Natty AND SHREDDED

Cookbook

Meal Prep: Low-Calorie, Low-Fat

Most of the ingredients of the recipes below such as protein, carbs/vegetables, fats or seasoning/herbs can be replaced according to your preferences. Cooking time may vary.

Protein

Poultry: Chicken, Turkey, Duck etc.
Fish/Seafood: Salmon, Cod, Tilapia, Tuna, Snapper, Whitefish, Sardine, Shrimps, Anchovy, Octopus, Trout, Lobster etc.
Red meat: Lean Beef, Bison, Lamb etc.
Plant-based protein: Tofu, Tempeh, Edamame, Black Beans, Kidney Beans, Lentils, Soybeans, Chickpeas, Hummus, Green peas etc.

Vegetables: Broccoli, Spinach, Kale, Celery, Collard greens, Cabbage, Brussels sprouts, Endive, Artichokes, Asparagus, Avocado, Bell peppers, Tomato, Peas, Green beans, Carrots, Cauliflower, Beet root, Cucumber, Edamame, Radish, Sweet peas, Mushrooms, Zucchini, Yellow squash, Squash (Spaghetti squash), Onion, Beet greens, Parsley, Watercress, Arugula, Lettuce, etc.

Note: Because most vegetables are very low in calories and high in fiber and water, I encourage you to prioritize eating more vegetables when you are not satiated.

Carbohydrates: Sweet potatoes, rice (brown and white), Quinoa, Whole wheat bread, plantain, Yuka, beets, black beans, kidney beans, chickpeas, lentils, whole wheat pasta, pumpkins, white potatoes (with moderation), old fashioned oats, couscous etc.

Oils/fats: Olive Oil, Sesame oil, Avocado oil, Canola oil, Flax oil, Walnut oil, Coconut oil, peanut butter (with Moderation) etc.

Seasoning Herbs and spices: Fresh chopped parsley, fresh chopped cilantro, Cumin, fresh garlic paste, garlic powder, paprika, oregano, ginger powder, Curry powder, thyme, seasoning blend etc.)

Fresh garlic paste recipe: Peel 2-3 bulbs of garlic and add them to a blender, add 1/5 cup of water and blend until it turns into a paste. pour the garlic paste in a glass seal container and add 1 tablespoon of olive oil and a pinch of salt for to preserve it longer. It will last up to 3 weeks in the fridge.

Fresh chopped parsley: Wash and chop 1 bunch of parsley, place the chopped parsley into a freezer bag. It can be preserved for months in the freezer.

If you struggle with overeating, remember littles tricks like drinking a large amount of water (2-3 cups) prior to eating your meal will make a difference.

1. Pan-seared Chicken fillets with Rice and Steamed Broccolis

Serving: 4 servings | Total time: 30 minutes Approx.

Ingredients

- 4 boneless, skinless chicken breast or thighs
- 2 Bunches of broccolis
- 1 Cup of rice (white or brown)
- 2 tablespoons olive oil
- 1 teaspoon all-purpose seasoning
- 2 tablespoons of fresh garlic paste
- Salt, pepper or Dijon mustard to taste
- 1 teaspoon all-purpose seasoning

Instruction

- Season the Chicken thighs or breasts with salt, pepper, Dijon mustard, garlic paste, all-purpose seasoning. Be sure to season the chicken for at least an hour, and up to 24 hours.

- Bring water to a boil in a medium-sized saucepan and add rice. When the rice is cooked and the water has been absorbed, add it, lower the heat to low, cover it, and simmer it for 18 to 20 minutes.

• Heat the olive oil in a large skillet over medium-high heat. Add chicken and sauté until it's golden brown and well cooked. Take out of the skillet and place aside.

• Pour about an inch of water into a skillet or wok and bring it to a boil over medium-high heat. Put the broccoli florets in a steamer basket and season with salt. Set the steamer basket over boiling water and cook until the broccoli is crisp-tender, 8 to 10 minutes depending on the size of the florets. Remove the steaming basket from the skillet. Serve the cooked rice and steamed broccoli with the pan-fried chicken. Approx **Calories:** 561 kcal |

Fat: 16.6 g | **Carbs:** 16.6 g | **Protein:** 51.3 g

2. Pan-seared Tilapia with Rice, Sweet peas, and Steamed Broccolis

Serving: 4 servings | Total time: 40 minutes

Ingredients

• 4 fillets of tilapia (fish)
• 1 Cup of Rice (White or brown)
• 1 cup of sweet peas
• 3 bunches of broccolis
• Salt and pepper to taste
• 2 cups water
• 1 tablespoon olive oil

Instruction

• Pad dry tilapia (fish) fillets with paper towel for a nice crust once cooked. For more flavor, be sure to season them for at least an hour before cooking.

• Heat 1 tablespoon of olive oil in a large skillet over medium-high heat, add tilapia fillets and season with salt, pepper, and fresh garlic paste.

• Bring water to a boil in a medium-sized saucepan and add rice and sweet peas. Add 1 teaspoon of olive oil and a pinch of salt.

• When both the rice and sweet peas are cooked and the water has been absorbed, lower the heat to low, cover it, and simmer it for 18 to 20 minutes.

Calories: 400 Approx. | **Fat:** 12g | Carbohydrates**:** 35g | Protein**:** 35g (Approx.)

3. Pan-seared Chicken breast w/ Sautéed Veggies medley, and Quinoa

Serving: 4 servings | Total time: 40 minutes

Ingredients

- 4 boneless, skinless chicken breasts or thighs
- 1 cup quinoa, rinsed
- 2 cups water or broth
- 1 Onion, diced
- Garlic Paste - 2 tablespoons
- 1 cup of mushrooms. diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 2 tablespoons of fresh parsley, chopped
- 1 large tomato, diced
- Dijon mushrooms - 1 tablespoon
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 3-4 tablespoons of white wine. Pino grigio, sauvignon blanc, or chardonnay (optional)

Instruction

- Season the chicken breast or thighs with salt, pepper or Dijon mustard, garlic paste, and all-purpose seasoning. Be sure to season them for at least an hour, and up to 24 hours.

- In a big pot, heat up the olive oil over medium heat. Add chopped onions, bell peppers, and mushrooms and simmer for 15 to 20 minutes, stirring now and then, until caramelized. Add zucchini, Broccolis, and fresh parsley to the pot and season with garlic paste, salt, pepper or Dijon mustard, and all-purpose seasoning, to taste, 3 tablespoons of white wine, and 1/4 cup of water. Cook for an additional 10 minutes, or until it becomes tender.

- Heat olive oil in a large skillet over medium-high heat. Add chicken breast fillets and fry until it's golden brown and well cooked. Take out of the skillet and place aside.

- Heat water in another saucepan until it boils. Add the quinoa, cover, lower the heat, and simmer until the quinoa is soft and the liquid is absorbed, about 15 minutes.

- Serve the sautéed vegetable medley with the sautéed chicken breast fillets and quinoa.

Calories: 480 kcal |**:** 35g | **Carbohydrates:** 45g | **Fat:** 18g

4. 15 Bean soup with onions, pepper, tomato, garlic (caramelized)

Serving: 4 servings | Total time: 1 hour

Ingredients

- 1 cup dried beans (any variety), soaked overnight and drained
- 2-3 tablespoons olive oil
- 2 large onions, thinly sliced
- 1 green bell pepper, diced
- 1 tomato, diced
- 6 cloves of garlic, minced
- 5 cups of water
- Salt and pepper to taste
- 2 tablespoons of Fresh parsley

Instructions

- In a large pot, warm up the olive oil over medium heat. Add the diced onions, peppers, tomatoes, minced garlic, Dijon mustard, and simmer for 20 to 25 minutes, stirring now and then, until it becomes tender and caramelized.

• Pour soaked and drained beans into the pot. Add 5 cups of water, 2 tablespoons of Fresh parsley, salt, pepper or Dijon mustard to taste, and heat the mixture until it boils.

• Once the beans are soft, reduce the heat to low, cover the pot, and simmer for 30 to 35 minutes.

Calories: 250 | **Fat:** 7g | **Carbohydrates:** 38g | **Protein:** 11g

5. Pan-seared Salmon, Asparagus, and Baked Sweet Potatoes fries (or air Fried)

Serving: 4 servings | Total time: 35 minutes

Ingredients

- 4 salmon fillets
- 2 bunch of asparagus, trimmed
- 4 medium sweet potatoes
- 2 tablespoons olive oil
- 1-2 teaspoons of fresh Garlic paste
- Salt, pepper, to taste
- 1/4 cup of water

Instructions

- Preheat your oven or air fryer by setting it to 400°F (200°C). If you're baking sweet potatoes, ensure the oven is preheated to this temperature, and if you're using an air fryer, set it to the same temperature as well.

- Peel off the skin of sweet potatoes, cut it in fries and add salt. Place the sweet potatoes on the oven rack and bake for 30-35 minutes until they're tender. For air frying, place the sweet potatoes in the air fryer basket and cook for 20-25 minutes, remembering to shake the basket halfway through the cooking time.

- Season the salmon fillets with fresh garlic paste Dijon mustard, salt and pepper on both sides. Add the salmon fillets, skin side down, and cook over medium heat for 4-5 minutes until they're golden brown. Flip the fillets and cook for another 4-5 minutes until they're cooked through. Cooking time may vary depending on the thickness of the fillets.

- While the salmon is cooking, sauté the trimmed asparagus spears in another skillet over medium heat with 2 tablespoons of olive oil. Cook them for 5-7 minutes, season with salt and pepper to taste, and add 1/5 cup of water and cook another 4 minutes until they're tender crisp.

- Once everything is cooked, serve the salmon fillets alongside the sautéed asparagus and baked or air-fried sweet potatoes.

Calories:600 kcal | **Protein:**40g | **Fat:** 20g | **Carbohydrates:** 50g

6. Baked Chicken w/ mashed sweet potatoes and steamed green beans

Serving: 4 servings | Total time: 1 hour

Ingredients

- 8 chicken drumsticks
- 4 medium sweet potatoes
- 1 lb. green beans
- 2 tablespoons of Olive oil
- Salt and pepper, to taste
- 4 teaspoons of garlic paste
- 2 tablespoons of Dijon Mustard
- 2 tablespoons butter
- Optional herbs and spices for seasoning (e.g., fresh chopped parsley or cilantro, Cumin, garlic powder, paprika, oregano, ginger powder, Curry powder, thyme, seasoning blend etc.)

Instruction

- Season the chicken thighs or breasts with salt, pepper, garlic paste, Dijon mustard, all-purpose seasoning. Be sure to season them for at least an hour, and up to 24 hours. Preheat the oven to 400°F (200°C). Place the chicken drumsticks on a baking sheet lined with parchment paper or aluminum foil. Drizzle them with 2 tablespoons of olive oil. Bake in the preheated oven for 35-40 minutes until the chicken turns golden brown and reaches an internal temperature of 165°F (75°C).

- Pour about 2 inches of water into a skillet or wok and bring it to a boil over medium-high heat. Put the sweet potatoes and trimmed green beans in a steamer basket and set the steamer basket over boiling water, cover and cook until the sweet potatoes (20-25 minutes) and green beans (6-8 minutes) are tender.

- Mash the cooked sweet potatoes with minced milk (optional) butter, salt, and pepper until they're smooth and creamy. Adjust the seasoning to your liking.

Calories: Approx. 580 kcal | **Protein:** 69g | **Carbohydrates:** 48g | **Fat:** 13g (Approx.)

7. Baked Chicken Drumsticks, Quinoa, steamed green beans and Sautéed Kale

Serving: 4 servings | Total time: 1 hour

Ingredients

- 8 chicken drumsticks
- 4 medium sweet potatoes
- 1 lb green beans
- 2 tablespoons of Olive oil
- Salt and pepper, to taste
- 4 teaspoons of garlic paste
- 2 tablespoons of Dijon Mustard
- 2 tablespoons butter

Instruction

- Season the chicken thighs or breasts with salt, pepper, garlic paste, Dijon mustard, all-purpose seasoning. Be sure to season them for at least an hour, and up to 24 hours. Preheat Oven: Set your oven to 400°F (200°C) to preheat.

- Bake Chicken Drumsticks: Arrange the seasoned chicken drumsticks on a baking sheet lined with parchment paper or aluminum foil. Bake them in the preheated oven for 35-40 minutes until they're cooked through, and the skin turns crispy.

- Cook Quinoa: Bring water or chicken broth to a boil in a medium saucepan. Stir in the quinoa, then reduce the heat, cover, and let it simmer for 15-20 minutes until the quinoa is fluffy and the liquid is absorbed. Fluff it with a fork.

• Steam Green Beans: While the chicken and quinoa are cooking, steam the green beans until they're tender yet still firm, which should take about 6-8 minutes.

• Sauté Kale: Heat olive oil in a large skillet over medium heat. Add the chopped kale leaves and sauté them until they're wilted and tender, around 5-7 minutes. Season with salt and pepper to your liking. **Calories:** 400 | **Protein:** 30g | **Carbohydrates:** 30g | **Fat:** 15g

8. Whole Wheat Tortilla w/ Pan-Seared Salmon, sautéed veggies medley and Avocado

Serving: 4 servings | Total time: 25 minutes

Ingredients

• 4 whole wheat tortillas
• 4 salmon steaks
• 2 tablespoon olive oil
• Salt and pepper to taste
• 1 yellow bell pepper, chopped
• 1 onion, chopped
• 1 Tomato, chopped
• 1 cup of mushrooms, chopped
• 1 bunch of kale, chopped
• 1 tablespoon of garlic paste
• 1 teaspoon of Dijon mustard

• 1 avocado, sliced

Instruction

• Season the salmon fillets with salt, Dijon mustard, and fresh garlic paste. Place them in the skillet and cook for 6-7 minutes on each side until they are fully cooked and have a golden-brown color.

• While the salmon is cooking, heat the whole wheat tortillas in a separate skillet.

• Heat olive oil in a skillet over medium heat and add the sliced bell peppers and onion. Sauté them for 8-10 minutes until they start to soften and caramelize. Then, add the chopped kale and mushrooms and cook until they wilt, which should take about 5 minutes. Once all the ingredients are cooked, assemble the tortillas by placing the sautéed vegetables, cooked salmon, and avocado slices on each tortilla. Fold the tortillas over the filling and serve them immediately
Calories: 480 | **Total Fat:** 24g | **Saturated Fat:** 4g | **Carbohydrates:** 35g | **Protein:** 30g

9. Hamburgers W/ Whole Wheat Buns, Pan-seared Ground Beef Patties, Spinach and Cucumber - (Cheat Meal)

Serving: 2 burgers | Total time: 25 minutes

Ingredients

• 2 Ground beef Patties
• 2 whole wheat hamburger buns

• 1 large tomato, sliced
• 1/2 cup of fresh spinach leaves
• 1/4 Cucumber, thinly sliced
• Salt, pepper or Dijon Mustard, to taste

Instruction

• Warm up a skillet or grill pan over medium heat. Add patties on the skillet, add salt and pepper or Dijon mustard and cook for approximately 5 minutes on each side, or until they reach the desired level of cooking.

• While the patties cook, toast lightly the whole wheat buns.

• Construct the burgers: Set a cooked patty on the lower portion of each bun. Layer with tomato slices, spinach leaves, and cucumber slices. Incorporate any optional toppings as desired. Cover each burger with the top half of the bun and serve promptly.

Calories: 450 | **Protein:** 25g | **Carbohydrates:** 35g | **Fat:** 20g | **Fiber:** 6g (Approx.)

10. Whole Wheat Tortilla w/ Pan-seared Chicken Breast and Black Beans

Serving: 4 servings | Total time: 30 minutes

Ingredients

• 2 boneless, skinless chicken breasts
• 4 whole wheat tortillas

• 1.5 cup black beans
• 1 tablespoon olive oil
• 1 tablespoon fresh garlic paste
• Salt, pepper or Dijon mustard to taste
• Optional toppings: shredded lettuce, diced tomatoes, diced onions, salsa, or sour cream, low fat shredded cheese.

Instruction

• Slice the chicken breasts horizontally to create 2 thinner pieces.
• Season 4 chicken fillets salt, pepper or Dijon mustard, fresh garlic paste.

• In a skillet over medium-high heat, heat olive oil. Add the seasoned chicken breasts and cook for 6 minutes on each side until they're cooked through and golden brown. Remove them from the skillet and let them rest for a few minutes before slicing.

• In the same skillet, add the black beans and season them with a pinch of salt and pepper. Cook them for 5 minutes until they're heated through.

• Warm the whole wheat tortillas in a dry skillet

• Construct the tortillas by placing sliced chicken breast and black beans on each tortilla. Add any desired toppings such as shredded lettuce, diced tomatoes, diced onions, salsa, or sour cream, and shredded cheese.

• Roll up the tortillas tightly, folding in the sides as you go. Serve promptly and enjoy!

Calories: 380 | **Protein:** 30g | **Carbohydrates:** 35g | **Fat:** 12g

11. Lentil Soup

Serving: 4 servings | Total time: 45 minutes

Ingredients

- 1 cup dried lentils, rinsed
- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 green bell pepper, diced
- 1 large tomato, diced
- 4 cups vegetable water or broth
- 3 cloves garlic, minced (or 1 tablespoon of garlic paste
- Salt and pepper, and all-purpose seasoning to taste
- 2 tablespoons Fresh parsley, chopped

Instruction

- Heat olive oil in a large pot over medium heat. Cook sliced onions, bell peppers, and diced tomatoes until they turn golden brown and caramelized, stirring occasionally, for about 15-20 minutes.

- Add water or vegetables broth and rinsed lentils, minced garlic or fresh garlic paste, fresh chopped parsley, salt and pepper or Dijon mustard. Stir bring the soup to a boil.

- Reduce heat to low, cover, and simmer for 15-20 minutes until lentils are tender.

Calories: 240 kcal | **Protein:** 12g | **Fat:** 7g | **Carbohydrates:** 34g

12. Whole wheat Spaghetti w/ Organic Ground beef, Tomato sauce with Caramelized Onion, Pepper, and Garlic (Cheat Meal)

Serving: 4 servings | Total time: 45 minutes

Ingredients

- 2 cups whole wheat spaghetti
- 1 lb. organic ground beef
- 1 tablespoon olive oil
- 1 large onion, diced
- 1 bell pepper, diced
- 4 cloves garlic, minced
- 2 cups tomato sauce
- Fresh chopped parsley

• Salt and pepper to taste
• All Purpose seasoning
• 1/2 Cup of water
• Grated Parmesan cheese for serving (optional)

Instruction

• Prepare the whole wheat spaghetti following the instructions on the package until it reaches the desired firmness. Then, drain it and set it aside.

• In a large skillet, warm olive oil over medium heat. Add diced onions and green bell peppers. Cook them, stirring occasionally, until they turn golden brown, which should take about 15-20 minutes.

• Add organic ground beef to the skillet and break up the beef with a spatula, Combine the beef with the onion and bell pepper mixture and cook it until it browns and is fully cooked through.

• Pour in the tomato sauce and stir well to mix everything together. Let it simmer for 10-15 minutes to allow the flavors to blend. Season with salt, pepper or Dijon mustard, Garlic paste, and fresh chopped parsley according to taste.

• Serve the caramelized tomato sauce over the cooked whole wheat spaghetti. Optionally, you can sprinkle grated Parmesan cheese on top before serving.

Calories: 450 | **Total Fat:** 16g | **Saturated Fat:** 5g | **Carbohydrates:** 47g | **Protein:** 30g

13. Sautéed tofu w/ soy sauce, sautéed veggies medley, and steamed baby potatoes

Serving: 4 servings | Total time: 40 minutes

Ingredients

- 1 block firm tofu, drained and pressed
- 2 tablespoons soy sauce
- 4 tablespoons olive oil
- 1 tablespoon garlic paste
- 1 teaspoon grated ginger
- Salt and pepper to taste
- 1 onion chopped
- 1 cup broccoli florets
- 1/2 cup brussels sprouts (optional)
- 1/5 cabbage (optional)
- 1 cup sliced bell peppers (assorted colors)
- 1 cup sliced mushrooms
- 1 tablespoon rice vinegar
- 1 teaspoon sesame seeds (for garnish)
- 1 lb baby potatoes, halved
- Chopped green onions for garnish

Instruction

• Preparation: Dice the tofu and soak it in a mixture of soy sauce, rice vinegar, garlic paste (optional), salt, and pepper for approximately 15 minutes.

• Concurrently, ready the vegetables by cleaning and cutting them according to instructions.

• Steaming Baby Potatoes: Position the halved baby potatoes in a steaming rack over boiling water. Cover and steam for about 15-20 minutes until they are tender upon piercing with a fork. Remove from heat and keep aside.

• Pan-frying Tofu: Warm olive oil in a spacious skillet over medium-high heat. Introduce the marinated tofu cubes and cook until they turn golden brown on all sides, typically taking 8 minutes. Transfer them from the skillet and set aside.

• Sautéing Veggies: In a skillet, add olive oil and heat it over medium heat. Incorporate broccoli, bell peppers, brussels sprouts and mushrooms. Sauté for around 5-7 minutes until the vegetables reach a tender-crisp texture. Sprinkle with rice vinegar and toss to ensure even coating.

• Assembling: Present the pan-fried tofu alongside the sautéed vegetable assortment and steamed baby potatoes. Sprinkle with sesame seeds and chopped green onions for garnish.

Calories: 280 kcal | **Protein:** 14g | **Carbohydrates:** 32g | **Fat:** 12g

14. Veggies stew with Chicken and rice

Serving: 4 servings | Total time: 40 minutes

Ingredients

- 8 drumsticks or 4 chicken legs
- 4 tablespoons olive oil
- 1 onion, diced
- 2 large tomatoes, diced
- 4 tablespoons of fresh garlic paste
- Salt and pepper to taste
- 1 cup broccoli florets
- 1/2 cup brussels sprouts (optional)
- 1/5 cabbage (optional)
- 1 cup sliced bell peppers (assorted colors)
- 1 cup sliced mushrooms
- 2 Medium Yuka

Instruction

- Season the chicken thighs or Chicken breasts with salt, Dijon mustard, fresh garlic paste, all-purpose seasoning. Optional herbs and spices for seasoning (e.g., fresh chopped parsley or cilantro, Cumin, garlic powder, paprika, oregano, ginger powder, Curry powder, thyme, seasoning blend etc.). Be sure to season them for at least an hour, and up to 24 hours.
- Place the chicken drumsticks on a baking sheet lined with parchment paper or aluminum foil. Drizzle them with 2 tablespoons of olive oil. Bake in the preheated oven for 35-40 minutes until the chicken turns golden brown and reaches an internal temperature of 165°F (75°C).

• Add olive oil to a large pot and sauté diced onion, bell peppers, tomatoes, and cook 15-20 minutes adding 1/4 cup of water incrementally until caramelized. Add 5 cups of water, 2 tablespoons of garlic paste, salt, pepper or Dijon Mustard, and all-purpose seasoning to taste, 2 tablespoons of parsley, cook over medium high heat for an additional 20-25 minutes, stirring occasionally.
• Bring water to a boil in a medium-sized saucepan and add rice. When the rice is cooked and the water has been absorbed, lower the heat to low, cover it, and simmer it for 18 to 20 minutes.

• After the vegetable stew has thickened, add baked chicken, reduce the heat to low, stir and cook for an additional 7-10 minutes

• Serve hot, optionally garnished with chopped fresh parsley.
Calories: 420 | **Protein:** 30g | **Carbohydrates:** 45g | **Fat:** 12g

15. Pan-seared Chicken Breast w/ Sautéed veggies and Steamed Yuka

Serving: 4 servings | Total time: 45 minutes

Ingredients

- 4 boneless, skinless chicken breasts
- Salt, pepper or Dijon mustard to taste
- 4 tablespoons olive oil, divided
- 4 tablespoons of garlic paste
- 1 small onion, diced
- 1 medium bell pepper, diced
- 1 cup Brussels sprouts (Optional)
- 2 bunches of broccolis
- 1/4 cabbage (optional)
- 2 medium zucchinis, sliced
- 2 medium yucas (cassava), peeled and cut into chunks
- Water for steaming

Instruction

- Season the chicken thighs or breasts with salt, Dijon mustard, fresh garlic paste, all-purpose seasoning. Optional herbs and spices for seasoning (e.g., fresh chopped parsley or cilantro, Cumin, garlic powder, paprika, oregano, ginger powder, Curry powder, thyme, seasoning blend etc.). Be sure to season them for at least an hour, and up to 24 hours.
- In a large skillet, heat 2 tablespoons of olive oil over medium-high heat and add the chicken breasts and cook for 6-7 minutes on each side, or until they are golden brown and fully cooked. Remove them from the skillet and set aside.

- In another skillet, add 2 tablespoons of olive oil. Sauté the diced onions and bell peppers for 7 minutes until they become fragrant and translucent. Then, add the sliced broccolis, zucchini, Brussels sprouts or cabbage to the skillet. Season with Salt, pepper or Dijon mustard, garlic paste to taste and sauté for 8 minutes, or until the vegetables are tender yet still retain some crispness.

- While the vegetables are cooking, steam the yuca chunks in a steamer basket over boiling water for 15-20 minutes, or until they are fork tender.

- Serve the pan-seared chicken breasts with the sautéed vegetables and steamed yuca. Enjoy your meal! **Calories:** 450 kcal **|** **Protein:** 30g **|** **Carbohydrates:** 35g **|** **Fat:** 20g (Approx.)

16. Omelette w/ caramelized onions tomatoes mushrooms, and Avocado

Serving: 2 servings | Total time: 20 minutes

Ingredients

- 6-8 large eggs
- 1/2 cup sliced mushrooms
- 1/4 cup diced onions
- 1/4 cup diced tomatoes
- 1 ripe avocado, sliced
- Salt and pepper to taste
- 1 tablespoon garlic paste
- 1 teaspoon of fresh garlic paste
- 1 tablespoon of fresh parsley, chopped
- 2 tablespoons olive oil

Instruction

- Heat 1 tablespoon of olive oil in a skillet over medium heat, add diced onions, tomatoes and mushrooms, season with salt, pepper, and fresh garlic paste to taste. Cook until the onions turn translucent, and the mushrooms turn golden brown, which usually takes about 8-10 minutes.

- In a bowl, whisk the eggs thoroughly and pour the beaten eggs into the skillet, ensuring they spread evenly across the bottom.

• Cook the eggs 3-4 minutes until the edges begin to set, add a tablespoon of fresh chopped parsley onto the omelette and carefully flip the omelette and Cook for an additional 2-3 minutes until it's fully cooked through. Transfer the omelette to a plate and serve hot, accompanied by sliced avocado on the side and small portion of whole wheat bread (1 slice)
Calories: 320 kcal | **Protein:** 14g | **Fat:** 25g | **Carbohydrates:** 12g

17. Sautéed Garlic Shrimps w/ Rice and sweet peas, and Steamed Broccolis

Serving: 4 servings | Total time: 40 minutes

Ingredients

• 1 pound (450g) large shrimp, deveined
• 3 tablespoons of fresh garlic
• 1.5 Cup of rice (300g (about 10.58 oz) White or brown)
• 1 head broccoli, cut into floret
• Salt, pepper or Dijon mustard to taste
• 2 cups water
• 4 tablespoon olive oil
• 2 bunches broccoli florets

Instruction

• Heat olive oil in a large skillet over medium-high heat, add shrimp and season it with salt, pepper or Dijon mustard, fresh garlic paste. Cook each side for 2-3 minutes until it turns pink and is thoroughly cooked.

• As the shrimp cooks, steam the broccoli florets over boiling water until they are tender, usually around 5-7 minutes.

• Bring water to a boil in a medium-sized saucepan and add rice, add 1 teaspoon of olive oil and a pinch of salt.

• When the rice is cooked and the water has been absorbed, lower the heat to low, cover it, and simmer it for 10-15 minutes.

• Present the garlic-infused shrimp over prepared rice with steamed broccoli on the side.
Calories: 350 | **Protein:** 25g | **Carbohydrates:** 35g | **Fat:** 12g

All the recipes in this cookbook are also availble in video format. Link in text file