

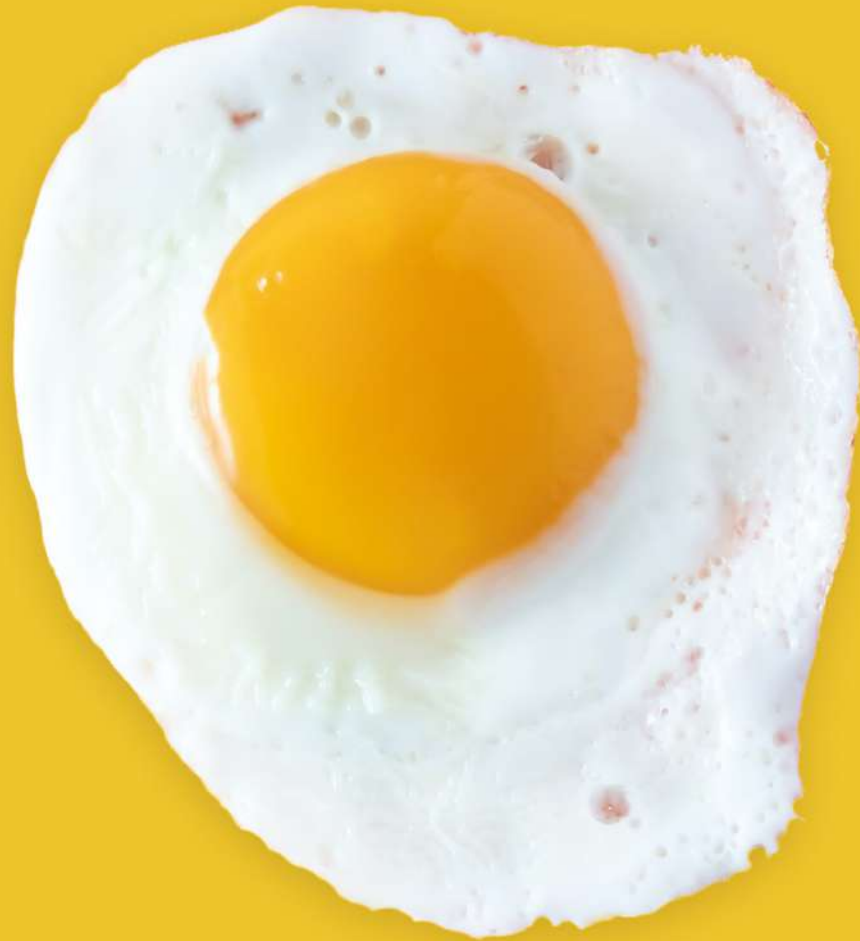
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COOKBOOK

Healthy & Delicious
Low Carb Recipes

3	Breakfast ideas
7	Snack ideas
15	Main dishes
22	Salads
28	Soups
34	Side dishes
43	Desserts



BREAKFAST IDEAS

Rise and shine to the most
important meal of the day



AVOCADO ON TOAST + YOGURT / MILK / COTTAGE CHEESE

Choose a whole wheat bread over a white one to get more fiber and protein. This will keep you feeling fuller for longer and avoid sugar spikes. Smash an avocado on your bread and enjoy it alongside a source of protein like yogurt, cottage cheese, or milk.

Yield: 1 serving
Calories: 186
Protein: 4.5 g
Carbohydrate: 26 g
Fiber: 5 g
Sugar: 2 g
Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 162 mg

ALMOND BUTTER ON TOAST + YOGURT / MILK COTTAGE CHEESE

Choose a whole wheat bread over white to get more fiber and protein. Spread a nut butter of your choice, but we recommend almond butter as your first choice because of its high content of fiber, vitamins, and healthy fats.

Yield: 1 serving
Calories: 230
Protein: 6 g
Carbohydrate: 27 g
Fiber: 3 g
Sugar: 2.5 g
Fat: 12 g
Saturated Fat: 1 g
Cholesterol: 0 mg



YOGURT + MUESLI / NUTS / WHOLE WHEAT CEREALS

Choose unsweetened low-fat yogurt and enjoy it with a low-sugar muesli or with a whole wheat cereal. Or, sprinkle in some nuts and seeds to get an even healthier breakfast.

Yield: 1 serving
Calories: 256
Protein: 23 g
Carbohydrate: 27 g
Fiber: 2 g
Sugar: 12 g
Fat: 7 g
Saturated Fat: 3 g
Cholesterol: 20 mg
Sodium: 68 mg

SCRAMBLED EGGS / OMELETTE + VEGETABLES OF YOUR CHOICE + BREAD

Enjoy a scrambled egg or an omelette with veggies over a slice of whole wheat bread.

Yield: 1 serving
Calories: 316
Protein: 16 g
Carbohydrate: 27 g
Fiber: 3 g
Sugar: 4 g
Fat: 1 g
Saturated Fat: 4 g
Cholesterol: 337 mg
Sodium: 359 mg

MILK + CEREALS

Mix low-fat milk with a cereal containing at least 2 grams of fiber and less than 5 grams of sugar, and sprinkle some sunflower seeds or sliced almonds on top.

Yield: 1 serving
Calories: 202
Protein: 11 g
Carbohydrate: 32 g
Fiber: 3 g
Sugar: 18 g
Fat: 17 g
Saturated Fat: 3 g
Cholesterol: 0 mg
Sodium: 138 mg

OATS + FRUIT OF YOUR CHOICE

Prepare oats with water or low-fat milk and a sprinkle of cinnamon. Then, top the cooked oats with a fruit of your choice. We recommend fruits with a low glycemic index such as berries, grapefruits, pears, cherries, apples, or oranges.

Yield: 1 serving
Calories: 212
Protein: 7 g
Carbohydrate: 39 g
Fiber: 7 g
Sugar: 8 g
Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 11 mg

CHIA SEED PUDDING

Mix $\frac{1}{4}$ cup of chia seeds, $\frac{1}{2}$ cup of water, a hearty amount of cinnamon, 1-2 tbsp of coconut oil, and some combination of toppings like frozen raspberries, shelled sunflower seeds, and nuts.

Yield: 1 serving
Calories: 190
Protein: 3 g
Carbohydrate: 6 g
Fiber: 2.5 g
Sugar: 5 g
Fat: 17 g
Saturated Fat: 12 g
Cholesterol: 0 mg
Sodium: 6 mg





SNACK IDEAS

From time to time, we all
could use a little munch



A CUP OF A FRUIT OF YOUR CHOICE WITH NUT BUTTER OF CHOICE

Enjoy a cup of a fruit of your choice. We love apples, peaches, pears, oranges, apricots, or plums.

Yield: 1 serving
Calories: 237
Protein: 8 g
Carbohydrate: 18 g
Fiber: 5 g
Sugar: 10 g
Fat: 17 g
Saturated Fat: 3 g
Cholesterol: 0 mg
Sodium: 138 mg

SMALL BANANA WITH NUT BUTTER OF CHOICE

Although bananas are very healthy, they are high in natural sugars, so try consuming only small ones.

Yield: 1 serving
Calories: 296
Protein: 8 g
Carbohydrate: 34 g
Fiber: 5 g
Sugar: 18 g
Fat: 17 g
Saturated Fat: 3 g
Cholesterol: 0 mg
Sodium: 138 mg



10 SMALL GRAPES OR STRAWBERRIES AND ¼ CUP OF NUTS

Grapes and strawberries are very sweet,
so try to stick to 10 per snack.

Yield: 1 serving
Calories: 248
Protein: 8 g
Carbohydrate: 16 g
Fiber: 4 g
Sugar: 9 g
Fat: 19 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 8 mg

1 CUP OF LOW-FAT MILK

Always pick a low-fat / fat-free milk.

Yield: 1 serving
Calories: 102
Protein: 8 g
Carbohydrate: 12 g
Fiber: 0 g
Sugar: 13 g
Fat: 2 g
Saturated Fat: 1.5 g
Cholesterol: 12 mg
Sodium: 107 mg

1 CUP OF PLAIN UNSWEETENED YOGURT

Enjoy unsweetened yogurt with 3 almonds or other nuts of your choice.

Yield: 1 serving
Calories: 190
Protein: 22 g
Carbohydrate: 8 g
Fiber: 0 g
Sugar: 7 g
Fat: 8 g
Saturated Fat: 3 g
Cholesterol: 20 mg
Sodium: 69 mg

NON-STARCHY VEGETABLES + LOW-FAT COTTAGE CHEESE

Slice up some cucumbers, tomatoes, zucchini or other non-starchy vegetables with low-fat cottage cheese.

Yield: 1 serving
Calories: 48
Protein: 7 g
Carbohydrate: 3 g
Fiber: 0 g
Sugar: 2 g
Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 2 mg
Sodium: 230 mg





¼ CUP OF UNSALTED / UNSWEETENED NUTS OF YOUR CHOICE

Portion control when eating nuts is fundamental.
Stick to a small handful of the nuts of your choice.

Yield: 1 serving
Calories: 213
Protein: 8 g
Carbohydrate: 7 g
Fiber: 4.5 g
Sugar: 2 g
Fat: 19 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 7 mg

AVOCADO / GUACAMOLE DIP + NON-STARCHY VEGETABLES

Cut up some non-starchy vegetables with a small
piece of avocado or 1 tablespoon of guacamole.
(Add plain, non-fat Greek yogurt to guacamole to increase protein.)

Yield: 1 serving
Calories: 46
Protein: 1 g
Carbohydrate: 4 g
Fiber: 3 g
Sugar: 1 g
Fat: 3 g
Saturated Fat: 0.5 g
Cholesterol: 0 mg
Sodium: 122 mg



1 HARD BOILED EGG + WHOLE WHEAT CRACKERS

Try to stick with whole wheat crackers to enjoy with a hard boiled egg.)

Yield: 1 serving
Calories: 205
Protein: 10 g
Carbohydrate: 24 g
Fiber: 3 g
Sugar: 2 g
Fat: 8 g
Saturated Fat: 8 g
Cholesterol: 187 mg
Sodium: 222 mg

1 CUP OF HOMEMADE VEGETABLE SOUP (Add protein source to soup)

Procedure:

(1) In a large pot, cook onion and garlic over medium heat until softened. (2) Add carrots, cabbage, and green beans, and cook for an additional 5 minutes. (3) Stir in bell peppers, undrained tomatoes, broth, tomato paste, bay leaves, and seasoning, and simmer for 6-7 minutes. (4) Add in zucchini and broccoli, and simmer until softened. (5) Remove bay leaves before serving.

Yield: 1 serving
Calories: 137
Protein: 5 g
Carbohydrate: 24 g
Fiber: 4 g
Sugar: 0 g
Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 4 mg
Sodium: 92 mg

HUMMUS AND CARROTS

We recommend you make your own hummus by simply blending 2 cans of chickpeas, 1 clove of garlic, 3 tablespoons of olive oil, half a cup of water, and half a teaspoon of salt.

Yield: 1 serving
Calories: 100
Protein: 2 g
Carbohydrate: 17 g
Fiber: 4 g
Sugar: 6 g
Fat: 3 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 244 mg

HUMMUS GUACAMOLE WITH VEGGIES

Ingredients:

1 avocado, peeled • 2 cups of hummus • 1 onion, chopped
1 small tomato • 1 tbsp green chili pepper
2 tbsp olive oil • Cilantro, chopped

Procedure:

Scoop avocado into a medium bowl. Mash and add hummus. Blend thoroughly. Gently stir in the onion, tomato, and chilies. Check seasoning. Cover and refrigerate. Before serving, drizzle with olive oil and garnish with cilantro.

Yield: 8 servings
Calories: 166
Protein: 3 g
Carbohydrate: 13 g
Fiber: 2.5 g
Sugar: 2 g
Fat: 12 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 323 mg





MAIN DISHES

Whatever the occasion,
these are sure crowd pleasers



VEGGIES AND BEEF “LASAGNA”

Ingredients:

- 2 tbsp olive oil
- 18 oz lean beef, minced
- 2 celery stalks, finely chopped
- 2 zucchinis, coarsely grated
- 1 tsp paprika
- 2 tsp ground coriander
- 2 tsp dried oregano
- 30 oz of chopped tomatoes
- 1 tsp Worcestershire sauce
- 6 tbsp of chopped fresh parsley
- lemon juice, and black pepper to taste
- 1 medium eggplant, cut in long strips
- 3-4 spinach leaves
- 1 ¼ cups low-fat buttermilk
- ½ cup grated low-fat cheddar cheese

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Pour 2 tsp of oil in a saucepan, heat it, and then brown meat. (3) Spoon out the meat, add 1 tsp of oil, and fry the onions until soft. Add celery and zucchini and fry for a few minutes. Add paprika, coriander, oregano, chopped tomatoes, and Worcestershire sauce. (4) Put the meat back in the pan and let simmer for 30 minutes. Add 4 tbsp of the parsley and season with lemon juice and pepper. (5) Cut the eggplant in long strips, placing them on a baking tray. Brush each side with remaining oil. Roast for 15 minutes until golden and cooked. (6) Spoon half of the meat into a deep oven dish. Cover with spinach leaves. Spoon remaining meat on top and cover with a layer of eggplant. (7) Mix buttermilk, remaining herbs, and cheese, and spread over the eggplant. Bake for 20 minutes or until golden and cooked.

Yield: 12 servings
Calories: 123
Protein: 14 g
Carbohydrate: 9 g
Fiber: 3 g

Sugar: 3 g
Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 28 mg
Sodium: 308 mg



BAKED BROCCOLI AND CHICKEN

Ingredients:

- 2 tsp olive oil
- 3 chicken breasts on the bone, skin and fat removed
- ½ cup strong prepared rooibos tea
- 1 bay leaf
- 2 strips of lemon rind, cut with a vegetable peeler
- ¾ cup plain low-fat yogurt
- 8 tsp cornflour, mixed with a little water to form a paste
- 2 ½ cups low-fat milk
- 1 tbsp chopped fresh rosemary
- 14 oz broccoli, cut into florets
- ½ cup frozen peas, rinsed
- 1 tsp salt
- lemon juice, and black pepper to taste
- ¼ cup grated low-fat cheddar cheese
- 3 tbsp sunflower seeds
- 3 tbsp chopped fresh parsley

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Heat the oil in a large saucepan and sear the chicken until brown. Add tea, bay leaf, and lemon rind. (3) Cover with a lid and let simmer for about 20 minutes or until cooked through, but not dry. Spoon out chicken, and allow to cool slightly. Remove chicken from bones and shred meat. (4) Mix yogurt, cornflour, milk, and add to the liquid in the pan. Stir over a low heat until thoroughly mixed. (5) Add rosemary and broccoli florets. Cover with the lid for 1-2 minutes. Stir in peas, salt, and chicken. Season with lemon juice and pepper.

Yield: 4 servings

Calories: 278

Protein: 29 g

Carbohydrate: 21 g

Fiber: 4.5 g

Sugar: 6 g

Fat: 9 g

Saturated Fat: 2 g

Cholesterol: 67 mg

Sodium: 185 mg

BAKED COD WITH ROMESCO SAUCE

Ingredients:

- 2 cod fillets
- 9 oz green beans
- 5 tbsp extra virgin olive oil
- 8.5 oz jar of roasted peppers, drained
- 1 garlic clove
- 2 tsp smoked paprika
- 1 oz roasted hazelnuts
- 1 tsp lemon juice

Procedure:

(1) Preheat oven to 200/400° C/F. (2) Line a baking sheet with parchment paper. Add the green beans and fish to the baking sheet. Drizzle with olive oil and sprinkle with salt and pepper to taste. Bake for 15 minutes. (3) For the romesco, add all of the ingredients except for the olive oil in a food processor. Pulse until finely ground, then with processor on, slowly drizzle in the olive oil until smooth. If too thick, thin out with some water. Add salt and pepper to taste. (4) Serve fish and green beans topped with romesco sauce.

Yield: 4 servings

Calories: 234

Protein: 18 g

Carbohydrate: 7 g

Fiber: 52 g

Sugar: 4.6 g

Fat: 22 g

Saturated Fat: 3 g

Cholesterol: 37 mg

Sodium: 191 mg



LOW CARB BAGELS (vegetarian friendly)

Ingredients:

- 1 ½ cups shredded low-fat mozzarella cheese
- 1 cup blanched almond flour
- 2 tbsp low-fat cream cheese
- 1 large egg
- ½ tbsp olive oil
- 1 ½ tsp baking powder

Seasoning mix:

- 1 tbsp dried minced onion
- 2 tsp poppy seeds
- 2 tsp white sesame seeds
- 1 tsp garlic powder
- ¼ tsp salt

Procedure:

(1) Preheat oven to 190/375° C/F. (2) Prepare a baking sheet lined with parchment paper. (3) In a small bowl, add all seasoning ingredients and stir until well-mixed. (4) In a large heatproof bowl, add almond flour, about two-thirds of the seasoning mix, and baking powder. Whisk until well-mixed. (5) Add mozzarella cheese and cream cheese to the same bowl. Microwave until the cheese is melted. Stir until mixture forms a smooth dough. (6) Add the egg to the same bowl, working it in until absorbed and well-mixed. (7) Divide the dough into 4 equal pieces. Shape each piece into a log about 6 inches long and attach the ends to form a bagel shape. Place the bagels at least 1 inch apart on the prepared lined baking sheet. (8) Brush olive oil across the tops. Take the remaining seasoning mix and sprinkle on top, using as much or as little as desired. (9) Bake in preheated oven for about 20 minutes.

Yield: 4 servings

Calories: 347

Protein: 18 g

Carbohydrate: 10 g

Fiber: 4 g

Sugar: 4 g

Fat: 25 g

Saturated Fat: 7 g

Cholesterol: 76 mg

Sodium: 438 mg

CAULIFLOWER MAC AND CHEESE

Ingredients:

- 1 pound cauliflower, cut into florets
- ¼ cup finely grated low-fat Parmesan cheese
- 2 tablespoons olive oil
- freshly ground black pepper

Sauce:

- ½ cup heavy cream (use low-fat milk)
- 3 ounces (about 1 cup) shredded low-fat cheddar cheese
- 2 ounces low-fat cream cheese cut into small pieces
- 2 teaspoons dijon mustard
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

Procedure:

(1) Preheat oven to 200/400° C/F. (2) Prepare a baking sheet lined with foil. Coat cauliflower florets with olive oil and spread them out on the baking sheet in a single layer. (3) Bake at 400°F for 15 to 20 minutes. (4) In a small saucepan, add all the sauce ingredients. Heat for about 5 minutes over medium heat until melted and smooth, whisking frequently. Keep warm over low heat while you wait for the cauliflower to bake. (5) In a mixing bowl, toss roasted cauliflower with the sauce until well-coated. (6) Serve in bowls. Evenly sprinkle Parmesan cheese on top and season with freshly ground black pepper.

Yield: 4 servings

Calories: 231

Protein: 7 g

Carbohydrate: 7 g

Fiber: 2 g

Sugar: 3 g

Fat: 20 g

Saturated Fat: 9 g

Cholesterol: 40 mg

Sodium: 481 mg



MOROCCAN FISH

Ingredients:

- 4 fish fillets
- 1 red bell pepper, seeded and cut into long thin strips
- 5 large garlic cloves, coarsely chopped
- 3 large dried red chili peppers
- $\frac{1}{4}$ tsp turmeric
- 1 $\frac{1}{2}$ cups water
- $\frac{1}{3}$ cup extra virgin olive oil
- 1 tbs paprika
- Salt and pepper

Procedure:

(1) Before you start cooking, reserve a few pieces of the cilantro for garnish. (2) Place cilantro, bell pepper slices, garlic, and chili peppers in the bottom of the sauté pan (3) Place fish fillets on top of the other ingredients. Season fillets generously with salt and pepper, then sprinkle turmeric evenly across fillets. (4) Add 1 $\frac{1}{2}$ cups of water to the pan. Cover pan, turn flame on high, and bring to a boil. As soon as the water boils, reduce heat to medium and uncover the pan. (5) Allow mixture to simmer uncovered for 10-15 minutes, basting fillets periodically until the water reduces by half and turns yellow.

Yield: 4 servings

Calories: 312

Protein: 31 g

Carbohydrate: 3 g

Fiber: 1 g

Sugar: 1 g

Fat: 19 g

Saturated Fat: 3 g

Cholesterol: 73 mg

Sodium: 219 mg

CAULIFLOWER RICE AND CHICKEN BOWL

Ingredients:

- 6 tablespoons plus 1 teaspoon extra virgin olive oil, divided
- 4 cups cauliflower rice
- ½ cup chopped red onion
- ¾ teaspoon salt, divided
- ½ cup chopped fresh dill, divided
- 1 pound boneless, skinless chicken breasts
- ½ teaspoon ground pepper, divided
- 3 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 cup halved cherry tomatoes
- 1 cup chopped cucumber
- 2 tablespoons chopped Kalamata olives
- 2 tablespoons crumbled low-fat feta cheese
- Lemon wedges for serving (optional)

Procedure:

(1) Preheat grill to medium. (2) Heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower, onion and ¼ teaspoon salt. Cook for about 5 minutes. Remove from heat and stir in ¼ cup dill. (3) Rub 1 teaspoon oil all over chicken. Sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Grill, turning once, for about 15 minutes total. (4) Whisk the remaining 4 tablespoons oil, lemon juice, oregano, and the remaining ¼ teaspoon each salt and pepper in a small bowl. (5) Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, cucumber, olives, and feta. Sprinkle with remaining ¼ cup dill. If desired, drizzle with a vinaigrette and serve with lemon wedges.

Yield: 4 servings
Calories: 322
Protein: 29 g
Carbohydrate: 10 g
Fiber: 3 g
Sugar: 5 g
Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 89 mg
Sodium: 295 mg

SPAGHETTI SQUASH (vegan friendly)

Ingredients:

- 1 spaghetti squash

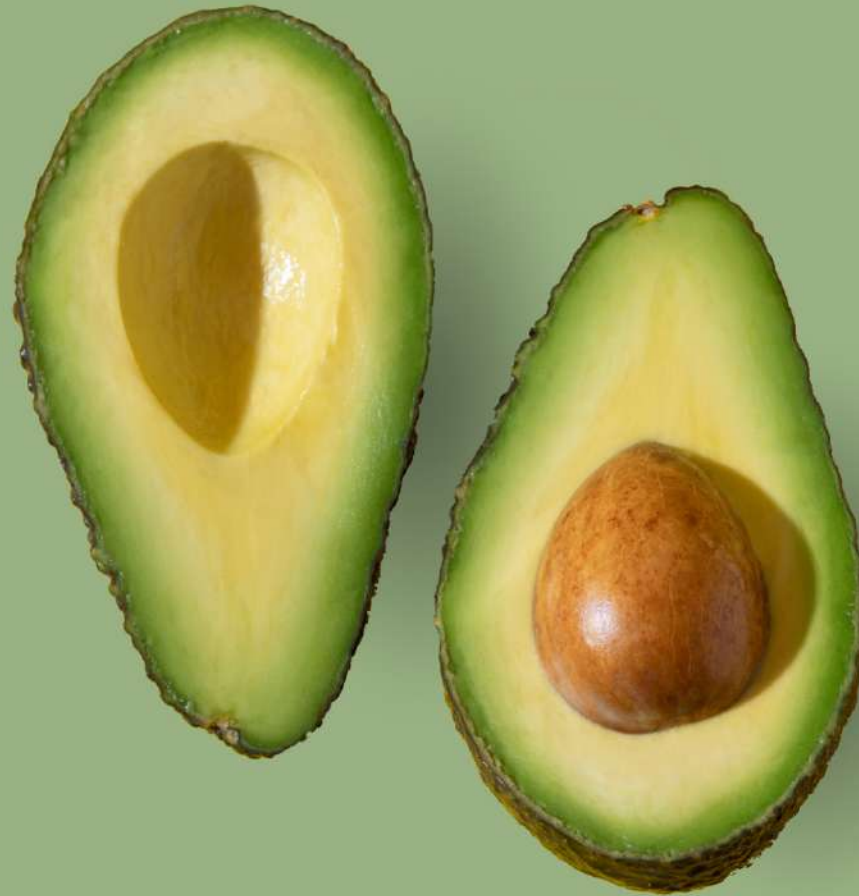
Procedure:

(1) Preheat oven to 200/400° C/F. (2) Cut squash in half lengthwise then scoop out the seeds. (3) Poke a few holes in the skin of the squash with a fork and then place it cut side down on a baking sheet. (4) Put in the pre-heated oven for 40 mins. (5) Once it's roasted, let it cool down and then use a fork to scrape the strands. (6) Sprinkle with salt and pepper and drizzle with olive oil. (7) Optional: enjoy it with your favorite pasta sauce.

Yield: 4 servings
Calories: 61
Protein: 6 g
Carbohydrate: 3 g
Fiber: 0 g

Sugar: 2 g
Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 6 mg
Sodium: 119 mg





SALADS

The best way to get in your greens



TUNA SALAD

Ingredients:

- 1 can chickpeas, rinsed and drained
- 3 celery ribs, chopped
- 1 small sweet red pepper, chopped
- 4 green onions, chopped
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons spicy brown mustard
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cans albacore white tuna in water
- 4 cups shredded lettuce
- Optional: ½ cup crumbled feta or blue cheese

Procedure:

(1) In a large bowl, combine the chickpeas, celery, red pepper, and green onions. In a small bowl, whisk the oil, vinegar, mustard, basil, salt, and pepper. Pour over chickpea mixture; toss to coat. Gently stir in tuna. (2) Serve over lettuce. Sprinkle with cheese if desired.

Yield: 6 servings

Calories: 155

Protein: 14 g

Carbohydrate: 12 g

Fiber: 4 g

Sugar: 4 g

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 20 mg

Sodium: 286 mg



NICOISE SALAD

Ingredients:

- 1 pound red potatoes, cubed
- ¼ pound fresh green beans, trimmed
- ½ cup oil and vinegar salad dressing
- ½ teaspoon grated lemon zest
- ¼ teaspoon freshly ground pepper
- 6 cups torn romaine lettuce
- 4 hard boiled large eggs, sliced
- 3 cans of light tuna in water
- 2 medium tomatoes, chopped

Procedure:

(1) Place potatoes in a large saucepan and add water to cover. Bring to a boil, then reduce heat and cook uncovered for 8-10 minutes, adding green beans during the last 3 minutes of cooking. Drain potatoes and beans, immediately drop into ice water, then drain and pat dry. (2) In a small bowl, combine salad dressing, lemon zest, and pepper. Divide romaine lettuce among four plates, arrange potatoes, green beans, eggs, tuna, and tomatoes over the romaine lettuce. (3) Serve with dressing mixture.

Yield: 8 servings

Calories: 203

Protein: 14 g

Carbohydrate: 13 g

Fiber: 2.5 g

Sugar: 3 g

Fat: 11 g

Saturated Fat: 2 g

Cholesterol: 67 mg

Sodium: 151 mg

BRUSSELS SPROUTS SALAD (vegetarian friendly)

Ingredients:

- 1 tablespoon cider vinegar
- 1 tablespoon dijon mustard
- 2 teaspoons honey
- 1 small garlic clove, minced
- 2 tablespoons olive oil
- 1 pound Brussels sprouts, halved and thinly sliced
- 1 small red onion, halved and thinly sliced
- ½ cup dried cherries, chopped
- ½ cup chopped pecans, toasted

Procedure:

(1) Whisk together the first four ingredients and then gradually whisk in the oil until blended. (2) Place Brussels sprouts, onions, and cherries in a large bowl and toss with dressing. (3) Refrigerate covered for at least 1 hour and stir in pecans just before serving.

Yield: 4 servings

Calories: 194

Protein: 5 g

Carbohydrate: 19 g

Fiber: 6 g

Sugar: 8 g

Fat: 12 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 117 mg

SPICY SALAD WITH AN ORANGE (vegan friendly)

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- ½ teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- 3 large seedless oranges, peeled and sectioned
- ½ cup chopped fresh parsley
- 18 pitted ripe olives, cut in half lengthwise
- 6 cups torn mixed salad greens

Procedure:

(1) In a small bowl, whisk together olive oil, wine vinegar, garlic powder, and paprika. Stir in the oranges, parsley, and olives. (2) Cover and refrigerate for 1 hour. (3) Before serving, place greens in a salad bowl, spoon dressing over the top, and toss to coat.

Yield: 6 servings

Calories: 154

Protein: 1 g

Carbohydrate: 12 g

Fiber: 3 g

Sugar: 7 g

Fat: 12 g

Saturated Fat: 2 g

Cholesterol: 1 mg

Sodium: 115 mg



EGGPLANT SALAD (vegetarian friendly)

Ingredients:

- 1 medium eggplant
- 4 medium tomatoes, cubed
- 3 large hardboiled eggs, cubed
- 1 large onion, chopped
- ½ cup French salad dressing
- 1 ½ teaspoons salt, optional
- ½ teaspoon pepper

Procedure:

(1) Cut eggplant in half lengthwise. Place with cut side down in a greased baking dish. Bake at 180/350° C/F for 30-40 minutes or until tender. (2) Cool, peel, and cut the eggplant into, ½-in. cubes, place in a large salad bowl, and add tomatoes, eggs, and onions. Add dressing, salt, and pepper, and toss. (3) Cover and chill 1 hour before serving.

Yield: 8 servings

Calories: 123

Protein: 3 g

Carbohydrate: 7 g

Fiber: 2 g

Sugar: 6 g

Fat: 9 g

Saturated Fat: 2 g

Cholesterol: 67 mg

Sodium: 521 mg

GREEN BEAN SALAD (vegetarian friendly)

Ingredients:

- 2 pounds fresh green beans, trimmed and cut
- ¼ cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon ground mustard
- ⅛ teaspoon pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup crumbled low-fat feta cheese

Procedure:

(1) Place beans in a stockpot, add water to cover, and bring to a boil. Cook for 8-10 minutes, then drain and immediately place in ice water. Drain and pat dry. (2) In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard, and pepper. Drizzle over beans and add onion. (3) Refrigerate for at least 1 hour. Just before serving, stir in tomatoes and cheese.

Yield: 12 servings
Calories: 120
Protein: 4 g
Carbohydrate: 8 g
Fiber: 3 g
Sugar: 5 g
Fat: 8 g
Saturated Fat: 3 g
Cholesterol: 11 mg
Sodium: 161 mg

KALE SALAD WITH AVOCADO CITRUS DRESSING (vegetarian friendly)

Ingredients:

- 6 cups baby kale salad blend
- 1 cup julienned zucchini
- ½ cup thinly sliced sweet onion
- ½ cup fat-free plain yogurt
- 2 tablespoons lime juice
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ medium ripe avocado, peeled
- 3 green onions, chopped
- 2 tablespoons minced fresh parsley

Procedure:

(1) In a large bowl, combine salad blend, zucchini, and sweet onion. (2) Place remaining ingredients in blender, cover, and process until smooth. (3) Divide salad mixture among 4 plates and drizzle with dressing.

Yield: 6 servings
Calories: 71
Protein: 3 g
Carbohydrate: 6 g
Fiber: 2 g

Sugar: 3 g
Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 1 mg
Sodium: 111 mg





SOUPS

Great for the soul



CHICKEN AND BARLEY SOUP

Ingredients:

- 4 tsp olive oil
- 3 chicken breasts on the bone, skin and fat removed
- 2 onions, chopped
- 4 carrots, peeled and chopped
- 4 celery stalks with leaves, chopped
- 4 zucchinis, chopped
- 8 cups strong rooibos tea
- 1 cup water
- 5 sprigs fresh rosemary
- 2 bay leaves
- 1 cup uncooked barley
- ¼ tsp salt
- lemon juice and black pepper to taste
- 3 tbsp chopped fresh parsley

Procedure:

(1) Add water to a large pot. Add chicken and boil until fully cooked. Skim scum off the top. (2) Once cooked, remove chicken and set aside to cool. Add remaining ingredients to broth and bring to a boil. (3) Once cool, remove chicken meat from bone and cut into small pieces. (4) Return to broth and simmer for 2 hours.

Yield: 8 servings

Calories: 176

Protein: 13 g

Carbohydrate: 22 g

Fiber: 5 g

Sugar: 3 g

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 31 mg

Sodium: 112 mg



MOROCCAN LENTIL SOUP (vegan friendly)

Ingredients:

- 1 medium onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup mushrooms, sliced
- 8 oz chicken tenders, cut into bite-sized pieces
- 1 cup brown lentils
- 1 can chickpeas, rinsed and drained
- 1 can chopped tomatoes
- 3 cups vegetable broth
- 2 cups water
- 2 tsp cumin
- 1 tsp oregano
- 1 tsp salt
- ¼ tsp black pepper

Procedure:

(1) Coat a large pot with cooking spray and heat on high heat. Sauté the onion until soft. Add the carrots, celery, mushrooms, and chicken. Sauté for a few minutes, until chicken is lightly browned.

(2) Add lentils, chickpeas, tomatoes, chicken broth, cumin, oregano, salt, and pepper. Bring to a boil. Cover, reduce heat, and let simmer for 1 hour.

Yield: 8 servings

Calories: 224

Protein: 14 g

Carbohydrate: 30 g

Fiber: 5 g

Sugar: 4 g

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 13 mg

Sodium: 754 mg

COCONUT CHICKEN SOUP

Ingredients:

- 1 tablespoon olive oil
- 1 inch piece peeled fresh ginger, thinly sliced
- 1 tablespoon dried lemongrass
- 8 ounces mushrooms, stemmed and sliced
- 6 cups chicken broth
- 3 tablespoons lime juice
- ½ teaspoon red pepper flakes
- 1 pound rotisserie/roasted chicken, shredded
- 1 ¾ cups unsweetened coconut milk
- 2 tablespoons Asian fish sauce
- 3 tablespoons chopped fresh cilantro leaves

Procedure:

(1) Heat oil in large saucepan over medium heat. Add ginger and lemongrass and cook for about 2 minutes. Add mushrooms and stir for another 2 minutes. (2) Add chicken stock, lime juice, and pepper flakes, and simmer for 8-10 minutes. (3) Add chicken and simmer for about 4-5 minutes. (4) Whisk in coconut milk, fish sauce, and cilantro. Lower heat and leave for about 10 minutes before serving. Add salt and pepper to taste. (5) Garnish with chili oil, cilantro leaves, and/or lime wedges.

Yield: 10 servings

Calories: 186

Protein: 16 g

Carbohydrate: 4 g

Fiber: 1 g

Sugar: 1 g

Fat: 12 g

Saturated Fat: 7 g

Cholesterol: 45 mg

Sodium: 669 mg



ONION SOUP (vegan friendly)

Ingredients:

- 1 tbsp olive oil
- 10 medium onions, thinly sliced
- 1 tbsp water
- 1 tsp dried thyme
- ¼ tsp ground pepper
- ¼ cup port wine or sherry
- 5 cups low-sodium vegetable broth
- 2 tbsp balsamic vinegar

Procedure:

(1) Preheat oven to 230/450° C/F. Mix oil, onions, 1 tablespoon water, thyme, and ground pepper. Cover and bake for 30 minutes. (2) Uncover and continue to cook for another 30 minutes or so, until the onions are golden brown and caramelized. (3) Transfer contents from the oven to the stove and turn burner to medium heat. Add the wine, and scrape the bottom and sides of pan to release any browned parts. (4) Continue to cook until mixture is slightly thickened. Add broth and vinegar. Bring to a boil, then reduce heat and simmer for about 15 minutes, until the liquid darkens. (5) Remove from heat and serve.

Yield: 10 servings
Calories: 72
Protein: 1 g
Carbohydrate: 13 g
Fiber: 2 g
Sugar: 6 g
Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 109 mg

WHITE BEAN AND MUSHROOM SOUP (use vegetable broth option to make vegan)

Ingredients:

- 1 pound mushrooms, halved or quartered
- 2 large sweet onions, quartered
- 3 garlic cloves, slightly crushed
- 1-2 tablespoons olive oil
- 1 ½ teaspoons salt, divided
- 1 ½ teaspoons pepper, divided
- 8-10 fresh sage leaves
- 8-10 stems and 1 tablespoon leaves fresh thyme, divided
- 48 oz chicken broth or vegetable broth
- 45 oz canned white beans, not drained
- Salt and pepper for seasoning

Procedure:

(1) Preheat oven to 230/450° C/F. (2) Arrange mushrooms, garlic and onion separately in single layer on large baking sheet. Drizzle with olive oil, and sprinkle with 1 teaspoon salt, and 1 teaspoon pepper. Toss to coat, keeping mushrooms separate from garlic and onions. Add sage leaves and stems of thyme. Roast in the oven at 450°F for 10 minutes, then toss and roast for an additional 15 minutes. (3) While vegetables are roasting, add broth, beans, ½ teaspoon salt, ½ teaspoon pepper, and 1 tablespoon fresh thyme leaves to a large stock pot over medium heat and simmer. (4) When vegetables are done roasting, let cool slightly. Retrieve 2 cups of the white beans, and 1 cup of broth from the stock pot, add to a blender along with the roasted onions, garlic, and herbs. Cover and blend until smooth. (7) Add pureed bean mixture back to stock pot, whisking until smooth. Add roasted mushrooms to soup. Salt and pepper to taste. (6) Keep warm over low heat until ready to serve.

Yield: 12 servings
Calories: 190
Protein: 11 g
Carbohydrate: 34 g
Fiber: 8.5 g
Sugar: 2 g
Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 0 mg

KALE SOUP (vegan friendly)

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 tablespoons chopped garlic
- 2 cups kale, stems removed and leaves chopped
- 8 cups water
- 6 cubes low-sodium vegetable bouillon
- 1 can diced tomatoes
- 6 white potatoes, peeled and cubed
- 2 cans cannellini beans
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- Salt and pepper to taste

Procedure:

(1) Heat the olive oil in a large soup pot and cook the onion and garlic until soft. (2) Stir in the kale for about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. (3) Simmer soup on medium heat for 25 minutes. (4) Season with salt and pepper to taste.

Yield: 12 servings
Calories: 80
Protein: 3 g
Carbohydrate: 12 g
Fiber: 2 g
Sugar: 1 g
Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 553 mg

VEGETABLE SOUP (use vegetable broth option to make vegan)

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into ½-inch pieces
- 2 cloves garlic, minced
- 8 cups no-salt-added chicken broth or low-sodium vegetable broth
- 2 cans low-sodium cannellini or other white beans, rinsed
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 teaspoons red wine vinegar
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 8 teaspoons prepared pesto

Procedure:

(1) Heat the oil in a large pot over medium-high heat. Add onion, carrots, celery, green beans, and garlic. Cook for about 10 minutes. (2) Add broth and bring to boil. Reduce heat to a simmer and cook for about 10 minutes more. (3) Add white beans, kale, zucchini, tomatoes, vinegar, salt, and pepper. Increase heat to return to a simmer, then cook until the zucchini and kale have softened. (4) Top each serving of soup with 1 teaspoon pesto.

Yield: 12 servings
Calories: 93
Protein: 6 g
Carbohydrate: 9 g
Fiber: 3 g
Sugar: 3 g
Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 31 mg
Sodium: 432 mg





SIDE DISHES

The perfect way to elevate any meal



LEMONY BROWN RICE (vegan friendly)

Ingredients:

- 1 lemon
- 1 cup uncooked brown rice
- ½ tsp salt
- 1 tbsp chopped fresh parsley

Procedure:

(1) Peel off 4 strips of lemon rind with a vegetable peeler. (2) Squeeze out lemon juice and add with the rind, brown rice, and salt to a pot with about 1 cup of water. (3) Bring the water to a boil, then reduce the heat and let simmer with a lid on for 20-25 minutes or until cooked. Drain well. Stir in parsley and serve hot.

Yield: 4 servings

Calories: 175

Protein: 4 g

Carbohydrate: 38 g

Fiber: 3 g

Sugar: 1 g

Fat: 1.5 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 243 mg



BROWN LENTILS WITH HERBS (vegan friendly)

Ingredients:

- 1 cup uncooked brown lentils
- ½ tsp salt
- 1 sprig fresh rosemary
- 1 tbsp dried mixed herbs (thyme, rosemary, basil, oregano, and sage)
- 1 clove of garlic, whole
- 2 tsp olive oil
- 3 ripe tomatoes, cubed
- 3 tbsp chopped fresh parsley
- 3 tbsp chopped fresh oregano
- Lemon juice and black pepper to taste

Procedure:

(1) Place lentils, salt, rosemary, dried herbs, and garlic in a pot with 2 ½ cups of water. Bring the water to a boil, then reduce the heat and simmer with a lid for 30 minutes or until lentils are soft. Drain well. (2) Heat oil in the pot, add and saute tomatoes, then add the lentils to the pot. (3) Season with lemon juice and pepper.

Yield: 4 servings

Calories: 224

Protein: 13 g

Carbohydrate: 38 g

Fiber: 8 g

Sugar: 4 g

Fat: 3 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 252 mg

SWEET POTATOES AND COTTAGE CHEESE (vegetarian friendly)

Ingredients:

- 4 tbsp olive oil
- ¼ cup lemon juice
- 2 tbsp water
- 4 tsp finely grated fresh ginger
- 1 small chili pepper, seeded and chopped
- 1 clove garlic, crushed
- 2 onions, cut into wedges
- 6-8 small sweet potatoes
- Black pepper to taste
- ¾ cup plain smooth low-fat cottage cheese
- Handful fresh cilantro

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Mix olive oil, lemon juice, water, ginger, chili pepper, and garlic in a large bowl. Add onions and toss to coat. Season with pepper. (3) In a separate tray, pierce the sweet potatoes a few times with a fork or skewer. Roast sweet potatoes and onion & herb mixture for 40-45 mins (in separate trays) until the potatoes are tender all the way through. (4) Stir onion mixture along with pan juices into the cottage cheese. Cut a deep slit into each sweet potato and fill with about 2 tbsp (30 ml) of the mixture. Garnish with fresh coriander.

Yield: 8 servings
Calories: 178
Protein: 4.5 g
Carbohydrate: 24 g
Fiber: 3 g
Sugar: 6 g
Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 1 mg
Sodium: 141 mg

CAULIFLOWER AND BUTTERNUT SQUASH MASH (vegan friendly)

Ingredients:

- 18 oz butternut squash, peeled and cubed
- 7 oz cauliflower, cut into florets
- ½ tsp salt
- 1 tsp dried thyme or 1 tbsp fresh thyme
- Pinch of ground nutmeg or mixed spice
- 2 tsp olive oil
- Lemon juice and black pepper to taste
- 2 tbsp chopped fresh parsley

Procedure:

(1) Place butternut squash, cauliflower, salt, and thyme in a pot with 1¼ cups water. Bring the water to a boil, then reduce the heat and let simmer with a lid on for 20 minutes. (2) Drain, and reserve some of the liquid. Place back on the stove and let simmer for a few minutes to cook out any excess water. (3) Mash with a potato masher until smooth, then stir in nutmeg or mixed spice, oil, lemon juice, and pepper. Add some of the retained liquid, if necessary. Stir in fresh herbs and serve hot.

Yield: 6 servings
Calories: 62
Protein: 2 g
Carbohydrate: 12 g
Fiber: 2 g
Sugar: 3 g
Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 174 mg

COCONUT CHICKEN SOUP

Ingredients:

- 14.5 oz canned tomato and onion mix
- 4 tsp olive oil
- 1 tbsp dried oregano
- Lemon juice and black pepper to taste
- 4 zucchini, cut into thick slices
- 1 eggplant, cut into cubes
- 9 oz mushrooms, quartered
- 2 ripe tomatoes, cut into wedges
- 3 carrots, peeled and cut into thick slices
- 1 slice low-fat feta cheese, crumbled

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Mix canned tomato and onion with oil and herbs and season with lemon juice and black pepper. (3) Place veggies and half the feta in an oven dish and pour tomato mixture on top, coating the veggies. Cover with foil and bake for 20 minutes. (4) Remove the foil and sprinkle with remaining feta. Bake for another 30-45 minutes or until veggies are cooked.

Yield: 8 servings

Calories: 84

Protein: 3 g

Carbohydrate: 12 g

Fiber: 4 g

Sugar: 6 g

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 3 mg

Sodium: 271 mg





HALLOUMI CAPONATA (vegetarian friendly)

Ingredients:

- 4.5 oz of halloumi cheese
- 1 small red pepper, diced
- 1 small onion, finely sliced
- 4 chestnut mushrooms, roughly chopped
- 2 teaspoons of capers, roughly chopped
- 6 pitted black olives, sliced
- Half a tin of chopped tomatoes
- ½ teaspoon of hot smoked paprika
- 1 teaspoon of dried oregano
- 1 tablespoon of extra virgin olive oil
- Salt and pepper to taste

Procedure:

(1) Heat half of the olive oil and fry the onion for 10 minutes while adding in the oregano. (2) Add the red pepper, frying for a further 5 minutes. (3) Add the mushrooms and cook together for about 5 minutes. (4) Sprinkle over the paprika, stir well, add the capers and olives, cooking for a few minutes, then add the chopped tomatoes. Simmer for a further 5-10 minutes. (5) Heat the remainder of the olive oil in a frying pan and when hot, put the cubed halloumi into the pan, cooking until the halloumi is browned. (6) Put the caponata into a bowl and then add the halloumi on top.

Yield: 6 servings

Calories: 43

Protein: 5 g

Carbohydrate: 4 g

Fiber: 1 g

Sugar: 2 g

Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Sodium: 605 mg

STUFFED MUSHROOMS (vegetarian friendly)

Ingredients:

- 6 large portobello mushrooms
- 1 tsp garlic
- 1 medium white onion, diced
- 1 cup raw baby spinach
- 1 cup coarse wheat bran
- 1 tsp butter
- 2 tbsp grated Parmesan cheese
- Truffle salt
- Black pepper
- 1 tsp Herbes de Provence
- ¼ cup skim milk

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Line a baking sheet with parchment paper and coat with nonstick cooking spray. (3) Clean mushrooms and remove stems, saving them for later use. Place mushroom caps on prepared baking sheet and bake for 15 minutes. Chop mushroom stems. (4) While mushroom caps bake, coat a nonstick pan with nonstick cooking spray. Add mushroom stems, garlic and onion to the pan, and place over medium heat to sauté. Add spinach and cook, stirring, until vegetables are well combined and spinach is wilted. (5) Remove pan from heat and transfer vegetable mixture to a mixing bowl. Stir in remaining ingredients, mixing to create a well combined stuffing. (6) Remove mushroom caps from oven. Using a spoon, fill each mushroom cap with prepared stuffing, pressing mixture down firmly. (7) Place baking pan in oven and cook for 15 minutes, or until mushrooms are golden.

Yield: 6 servings

Calories: 65

Protein: 3 g

Carbohydrate: 3.5 g

Fiber: 1 g

Sugar: 1.5 g

Fat: 4 g

Saturated Fat: 2 g

Cholesterol: 8 mg

Sodium: 42 mg

SAUTEED BROCCOLI WITH LEMON (vegan friendly)

Ingredients:

- 2 tbsp olive oil
- 1 head of broccoli, cut into florets
- ½ cup water
- 2 small shallots, sliced
- Salt and freshly ground pepper
- Finely grated zest and juice of 1 lemon

Procedure:

(1) Heat oil in a large skillet over medium-high. Add shallots and stir frequently for about 2 minutes. Add broccoli, season with salt and pepper, and stir for 1 more minute. Stir in the water and bring to a boil, then reduce heat. Cover and simmer until broccoli is bright green and tender. Stir in lemon juice and half the zest. (2) Transfer to a serving platter. Serve warm or at room temperature, drizzled with oil and sprinkled with remaining lemon zest.

Yield: 4 servings

Calories: 92

Protein: 2 g

Carbohydrate: 8 g

Fiber: 3 g

Sugar: 2 g

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 114 mg



MEDITERRANEAN CHOPPED SALAD (vegetarian friendly)

Ingredients:

- 1 medium English cucumber, peeled and diced
- 1 romaine lettuce heart, cut into ½-inch thick pieces
- 1 cup cherry or grape tomatoes, quartered
- ⅔ cup crumbled low-fat feta cheese
- ⅔ cup pitted kalamata olives, chopped
- ½ cup shelled pistachios
- ¼ cup minced shallot
- 1 tsp table salt, plus more to taste
- Ground black pepper to taste

Ingredients:

- ¼ cup olive oil
- ¼ cup sherry vinegar
- 1 medium clove garlic, minced

Procedure:

(1) In a colander set over a bowl, add cucumbers, tomatoes, and 1 teaspoon salt. Stir together until well-mixed. Let stand for about 30 minutes and then discard the liquid. (2) Measure and chop the other ingredients. In a small bowl, add all dressing ingredients, whisking until emulsified. Set aside. (3) In a large salad bowl, add all salad ingredients, stirring until well-mixed. Toss with the dressing, using as much as desired or until the salad ingredients are moistened. Season with salt and pepper to taste. Serve immediately. (4) Make ahead: Keep the chopped romaine lettuce, salted cucumbers and tomatoes, and dressing separate from the other ingredients. Toss everything together just prior to serving.

Yield: 4 servings

Calories: 304

Protein: 7 g

Carbohydrate: 9 g

Fiber: 3 g

Sugar: 3 g

Fat: 27 g

Saturated Fat: 7 g

Cholesterol: 22 mg

Sodium: 1073 mg

TZATZIKI

Ingredients:

- ½ cup grated cucumber
- 1 cup low-fat plain Greek yogurt
- 1 tbsp lemon juice
- ½ tbsp extra virgin olive oil
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1 tablespoon chopped dill
- 1 tablespoon chopped mint

Procedure:

(1) Squeeze out a bit of the excess water from the cucumber with a towel. (2) In a bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint.

Yield: 4 servings

Calories: 61

Protein: 6 g

Carbohydrate: 3 g

Fiber: 0 g

Sugar: 2 g

Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 6 mg

Sodium: 118 mg





DESSERTS

Delightful goodies that your
palate and body will love



NO-BAKE COOKIES (vegetarian friendly)

Ingredients:

- 1 $\frac{1}{3}$ cup unsweetened dry coconut shreds
- $\frac{1}{2}$ cup confectioners swerve sweetener
- $\frac{1}{4}$ cup plain creamy peanut butter
- $\frac{1}{4}$ cup heavy whipping cream
(replace with low-fat milk if possible)
- $\frac{1}{4}$ cup unsweetened cocoa powder
- 1 teaspoon vanilla extract

Procedure:

(1) Prepare a tray lined with parchment paper or wax paper, large enough for 12 cookies in a single layer. Set aside. (2) In a saucepan, add swerve sweetener, peanut butter, heavy cream, cocoa powder, and vanilla. Don't add the coconut yet. A nonstick pan is best because it allows the dough to form easily, but stainless steel is fine too, even though it will require a bit more work since some ingredients will stick to the pan. (3) Place the pan over medium-low heat and use a stiff utensil to constantly stir until it forms a thick and smooth chocolate dough, about 2 minutes. (4) Turn off the heat. Stir in the shredded coconut, working it into the dough until incorporated and well-distributed. If easier, you can use your hands to knead it in. (5) Form the dough into 12 equal-sized balls (about 1.5 inches in diameter) and spread them out on the prepared lined tray. Use a spatula to press down on each ball to form a cookie about 2 to 2.5 inches in diameter. (6) Refrigerate until fully hardened, about 2 hours. Serve cold, and store any leftovers in the refrigerator.

Yield: 12 servings
Calories: 84
Protein: 2 g
Carbohydrate: 9 g
Fiber: 7 g
Sugar: 3 g
Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 6 mg
Sodium: 24 mg



PEANUT BUTTER COOKIES (vegetarian friendly)

Ingredients:

- One large egg
- 1 cup peanut butter (smooth or crunchy)
- $\frac{2}{3}$ cup erythritol
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp vanilla essence

Procedure:

(1) Preheat oven to 180/350° C/F. (2) Line a cookie tray with baking paper and set aside. (3) Add the erythritol to a blender and blend until powdered. Set aside. (4) Add all of the ingredients for the peanut butter cookies into a mixing bowl and mix until a smooth dough forms. (5) Measure out 2 tbsp of the dough and roll between your palms to make round balls, placing them on your cookie tray. Continue until all the dough has been used. (6) Use a fork to press the cookies down and bake for 12-15 minutes. Once they have baked, remove from the oven and allow to cool for 25 minutes on the cookie tray. (7) After cooling on the cookie tray, transfer the peanut butter cookies to a cooling rack and allow to cool for a further 15 minutes.

Yield: 3 servings

Calories: 92

Protein: 4 g

Carbohydrate: 4 g

Fiber: 0.5 g

Sugar: 1 g

Fat: 7 g

Saturated Fat: 2 g

Cholesterol: 62 mg

Sodium: 489 mg

RASPBERRY PUMPKIN MUFFINS (vegetarian friendly)

Ingredients:

- 1 can pumpkin puree
- ½ cup coconut flour
- 1 cup egg whites
- 1 cup frozen raspberries
- 1 cup stevia
- 1 tsp cinnamon
- ½ tsp ginger
- Cooking spray

Procedure:

(1) Preheat oven to 190/375° C/F. (2) Mix pumpkin and egg whites in a large bowl. (3) Add all the remaining ingredients except the raspberries, and mix well. (4) Grease your muffin pan with a little cooking spray. (5) Fold the frozen raspberries into the dough. (6) Scoop the dough into the pan to make 12 muffins. (7) Bake the muffins for 15 min. (8) Take the muffins out of the oven and let them cool on a rack for minimum 10 min. before serving.

Yield: 12 servings

Calories: 56

Protein: 4 g

Carbohydrate: 9 g

Fiber: 3 g

Sugar: 3 g

Fat: 1 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 47 mg

CHOCOLATE FUDGE (vegan friendly)

Ingredients:

- 1 ½ cups coconut butter
- 1 can full-fat coconut milk
- 10 oz bittersweet chocolate chips
- Optional: sea salt for topping

Procedure:

(1) Line an 8x8 inch baking pan with wax paper or foil. (2) In a small saucepan over low heat, melt the coconut butter. (3) Stir in the coconut milk and chocolate chips. (4) Cook over low heat and stir until the chocolate chips are melted. (5) Pour the mixture into the pan. (6) Optional: sprinkle flaked or coarse sea salt on top. (7) Place in refrigerator for about 2 hours. (8) Slice and enjoy.

Yield: 24 servings

Calories: 172

Protein: 4 g

Carbohydrate: 11 g

Fiber: 2 g

Sugar: 8 g

Fat: 13 g

Saturated Fat: 6 g

Cholesterol: 0 mg

Sodium: 53 mg

CHOCOLATE BROWNIES (vegetarian friendly)

Wet Ingredients:

- ½ cup water
- ½ cup vegetable oil
- ¼ plain low-fat Greek yogurt
- 1 tbsp flax meal or flax powder

Dry Ingredients:

- ½ cup coconut flour
- ½ cocoa powder
- ½ cup stevia
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ cup unsweetened chocolate chips
- ½ cup chopped walnuts, or any nuts of your choice

Procedure:

(1) Preheat your oven to 180/350° C/F. (2) Line a 9-inch square baking tin with baking paper or grease the sides of the pan with butter and set aside. (3) In a medium mixing bowl, whisk together the water, oil, yogurt, vanilla extract, and flax meal. Leave to stand for 15 minutes to allow the flax meal to start reacting and binding everything together. (4) Once the mixture has started to thicken after 15 minutes, add in the coconut flour, cocoa powder, stevia, baking soda, and salt, and mix until fully incorporated. (5) Add the chocolate chips and walnuts and fold them in gently. (6) Spoon the mixture into the prepared baking tin and spread the dough evenly throughout the pan. Press some extra chocolate chips into the tops of the brownies. (7) Bake for 15-18 minutes until almost set, then remove from the oven and allow to cool completely. Place in the refrigerator for at least 3 hours or overnight to allow them to completely set and firm up. Allowing the brownies to set in the refrigerator makes them delicious and fudgy.

Yield: 24 servings

Calories: 63

Protein: 1 g

Carbohydrate: 1 g

Fiber: 0 g

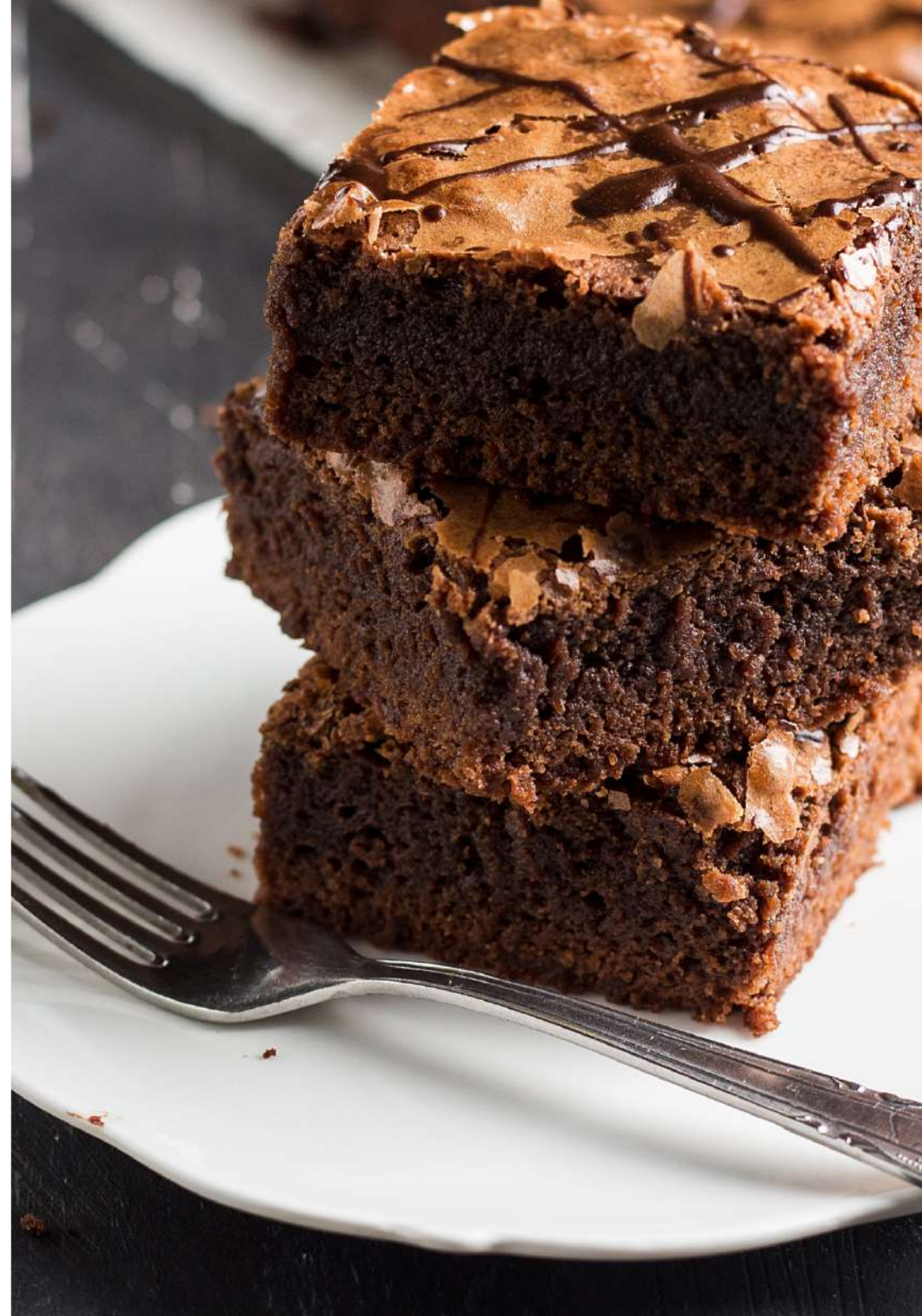
Sugar: 0 g

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 112 mg





CARROT CAKE (vegetarian friendly)

Ingredients:

- 3 cups almond flour
- 2 tsp salt
- 1 tbsp ground cinnamon
- 1 tsp baking soda
- 1 tsp ground nutmeg
- 5 eggs
- ½ cup honey
- ¼ cup oil (grapeseed or canola)
- 3 cups shredded carrots
- 1 cup dried raisins
- 1 cup pecan nuts
- ⅔ cup chopped walnuts

Procedure:

(1) Preheat oven to 165/325° C/F. (2) Thoroughly grease your two 9" round cake baking pans. (3) Mix almond flour, salt, cinnamon, baking soda, and nutmeg together in a big mixing bowl. (4) In a separate bowl, whisk eggs, honey, and oil together. (5) Into the wet mixture, blend in the carrots, walnuts, raisins, and pecans and mix well. (6) In the middle of the dry mixture, make a well and add the wet mixture, stirring it to form a batter. (7) Carefully pour everything into the well-greased cake baking pans. (8) Bake in preheated oven for 35 minutes. (9) Let the pans stay inside the oven to cool for another 10 minutes. (10) Remove from the oven and let cool completely.

Yield: 24 servings

Calories: 190

Protein: 5 g

Carbohydrate: 16 g

Fiber: 3 g

Sugar: 11 g

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 31 mg

Sodium: 243 mg



CHOCOLATE-DIPPED PEARS (vegan friendly)

Ingredients:

- 4 ounces dark chocolate
- 4 small pears

Procedure:

(1) Melt chocolate in a heatproof bowl set over simmering water, stirring until smooth. Let cool slightly. (2) Starting at the bottom of each pear, use a teaspoon to remove core, leaving stem at top intact. Dip bottom three-quarters of each pear in chocolate. Transfer to a parchment-lined plate and refrigerate until chocolate has set - at least 15 minutes and up to 2 hours. Bring to room temperature before serving.

Yield: 4 servings

Calories: 68

Protein: 0.5 g

Carbohydrate: 11 g

Fiber: 2 g

Sugar: 8 g

Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 2 mg

LOW-CARB ICE CREAM (vegetarian friendly)

Ingredients:

- 1 ½ cups heavy whipping cream
- ½ cup unsweetened plain almond milk
- ½ cup confectioners swerve sweetener
- 1 ½ tsp vanilla extract

Procedure:

(1) Prepare a durable pan with 1.5 quart capacity, safe for freezer and hand mixer use. Chill the pan in the freezer for about 10 minutes while you work on the next step. (2) In a large bowl, combine all ingredients and whisk until the sweetener is completely dissolved. (3) Remove the pan from the freezer. Pour mixture into chilled pan. Freeze for about 45 minutes or until the edges of the mixture begin to set. Scrape down the sides and use a hand mixer to beat for about 30 seconds on low or until smooth. Return the pan to the freezer. (4) Repeat this process every 30 minutes to scrape down frozen bits and beat the mixture until smooth, freezing in between, for about 3 hours or until the mixture is no longer liquid. As the mixture freezes, it will become firmer each time you beat it. (5) After beating for the last time, use a rubber spatula to flatten the surface of the ice cream, then cover and store in the freezer until frozen. (6) Prior to serving, take the ice cream out to let it thaw a bit before enjoying.

Yield: 4 servings

Calories: 392

Protein: 3 g

Carbohydrate: 22 g

Fiber: 0 g

Sugar: 20 g

Fat: 33 g

Saturated Fat: 21 g

Cholesterol: 102 mg

Sodium: 48 mg

CHOCOLATE PEANUT BUTTER TRUFFLES (vegan friendly)

Ingredients:

- ¾ cup creamy peanut butter
- 6 pitted Medjool dates, soaked in hot water for 10 minutes
- ½ cup coconut flour
- 1 cup dark chocolate, chopped finely
- Flaky sea salt to sprinkle on top, if desired

Procedure:

(1) In a high-powered blender or food processor, combine the peanut butter, dates, coconut flour, and 2 tablespoons of water. Blend to combine. (2) Scoop into tablespoon-sized pieces and roll into the shape of a ball, placing each ball on a plate. Repeat until all of the peanut butter mixture is used. (3) Place in the fridge for at least 30 minutes while you melt the chocolate. (4) Place the chocolate in a small but deep microwavable bowl or cup. Microwave in 30 second increments, stirring between each, until the chocolate is fully melted. (5) Use a fork or dipping tool to dip each ball in the melted chocolate, letting the excess drip off before placing on a parchment-lined plate or baking sheet. Sprinkle with flaky sea salt, if desired, while the chocolate is still melted. Repeat until they're all dipped and then transfer to the refrigerator to set.

Yield: 12 servings

Calories: 252

Protein: 5 g

Carbohydrate: 26 g

Fiber: 5 g

Sugar: 19 g

Fat: 15 g

Saturated Fat: 6 g

Cholesterol: 1 mg

Sodium: 83 mg

APPLE NACHOS

Ingredients:

- 4 Granny Smith apples, cored and thinly sliced
- 1 cup dark chocolate chips, melted
- 1 cup chopped pretzels
- 1 of your favorite types of Kind bars, broken into pieces

Procedure:

(1) Thinly slice apples and arrange them on a large plate. (2) Drizzle with half of the dark chocolate, and then top with chopped pretzels and Kind bars. (3) Drizzle with the remaining dark chocolate.

Yield: 8 servings
Calories: 218
Protein: 3 g
Carbohydrate: 24 g
Fiber: 3 g
Sugar: 18 g
Fat: 11 g
Saturated Fat: 6 g
Cholesterol: 2 mg
Sodium: 122 mg

CHEESECAKE

Ingredients:

- Grapeseed oil cooking spray
- 7 eggs
- 1 pinch salt
- ½ cup plus 2 tbsp Granulated no-calorie sweetener
- 1 tsp Fresh Lemon Juice
- 3 cups low-fat cream cheese
- ½ tsp grated fresh lemon zest
- ⅓ cup sour cream
- 2 tsp vanilla extract

Procedure:

(1) Preheat the oven to 200/400° C/F. (2) Line bottom of a 9" springform pan with baking paper. Lightly coat paper and sides of pan with cooking spray. (3) Separate eggs (keep 3 yolks and discard 4 yolks), then set aside. (4) In a small bowl, beat egg whites and salt with mixer, then set aside. (5) In separate bowl, beat ½ cup of the sweetener and add 3 egg yolks until thick, then add the lemon juice. (6) With mixer on low-medium setting, beat in cream cheese. (7) Add grated lemon peel and mix. (8) Gently fold egg whites into cream cheese mixture. (9) Pour mixture into pan. (10) Bake 10 minutes at 400°F. Reduce temperature to 300°F and bake for another 40 minutes. When top of cake is set, turn the oven off and allow to cool for another hour in the oven. Remove and continue to cool on a wire rack.

Yield: 10 servings	Sugar: 5 g
Calories: 212	Fat: 16 g
Protein: 10 g	Saturated Fat: 8 g
Carbohydrate: 9 g	Cholesterol: 172 mg
Fiber: 0 g	Sodium: 310 mg



BON APPETIT

Metric conversions

Weight

1 ounce = 28 g
4 ounces or 1/4 pound = 113 g
1/3 pound = 150 g
8 ounces or 1/2 pound = 230 g
2/3 pound = 300 g
12 ounces or 3/4 pound = 340 g
1 pound or 16 ounces = 450 g
2 pounds = 900 g

Volume

1 teaspoon = 5 mL
1 tablespoon or 1/2 fluid ounce = 15 mL
1 fluid ounce or 1/8 cup = 30 mL
1/4 cup or 2 fluid ounces = 60 mL
1/3 cup = 80 mL
1/2 cup or 4 fluid ounces = 120 mL
2/3 cup = 160 mL
3/4 cup or 6 fluid ounces = 180 mL
1 cup or 8 fluid ounces or half a pint = 240 mL
2 cups or 1 pint or 16 fluid ounces = 475 mL
4 cups or 2 pints or 1 quart = 950 mL
4 quarts or 1 gallon = 3.8 L

The CuraLife logo is centered at the top of the wooden board. It features the word "CuraLife" in a white, sans-serif font, with a small leaf icon above the letter "i".

CuraLife

THE CURALIFE COOKBOOK

Healthy & Delicious Low Carb Recipes

Healthy eating only works with delicious eating.
Let your taste buds guide the way to delicious
and healthy food.

Eat Yummy

With delicious,
healthy, nutritious
food that you and
your family will love.

Lower Blood Sugar

With recipes that
nutritionists handpicked

Get More Energy

With foods that
fuel your body
and soul.



64 flavor packed
recipes



Recipes for every meal,
from Breakfasts to Soups
to Desserts.



Options for vegetarians
and vegans.



Easy for beginner
cooks.

Show off your cooking skills with
HEALTHY food everyone will love