

## **FOOD RECIPE FOR DIET**



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Not the macro diet (short for macronutrients) instead of counting calories, you're focused on eating a healthy balance of proteins, fats and carbs. That way, you can eat what you want and discover what works best for you and your body. These 20 macro recipes are sure to make you fall in love with this lifestyle.

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### **Low carb recipes Diet Doctor**

You can read our full food policy here: The Diet Doctor food policy. If you have questions regarding our recipes, please see our recipe FAQ page. Each recipe has a unique colored circle, showing the number of net carbs it contains per serving. 1 The colors are based on how strictly low carb they are: Green (ketogenic low

carb) Yellow (moderate

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If you're on the paleo diet, this list will keep you from dreading another night of grilled chicken and veggies.

Whether you're in the mood for salmon, meat, chicken, or breakfast for dinner, we

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