

Eat SMART
Eat Delicious
Eat Healthy

Lifestyle Medicine

WE ARE Valley MEDICAL CENTER & CLINICS

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Vegetable Frittata

INGREDIENTS

2 teaspoons olive oil

1/2 cup coarsely chopped broccoli florets

1/2 cup sliced fresh mushrooms

1/2 cup chopped carrot

1/4 cup chopped onion

6 egg whites

3 whole eggs

2 tablespoons fresh basil

1/4 teaspoon salt (try reducing)

1/4 teaspoon ground black pepper

1/3 cup shredded part-skim mozzarella cheese

INSTRUCTIONS

1. Preheat broiler. In a broiler-proof medium skillet, heat oil over medium heat. Add broccoli, mushrooms, carrot and onion; cook for 7 to 8 minutes or until crisp-tender, stirring occasionally. (If vegetables start to overbrown, reduce heat.)

2. Meanwhile, in a medium bowl, whisk together egg whites, eggs, basil, salt and pepper. Pour egg mixture over vegetables in skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edge until egg mixture is almost set and surface is just slightly moist. Sprinkle with cheese. Broil 4 inches from the heat about 2 minutes or until top is lightly browned and center is set. Let stand for 5 minutes before serving.

Serves 4: 141 calories, 5 grams carbs, 8 grams fat, 13 grams protein



Breakfast Mug

INGREDIENTS

1 egg, beaten or 1/4 cup egg substitute

1 oz. grated cheese

1 pre-cooked turkey sausage patty (crumbled)

Salt, pepper, onion flakes to taste

Cooking oil spray

INSTRUCTIONS

1. Spray microwave safe mug with cooking spray.

2. Mix egg, cheese, pre-cooked turkey sausage patty and seasoning in mug.

3. Microwave for 30 seconds at a time until eggs are firm.

Serves 1: 125 calories, 1.9 grams carbs, 5.5 grams fat, 15 grams protein



Egg Muffins

INGREDIENTS

3/4 cup cooked and crumbled sweet Italian sausage

2 small handfuls fresh spinach, chopped

9 large eggs

1/3 cup milk

1/3 cup shredded cheese

Salt and freshly ground black pepper, to taste

Salsa

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Spray 12 muffin cups with nonstick spray.

2. After cooking the sausage, scoop it into a paper towel-lined bowl to drain and cool, then wipe out the pan with a paper towel. Quickly cook the spinach in the same pan, just until wilted. Let it cool, then squeeze any excess moisture out of it.

3. In a medium bowl, whisk together the cooled sausage and spinach with the eggs and milk. Scoop into the prepared muffin tins almost to the top. Sprinkle cheese on top. Then sprinkle with salt and pepper.

4. Bake 25 to 30 minutes, or until egg is cooked through. Easy way to check the egg: touch the middle of the muffins—if they are still wet and gooey, they'll need a little more time in the oven. They should feel cooked through.

5. Serve egg muffins immediately—with salsa, if desired.

Optional add-ins: Tomatoes, mushrooms, bell peppers, broccoli, green chilies, turkey bacon, chicken sausage

Makes 12 muffins: 87 calories each, 3 grams carbs, 6 grams fat, 0.5 gram fiber, 7 grams protein



Low Carb Protein Crepe

INGREDIENTS

1 scoop vanilla protein powder

1/4 cup egg whites

Splash of milk or unsweetened almond milk

Sugar substitute to taste

INSTRUCTIONS

1. Spray pan with non-stick spray.

2. Blend together protein powder, egg whites and sugar substitute.

3. Pour batter on pan and cook on low until bubbles appear.

4. Flip or fold in half and cook until done.

5. Top with sliced berries or any nut butter, cinnamon, etc.

Makes one serving (about six 3.5" mini pancakes): 196 calories, 9 grams carbs, 2.5 grams fat, 35 grams protein



Banana Pancake

INGREDIENTS

1/3 cup oat flour or ground oats

1 scoop of vanilla or unflavored whey protein powder

1/4 cup milk (skim, almond, etc.)

1/2 teaspoon baking powder

1 banana, mashed

1 egg white

1 teaspoon vanilla extract

2 teaspoons sugar substitute

INSTRUCTIONS

1. In a mixing bowl, combine all dry ingredients together with a whisk.

2. In a separate bowl, combine the egg, banana and almond milk.

3. Gently pour the wet ingredients into the dry ingredients while mixing with a rubber spatula until just combined. Do not over-mix.

4. Heat a large skillet over medium heat and coat with cooking spray. Pour 1/4-cup rounds of batter onto the skillet, and cook until bubbles appear on the surface, about 3 minutes. Flip with a spatula, and cook for another 2 – 3 minutes.

Makes 1 serving: 332 calories, 23.8 grams carbs, 8.7 grams fat, 6.6 grams fiber, 41.9 grams protein



Quinoa Salad

INGREDIENTS

1 cup quinoa (dry)

1 tablespoon olive oil

1 lemon, juiced

1 teaspoon salt

1, 15 oz. can garbanzo beans

1/2 cucumber, chopped

1/2 red bell pepper chopped

Pinch of pepper

Cilantro (garnish)

Optional: Olives, chicken, any other vegetables

INSTRUCTIONS

1. Cook quinoa according to package and cool.
2. Add all ingredients to a bowl and mix.

Makes 4-5 servings: 200 calories, 33 grams carbs, 6 grams fat, 6 grams fiber, 9 grams protein



Honey Mustard Broccoli Slaw

INGREDIENTS

3 tablespoons light mayonnaise

2 tablespoons nonfat plain Greek yogurt

2-1/2 tablespoons spicy brown mustard

1-1/2 tablespoons apple cider vinegar

2 teaspoons honey

Fresh cracked black pepper, to taste

1, 12 oz. bag broccoli slaw, about 5 cups

1/3 cup green onions, chopped (green part only)

INSTRUCTIONS

1. In a small bowl, mix together mayonnaise, yogurt, mustard, vinegar and honey. Refrigerate until ready to serve.

2. Just before serving, add broccoli slaw and scallions to a bowl. Toss with dressing.

Serves 8, 1/2 cup: 40 calories, 5 grams carbs, 2 grams fat, 0.7 grams protein



Peanut Broccoli

INGREDIENTS

1 lb. broccoli florets

1 carrot, diced

2 tablespoons olive oil

1/4 cup roasted and chopped peanuts

1 small shallot, finely chopped

1 teaspoon soy sauce

1 green onion (green parts only, thinly sliced)

INSTRUCTIONS

1. Steam or lightly boil broccoli and carrots 3 – 4 minutes, uncovered.

2. Transfer to bowl of ice water. When cool, dry on paper towel.

3. In skillet, combine oil and peanuts and cook on medium heat 4 – 5 minutes until golden brown.

4. Stir in shallots and cook 1 minute.

5. Stir in broccoli, carrots and low sodium soy sauce, season with pepper to taste.

6. Cook until heated through and broccoli is coated with nut mixture.

7. Garnish with green onion.

Serves 4, 1 cup: 179 calories, 17 grams carbs, 10 grams fat, 6 grams fiber, 7 grams protein



Zucchini Bruschetta

INGREDIENTS

Zucchini Boats

4 large zucchini

Olive oil spray

A little salt and pepper

Garlic powder

Tomato Topping

2 cups grape or cherry tomatoes, sliced in half or fours

2 tablespoons balsamic vinegar

1/2 tablespoon extra virgin olive oil

1/2 teaspoon salt

1/2 teaspoon garlic powder

Fresh ground pepper, to taste

Cheese Topping

8 teaspoons Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 400 degrees F. Line a baking pan with foil.

2. Cut each zucchini in half vertically. Using a small spoon or melon baller, scoop out middle section of the zucchini halves to form a boat, leaving a thin shell on each half. Cut each piece in half again, vertically. Four zucchinis will make 16 pieces in total.

3. Place on baking sheet. Spray with olive oil spray. Sprinkle each with a little salt, pepper and garlic powder. Bake for 15 – 20 minutes until soft.

4. To prepare the tomato topping: In a medium bowl, toss together all tomato topping ingredients except Parmesan cheese. Mix well. Refrigerate until ready to use. Stir well before stuffing the zucchini boats.

5. When zucchini is baked, stuff each with about 2 tablespoons of tomato topping. Some will take a bit more. Drizzle balsamic mixture over each, using all of it. You can go back to each and drizzle a little more. Sprinkle the top of each piece of zucchini with 1/2 teaspoon grated Parmesan cheese.

6. Place back in oven and bake for 5 minutes.

7. Just like bruschetta, serve these on a little plate. They do fall apart a bit while eating them.

Makes 16 pieces: 23 calories, 1.3 gram carbs, 1 gram fat, 1 gram fiber

Vegetables at Lunch

Suggestions for how to add vegetables to some common lunch choices. For low carbohydrate sandwiches, choose small, whole grain bread, tortillas, pitas and rolls, keeping total carbohydrates to 30 grams or less.



Egg vegetable salad wrap

Cucumber, yellow squash, carrot, red onion, green lettuce



Curried chicken salad

Green onion, tomato, lettuce or spinach



Chopped salad in a pita

Cucumber, cauliflower, broccoli, red pepper, red onion, parsley, plum tomatoes



Tuna salad

Celery, onion, capers, carrots, mixed salad greens



Shredded pork sandwich

Shredded broccoli (broccoli slaw mix)



Chicken pockets

Chicken, tomato, onion, lettuce



Grilled vegetable pita

Mushrooms, red and yellow peppers, tomatoes, greens



Roasted tofu and veggie

Cucumber, tomato, onion, lettuce



Tuna and slaw tostada

Broccoli slaw and coleslaw mix



Turkey Lettuce Wraps

INGREDIENTS

1 tablespoon olive oil

1 lb. ground turkey

Kosher salt and freshly ground black pepper, to taste

2 cloves garlic, minced

1 red bell pepper, diced

1 small onion, diced

1/4 cup hoisin sauce

2 tablespoons soy sauce

1/2 teaspoon freshly grated ginger

3 green onions, thinly sliced

1 head butter lettuce

INSTRUCTIONS

1. Heat olive oil in a saucepan over medium high heat. Add ground turkey and cook until browned, making sure to crumble the turkey as it cooks; drain excess fat and set aside.

2. Add garlic, bell pepper and onion to the saucepan. Cook, stirring frequently, until tender, about 3 – 4 minutes.

3. Stir in hoisin sauce, soy sauce, ginger and ground turkey until well combined. Add green onions and gently toss to combine.

4. To serve, spoon several tablespoons of the turkey mixture into the center of a lettuce leaf, taco-style.

1/3 cup serving: 71 calories, 5 grams carbs, 3 grams fat, 0.5 grams fiber, 6 grams protein

Lettuce Wraps



Avocado, tomato, turkey



Salmon and avocado



Turkey burger, onion, cucumber, tomato, cheese



Tuna salad, tomato, avocado, onion



Turkey, avocado, tomato



Thai peanut chicken

More Lettuce Wraps



Chicken, peppers, black beans, avocado



Chicken, carrots, green onions



Mango, corn, tomato salsa, spicy shrimp, feta cheese



Curried broccoli slaw in cabbage leaves



Chicken, shiitaki mushrooms, water chestnuts, shirataki noodles



Beef, red peppers, green onion



Black Bean Burgers

INGREDIENTS

1/2 onion, chopped small

1, 15.5 oz. can black beans, well drained

2 slices bread, crumbled

1/2 teaspoon seasoned salt

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 cup flour

Extra salt and pepper to taste

Oil for frying

INSTRUCTIONS

1. Sauté the onions until soft, about 3 – 5 minutes.

2. In a large bowl, mash the beans until almost smooth.

3. Add the sautéed onions to the beans, along with the crumbled bread, seasoned salt, garlic powder and onion powder, mixing to combine well.

4. Add the flour a few tablespoons at a time and mix to combine well. Your veggie burger mixture will be very thick.

5. Form the black bean mixture into individual patties, approximately 1/2 inch thick. Tip: Roll a handful into a ball, then gently flatten it.

6. Finally, fry your black bean patties in a small amount of oil over medium-low heat until slightly firm and lightly browned on each side, about 3 minutes.

7. If your pan is too hot, your bean burgers will brown too quickly and not be heated through and cooked in the middle, so adjust the heat as needed.

8. Assemble your veggie burgers and enjoy with all the fixings, or eat them on a plate without a bun, with mustard and ketchup.

Serves 6: 294 calories, 55 grams carbs, 11 grams fat, 11 grams fiber, 17 grams protein



Black Bean Soup

INGREDIENTS

1 tablespoon canola oil

1 small onion, chopped

1 tablespoon chili powder

1 teaspoon ground cumin

2, 15.5 oz. cans black beans, rinsed

3 cups water

1/2 cup prepared salsa

1/4 teaspoon salt

1 tablespoon lime juice

4 tablespoons reduced-fat sour cream (optional)

2 tablespoons chopped fresh cilantro (optional)

INSTRUCTIONS

1. Heat oil in a large saucepan over medium heat.

2. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes.

3. Add chili powder and cumin and cook, stirring, 1 minute more.

4. Add beans, water, salsa and salt. Bring to a boil; reduce heat and simmer for 10 minutes.

5. Remove from the heat and stir in lime juice.

6. Transfer half the soup to a blender and puree. (Use caution when pureeing hot liquids.) Stir the puree back into the saucepan. Just before serving, garnish with tomato, onion, sour cream and cilantro, if desired.

Make Ahead Tip: Cover and refrigerate for up to 3 days. Garnish with tomato, onion, sour cream and cilantro, if desired.

Serves 4, 1-1/4 cup: 191 calories, 31 grams carbs, 4 grams fat, 9 grams fiber, 9 grams protein



Low Carb Stuffed Bell Peppers

INGREDIENTS

4 green peppers, cleaned with seeds and tops removed

1 tablespoon extra virgin olive oil

1⁄3 cup onion, chopped fine

3 garlic cloves, small to medium-sized, minced

1⁄4 cup green onion, chopped fine

2 tablespoons green peppers, minced

1 lb. ground turkey breast

Half a 14.5 oz. can diced tomatoes, reserve 1/4 cup of liquid

1 tablespoon parsley, chopped

1-1⁄2 teaspoons Italian seasoning

1 teaspoon seasoning salt or 1 teaspoon seasoning blend

1⁄4 cup pizza sauce

1⁄4 cup shredded mozzarella cheese

1⁄4 cup shredded Monterey jack cheese

INSTRUCTIONS

1. Preheat oven to 375 degrees F.

2. Saute onion and garlic in olive oil until onion softens.

3. Add green onions, minced green pepper and saute for about five minutes.

4. Set onion, garlic and green pepper mixture aside.

5. Brown ground turkey breast and cook through.

6. Add onion, garlic, and green pepper mixture. Then add diced tomatoes, parsley, Italian seasoning, and season with salt or seasoning blend.

7. Mix well and cook another five minutes.

8. Stuff mixture inside hollow green peppers.

9. Pour reserved tomato liquid in a baking dish and place peppers in dish.

10. Top each stuffed pepper with about a tablespoon of pizza sauce.

11. Mound each pepper with cheeses.

12. Bake for 20 minutes or until cheese is golden brown.

Serves 4, 1 pepper: 323 calories, 18 grams carbs, 17 grams fat, 5 grams fiber, 28 grams protein



Rolled Chicken & Asparagus

INGREDIENTS

1 lb. boneless, skinless chicken breasts

24 to 30 asparagus spears, tough ends snapped off

2 tablespoons lemon juice

6 green onions, chopped

1/4 teaspoon salt

1/2 teaspoon pepper

Nonstick cooking spray

INSTRUCTIONS

1. Preheat oven to 350 degrees F.

2. Cut chicken breasts into 8 or 10 strips.

3. Wrap each strip in a corkscrew fashion around 2 or 3 uncooked asparagus spears. Fasten with toothpicks.

4. Place in a covered baking dish that has been sprayed with nonstick cooking spray.

5. Sprinkle with lemon juice, green onions, salt and pepper.

6. Cover and bake 25 to 30 minutes.

Serves about 8, 1 skewer: 120 calories, 3 grams fat, 18 grams protein



Chickpea Curry with Tomatoes & Spinach

INGREDIENTS

1 tablespoon vegetable oil

1 red onion, sliced

2 garlic cloves, chopped

1/2 finger length piece fresh ginger root, shredded or jarred

2 mild red chilies, thinly sliced

1/2 teaspoon turmeric

3/4 teaspoon garam masala

1 teaspoon ground cumin

4 tomatoes, chopped

2 teaspoons tomato purée

1, 15.5 oz. can chickpeas, rinsed and drained

Handful baby spinach leaves

INSTRUCTIONS

1. Heat oil in a wok and fry the onion over a low heat until softened.

2. Stir in the garlic, ginger and chilies and cook for 5 minutes more until onions are golden and the garlic slightly toasted.

3. Add turmeric, garam masala and cumin, stirring over a low heat for a few seconds. Add chopped tomatoes and tomato purée, then simmer for 5 minutes.

4. Add chickpeas to the pan with water (fill the can three-quarters full.) Simmer for 10 minutes before stirring in the spinach to wilt.

1-1/4 cup serving: 281 calories, 27 grams carbs, 7 grams fat, 6 grams fiber, 28 grams protein



Vegetable Turkey Meatloaf Muffins

INGREDIENTS

1-1/4 lb. ground turkey breast

1/3 cup finely minced mushrooms

1 medium sized zucchini, shredded

1/3 cup diced onion

1/3 cup diced bell pepper (green, orange, red or yellow)

1 tablespoon minced garlic

1 whole egg

1/3 cup salsa

1 tablespoon chipotle seasoning

Cooking oil spray

INSTRUCTIONS

1. Spray 9 spaces in muffin tin with cooking spray and preheat oven to 400 degrees F.

2. Mix all ingredients together, form meatballs and place in muffin tin.

3. Bake about 30 minutes or until done.

4. Drain on paper towels or wire rack for 15-20 minutes.

5. Serve right away with a meal, use as snacks, or freeze for later.

Serves 9, 1 muffin: 187 calories, 7 grams carbs, 9 grams fat, 1 gram fiber, 20 grams protein



Spicy Turkey Meatloaf Muffins

INGREDIENTS

1-1/4 lb. package ground turkey breast

2 egg whites

1/2 cup oats

1/2 teaspoon cumin

1/4 teaspoon thyme

1 teaspoon mustard

1 teaspoon pepper

1 teaspoon chipotle spice

1 teaspoon garlic powder

1/2 cup green onions, finely chopped

1 celery stalk, finely chopped

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Spray muffin tins with cooking spray.
3. Mix all ingredients in large bowl.
4. Roll mixture into balls and place in muffin pan.
5. Bake for about 40 minutes. Drain on paper towels or wire rack for 20 minutes.
6. Use with meals, as a snack, or freeze for later.

Serves 9 , 1 muffin: 68 calories, 3 grams carbs, 1 gram fat, 13 grams protein



Pesto Chicken Pizza with Flax Seed Parmesan Crust

INGREDIENTS

1 cup flax meal (ground flax seeds)

1/2 cup finely grated Parmesan cheese

2 eggs

TOPPINGS

1 cup spinach leaves

1 cup mushroom slices

1/2 cup chicken breast strips

1/2 cup skim mozzarella cheese

1/4 cup pesto sauce

INSTRUCTIONS

1. Mix the flax meal and Parmesan in a bowl. Add the eggs and stir until a dough is formed. It will be sticky, let it sit for about 5 minutes.

2. Press onto greased cookie sheet in a circle shape about 1/3 inch thick. It should make a 10 inch crust.

3. Bake in a preheated 350 degree F oven for 8 minutes or until it looks set. Remove.

4. Add toppings. Bake for another 15 minutes at 350 degrees F or until done. Cut into 8 slices.

Makes 8 slices, 1 slice with toppings: 295 calories, 12 grams carbs, 19 grams fat, 8 grams fiber, 17 grams protein

Full crust only: 1655 calories, 84 grams carbs, 104 grams fat, 64 grams fiber, 79 grams protein.



Mexican Picadillo with Corn

INGREDIENTS

1 lb. ground beef

1/2 cup onion diced

2 bell pepper diced

1, 15.5 oz. can of corn

4 cloves garlic, minced

1, 8 oz. can tomato sauce

1 cup beef broth

SEASONINGS

1 teaspoon salt

1/4 teaspoon ground black pepper

1 teaspoon ground cumin

1 teaspoon ground coriander

Chopped jalapeno to taste

Additional vegetables, optional

INSTRUCTIONS

1. Cook ground beef on medium heat until browned, drain grease and return to heat.

2. Add onion, bell pepper and corn. Cook until onion and peppers soften. Add garlic and cook an additional 30 seconds.

3. Add tomato sauce, beef broth, and seasonings. Stir to combine. If adding extra veggies, add now.

4. Bring to a simmer, cover and cook for 10 minutes.

5. Remove lid, cook and stir with the lid off for 10 minutes or until most of liquid is gone.

6. Serve warm with tortillas.

Serves 6: 220 calories, 5 grams carbs, 16 grams fat, 0.4 grams fiber, 15 grams protein



Grilled Summer Squash & Zucchini

INGREDIENTS

3 summer squash, a combination of zucchini and yellow squash

1 garlic clove, minced

1/2 teaspoon paprika

1/2 teaspoon cumin

1 – 2 tablespoons olive oil

1 tablespoon lemon juice

INSTRUCTIONS

1. Halve each squash, do not peel.

2. Combine all other ingredients for sauce.

3. Place squash on rack over medium hot coals. Baste with some of the sauce.

4. Grill for 5 minutes on each side, basting frequently with sauce.

Serves 6, 1/2 zucchini each: 29 calories, 2 grams carbs, 2 grams fat, 2 sodium



Spaghetti Squash

INGREDIENTS

1 spaghetti squash, cut in half lengthwise

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Spray a baking sheet.
3. Place squash halves, cut side down, on the baking sheet.
4. Bake squash 35 minutes, or until a knife can be easily inserted.
5. Remove from oven and cool.
6. Shred inside of squash gently with a fork.
7. Add salt and pepper to taste and feel free to sprinkle with your favorite dried or fresh herbs.

Per 1 cup serving: 42 calories, 10 grams carbs, 0.5 grams fat, 2.2 grams fiber, 1 gram protein



Roasted Asparagus

INGREDIENTS

One bunch thin asparagus spears, tough ends snapped off

Olive oil for drizzling

1-1/2 tablespoon grated Parmesan cheese

1 clove garlic, minced

1 teaspoon sea salt (optional)

1/2 teaspoon ground black pepper

1 tablespoon lemon juice

INSTRUCTIONS

1. Preheat oven to 425 degrees F.

2. Place the asparagus into a mixing bowl and drizzle with the olive oil.

3. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, (salt), and pepper.

4. Arrange the asparagus onto a baking sheet in a single layer.

5. Bake 12 to 15 minutes depending on thickness.

6. Sprinkle with lemon juice just before serving.

Per 1/2 cup serving: 92 calories, 6.4 grams carbs, 2.5 grams fiber, 7 grams fat, 3 grams protein



Cabbage Toss

INGREDIENTS

1 cup sliced bok choy cabbage

1 cup sliced green cabbage

1 cup sliced Napa cabbage

1/2 cup Dijon mustard

3 tablespoons lite soy sauce

1 teaspoon sugar

2 tablespoons rice vinegar

INSTRUCTIONS

1. In large pot of boiling water, add sliced cabbages and cook for one minute.
2. Drain and splash cabbage with cold water.
3. Mix the sauce in a large bowl.
4. Add remaining ingrediens to bowl and mix.
5. Serve chilled.

Goes well with a fish entrée, like fish tacos.

Per 1/2 cup serving: 30 calories. 4 grams carbs, 1 gram fat, 550 mg sodium





Peanut Butter Cookies

INGREDIENTS

1-3/4 cup natural peanut butter

2 eggs

2 tablespoons coconut flour

1 teaspoon vanilla extract

1/2 teaspoon baking powder

1-1/3 cup sugar substitute

1/4 cup sugar-free strawberry (or other) preserves

INSTRUCTIONS

1. Preheat oven to 350 degrees F.

2. Combine all of the cookie ingredients, except for the jelly, in a medium sized bowl. Stir well until fully combined.

3. Roll into twenty 1-inch balls and place on a parchment covered cookie sheet.

4. Press a well into the center of each cookie with your thumb.

5. Place about 1/2 teaspoon of preserves in each center. Bake for 11 minutes. Don't bake too long or they'll dry out.

Serves 20, 1 cookie each: 158 calories, 12 grams fat, 3 grams carbs, 6 grams protein



Low Carb Chocolate Chip Cookies

INGREDIENTS

1-1/4 cup almond flour

3 tablespoons coconut flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon vanilla extract

1 egg, room temperature

1/4 cup butter, room temperature

1/2 cup sugar substitute

1/3 cup chocolate chips or high % cacao chocolate (could use sugar free)

Water as needed

Serving size, 1 cookie:
145 calories, 7 grams carbs, 2.2 grams fiber, 12.2 grams fat, 3.7 grams protein

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line one large baking sheet with parchment paper.

2. In a bowl, sift together almond flour, coconut flour, baking soda and salt.

3. In a large bowl, using an electric mixer on low-medium speed, cream butter, sugar substitute, egg, and vanilla until smooth.

4. Add the flour mixture and mix until evenly mixed, adding a little water as needed to make a firm dough. Stir in chocolate chips.

5. Drop 1 – 2 tablespoon-sized mounds of dough onto baking sheet, spacing the mounds at least 2 inches apart. Using the palm of your hand or the bottom of a clean cup, flatten the cookies to the desired size and thickness.

6. Bake cookies for 10 – 12 minutes, or until slightly golden around the edges.

7. Cool cookies on the baking sheets for 2 – 3 minutes, then transfer to a wire rack to cool completely.



Apple Crisp with Macadamia Nuts

INGREDIENTS

1/4 cup whole wheat flour

2 tablespoons brown sugar blend sugar substitute

4 tablespoons macadamia nuts, chopped (or nut of your choice)

1/8 teaspoon ground cinnamon

2-1/2 tablespoons butter

5 cups peeled apple slices

Cooking spray

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Coat 8" x 8" baking dish with cooking spray or butter and set aside.

2. In large bowl, mix flour, sugar substitute, nuts and cinnamon. Using pastry blender or two knives, cut in butter until coarse crumbs are made. Set aside.

3. Arrange apples in prepared baking dish. Top with flour mixture. Bake for 35 minutes or until golden.

Serves 8, 120 calories, 15 grams carbs, 7 grams fat



Chocolate Pudding/Ice Cream

INGREDIENTS

1 ripe, peeled banana

1 tablespoon unsweetened cocoa powder

1/4 teaspoon vanilla extract

Half a pinch salt

INSTRUCTIONS

1. Mash banana with a fork until big lumps are gone.

2. Mix in unsweetened cocoa powder and vanilla, stirring until smooth and chocolatey throughout.

3. Eat right away for pudding or put in freezer for about 1 hour and enjoy “ice cream.”

Serves 1, 56 calories, 12 grams carbs, 1 gram fat, 1 gram protein



Strawberry Shortcake

INGREDIENTS

8 eggs, separated

8 oz. cream cheese

1 teaspoon vanilla extract

1/8 teaspoon cream of tartar

1/2 cup sugar substitute

1 scoop protein powder

2 cups fresh strawberries, sliced + sugar substitute to taste

INSTRUCTIONS

1. Preheat oven to 300 degrees F.

2. Whip the egg whites with cream of tartar until stiff peaks form, about 5 minutes.

3. In a separate bowl, combine cream cheese with egg yolks, vanilla extract, protein powder, sugar substitute and salt.

4. Gently fold the whites into the yolk mixture until combined. Spread the batter evenly (this batter doesn't level out—it retains its shape (so if you leave it lumpy and bumpy, it's going to stay lumpy and bumpy) on a sheet cake pan covered with parchment paper.

5. Bake for 30 minutes. Let cool 15 minutes with a damp dish towel on top to keep cake from drying out.

6. Cut cake into 8 equal sections.

7. Top with fresh fruit, like sliced berries.

Serves 8, 1 slice each: 291 calories, 9 grams carbs, 1 gram fiber, 22 grams fat, 11 grams protein



Cocoa Crisp Cookies

INGREDIENTS

1 tablespoon butter

1/2 oz. unsweetened baking chocolate

1/4 cup sugar subsitute

1 egg white

1 teaspoon vanilla extract

2 tablespoons white all-purpose flour

1 tablespoon unsweetened cocoa powder

1 pinch salt

1 pinch powdered sugar

INSTRUCTIONS

1. Preheat oven to 300 degrees F.
2. Line baking sheet with parchment paper.
3. Melt butter in small saucepan over medium heat. Swirl pan until butter is lightly browned, about 1 minute.
4. Transfer butter to medium bowl.
5. Return pan to stove top and melt unsweetened baking chocolate in hot pan over low heat, about 1 minute.
6. Add melted chocolate to bowl with butter and mix until incorporated.
7. Add sugar substitute and whisk briskly. Add egg white, vanilla, flour, cocoa powder and salt, and whisk until smooth.
8. Drop batter by teaspoons, about 2 inches apart, onto prepared baking sheet.
9. Bake until set in center, 12 to 15 minutes.
10. Using spatula, immediately transfer cookies to cooling rack. (If cookies begin to stick before all are removed, return pan briefly to oven.)
11. Dust cookies with powdered sugar.

Serves 18, 1 cookie each: 29 calories, 3.7 grams carbs, 1.1 grams fat, 15 grams protein



High Protein Cinnamon Cake Bars

INGREDIENTS

1 cup oat flour

1/2 cup buckwheat flour

2 scoops vanilla whey protein powder

1 tablespoon baking powder

1/2 teaspoon salt

1/4 cup sugar substitute

1/2 teaspoon cinnamon

1 egg

1 cup unsweetened almond milk

1/3 cup unsweetened applesauce

1/4 cup plain Greek yogurt

1/2 teaspoon vanilla extract

2 tablespoons sugar + 1 teaspoon cinnamon, set aside

INSTRUCTIONS

1. Preheat oven to 350 degrees F and grease an 8 x 8 cake pan.

2. Combine dry ingredients (first 7) in a large bowl.

3. In a small separate bowl, whisk together remaining ingredients (except cinnamon sugar).

4. Pour wet ingredients into dry and mix until fully incorporated.

5. Pour half the batter into the baking dish.

6. Sprinkle half of the cinnamon sugar mixture over the batter until the entire surface is covered.

7. Pour remaining batter on top and sprinkle with remaining cinnamon sugar mixture.

8. Take a knife and gently swirl batter around to mix the cinnamon sugar into the cake.

9. Bake for about 25 minutes or until toothpick inserted in the center of the cake comes out clean.

Serves 9, 165 calories, 18 grams carbs, 4 grams fat, 20 grams protein



Low Carb Lemon Cake

INGREDIENTS

1 cup oat flour

2 scoops vanilla whey protein powder

1/4 teaspoon salt

1/2 teaspoon baking soda

1 tablespoon lemon zest

4 egg whites

1/2 cup sugar substitute

8 oz. applesauce, unsweetened

4 oz. water

INSTRUCTIONS

1. Preheat oven to 350 degrees F.

2. Mix oat flour, vanilla whey protein powder, salt and baking soda in large bowl.

3. Add wet ingredients to dry ingredients and mix together.

4. Spray 8" x 8" pan and pour ingredients into dish.

5. Bake 20 – 25 minutes.

6. Cut into 16 squares.

Variation: Use chocolate protein powder and add unsweetened cocoa powder.

Serves 16, 100 calories, 5 grams carbs, 3 grams fat, 10 grams protein



Smart Snacks

Salad greens, any kind
Tomatoes, cucumber, peppers
1 small apple

1/2 can tuna with lemon juice, black pepper
Red onion and peppers
6 whole wheat crackers

Turkey breast
Avocado slice
1 slice whole wheat bread
Mustard, lettuce greens

1/2 small (3 oz.) sweet potato
1/2 cup cottage cheese

Raw veggies
2 tablespoons hummus

Light, non-fat or plain yogurt (sweetened with fruit of choice)
1 tablespoon ground flaxseed

1/4 cup unsalted nuts



1 whole wheat low carb tortilla
Hummus and avocado, add vegetables

Plum, peach, pear or 1/2 grapefruit

1 cup bean soup

1/3 cup brown rice or quinoa
1/2 cup black beans
2 oz. cooked chicken

1/2 cup low fat cottage cheese and veggies

1 corn taco, chicken, lettuce, salsa



More Smart Snacks

1/2 piece fruit and cheese (skim or low fat is fine)

1/2 apple or celery and peanut butter/tahini/almond butter

Hard-boiled egg

8 oz. latte with nonfat or 1% milk

Soy crisps

1/4 – 1/2 cup wasabi dried peas

Single-serving pouches of tuna or salmon mixed with light mayo on whole wheat crackers or multigrain cracker

1 yellow corn tortilla with 1/4 cup beans and salsa

1/2 cup shelled edamame (green Japanese soy beans)







Zucchini Noodles, Chips, & Fries

INSTRUCTIONS

Cut zucchini into desired shape. Spray with olive oil spray. Toss with your choice of:

- Dried rosemary & thyme
- Dried basil and parsley
- Ground cumin and smoked paprika



INSTRUCTIONS

For chips and fries, bake on baking sheet for 2 hours at 225 degrees F until browned and crisp.

For noodles, bake in oven at 200 degrees F for 20 – 30 minutes or boil for 15 – 20 minutes or saute for 6 – 7 minutes.





Roasted Garbanzo Beans

INGREDIENTS

1, 15.5 oz. can garbanzo beans, drained and rinsed

Cooking oil spray

SEASONING OPTIONS

Cajun seasoning

Garlic and onion powders

Cayenne

Cumin

Paprika

INSTRUCTIONS

1. Preheat oven to 350 degrees F.

2. In mixing bowl, toss drained and rinsed beans with seasonings of your choice.

3. Spray baking sheet with cooking oil spray. Roast beans in a single layer for 30 – 40 minutes until the beans are a deep golden brown and crunchy. Make sure that the beans do not burn.

5 oz. serving, 127 calories, 24 grams carbs, 1 grams fat, 5 grams protein



Kale Crisps

INGREDIENTS

One bunch of kale (stems removed)

1 tablespoon olive oil

1/3 teaspoon salt

SEASONING OPTIONS

Garlic powder

Onion powder

Cinnamon

INSTRUCTIONS

1. Preheat oven to 400 degrees F.

2. Wash and dry kale.

3. Drizzle with olive oil and salt, and any seasoning options you want to try.

4. Bake for 8 – 12 minutes, turning pan halfway through.

1 cup serving: 121 calories, 14 grams carbs, 5.73 grams fat, 0.8 grams fiber, 4 grams protein



Green Smoothies

Step 1: Liquid

1 cup unsweetened soy/almond milk or coconut water

Step 2: Greens

1 – 2 handfuls baby kale, spinach, bok choy, Swiss chard

Step 3: Frozen fruit

1/2 cup

Step 4: Creamy fruit

1 banana or avocado

Step 5: Healthy fat

2 tablespoons nuts or nut butters, seeds, flax oil

Serves 2, 1 serving using 1/2 cup fruit, banana, almond milk: 150 calories, 25 grams carbs, 6 grams fat, 5 grams protein (nutrition content will vary based on ingredients)

Tips

Spinach and Swiss chard are the most mild tasting greens. Baby kale is more mild than mature kale.

Frozen fruit will make smoothie thicker and replace need for ice.

Resources for Menus, Recipes & Carb-counting Tips

WEBSITES

alldayidreamaboutfood.com

calorieking.com

cleaneatingmag.com (recipes and great source for ready-made meal plans)

diabetes.org/food-nutrition (American Diabetes Association)

diabeticlivingonline.com

eatingwell.com (great recipes)

houseofyumm.com

myplate.gov

myfitnesspal.com (online food journal)

superhealthykids.com

vegetariantimes.com

vegkitchen.com

RECIPE CALCULATORS

myfitnesspal.com/recipe/calculator

recipecard.io/recipe-nutrition-analyzer/

tools.myfooddata.com/recipe-nutrition-calculator

APPS

MyFitnessPal: Calorie Counter

CalorieKing Food Search

Diabetes in Check

Thank you to the websites listed for the recipes and recipe inspiration collected in this cookbook.

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