

Easy Shakshuka with Chickpeas

Kickstart your day with this delicious shakshuka recipe. Packed with protein and fiber from eggs and chickpeas, it will keep you feeling full and satisfied until lunchtime. Serve it with a slice of toasted whole wheat bread for the perfect meal!



Adapted From: Walktoeat
Serving: 4

Prep Time: 5 min
Cook Time: 35 min

Ingredients

- 2 tbsp olive oil
- 1 cup yellow onion, chopped
- 1 medium red bell pepper, stemmed, seeded and diced
- 2 cups of fresh baby spinach leaves
- 2 clove garlic, minced
- 1.5 tsp paprika powder
- 1 tsp cumin powder
- 1/4 tsp sea salt, plus more to taste
- Ground black pepper to taste
- 1/8 tsp cayenne powder (skip if you want no spicy, or increase to 1/4 tsp for more spicier)
- 1 (15.5-ounce) can chickpeas, drain and rinsed
- 1 (28-ounce) can crushed tomatoes
- 4 Large eggs
- 1/4 cup chopped fresh parsley for garnish (optional)

Instructions

1:
Heat olive oil over medium heat in a large skillet. Add the chopped onion and diced red bell pepper and cook until onion is soft and translucent, 5 minutes.

2:
Reduce heat to medium-low and add the minced garlic, paprika, salt, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the crushed tomatoes, and drained chickpeas. Let simmer for 15-20 minutes until the sauce thickens.

3:
Add the spinach and stir until wilted. Use the back of a spoon to make 4 evenly spaced wells in the sauce. Crack an egg in each of the well. Cover the skillet with a lid and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks.

4:
Season with salt and ground black pepper to taste, and with chopped fresh parsley (if using).

5:
Serve with a slice of toasted bread for scooping.

CHEF TIP: For extra flavor and nutrients, you can also top with crumbled feta cheese and/or slices of avocado.

Nutrition Facts per serving: 333 calories, 15g fat, 13g protein, 39g Total carbs, 13g fiber

Grilled Cajun Shrimp with Cauliflower “Potato” Salad

Enjoy a flavorful, low-carb twist on classic dishes with this Grilled Cajun Shrimp and Faux Potato Salad made with cauliflower. Perfectly seasoned shrimp paired with a creamy, cauliflower-based salad create a deliciously satisfying meal with minimal carbs!



Adapted From: ifoodreal
Serving: 6

Prep Time: 15 min
Cook Time: 20 min

Ingredients

For cauliflower salad:

- 1 large head cauliflower, chopped into small florets (1/2 inches)
- 2 stalks celery, diced
- 1/2 large red onion, diced
- 1/2 cup plain Greek yogurt
- 1/2 cup mayonnaise
- 2 tablespoon Dijon mustard
- 1/4 cup dill pickle finely chopped
- 1/4 cup chopped fresh dill
- 1/4 tsp salt or to taste
- Ground black pepper to taste

For Cajun shrimp:

- 2 pounds large shrimp, peeled and deveined
- 1 1/2 tbsp Cajun seasoning
- 2 tbsp avocado oil
- Salt and pepper to taste
- Lemon (optional, to squeeze on shrimp)

Instructions

For cauliflower salad

1:
In a large pot, add cauliflower florets and enough water to cover. Bring to boil and cook on low for 3 to 5 minutes. Make sure not to over cook. Florets should still be slightly firm when pierced with a work.

2:
While cauliflower is cooking you can make the dressing. In a large bowl add Greek yogurt, mayonnaise, mustard, chopped pickles, chopped dill, salt and pepper. Stir all ingredients well.

3:
Drain the cauliflower in a colander and rinse with cold water. Pat dry with paper towel. Add the cauliflower, diced celery, and diced red onion to the large bowl with dressing, mix well until combined.

4:
Refrigerate for at least 30 minutes to 1 hr. It tastes best cold!

For Cajun shrimp

1: In a large bowl toss shrimp with Cajun seasoning, salt and pepper.

2: Heat oil over high heat in a large skillet. Grill seasoned shrimp, about 2-3 minutes per side. Serve immediately.

Nutrition Facts per serving: 283 calories, 15g fat, 25g protein, 12g Total carbs, 4g fiber

Garlic Butter Steak Bites with Refreshing Salad

Whip up a quick and delicious weeknight dinner with these savory Garlic Butter Steak Bites, paired with a vibrant salad packed with antioxidants, vitamins, and minerals. This flavorful meal is both nutritious and satisfying, perfect for busy evenings!



Adapted From: Cookingclassy and Savorynothings
Prep Time: 30 min
Cook Time: 10 min
Serving: 4

Instructions

For steak

- 1: Season steak bites with salt and pepper.
- 2: Heat a large skillet over medium-high heat. Add the oil to the pan, then sear steak for around 2 minutes per side, until a nice, brown crust forms. Work in batches if needed, do not overcrowd the pan! Set seared steak bites aside on a plate and tent with foil.
- 3: Reduce heat to medium, add butter and garlic to empty skillet. Heat about 2 minutes until garlic is fragrant. Turn off heat. Add steak to skillet with garlic butter. Toss to coat. Serve immediately.

For salad

- 1: Make dressing: Mix all ingredients in a bowl until well blended.
- 2: In a large salad bowl, layer together spring mix salad, sliced apple, pecans, feta, cranberries, and red onion.
- 3: Drizzle dressing over salad and toss to coat evenly. Serve immediately.

Ingredients

For steak

- 2 pounds steak, cut into bite sized pieces
- 1 tbsp avocado oil
- 2 tbsp. butter, unsalted
- 4 cloves garlic, minced (or to taste)
- 1/2 tsp salt
- Ground black pepper to taste

For salad

- 8 cups (12 oz) spring mix salad
- 1 large gala apple, thinly chopped
- 1/2 cup pecans, chopped
- 1/2 cup feta cheese
- 1/3 cup dried cranberries
- 1/3 cup sliced red onions

For dressing

- 1/3 cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp pure maple syrup
- 1/2 tsp. Dijon mustard
- 1/4 tsp of salt and ground black pepper

Nutrition Facts per serving: 693 calories, 42g fat, 54g protein, 27g Total carbs, 6g fiber

BONUS RECIPE: Baked Blueberry Lemon Oatmeal Cups

Start your day or fuel your afternoon with these delightful Baked Blueberry Lemon Oatmeal Cups! Perfect for an on-the-go breakfast or snack, these muffin cups can be batch-cooked and stored in the fridge for the week. Simply slice in half and reheat in the toaster oven or microwave for a quick and delicious treat!



Adapted From: Cleananddelicious
Serving: 12

Prep Time: 10 min
Cook Time: 30 min

Instructions

For cauliflower salad

- 1:
Preheat oven to 350°F and spray a 12-cup muffin tin with cooking oil spray to ensure nothing sticks.
- 2:
In a large bowl combine oats, salt, and baking powder. Gently toss together ingredients.
- 3:
To the bowl, mix in almond milk, Greek yogurt, eggs, lemon zest, lemon juice and monk fruit sweetener. Stir ingredients well.
- 4:
Add in the blueberries and sliced almonds until just combined.
- 5:
Evenly divide the oat mixture between all 12 muffin cups, and pop in the oven for 25-30 minutes or until the muffins are set through and lightly golden brown on the top.
- 6:
Cool completely before removing muffins from the pan and enjoy!

Ingredients

- 3 cups rolled oats
- 1/2 tsp sea salt
- 1 tsp baking powder
- 1 cup unsweetened vanilla almond milk
- 1 cup plain Greek yogurt
- 2 large eggs, beaten
- 2 tsp lemon zest
- 1 tbsp lemon juice
- 1/4 cup + 2 tbsp monkfruit sweetener
- 3/4 cup blueberries
- 1/4 cup sliced almonds
- Cooking oil spray

Nutrition Facts per serving: 134 calories, 5g fat, 7g protein, 17g Total carbs, 3g fiber