 84

Fat 3.8 g

Carbohydrates 7 g

Sugar 1.5 g

Protein 5.3 g

Cholesterol 0 mg

## 47-Delicious Eggplant Zucchini with Cheese

**Total Time:** 50 minutes

**Serving Size:** 6



### Ingredients:

- 1 medium eggplant, sliced
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- 4 garlic cloves, minced
- 4 tbsp parsley, chopped
- 4 tbsp basil, chopped
- 3 medium zucchini, sliced
- 3 oz Parmesan cheese, grated
- 1/4 tsp pepper
- 1/4 tsp salt

### Directions:

Preheat the oven to 350 F.

Spray baking dish with non-stick cooking spray.

In a mixing bowl, add chopped cherry tomatoes, eggplant, zucchini, olive oil, garlic, cheese, basil, pepper and salt toss well until combined.

Transfer the eggplant mixture into the baking dish and place dish in the oven.

Bake for 35 minutes or until vegetables are tender.  
Garnish with chopped parsley and serve.

**Nutritional Value (Amount per Serving):**

Calories 110

Fat 5.8 g

Carbohydrates 10.4 g

Sugar 4.8 g

Protein 7.0 g

Cholesterol 10 mg

## 48-Healthy Garlic Spinach

**Total Time:** 15 minutes

**Serving Size:** 2



### **Ingredients:**

- 1 bunch fresh spinach, wash and dry
- 4 garlic cloves, sliced
- 1 tbsp olive oil
- Pepper
- Salt

### **Directions:**

Heat oil in the pan over medium heat.

Add garlic and cook for 5 minutes.

Add spinach and cook until wilted, about 2 minutes.

Season with pepper and salt.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 108

Fat 7.7 g

Carbohydrates 8.2 g

Sugar 0.8 g

Protein 5.3 g

Cholesterol 0 mg

## **DAY 17**

## 49-Spinach Cauliflower Bread

**Total Time:** 25 minutes

**Serving Size:** 7



### Ingredients:

- 1 cauliflower head, cut into florets
- 2 garlic cloves, crushed
- 2 eggs
- 1 cup spinach
- 1/2 onion, diced
- 1 tbsp coconut oil
- Pepper
- Salt

### Directions:

Add cauliflower into the food processor and process until it resembles breadcrumbs.

Add oil to the pan and heat over medium heat.

Add cauliflower, onion, and garlic to the pan and sauté for 10 minutes.

Beat eggs in a bowl and add cauliflower and remaining ingredients. Stir well.

Spray a baking tray with cooking spray.

Spoon cauliflower mixture into rounds onto the prepared tray and bake at 350 F for 15 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 50

Fat 3.3 g

Carbohydrates 3.3 g

Sugar 1.4 g

Protein 2.6 g

Cholesterol 47 mg

# 50-Tasty Egg Veggie Scramble

**Total Time:** 20 minutes

**Serving Size:** 1



## Ingredients:

- 3 eggs, beaten
- 1/2 cup spinach, chopped
- 1/4 cup bell peppers, chopped
- 4 Bella mushrooms, sliced
- 1 tbsp coconut oil
- Pepper
- Salt

## Directions:

Melt half tbsp of coconut oil in a pan over medium heat.

Add vegetables and sauté for 5 minutes.

Heat remaining oil in another pan and add beaten eggs into the pan and cook over medium heat, stirring constantly to prevent overcooking.

Season cooked eggs with pepper and salt.

Add sautéed vegetables to egg mixture and mix well.

Serve and enjoy.

## Nutritional Value (Amount per Serving):



Calories 323

Fat 26.9 g

Carbohydrates 4.5 g

Sugar 2.9 g

Protein 17.9 g

Cholesterol 491 mg

# 51-Creamy Broccoli Soup

**Total Time:** 25 minutes

**Serving Size:** 3



## Ingredients:

- 4 cup broccoli florets
- 1/2 tsp ground nutmeg
- 1 small avocado, peel and sliced
- 2 cups vegetable broth

## Directions:

Add broth into the pot and bring to simmer over medium-high heat.

Add broccoli into the pot and cook for 8 minutes or until tender.

Reduce heat to low and add avocado and nutmeg. Stir well and cooks continue for 4 minutes.

Using blender puree the soup until smooth.

Serve and enjoy.

## Nutritional Value (Amount per Serving):

Calories 206

Fat 14.5 g

Carbohydrates 14 g

Sugar 3 g

Protein 8 g

Cholesterol 0 mg

## **DAY 18**

## 52-Cheesy Zucchini Muffins

**Total Time:** 28 minutes

**Serving Size:** 8



### Ingredients:

- 4 eggs
- 1/4 cup cheddar cheese, grated
- 1 tbsp thyme
- 1 tbsp oregano
- 1/2 tsp baking powder
- 1/2 cup parmesan cheese, grated
- 1/3 cup coconut flour
- 1/4 cup water
- 1/4 cup butter, melted
- 1 1/2 cups zucchini, grated
- 1/4 tsp salt

### Directions:

Preheat the oven to 400 F.

In a bowl, whisk eggs, water, and butter.

Add coconut flour, baking powder, and salt. Mix well.

Add zucchini, oregano, and thyme

Add cheese and mix well.

Pour batter into muffin cups and sprinkle with remaining cheese.

Bake in preheated oven for 15 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 141

Fat 10.9 g

Carbohydrates 5 g

Sugar 0.6 g

Protein 6.7 g

Cholesterol 105 mg

## 53-Caesar Salad

**Total Time:** 20 minutes

**Serving Size:** 4



### **Ingredients:**

- 2 tsp Dijon mustard
- 1 tbsp capers
- 1 tbsp caper brine
- 3 garlic cloves, minced
- 12 cups romaine lettuce, chopped
- 4 tbsp hemp seeds
- 2 tbsp water
- 3 tbsp fresh lemon juice
- 1 ripe avocado
- Pepper
- Salt

### **Directions:**

Add avocado, pepper, salt, mustard, capers, caper brine, garlic, water, and lemon juice in a blender and blend until smooth.

Pour avocado mixture and hemp seeds in large mixing bowl and mix well.

Add chopped romaine lettuce in a bowl and toss well.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 168

Fat 12.5 g

Carbohydrates 5.2 g

Sugar 3.9 g

Protein 6.6 g

Cholesterol 0 mg

## 54-Garlic Zucchini Soup

**Total Time:** 30 minutes

**Serving Size:** 4



### Ingredients:

- 2 lbs zucchini, chopped
- 1/4 cup fresh basil leaves
- 3 cup vegetable stock
- 1 tbsp butter
- 2 garlic cloves, minced
- 3/4 cup onion, chopped
- 1 tsp salt

### Directions:

Heat butter in the pan over medium heat.

Add garlic and onion and sauté for 5 minutes.

Add zucchini and salt and cook for 5 minutes.

Add vegetable stock and simmer for 15 minutes.

Stir in basil.

Using blender puree the soup until smooth.

Serve and enjoy.

### Nutritional Value (Amount per Serving):



Calories 80

Fat 4.5 g

Carbohydrates 10.7 g

Sugar 5.4 g

Protein 3.1 g

Cholesterol 0 mg

## **DAY 19**

# 55-Delicious Zucchini Quiche

**Total Time:** 50 minutes

**Serving Size:** 6



## Ingredients:

- 3 eggs
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 tbsp olive oil
- 1 cup mozzarella, shredded
- 15 oz ricotta
- 1 onion, chopped
- 2 medium zucchini, sliced
- Black pepper
- Salt

## Directions:

Preheat the oven to 350 F.

Sauté zucchini over low heat.

Add onion and cook for 10 minutes or until tender.

Add pepper and seasoning to zucchini mixture.

Beat eggs, and then add in mozzarella and ricotta. Fold in onions and zucchini.

Spray pie dish with cooking spray.

Pour egg mixture into the pie dish and bake in preheated oven for 30 minutes.  
Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 181

Fat 11.1 g

Carbohydrates 8 g

Sugar 2.3 g

Protein 13.2 g

Cholesterol 106 mg

## 56-Delicious Broccoli Omelet

**Total Time:** 20 minutes

**Serving Size:** 2



### Ingredients:

- 1 cup broccoli, chopped and cooked
- 1 tbsp olive oil
- 4 eggs
- 1/4 tsp pepper
- 1 tbsp parsley, chopped
- 1/4 tsp marjoram, dried
- 1/2 tsp salt

### Directions:

In a bowl, beat eggs with pepper, marjoram, and salt.

Heat olive oil in a pan over medium heat.

Pour broccoli and eggs mixture into the hot pan and cook until set then flip the omelet and cook until lightly golden brown.

Garnish with chopped parsley.

Serve hot and enjoy.

### Nutritional Value (Amount per Serving):

Calories 203

Fat 15.9 g

Carbohydrates 4 g

Sugar 1.5 g

Protein 12.4 g

Cholesterol 327 mg

## 57-Creamy Cauliflower Green Soup

**Total Time:** 45 minutes

**Serving Size:** 4



### Ingredients:

- 4 cups cauliflower florets, chopped
- 2 tbsp butter
- 1/2 cup coconut milk
- 2 cups water
- 4 cups vegetable broth
- 1 tsp curry powder
- 4 garlic cloves, minced
- 1 small onion, chopped
- 3 cups baby spinach, chopped
- 1 bunch chard, chopped

### Directions:

Melt butter in the saucepan over medium heat.

Add onion and sauté until softened.

Add garlic and sauté for a minute.

Add curry powder and sauté for a minute.

Meanwhile, heat cauliflower and vegetable broth in a pot over medium heat.

Bring to simmer for 10 minutes.

Add water and chard and simmer for another 10 minutes.

Remove from heat and stir in coconut milk and add sautéed garlic, onion and spices.

Using blender puree the soup until smooth.

Season soup with pepper and salt.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 211

Fat 15.6 g

Carbohydrates 12 g

Sugar 5.1 g

Protein 8.8 g

Cholesterol 0 mg



## **DAY 20**

## 58-Healthy Cinnamon Flax Seed Porridge

**Total Time:** 10 minutes

**Serving Size:** 1



### **Ingredients:**

- 1 cup water
- 4 tbsp coconut milk
- 4 tbsp flaxseed
- 1/8 tsp cinnamon

### **Directions:**

Add all ingredients into the microwave safe bowl and mix well.

Cook on high for 2 minutes.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 286

Fat 23.1 g

Carbohydrates 11.3 g

Sugar 2.4 g

Protein 6.6 g

Cholesterol 0 mg

## 59-Perfect Egg Avocado Salad

**Total Time:** 15 minutes

**Serving Size:** 2



### **Ingredients:**

- 3 hard-boiled eggs, chopped
- 1 tbsp parsley, chopped
- 1/4 tsp dill weed
- 1/4 tsp garlic powder
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 large avocado
- 1/4 tsp salt

### **Directions:**

Add avocado into the mixing bowl and mash well.

Add remaining ingredients and mix well.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 202

Fat 16.5 g

Carbohydrates 5.5 g

Sugar 0.9 g

Protein 9.5 g

Cholesterol 246 mg

## 60-Healthy Garlic Swiss chard

**Total Time:** 15 minutes

**Serving Size:** 4



### **Ingredients:**

- 8 cups Swiss chard, trimmed and cut into 1/2 inch pieces
- 1/2 lemon juice
- 1/4 tsp red pepper, crushed
- 2 garlic cloves, minced
- 1 1/2 tbsp olive oil
- 1 1/2 tbsp butter
- Pepper
- Salt

### **Directions:**

Melt butter in a pan over medium-low heat.

Add garlic and red pepper and sauté for 1 minute.

Add Swiss chard stir well.

Cover and cook for 8 minutes or until tender.

Add lemon juice and season with pepper and salt.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 103

Fat 9.9 g

Carbohydrates 3.9 g

Sugar 1.3 g

Protein 1.6 g

Cholesterol 11 mg

## **DAY 21**

# 61-Perfect Breakfast Waffles

**Total Time:** 30 minutes

**Serving Size:** 5



## Ingredients:

- 5 eggs, separated
- 1/2 cup butter, melted
- 3 tbsp almond milk
- 2 tsp vanilla extract
- 1 tsp baking powder
- 4 tbsp granulated sweetener
- 4 tbsp coconut flour

## Directions:

Add egg whites into the bowl and whisk until stiff peaks form.

In another bowl, mix together egg yolks, baking powder, sweetener, and coconut flour.

Slowly add melted butter and mix until smooth.

Add vanilla and almond milk and mix well.

Gently fold egg white mixture into the egg yolk mixture.

Pour enough waffle mixture into the hot waffle maker and cook waffle until golden from both the sides.

Repeat same with remaining mixture.



Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 280

Fat 26 g

Carbohydrates 4.5 g

Sugar 1.4 g

Protein 7 g

Cholesterol 214 mg

## 62-Tasty Pumpkin Spiced Soup

**Total Time:** 55 minutes

**Serving Size:** 4



### Ingredients:

- 1 cup pumpkin puree
- 1/2 tsp ginger, minced
- 2 garlic cloves, minced
- 1/4 onion, chopped
- 4 tbsp butter
- 1 1/2 cups vegetable broth
- 1/2 cup heavy cream
- 1 bay leaf
- 1/8 tsp nutmeg
- 1/4 tsp coriander
- 1/4 tsp cinnamon
- 1/2 tsp pepper
- 1/2 tsp salt

### Directions:

Melt butter in a saucepan over medium-low heat.

Add ginger, garlic, and onion to the pan and sauté for 2-3 minutes.

Add spices and stir well and cook for 2 minutes.

Add broth and pumpkin puree and mix well. Bring to boil then reduce heat to low and simmer for 20 minutes.

Using blender puree the soup until smooth then simmer for another 20 minutes.

Remove pan from heat and add heavy cream and stir well.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 196

Fat 17.8 g

Carbohydrates 7.3 g

Sugar 2.7 g

Protein 3.2 g

Cholesterol 51 mg

## 63-Mushroom Garlic Bok Choy

**Total Time:** 15 minutes

**Serving Size:** 2



### **Ingredients:**

- 10 oz bok Choy, rinsed, drained, and chopped
- 4 oz mushrooms, sliced
- 3 garlic cloves, minced
- 1 1/2 tbsp olive oil
- 1/4 tsp salt

### **Directions:**

Heat oil in the pan over high heat.

Add garlic, mushroom, salt, and Bok Choy and sauté until Bok Choy wilted.

Remove from heat and serve immediately and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 146

Fat 10.6 g

Carbohydrates 12.4 g

Sugar 3.8 g

Protein 3.3 g

Cholesterol 0 mg

## **DAY 22**

## 64-Easy Cream Cheese Pancakes

**Total Time:** 15 minutes

**Serving Size:** 4



### **Ingredients:**

- 2 eggs
- 1/2 tsp cinnamon
- 1 tsp granulated sweetener
- 2 oz cream cheese

### **Directions:**

Add all ingredients into the blender and blend until smooth.

Heat pan over medium heat.

Spray pan with cooking spray.

Pour batter into the hot pan and make small pancake and cook pancake until lightly golden brown from both the sides.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 82

Fat 7.1 g

Carbohydrates 0.8 g

Sugar 0.2 g

Protein 3.9 g

Cholesterol 97 mg

## 65-Broccoli Spinach Coconut Curry

**Total Time:** 40 minutes

**Serving Size:** 4



### Ingredients:

- 1/2 cup coconut cream
- 1/4 onion, sliced
- 4 tbsp coconut oil
- 1/2 cup spinach
- 1 cup broccoli florets
- 1 tbsp red curry paste
- 2 tsp soy sauce
- 1 tsp ginger, minced
- 1 tsp garlic, minced

### Directions:

Heat 2 tbsp coconut oil to a pan over medium-high heat.

Add onion and cook until softened.

Add garlic and sauté for minutes.

Reduce heat to medium-low and add broccoli and stir everything well.

Once broccoli is cooked then move vegetables to the other side of the pan.

Add curry paste and cook for a minute.

Add spinach and cook until wilted.



Add coconut cream, remaining oil, ginger, and soy sauce. Stir well and simmer for 5 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 228

Fat 23.1 g

Carbohydrates 5.9 g

Sugar 1.9 g

Protein 2.1 g

Cholesterol 0 mg

## 66-Creamy Cheese Asparagus

**Total Time:** 25 minutes

**Serving Size:** 4



### Ingredients:

- 1 lb asparagus, wash and trim off the ends
- 1 cup mozzarella cheese, shredded
- 1/2 cup asiago cheese, grated
- 1 tbsp Italian seasoning
- 1 cup heavy whipping cream
- Pepper
- Salt

### Directions:

Preheat the oven to 400 F.

Spray baking dish with cooking spray and set aside.

Place asparagus into the prepared baking dish.

In a small bowl, whisk together heavy cream, asiago cheese, Italian seasoning, pepper, and salt.

Pour heavy cream mixture over the asparagus.

Sprinkle with shredded mozzarella cheese.

Bake in preheated oven for 18 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 214

Fat 18.2 g

Carbohydrates 6.1 g

Sugar 2.5 g

Protein 8.6 g

Cholesterol 62 mg

## **DAY 23**

## 67-Quick Mug Scramble

**Total Time:** 5 minutes

**Serving Size:** 1



### Ingredients:

- 2 eggs
- 2 tbsp Colby jack cheese, shredded
- 1 tbsp almond milk
- Pepper
- Salt

### Directions:

Spray microwave safe mug with cooking spray.

Add eggs, milk, pepper, and salt into the mug and whisk well.

Microwave egg mixture on high for 45 seconds. Stir well.

Add cheese and microwave for 5 seconds.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 215

Fat 16.8 g

Carbohydrates 2 g

Sugar 1.2 g

Protein 14.4 g

Cholesterol 340 mg

## 68-Creamy Spinach

**Total Time:** 25 minutes

**Serving Size:** 3



### Ingredients:

- 10 oz frozen spinach
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 2 tbsp sour cream
- 3 oz cream cheese
- 3 tbsp parmesan cheese
- Pepper
- Salt

### Directions:

Heat pan over medium-high heat.

Add spinach and some water boil off.

Season spinach with onion powder, garlic powder, pepper, and salt.

Add cream cheese and stir until cheese is melted.

Add sour cream and stir well.

Reduce heat to low and add parmesan cheese. Stir until spinach is thickened.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 160

Fat 13.3 g

Carbohydrates 5 g

Sugar 0.6 g

Protein 7 g

Cholesterol 38 mg



## 69-Creamy Parmesan Asparagus Soup

**Total Time:** 15 minutes

**Serving Size:** 4



### Ingredients:

- 1/2 cup heavy whipping cream
- 2 oz parmesan cheese, shredded
- 4 garlic cloves, minced
- 2 lbs asparagus, trimmed and cut into pieces
- 1 small onion, chopped
- 2 tbsp butter
- 4 cups vegetable broth
- 1/2 tsp salt

### Directions:

Add broth into the large microwave safe bowl and microwave on high for 5 minutes.

Melt butter in a large pot over low heat.

Add chopped onion, garlic, salt, and asparagus to the pot and saute for 5 minutes.

Add broth and bring to boil. Reduce heat and simmer for 2-3 minutes or until tender.

Using blender puree the soup until smooth.  
Add cream. Stir well and heat over medium heat.  
Remove pot from eating and stir in parmesan cheese.  
Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 205

Fat 14.7 g

Carbohydrates 12.4 g

Sugar 5.1 g

Protein 10.3 g

Cholesterol 46 mg

## **DAY 24**

# 70-Delicious Pumpkin Spice Porridge

**Total Time:** 15 minutes

**Serving Size:** 1



## Ingredients:

- 1 large egg, beaten
- 1/2 tsp pumpkin pie spice
- 3/4 cup water
- 1 tbsp flax meal
- 2 tbsp almond flour
- Pinch of salt
- Top with:
- 1 tbsp butter
- 1 tbsp heavy cream
- 1 tbsp granulated sweetener
- 2 tbsp can pumpkin
- 1 tsp vanilla extract

## Directions:

Add almond flour, flax meal, water, pumpkin pie spice, and salt into the pot and heat over medium-high heat.

Once mixture begins to simmer then reduce the heat to medium. Whisk until thickens.

Remove pot from heat and slowly add egg and whisk well.

Again place the pot on medium heat and whisk until porridge thickens.

Remove pot from heat and whisk in remaining ingredients.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 365

Fat 31.6 g

Carbohydrates 10.2 g

Sugar 2.9 g

Protein 11.6 g

Cholesterol 237 mg

# 71-Yummy Cauliflower Mac and Cheese

**Total Time:** 30 minutes

**Serving Size:** 4



## Ingredients:

- 1 cup heavy cream
- 1/8 tsp garlic powder
- 1/4 tsp black pepper
- 2 cups cheddar cheese, shredded
- 1 tsp Dijon mustard
- 2 oz cream cheese
- 1 large cauliflower head, cut into florets
- 1/2 tsp kosher salt

## Directions:

Preheat the oven to 375 F.

Add water and salt to the pot and bring to boil.

Spray baking dish with cooking spray and set aside.

Add cauliflower florets into the boiling water and cook about 5 minutes. Drain well and transfer to baking dish.

Add cream into the saucepan and bring to simmer, whisk in mustard and cream cheese until smooth.

Stir in 1 1/2 cup cheese, pepper, garlic, and salt. Whisk until cheese melts for 2

minutes.

Season with pepper and salt.

Remove pan from heat and pour over cauliflower florets and stir well.

Top with remaining cheese and bake in preheated oven for 15 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 435

Fat 35 g

Carbohydrates 13 g

Sugar 5.4 g

Protein 20 g

Cholesterol 116 mg

# 72-Cucumber Cheese Salad

**Total Time:** 15 minutes

**Serving Size:** 4



## Ingredients:

- 2 cups cucumbers, chopped
- 1/2 cup feta cheese, crumbled
- 1/2 cup fresh mint, chopped
- 1 tbsp lime juice
- 2 ripe avocados, peeled and chopped
- 1/4 tsp salt
- For dressing:
  - 2 tbsp olive oil

## Directions:

In a bowl, add chopped cucumbers and salt and set aside for 20 minutes. Drain cucumber liquid then adds all remaining ingredients and stir well. Serve and enjoy.

## Nutritional Value (Amount per Serving):

Calories 328

Fat 30.7 g



Carbohydrates 12.3 g

Sugar 2.1 g

Protein 5.3 g

Cholesterol 17 mg

## **DAY 25**

## 73-Healthy Spinach Cheese Eggs

**Total Time:** 35 minutes

**Serving Size:** 2



### **Ingredients:**

- 3 eggs
- 1/4 cup almond milk
- 1/4 cup parmesan cheese
- 3 oz spinach, chopped
- 3 oz cottage cheese

### **Directions:**

Preheat the oven to 375 F.

Spray baking dish with cooking spray.

In a bowl, whisk together egg, milk, parmesan cheese, and cottage cheese.

Add spinach and stir well.

Pour egg mixture into the baking dish and bake in preheated oven for 25 minutes.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 377

Fat 25.6 g

Carbohydrates 6.6 g

Sugar 1.8 g

Protein 31.2 g

Cholesterol 278 mg

## 74-Delicious Marinated Eggplant

**Total Time:** 60 minutes

**Serving Size:** 6



### Ingredients:

- 2 large eggplant, cut into 1/4 inch slices
- 2 garlic cloves, chopped
- 1/4 cup fresh mint, chopped
- 1 tbsp vinegar
- 4.5 tbsp olive oil
- 1 tbsp oregano
- 1/2 red chili
- Salt

### Directions:

Add sliced eggplant into the mixing bowl.

Sprinkle a little salt over the slices eggplant and set aside for 30 minutes to release some water.

Rinse eggplant well and pat dry with paper towel.

Brush eggplant with oil.

Place eggplant slices on the hot griddle pan and cook until softened.

In a small bowl, mix together all remaining ingredients and set aside.

Arrange cooked eggplant slices on serving dish and drizzle marinade over the

eggplant slices.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 134

Fat 10 g

Carbohydrates 10 g

Sugar 4 g

Protein 1 g

Cholesterol 0 mg

# 75-Creamy Cucumber Avocado Egg Salad

**Total Time:** 15 minutes

**Serving Size:** 4



## Ingredients:

- 6 hard-boiled eggs, peel and diced
- 1/2 tsp paprika
- 1/4 cup mayo
- 1 large avocado, peel and chopped
- 1 cucumber, peel and chopped
- Salt

## Directions:

Add all ingredients into the large mixing bowl and mix well until combined.  
Serve and enjoy.

## Nutritional Value (Amount per Serving):

Calories 266

Fat 21.4 g

Carbohydrates 11.2 g

Sugar 3 g

Protein 9.9 g

Cholesterol 249 mg

## **DAY 26**



# 76-Egg Cream Cheese Casserole

**Total Time:** 35 minutes

**Serving Size:** 2



## Ingredients:

- 5 eggs
- 2 tbsp parmesan cheese, grated
- 2 tbsp heavy cream
- 3 tbsp tomato sauce

## Directions:

Preheat the oven to 350 F.

Spray baking dish with cooking spray.

In a mixing bowl, mix together eggs and cream.

Add cheese and tomato sauce. Mix well.

Pour egg mixture into the baking dish and bake in preheated oven for 25-30 minutes.

Serve and enjoy.

## Nutritional Value (Amount per Serving):

Calories 235

Fat 17.9 g

Carbohydrates 2.7 g

Sugar 1.9 g

Protein 16.3 g

Cholesterol 433 mg

## 77-Stir Fried Garlic Eggplant

**Total Time:** 35 minutes

**Serving Size:** 4



### Ingredients:

- 4 cups eggplant, sliced
- 1 green pepper, sliced
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 1/2 tsp ground ginger
- 1 tsp red pepper flakes
- 6 tbsp tamari sauce
- 1 tbsp olive oil

### Directions:

Add olive into the pan and heat over medium-high heat.

Add onion and garlic into the pan and cook for 6 to 8 minutes.

Reduce heat to medium and add eggplant and green pepper. Stir well and cook for few minutes.

Add red pepper flakes, ginger, and tamari and stir well.

Cook eggplant mixture for 12 minutes. Stir occasionally.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 88

Fat 3 g

Carbohydrates 11 g

Sugar 4 g

Protein 4 g

Cholesterol 0 mg

## 78-Baked Zucchini with herbs

**Total Time:** 45 minutes

**Serving Size:** 6



### **Ingredients:**

- 2 1/2 lbs zucchini, cut into quarters
- 1/3 cup parsley, chopped
- 1 tsp dried basil
- 1/2 cup parmesan cheese, shredded
- 6 garlic cloves, crushed
- 10 oz cherry tomatoes cut in half
- 1/2 tsp black pepper
- 3/4 tsp salt

### **Directions:**

Preheat the oven to 350 F.

Spray baking dish with cooking spray and set aside.

Add all ingredients except parsley into the large mixing bowl and stir well to combine.

Pour egg mixture into the prepared baking dish.

Bake in preheated oven for 35 minutes.

Garnish with parsley and serve.

**Nutritional Value (Amount per Serving):**

Calories 106

Fat 4.3 g

Carbohydrates 10.6 g

Sugar 4.5 g

Protein 8.2 g

Cholesterol 10 mg

## **DAY 27**

## 79-Quick Spanish omelet

**Total Time:** 15 minutes

**Serving Size:** 2



### Ingredients:

- 3 eggs
- 1/2 bell pepper, chopped
- 1/2 onion chopped
- 1 tbsp parsley, chopped
- 1/4 cup spinach, chopped
- 1/4 tsp cayenne pepper
- 1 tsp extra virgin olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt

### Directions:

Heat olive oil in a pan over medium heat.

Add vegetables to the pan and sauté until softened.

In another bowl, whisk together eggs, cayenne, pepper, and salt.

Pour egg mixture into the hot pan and cook until set.

Once almost cooked then top with sautéed vegetables and flip heat through.

Serve and enjoy.



**Nutritional Value (Amount per Serving):**

Calories 138

Fat 9.1 g

Carbohydrates 5.9 g

Sugar 3.2 g

Protein 9.1 g

Cholesterol 246 mg

# 80-Eggplant Spinach Salad

**Total Time:** 30 minutes

**Serving Size:** 4



## Ingredients:

- 1 tbsp oregano, chopped
- 1 tbsp parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 large eggplant, cut into 3/4 inch slices
- 5 oz spinach
- 1 tbsp sun-dried tomatoes, chopped
- 1 tbsp shallot, chopped
- For dressing:
  - 1/4 cup olive oil
  - 1/2 lemon juice
  - 1/2 tsp smoked paprika
  - 1 tsp Dijon mustard
  - 1 tsp tahini
  - 2 garlic cloves, minced
  - Pepper
  - Salt

**Directions:**

Place sliced eggplants into the large bowl and sprinkle with salt and set aside for minutes.

For salad dressing: in a small bowl mix together all dressing ingredients. Set aside.

Heat grill to medium-high heat.

In a large salad bowl, add shallot, sun-dried tomatoes, herbs, and spinach.

Rinse eggplant slices and pat dry with paper towel.

Brush eggplant slices with olive oil and grill on medium high heat for 3-4 minutes on each side.

Let cool the grilled eggplant slices then cut into quarters.

Add eggplant to the salad bowl and pour dressing over salad. Toss well.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 163

Fat 13 g

Carbohydrates 10 g

Sugar 3 g

Protein 2 g

Cholesterol 0 mg

# 81-Cheesy Zucchini Casserole

**Total Time:** 35 minutes

**Serving Size:** 6



## Ingredients:

- 4 cup zucchini, grated
- 1/2 cup cheddar cheese, shredded
- 1 cup mozzarella cheese, shredded
- 1/2 cup parmesan cheese, grated
- 2 eggs
- 1 tbsp garlic, minced
- 1/2 cup onion, diced
- 1/2 tsp salt

## Directions:

Preheat the oven to 375 F.

Spray baking dish with cooking spray and set aside.

Add zucchini and salt into the colander and set aside for 10 minutes.

After 10 minutes squeeze out all liquid from zucchini.

Combine together zucchini, cheddar cheese, mozzarella cheese, 1/2 parmesan cheese, eggs, garlic, and onion and pour into the prepared baking dish.

Bake in preheated oven for 25 minutes.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 146

Fat 9.2 g

Carbohydrates 4.7 g

Sugar 1.9 g

Protein 11.7 g

Cholesterol 77 mg

## **DAY 28**

## 82-Perfect Egg Scrambled

**Total Time:** 15 minutes

**Serving Size:** 1



### Ingredients:

- 3 eggs
- 1 tbsp butter
- 2 tbsp sour cream
- 1/4 tsp black pepper
- 1/4 tsp sea salt

### Directions:

In a bowl, whisk eggs with pepper and salt.

Melt butter in a pan over medium heat.

Once butter is melted then pour egg mixture into the pan and stir constantly.

When eggs are cooked then remove from heat and stir in sour cream.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 343

Fat 29.7 g

Carbohydrates 2.4 g

Sugar 1.1 g

Protein 17.6 g

Cholesterol 532 mg



## 83-Spicy Eggplant with Jalapeno pepper

**Total Time:** 6 hours 40 minutes

**Serving Size:** 4



### Ingredients:

- 1.5 lbs eggplant, cut into 1/ 4 inch sliced
- 1 large bell pepper, roasted and diced
- 1/2 jalapeno pepper, seeded and chopped
- 3/4 cup olive oil
- 1 tbsp parsley, chopped
- 1.5 tsp capers, drained, rinsed and chopped
- 1 garlic clove, minced
- 1/4 tsp black peppers
- 1 tsp kosher salt

### Directions:

Place eggplant slices into the bowl and sprinkle with salt. Set aside for 30 minutes.

After 30 minutes rinse eggplant and pat dry with paper towel.

Brush eggplant with 1/4 cup olive oil.

Heat pan over medium heat.

Add eggplant to the pan and cook until golden brown on both the sides.

Arrange cooked eggplant slices into the casserole dish and season with pepper and salt.

Mix together parsley, capers, garlic, pepper, jalapeno and remaining olive oil in a bowl.

Pour parsley mixture over the eggplant slices.

Cover dish and set aside for 6 hours.

Serve and enjoy.

### **Nutritional Value (Amount per Serving):**

Calories 379

Fat 38 g

Carbohydrates 12 g

Sugar 6 g

Protein 2 g

Cholesterol 0 mg

## 84-Easy Pan Zucchini and Squash

**Total Time:** 15 minutes

**Serving Size:** 2



### Ingredients:

- 2 tbsp parmesan cheese, shredded
- 2 medium yellow squash, diced
- 2 small zucchini, trimmed and diced
- 1/2 tbsp olive oil
- 1/2 tbsp butter
- Pepper
- Salt

### Directions:

Heat olive oil in a pan over medium heat.

Add squash and zucchini into the pan and season with pepper and salt. Let sit for 2 minutes.

Stir well and cook until lightly golden brown, about 6-7 minutes.

Top with shredded parmesan cheese and serve.

### Nutritional Value (Amount per Serving):

Calories 126

Fat 8.3 g

Carbohydrates 10.7 g

Sugar 6.4 g

Protein 5.7 g

Cholesterol 11 mg

## **DAY 29**

# 85-Delicious Coconut Porridge

**Total Time:** 15 minutes

**Serving Size:** 1



## Ingredients:

- 4 tbsp coconut cream
- 1 tbsp coconut flour
- 1 egg
- 1 oz butter
- Pinch of salt

## Directions:

Add all ingredients into the saucepan and mix well.

Heat porridge mixture over low heat. Stir constantly until you get desired texture.

Serve with coconut milk and top with fresh berries.

## Nutritional Value (Amount per Serving):

Calories 464

Fat 43.7 g

Carbohydrates 11.7 g

Sugar 3.4 g

Protein 9.2 g

Cholesterol 225 mg

## 86-Grilled Eggplant Zucchini

**Total Time:** 1 hour 10 minutes

**Serving Size:** 8



### Ingredients:

- 3 zucchinis, cut into 1/2 inch slices
- 2 green bell peppers, cut into 1/2 inch slices
- 2 eggplants, cut into 1/2 inch slices
- 1/2 cup olive oil
- 2 tbsp soy sauce
- 2 tbsp balsamic vinegar
- 1/2 tsp ground black pepper
- 1/2 tsp salt

### Directions:

In a large bowl, whisk together vinegar, soy sauce, olive oil, pepper, and salt. Toss bell peppers, zucchinis, and eggplants in soy sauce mixture and marinate for 45 minutes.

Preheat the grill over medium heat.

Lightly grease the grill with oil.

Remove vegetables from marinade and place on a preheated grill and grill for 15 minutes.



Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 167

Fat 13 g

Carbohydrates 13 g

Sugar 7 g

Protein 2 g

Cholesterol 0 mg

## 87-Healthy Zucchini Noodles

**Total Time:** 15 minutes

**Serving Size:** 4



### Ingredients:

- 4 small zucchini, end trimmed
- 1/4 cup parmesan cheese, grated
- 2 tsp lemon juice
- 1/3 cup extra-virgin olive oil
- 2 garlic cloves
- 2 cups fresh basil leaves
- Pepper
- Salt

### Directions:

Using vegetable peeler slice zucchini into the noodles and set aside.

Add garlic, basil, olive oil, parmesan cheese, and lemon juice into the food processor and pulse until well blended. Season with pepper and salt.

In a large bowl, combine together pesto and zucchini noodles.

Serve and enjoy.

### Nutritional Value (Amount per Serving):

Calories 188

Fat 18.1 g

Carbohydrates 4.8 g

Sugar 2.2 g

Protein 3.9 g

Cholesterol 6 mg

## **DAY 30**

## 88-Perfect Keto Latte

**Total Time:** 5 minutes

**Serving Size:** 2



### Ingredients:

- 2 eggs
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- 1 1/2 cup boiling water
- 2 tbsp coconut oil

### Directions:

Add all ingredients into the blender and blend until smooth.  
Serve immediately and enjoy.

### Nutritional Value (Amount per Serving):

Calories 185

Fat 18.1 g

Carbohydrates 1 g

Sugar 0.5 g

Protein 5.6 g

Cholesterol 164 mg

## 89-Roasted Squash with Lemon

**Total Time:** 1 hour 10 minutes

**Serving Size:** 3



### Ingredients:

- 2 lbs summer squash, cut into 1-inch pieces
- 1 large lemon
- 1/8 tsp paprika
- 1/8 tsp pepper
- 1/8 tsp garlic powder
- 3 tbsp olive oil
- Pepper
- Salt

### Directions:

Preheat the oven to 400 F.

Spray a baking tray with cooking spray.

Place squash pieces onto the prepared baking tray and drizzle with olive oil.

Season with paprika, pepper, and garlic powder.

Squeeze lemon juice over the squash and bake in preheated oven for 50-60 minutes.

Serve immediately and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 184

Fat 14.9 g

Carbohydrates 13 g

Sugar 11 g

Protein 3.3 g

Cholesterol 0 mg

# 90-Creamy Squash Coconut Curry Soup

**Total Time:** 35 minutes

**Serving Size:** 4



## Ingredients:

- 1 1/2 lbs summer squash, ends trimmed and cut into 1-inch pieces
- 1/2 lime juice
- 1/4 cup coconut milk
- 4 cups vegetable stock
- 3/4 tsp curry powder
- 1 garlic clove, minced
- 1 onion, chopped
- 1 tbsp olive oil
- Pepper
- Salt

## Directions:

Heat olive oil in the large pot over medium heat.

Add onion to the pot and sauté for 8 minutes.

Add curry powder and garlic and sauté for 30 seconds.

Add squash and sauté for 2 minutes.

Add stock and bring to boil.



Reduce heat to medium-low and simmer for 15 minutes.

Using blender puree the soup until smooth.

Stir in lime juice and coconut milk.

Season with pepper and salt.

Serve and enjoy.

**Nutritional Value (Amount per Serving):**

Calories 114

Fat 8.1 g

Carbohydrates 11.5 g

Sugar 8.3 g

Protein 2.5 g

Cholesterol 0 mg