













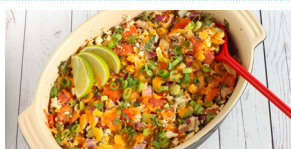








# A WEEK OF HEALTHY LOW-CARB EATING

Trying to lose weight or keep blood sugar levels in balance? A low-carbohydrate diet has proven a successful technique for many. Each day of this plan contains less than 90 g of total carbohydrates (or less than 50 g net carbs, a measure that takes into account dietary fiber content). RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p><b>1 serving Breakfast Egg Bites</b> (p. 2, save leftovers)</p>	 <p><b>Creamy Salmon Salad</b> (p. 2)</p>	 <p><b>1 serving Chicken Cauliflower Casserole</b> (p. 3, save leftovers)</p>	<p>Calories: 1,849, Total Fat: 131 g, Sat. Fat: 33 g, Carbs: 57 g, Fiber: 25 g, Sugars: 19 g, Protein: 120 g, Sodium: 2,019 mg, Cholesterol: 964 mg</p>
TUESDAY	 <p><b>Minty Green Smoothie</b> (p. 3)</p>	 <p><b>1 serving Chicken Cauliflower Casserole</b> (leftovers, p. 3)</p>	 <p><b>1 serving Chicken Wings with Roasted Cauliflower &amp; Garlic Spinach</b> (p. 4, save leftovers)</p>	<p>Calories: 1,826, Total Fat: 116 g, Sat. Fat: 38 g, Carbs: 86 g, Fiber: 37 g, Sugars: 33 g, Protein: 121 g, Sodium: 1,749 mg, Cholesterol: 447 mg</p>
WEDNESDAY	 <p><b>1 serving Breakfast Egg Bites</b> (leftovers, p. 2)</p>	 <p><b>Creamy Salmon Salad</b> (p. 2)</p>	 <p><b>1 serving Chicken Wings with Roasted Cauliflower &amp; Garlic Spinach</b> (leftovers, p. 4)</p>	<p>Calories: 1,938, Total Fat: 137 g, Sat. Fat: 37 g, Carbs: 43 g, Fiber: 19 g, Sugars: 14 g, Protein: 137 g, Sodium: 1,713 mg, Cholesterol: 1,148 mg</p>
THURSDAY	 <p><b>1 serving Breakfast Egg Bites</b> (leftovers, p. 2)</p>	 <p><b>1 serving Chicken Wings with Roasted Cauliflower &amp; Garlic Spinach</b> (leftovers, p. 4)</p>	 <p><b>1 serving Chicken Cauliflower Casserole</b> (leftovers, p. 3)</p>	<p>Calories: 1,884, Total Fat: 131 g, Sat. Fat: 45 g, Carbs: 52 g, Fiber: 24 g, Sugars: 16 g, Protein: 133 g, Sodium: 2,132 mg, Cholesterol: 1,179 mg</p>
FRIDAY	 <p><b>Yogurt Parfait with Melon &amp; Chia Seeds</b> (p. 5)</p>	 <p><b>1 serving Greek Lettuce Cups</b> (p. 5, save leftovers)</p>	 <p><b>1 serving Chicken Cauliflower Casserole</b> (leftovers, p. 3)</p>	<p>Calories: 1,594, Total Fat: 105 g, Sat. Fat: 37 g, Carbs: 67 g, Fiber: 26 g, Sugars: 31 g, Protein: 106 g, Sodium: 1,354 mg, Cholesterol: 285 mg</p>
SATURDAY	 <p><b>Yogurt Parfait with Melon &amp; Chia Seeds</b> (p. 5)</p>	 <p><b>1 serving Greek Lettuce Cups</b> (leftovers, p. 5)</p>	 <p><b>1 serving Chicken Wings with Roasted Cauliflower &amp; Garlic Spinach</b> (leftovers, p. 4)</p>	<p>Calories: 1,683, Total Fat: 112 g, Sat. Fat: 41 g, Carbs: 53 g, Fiber: 20 g, Sugars: 26 g, Protein: 123 g, Sodium: 1,043 mg, Cholesterol: 471 mg</p>
SUNDAY	 <p><b>Minty Green Smoothie</b> (p. 3)</p>	 <p><b>Creamy Salmon Salad</b> (p. 2)</p>	 <p><b>1 serving Greek Lettuce Cups</b> (leftovers, p. 5)</p>	<p>Calories: 1,651, Total Fat: 109 g, Sat. Fat: 25 g, Carbs: 72 g, Fiber: 29 g, Sugars: 31 g, Protein: 104 g, Sodium: 1,184 mg, Cholesterol: 256 mg</p>

## Breakfast Egg Bites

SERVES 3.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 45 MINUTES.

These egg and veggie bites can be eaten straight from the fridge, or heated quickly in the toaster oven or microwave.

- 12 large** eggs
- 1 cup** almond flour
- ½ cup** unsweetened almond or other non-dairy milk
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1½ cups** loosely packed baby spinach, finely chopped
- 1 cup** finely chopped mushrooms
- ½ cup** crumbled goat cheese

**1.** Preheat oven to 350°F and line a 12-count muffin tin with silicone liners.

**2.** In a large bowl, whisk eggs, almond flour, milk, salt and pepper. Add spinach, mushrooms and cheese and stir until mixed.

**3.** Divide mixture evenly among muffin liners. Bake until eggs have set, about 30 minutes.

**NOTE:** If following our Meal Plan, refrigerate leftover egg bites and reheat when called for.

**PER SERVING** (4 egg bites): Calories: 573, Total Fat: 43 g, Sat. Fat: 11 g, Carbs: 12 g, Fiber: 6 g, Sugars: 3 g, Protein: 38 g, Sodium: 740 mg, Cholesterol: 767 mg

## Creamy Salmon Salad

SERVES 1. HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

This nutritious salad hits all the marks for satisfaction: a variety of flavors and textures, ease of prep and balanced nutrition. The creamy sauce is the perfect complement to the crunchy veggies and hearty salmon.

- 1 6-oz** wild salmon fillet
- 2 tbsp** extra-virgin olive oil
- 1 tbsp** full-fat plain Greek yogurt
- 1 tbsp** apple cider vinegar
- ⅛ tsp** each sea salt and ground black pepper
- 2 cups** baby spinach
- 1** tomato, diced
- 1 stalk** celery, diced
- ¼** red onion, thinly sliced
- ¼ cup** chopped almonds

**1.** Preheat oven to 400°F. Place salmon on a 12-inch square piece of parchment paper. Fold ends of parchment together and crimp the edges, creating a pouch around salmon. Bake until salmon is cooked through and flakes easily with a fork, about 10 minutes.

**2.** Meanwhile, prepare dressing. In a bowl, whisk together oil, yogurt, vinegar, salt and pepper.

**3.** Assemble salad: In a bowl, toss spinach, tomato, celery and onion with dressing. Transfer to a plate and top with salmon and almonds.

**PER SERVING** (1 recipe): Calories: 665, Total Fat: 47 g, Sat. Fat: 7 g, Carbs: 18 g, Fiber: 7 g, Sugars: 7 g, Protein: 43 g, Sodium: 430 mg, Cholesterol: 82 mg

# Chicken Cauliflower Casserole

SERVES **4**. HANDS-ON TIME: **20 MINUTES**.  
TOTAL TIME: **55 MINUTES**.

Tender riced cauliflower makes the low-carb base for this comforting casserole that boasts southwestern flavors.

## CASSEROLE

- 1 head** cauliflower, cut into florets
- 2 cups** shredded cheddar cheese, divided
- 2 cups** cooked shredded chicken
- 2 cups** diced tomatoes
- 1 cup** chopped celery
- 1 cup** diced red onion
- 1 cup** chopped fresh cilantro
- 1-2 tbsp** hot sauce
- ½ tsp** each ground cumin, sea salt and ground black pepper
- ¼ tsp** dried oregano

## TOPPINGS

- 2** avocados, sliced
- ½ cup** full-fat plain Greek yogurt
- 4 tbsp** sliced green onions
- 1** lime, cut into 4 wedges

- 1.** Prepare casserole: Preheat oven to 350°F. In a food processor, pulse cauliflower florets to a rice-like size. (You'll need about 3 cups.)
- 2.** Place riced cauliflower in a large bowl. Add three-quarters of cheese, chicken, tomatoes, celery, red onion, cilantro, hot sauce, cumin, salt, pepper and oregano; toss until well combined.
- 3.** Spread mixture in an 8 x 12-inch baking dish; top with remaining one-quarter of cheese, cover with foil and bake for 25 minutes. Remove foil and bake until cheese is browned, about 10 minutes more.
- 4.** Divide avocado, yogurt, green onions and lime wedges among servings.

**NOTE:** If following our Meal Plan, refrigerate leftover casserole and toppings separately. Reheat and assemble when called for.

**PER SERVING** (¼ casserole with toppings):  
Calories: 611, Total Fat: 41 g, Sat. Fat: 15 g,  
Carbs: 27 g, Fiber: 12 g, Sugars: 9 g, Protein: 39 g,  
Sodium: 849 mg, Cholesterol: 113 mg

# Minty Green Smoothie

SERVES **1**.  
HANDS-ON TIME: **10 MINUTES**.  
TOTAL TIME: **10 MINUTES**.

This fresh shake has staying power thanks to the healthy fat and protein provided by the chia seeds and protein powder.

- 1½ cups** unsweetened almond or other non-dairy milk
- ½** avocado, peeled and pitted
- 1 cup** chopped cucumber
- 1 cup** chopped honeydew melon
- 2 tbsp** fresh mint
- 2 tbsp** chia seeds
- 1 scoop** vanilla protein powder
- ½ cup** ice

In a blender, blend all ingredients until smooth.

**PER SERVING** (1 recipe): Calories: 515,  
Total Fat: 28 g, Sat. Fat: 4 g, Carbs: 46 g, Fiber: 19 g,  
Sugars: 20 g, Protein: 26 g, Sodium: 357 mg,  
Cholesterol: 35 mg

# Chicken Wings

## with Roasted Cauliflower & Garlic Spinach

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.

By baking these wings on an oven-safe rack elevated over a baking sheet, air can circulate around the wings, making them perfectly crisp. Roasted cauliflower and garlic spinach round out the meal.

### WINGS

- 1½ tbsp** paprika
- ¾ tsp** garlic powder
- ¼ tsp** each sea salt and chili powder blend
- ½ tsp** each ground black pepper and mustard powder
- 4 lb** chicken wings
- 1 tbsp** coconut oil

### CAULIFLOWER

- 1 head** cauliflower, cut into florets
- 1 tbsp** coconut oil
- 1 tbsp** paprika
- 1 tsp** garlic powder
- ¼ tsp** each sea salt and chili powder blend

### SPINACH

- 1 tbsp** coconut oil
- 2 cloves** garlic, minced
- 6 cups** loosely packed baby spinach
- 1 tbsp** sliced green onion

1. Preheat oven to 400°F. Line 2 baking sheets with foil and top 1 with an oven-safe metal rack.
2. Prepare wings: In a large bowl, combine paprika, garlic powder, salt, chili powder, pepper and mustard powder.
3. Add wings to bowl with spices. Add oil and massage spice rub into wings. Place coated wings on rack over baking sheet and bake 45 minutes.
4. On second baking sheet, toss together all cauliflower ingredients; spread in an even layer. After wings have been in oven for 15 minutes, add cauliflower to oven and bake 30 minutes.

5. Meanwhile, in a large skillet on medium-high, heat remaining 1 tbsp oil. Add minced garlic and sauté 30 seconds. Add spinach and sauté until just starting to wilt, 2 minutes. Serve wings with roasted cauliflower and sautéed spinach. Garnish with green onion.

**NOTE:** If following our Meal Plan, refrigerate leftovers separately and reheat when called for.

**PER SERVING** (¼ of recipe): Calories: 700, Total Fat: 47 g, Sat. Fat: 19 g, Carbs: 13 g, Fiber: 6 g, Sugars: 4 g, Protein: 56 g, Sodium: 543 mg, Cholesterol: 299 mg

## Yogurt Parfait

with Melon & Chia Seeds

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

This simple parfait is ultra satisfying with sweet melon, creamy yogurt and crunchy nuts and seeds.

- 1 cup** full-fat plain Greek yogurt
- ½ cup** diced honeydew melon
- ¼ cup** chopped almonds
- 2 tbsp** chia seeds

Place yogurt in a serving bowl. Top with melon, almonds and seeds.

**PER SERVING** (1 recipe): Calories: 512, Total Fat: 31 g, Sat. Fat: 8 g, Carbs: 32 g, Fiber: 11 g, Sugars: 18 g, Protein: 32 g, Sodium: 108 mg, Cholesterol: 33 mg

## Greek Lettuce Cups

SERVES 3. HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 25 MINUTES.

These lettuce cups feature traditional Greek flavors that come together in less than 30 minutes, making it a great option for weekday meals.

- 1 tbsp** extra-virgin olive oil
- 1 lb** ground lamb
- ½ tsp** each garlic powder and ground black pepper
- ¼ tsp** each dried oregano and sea salt
- 6 large** Bibb or romaine lettuce leaves
- 1** tomato, diced
- 1 cup** diced cucumber
- ¼ cup** diced red onion
- ¾ cup** crumbled goat cheese
- 6 tbsp** full-fat plain Greek yogurt
- 3 tbsp** chopped fresh mint

**1.** In a large skillet on medium-low, heat oil. Add lamb, garlic powder, pepper, oregano and salt; cook until no longer pink, stirring occasionally, about 7 minutes.

**2.** Assemble lettuce wraps: Place lettuce leaves on a plate. Divide lamb mixture among lettuce leaves. Divide tomato, cucumber, onion and cheese over top. Top with yogurt and mint.

**NOTE:** If following our Meal Plan, refrigerate leftover components separately. Reheat lamb and assemble with toppings when called for.

**PER SERVING** (2 lettuce cups): Calories: 471, Total Fat: 34 g, Sat. Fat: 14 g, Carbs: 8 g, Fiber: 3 g, Sugars: 4 g, Protein: 35 g, Sodium: 397 mg, Cholesterol: 139 mg



# SHOPPING LIST

## PROTEINS & DAIRY

- 1 dozen large eggs
- 1 qt unsweetened non-dairy milk
- 10 oz boneless skinless chicken breast (or 2 cups cooked shredded chicken)
- 4 lb chicken wings
- 3 6-oz wild salmon fillets
- 1 lb ground lamb
- 1 28-oz container full-fat plain Greek yogurt
- 8 oz shredded Cheddar cheese
- 12 oz goat cheese
- 1 carton vanilla protein powder

## VEGGIES & FRUITS

- 1 honeydew melon
- 3 avocados
- 2 cucumbers
- 2 heads cauliflower
- 1 head celery
- 2 red onions
- 1 bunch green onions
- 4 oz mushrooms
- 1 lb baby spinach
- 1 head Bibb or romaine lettuce
- 1 head garlic
- 1 lime
- 1 bunch fresh cilantro
- 1 bunch fresh mint
- 8 vine tomatoes

## NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 1 bag almond flour
- 5 oz whole almonds
- 1 bag chia seeds

## PANTRY STAPLES

- 1 bottle hot sauce
- 1 bottle apple cider vinegar
- 1 bottle chili powder blend
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle mustard powder
- 1 bottle dried oregano
- 1 bottle paprika
- 1 bottle sea salt
- 1 bottle ground black pepper