

Fit2  
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# Spring

## KETO RECIPE GUIDE



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# Caprese Salad

### Ingredients:

1 cup tomatoes, diced  
2 ounces fresh mozzarella, diced  
2 tablespoons fresh basil leaves, sliced  
2 teaspoons olive oil  
Salt and pepper to taste

### Instructions:

In a bowl combine all ingredients, toss until well coated with olive oil and seasonings.

Chill for 1 hour or serve immediately.

Makes 1 serving

### Nutritional Information:

256 calories  
20 g. fat  
7 g. carbs  
12 g. protein



# Bacon Avocado Egg Salad

## Ingredients:

4 hard boiled eggs, chopped  
¼ medium avocado, mashed  
1 tablespoon avocado oil mayo  
2 slices bacon, cooked and chopped  
2 romaine lettuce chutes  
sea salt & pepper, to taste

## Ingredients:

In small bowl combine eggs, avocado, mayo, salt, and pepper.

Mix until thoroughly combined.

Divide mixture between lettuce chutes, sprinkle with bacon and enjoy immediately!

Makes 1 serving

## Nutrition Information:

490 calories  
35 g. fat  
7 g. carbs  
33 g. protein



# Smoked Salmon Stuffed Avocados

## Ingredients:

5 ounces smoked salmon, chopped or shredded  
2 tablespoons paleo mayo  
1 medium avocado  
garlic & herb seasoning, to taste  
fresh chives, chopped  
sea salt, to taste

## Instructions:

In a small bowl combine smoked salmon, mayo, and seasonings, mix until thoroughly combined.

Cut avocado in half and remove pit. Divide salmon mixture and place in the middle of avocado, sprinkle with chives.

Enjoy immediately!

Makes 2 servings

## Nutrition information:

345 calories  
29 g. fat  
6 g. carbs  
18 g. protein



# Zucchini Pesto Salad

## Ingredients:

3 ounces grilled chicken breast, cubed  
5 ounces zucchini, spiralized (zoodles)  
½ tablespoon olive oil  
1 teaspoon minced garlic  
3 tablespoons pesto  
2 tablespoons chopped walnuts

## Instructions:

In a medium skillet over medium high heat drizzle olive oil and sauté minced garlic until fragrant.

Add zoodles and continue to sauté until bright green and just soft, about 5 minutes.

Remove from heat.

Add chicken breast and pesto. Toss until well coated. Sprinkle with walnuts and enjoy immediately.

Makes 1 serving

## Nutrition information:

496 calories  
39 g. fat  
9 g. carbs  
26 g. protein



# Loaded Cauliflower Salad

## Ingredients:

6 cups cauliflower, chopped  
4 slices bacon, cooked and crumbled  
1/3 cup paleo mayonnaise  
1 tablespoon mustard  
¼ cup red onion, diced  
½ teaspoon dill  
1 tablespoon chives, chopped  
1 teaspoon vinegar  
1/3 cup shredded cheddar cheese  
sea salt & pepper, to taste  
paprika, to taste

## Instructions:

Steam cauliflower until just soft, careful to not overcook. About 3-5 minutes.

Once done add to a large bowl and allow to cool about 10 minutes.

Combine all ingredients in bowl and toss until well coated.

Garnish with additional chives and chill for 1-2 hours prior to serving.

Enjoy!

Makes 4 servings

## Nutrition information:

240 calories  
20 g. fat  
9 g. carbs  
8 g. protein



# Lemon Basil Salmon

### Ingredients:

4 (6 ounce) Salmon filets	2-3 cups spinach, raw
4 ounces cream cheese	1 ½ tablespoons grass fed butter
2 tablespoons basil, chopped	2 tablespoons lemon juice
2 teaspoons lemon zest	½ cup chicken bone broth
1 teaspoon garlic	2 teaspoons arrowroot powder
sea salt and pepper, to taste	

### Instructions:

Preheat oven to 450 degrees Fahrenheit. Spray a baking sheet and set aside. Season salmon with sea salt and pepper on both sides.

In small bowl combine cream cheese, basil, lemon zest, and garlic. Divide mixture into four servings. Spread ¼ of the cream cheese mixture between each salmon filet. Bake in preheated oven for 12-15 minutes or until salmon is cooked through and flaking (145 degrees Fahrenheit.).

Meanwhile, in sauce pan melt 1 tablespoon butter over medium heat. Add chicken bone broth, lemon juice, and arrowroot powder. Heat until sauce thickens, roughly 5 minutes.

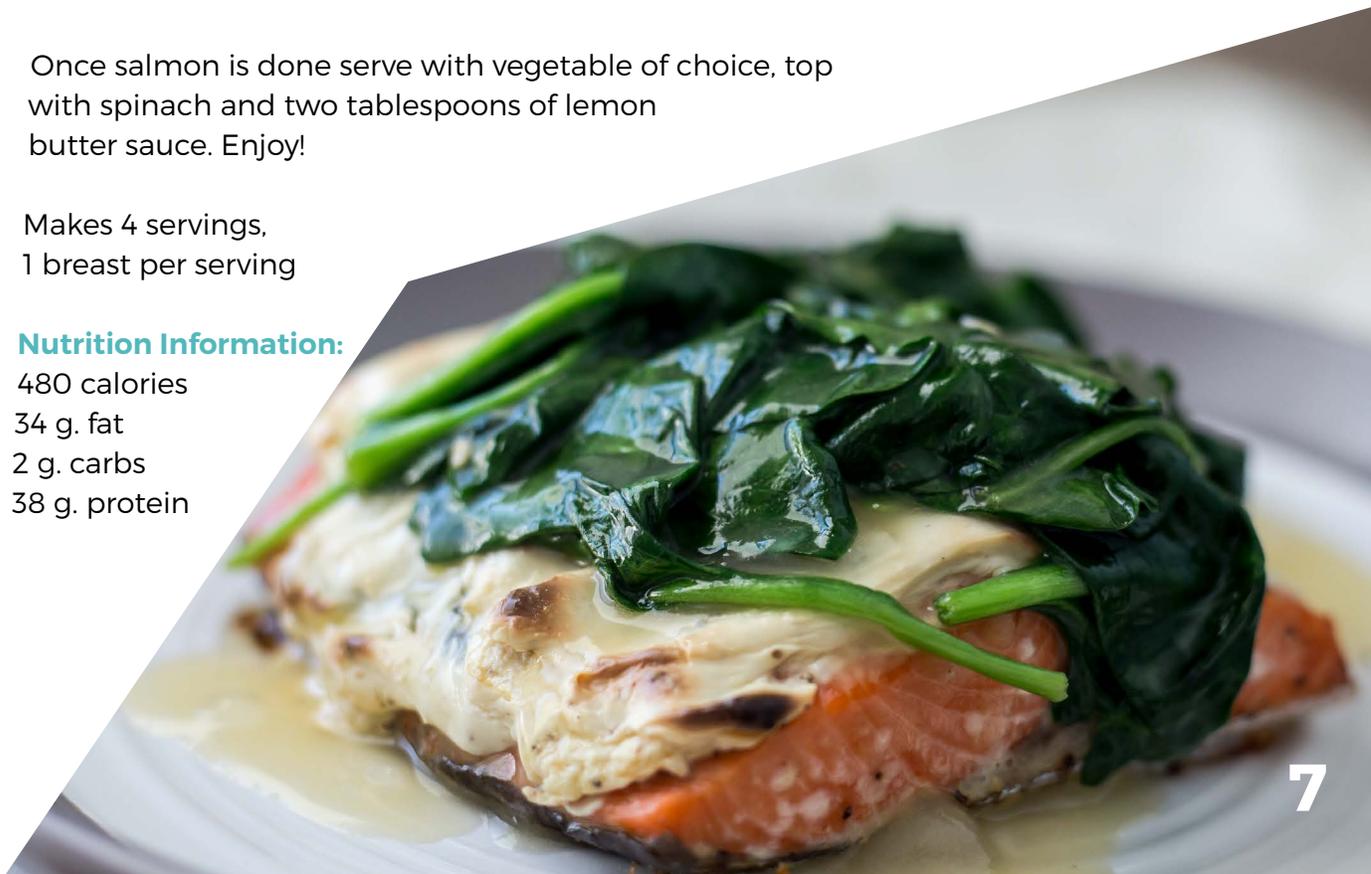
In a small skillet melt remaining butter and add spinach. Sauté until just wilted and remove from heat.

Once salmon is done serve with vegetable of choice, top with spinach and two tablespoons of lemon butter sauce. Enjoy!

Makes 4 servings,  
1 breast per serving

### Nutrition Information:

480 calories  
34 g. fat  
2 g. carbs  
38 g. protein



# Stuffed Bacon Wrapped Chicken Thighs

## Ingredients:

8 chicken thighs	½ teaspoon cinnamon
16 slices uncured bacon	½ teaspoon smoked paprika
5 ounces cream cheese	¼ teaspoon nutmeg
1-2 teaspoons garlic and herb seasoning	½ teaspoon garlic salt
½ teaspoon dill weed	sea salt & pepper, to taste

## Instructions:

Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper or foil and place a cooling rack on top. Spray rack with nonstick cooking spray and set aside.

In a small bowl cream together cream cheese and garlic herb seasoning and dill, set aside. Cut the tough ends of the asparagus off and also set aside. In another small bowl combine remaining seasonings.

Using a meat tenderizer beat chicken thighs to about ½ inch thick. Pat chicken thighs dry and season on both side with seasoning mix.

Spoon cream cheese mixture onto one side of the chicken, divide evenly then roll closed. Using 2 slices of bacon, wrap chicken thigh with bacon, place seam side down on cooling rack. Continue with remaining chicken thighs.

Bake in preheated oven for 30-35 minutes or until chicken reaches an internal temperature of 165 degrees.

Enjoy with vegetable of choice!

Makes 8 servings,  
1 thigh per serving

## Nutrition information:

412 calories  
34 g. fat  
3 g. carbs  
28 g. protein



# Steak & Chimichurri Sauce

with Herb Cauliflower Rice

## For Chimichurri:

### Ingredients:

1 bunch parsley

1 bunch cilantro

½ cup olive oil

½ cup red wine vinegar

3 cloves garlic

1 teaspoon red pepper flakes

Salt and pepper to taste

### Instructions:

Cut long stems from parsley and cilantro (some stems are okay). Place all ingredients into a food processor or blender, blend until smooth. Chill until ready to serve.

## For steak:

### Ingredients:

6 ounce steak (may use larger steak if preferred)

1 tablespoon of butter (use more if using larger steak)

1 teaspoon minced garlic

½ teaspoon onion powder

½ teaspoon low sodium steak seasoning

Salt & pepper to taste

### Instructions:

Preheat oven to 475 degrees Fahrenheit.

In a small bowl combine seasonings except for minced garlic. Rub both sides of steak with seasoning mixture.

Heat an oven safe pan to high heat on stove. Once hot, melt butter. Once butter is melted add in garlic, sauté for about 30 seconds. Add steak to hot pan and sear for 2 minutes on each side.

After you've seared both sides place pan in the oven. Finish cooking steak in oven to your liking. About 5-6 minutes for rare, 6-8 minutes for medium, 8-10 for well done. \*

\*may vary depending on thickness of steak. Use a meat thermometer to get exact temperature of preferred doneness.

Tip: Allow steak to come to room temperature before preparing. Set it out about 1/2 hour to an hour before you're ready to cook.

# Steak & Chimichurri Sauce

with Herb Cauliflower Rice

Continued

## For Herb Cauliflower Rice:

### Ingredients:

1 cup of cauliflower rice  
1 teaspoon olive oil  
½ teaspoon minced garlic  
½ teaspoon dried thyme  
½ teaspoon dried parsley  
salt to taste

### Instructions:

In a skillet add olive oil and minced garlic. Sauté for about 1-2 minutes until light brown.

Add cauliflower rice and seasonings. Stir constantly for 3-5 minutes, until cauliflower is just beginning to color. You do not want to cook too long or it will become soggy. Remove from heat and plate immediately.

### Final instructions:

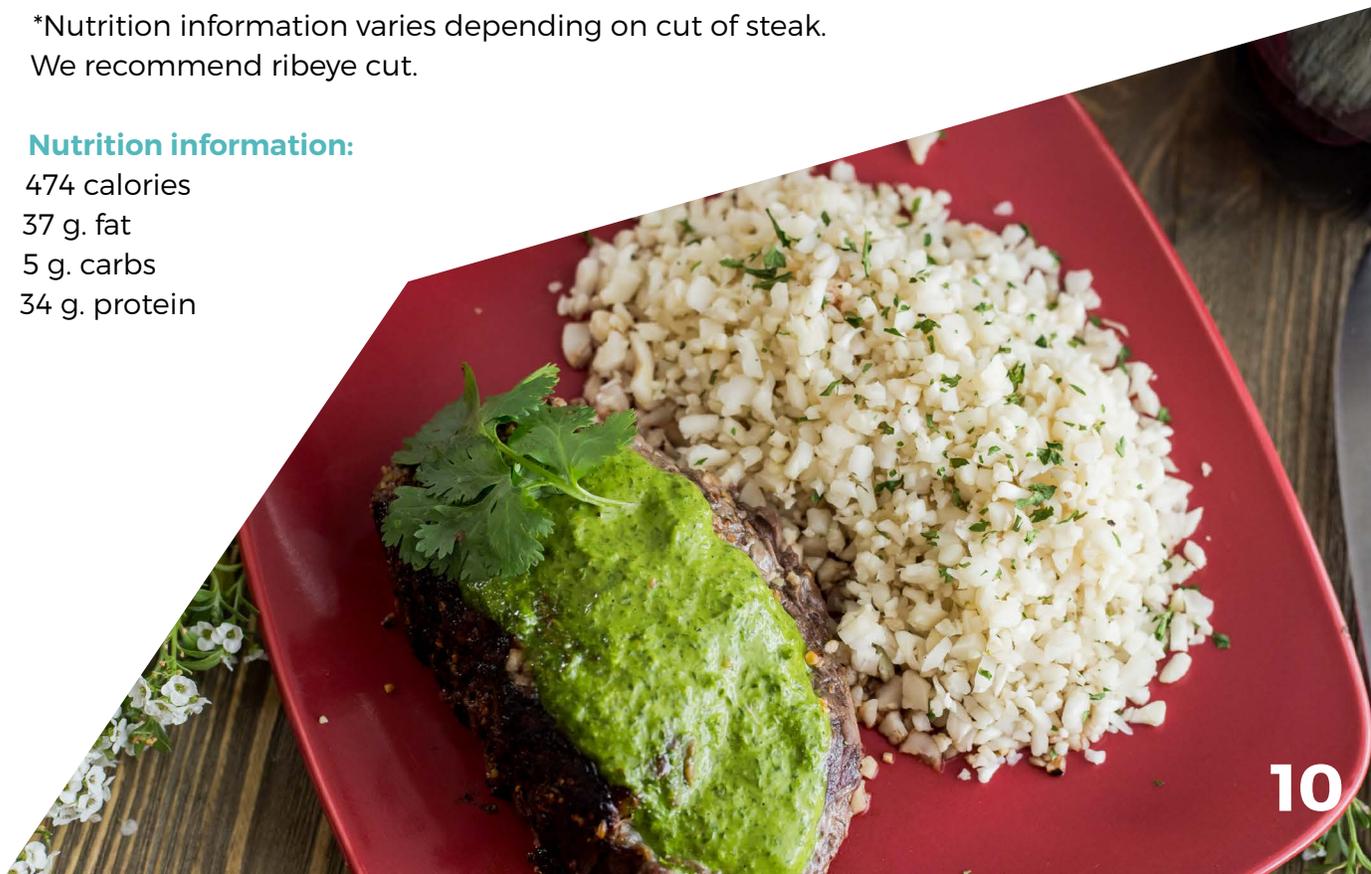
Place steak on top of cauliflower rice and spoon about 1 tablespoon of chimichurri over warm steak. Enjoy with vegetable of choice on the side.

Makes 1 serving

\*Nutrition information varies depending on cut of steak.  
We recommend ribeye cut.

### Nutrition information:

474 calories  
37 g. fat  
5 g. carbs  
34 g. protein



# Bacon Guacamole Bison Burger

## Ingredients:

16 ounces ground bison  
8 slices bacon, cooked  
4 slices Colby jack cheese  
8 tablespoons guacamole  
4 slices tomato  
4 large leaves romaine  
sea salt, to taste  
garlic powder, to taste  
cumin, to taste  
paprika, to taste

## Instructions:

In a large bowl combine ground bison burger and seasonings. Using your hands form ground bison into four burger patties.

Preheat grill to medium heat, cook burgers until cooked to desire doneness.

When burgers are done top with sliced cheese and allow to melt, remove from heat.

Place burger patty on lettuce, top with 2 slices of bacon, tomato slice, and two tablespoons of guacamole. Enjoy immediately!

Makes 4 servings

## Nutrition information:

373 calories  
24 g. fat  
3 g. carbs  
35 g. protein



# Keto Lemon Crepes

## Ingredients:

2 ounces cream cheese, softened  
3 eggs  
1 tablespoon lemon juice  
1 teaspoon lemon zest  
1-2 teaspoons stevia, to taste  
½ teaspoon vanilla  
2 tablespoons heavy cream, whipped  
2/3 cup strawberries, sliced

## Instructions:

In a small bowl beat together all the ingredients, except for whipped heavy cream and strawberries, until smooth.

Spray a small skillet with nonstick cooking spray, heat over medium heat, pour in mixture and spread around the bottom on the pan. Allow to cook 3-4 minutes, or until edges are set. Flip and cook another 2-3 minutes. Batter makes about 4 crepes.

Top crepes with strawberries and roll up. Sprinkle with powdered sugar free sweetener (like xylitol or monk fruit.) Top with whipped heavy cream and enjoy!

Makes 2 servings, 2 crepes per serving

## Nutrition information:

275 calories  
22 g. fat  
6 g. carbs  
12 g. protein



# Strawberry Lemon Cheesecake

### Ingredients:

16 ounces cream cheese  
2 eggs  
¼ cup stevia  
½ teaspoon vanilla

¼ teaspoon almond extract  
1 small lemon, juiced  
1 tablespoon lemon zest

### For topping:

1 cup strawberry halves  
¼ cup powdered monk fruit sweetener (or 1 cup xylitol blended in blender until powder consistency)  
1 tablespoon lemon juice

### Instructions:

Preheat oven to 325 degrees Fahrenheit. Line a muffin tin with silicone liners.

In a large bowl beat cream cheese until smooth then add remaining ingredients. Mix until well combined.

Pour batter into muffin tin, filling cavities until just over half full. Bake in preheated oven for about 15-20 minutes. Middles will still be jiggly.

Cool to room temperature. Once cooled move to refrigerator to chill for 2 hours.

Meanwhile mash strawberries with a fork to desired consistency. Add powdered sweetener and lemon juice, mix until well combined.

Top cheesecakes with strawberry mixture, dividing equally.  
Enjoy!



# Blackberry Lime Ricotta Crustless Tarts

## Ingredients:

2 cups ricotta cheese  
4 ounces cream cheese  
1/3 cup + 2 tablespoons monk  
fruit sweetener (or stevia.)  
2 teaspoons vanilla extract

1 tablespoon lime juice  
2 egg yolks  
1/4 teaspoon nutmeg  
1 cup blackberries  
3-4 tablespoons sliced fresh basil

## Instructions:

Preheat oven to 350 degrees Fahrenheit. Line a muffin tin with silicone or foil cupcake liners, set aside.

In a bowl cream together ricotta and cream cheese until smooth. Then add vanilla, lime juice, 1/3 cup of sweetener, and nutmeg. Once mixed well add in egg yolks creaming together until smooth, set aside. In another small bowl mash 1/2 cup of blackberries with remaining sweetener. Set aside.

Fill muffin tins about 1/2 full, dividing equally. Top cheese mixture with 1 tablespoon of mashed blackberries, using a knife swirl around.

Bake tarts in preheated oven for 20-25 minutes or until tarts are puffed up and no longer jiggle. Allow to cool.

Once cooled top with remaining blackberries and sprinkle with basil. Chill until ready to serve or enjoy immediately!

Makes 12 servings,  
1 tart per serving

## Nutrition information:

119 calories  
9 g. fat  
3 g. carbs  
6 g. protein



# Keto Carrot Mug Cake

## Ingredients:

3 tablespoons almond flour  
1/3 scoop vanilla protein powder  
1 egg  
1 tablespoon unsweetened almond milk  
2 tablespoons shredded carrots  
1 tablespoon chopped walnuts  
½ teaspoon cinnamon  
pinch nutmeg  
1 tablespoon stevia  
¼ teaspoon baking powder

## Instructions:

Spray a large mug with nonstick cooking spray and set aside.

In a small bowl combine almond flour, protein powder, egg, almond milk, carrots, walnuts, seasonings, stevia, and baking powder.

Pour mixture in mug. Microwave for 1 minute and 5 seconds. Allow to cool about 5 minutes and enjoy!

Makes 1 serving

## Nutrition information:

258 calories  
18 g. fat  
9 g. carbs  
18 g. protein



# Lemon Coconut Fat Bomb

## Ingredients:

8 ounces cream cheese, softened  
2 tablespoons grass fed butter, softened  
1 tablespoon lemon juice  
2 teaspoons lemon zest  
½ cup unsweetened shredded coconut  
½ teaspoon coconut extract  
1-2 tablespoons stevia

## Instructions:

In a bowl beat all ingredients and mix until well combined.

Line a baking sheet with parchment paper. Using a cookie scoop, divide mixture equally into balls, placing about 1 inch apart on baking sheet.

Freeze for 2 hours and enjoy!

Makes 15 servings

## Nutrition information:

80 calories  
8 g. fat  
1 g. carbs  
1 g. protein



# Lemon Fluff

## Ingredients:

8 ounces cream cheese  
1 cup heavy whipping cream  
1 tablespoon lemon zest  
2 tablespoons lemon juice  
1 teaspoon vanilla  
2-3 tablespoons stevia

## Ingredients:

In a mixer cream cheese, lemon zest, lemon juice, vanilla, and stevia. Add heavy whipping cream and blend until whipped and fully, about 5-8 minutes.

Pipe mixture into serving dishes, sprinkle with lemon zest for garnish and enjoy!

Makes 6 servings

## Nutrition information:

295 calories  
28 g. fat  
3 g. carbs  
3 g. protein



# Chicken Strawberry Avocado Salad

## Ingredients:

3 cups mixed greens salad  
¼ medium avocado, sliced  
½ cup strawberries, sliced  
2 ½ ounces grilled chicken breast  
2 tablespoons raspberry vinaigrette dressing  
2 tablespoons pecans

## Instructions:

Layer all ingredients in a bowl. Drizzle with dressing and enjoy immediately!

Makes 1 serving

## Nutritional Information:

423 calories  
27 g. fat  
15 g. carbs  
23 g. protein



# Cucumber Sandwiches

## Ingredients:

1 medium cucumber, sliced

4 slices cheese, each sliced cut into 4 pieces (16 pieces total)

4 slices turkey deli meat, each sliced into 4 pieces (16 pieces total)

## Instructions:

Place a piece of cheese and a piece of sandwich meat on top of a slice of a cucumber place a piece. Then top with another slice of cucumber. Continue until you have several “sandwiches”, if you have extra meat and cheese left over go ahead and add extra filling to your sandwiches! Enjoy.

Makes 2 servings

## Nutritional Information:

156 calories

7 g. fat

10 g. carbs

14 g. protein



# Loaded Ranch Sweet Potato

## Ingredients:

Medium baked sweet potato (about 175 grams cooked.)  
2 ½ ounces rotisserie chicken, shredded  
3 tablespoons non-fat greek yogurt  
2 teaspoons ranch seasoning  
1 slice turkey bacon, crumbled  
1 tablespoon guacamole  
salt & pepper, to taste  
hot sauce, to taste  
1 lime wedge

## Instructions:

In a small bowl combine greek yogurt and ranch seasoning, mix until well combined. Add shredded chicken and toss until well coated.

Sprinkle seasonings onto cooked sweet potato. Layer the ranch chicken, turkey bacon, guacamole, and hot sauce. Squeeze lime over potato and enjoy!

Makes 1 serving

## Nutrition information:

427 calories  
14 g. fat  
44 g. carbs  
30 g. protein



# Balsamic Grilled Vegetables

## Ingredients

1 cup broccoli florets  
1 cup zucchini, sliced  
1 cup yellow squash, sliced  
½ cup onion, sliced  
1 cup mushrooms, sliced  
¼ cup olive oil  
¼ cup balsamic vinegar  
1 tablespoon minced garlic  
Sea salt & pepper, to taste.

## Instructions:

Preheat grill to medium heat.

Meanwhile, in a large bowl combine all ingredients. Toss vegetables until well coated in olive oil and vinegar.

Place vegetables on a grill safe pan (or if you do not have one, make a foil “boat” and place vegetables inside.)

Grill for 15-20 minutes until vegetables are just soft. Enjoy!

Makes 6 servings

## Nutrition Information:

120 calories  
10 g. fat  
8 g. carbs  
3 g. protein



# Chicken Tomato Cucumber Salad

## Ingredients:

8 ounces chicken breast, cooked and cubed  
2 cups cherry tomatoes, halved  
2 cups cucumbers, peeled and chopped  
1/4 cup chopped red onion  
2 ounces feta cheese  
1 tablespoon red wine vinegar  
1 tablespoon olive oil  
1 teaspoon lemon juice  
2 tablespoons sliced basil  
salt and pepper, to taste

## Instructions:

In a bowl place all ingredients, except for liquids, into a bowl. Toss until well combined.

In a small bowl whisk olive oil, lemon juice, and vinegar. Once mixed drizzle over salad and toss until well coated.

Chill for 1-2 hours for best flavor or enjoy immediately.

Makes 2 servings

## Nutrition information:

304 calories  
15 g. fat  
12 g. carbs  
33 g. protein



# Lemon Basil Cream Cheese Stuffed

## Chicken Breast

### Ingredients:

4 (6 ounce) boneless skinless chicken breast, pounded ½ inch thick  
8 ounces greek cream cheese  
¼ cup grated parmesan  
2 tablespoons basil, chopped  
2 teaspoons lemon zest  
1 teaspoon garlic  
sea salt and pepper, to taste  
8 asparagus spears, trimmed  
1 tablespoon grass fed butter  
2 tablespoons lemon juice  
½ cup chicken bone broth  
2 teaspoons arrowroot powder

### Instructions:

Preheat oven to 350 degrees Fahrenheit. Spray an 8x8 baking dish and set aside.

Season pounded chicken with sea salt and pepper on both sides.

In small bowl combine greek cream cheese, parmesan, basil, lemon zest, and garlic. Divide mixture into four servings. Spread ¼ of the cream cheese mixture between each chicken breast. Top with 2 asparagus spears then roll up. Place seam side down in 8x8 baking dish.

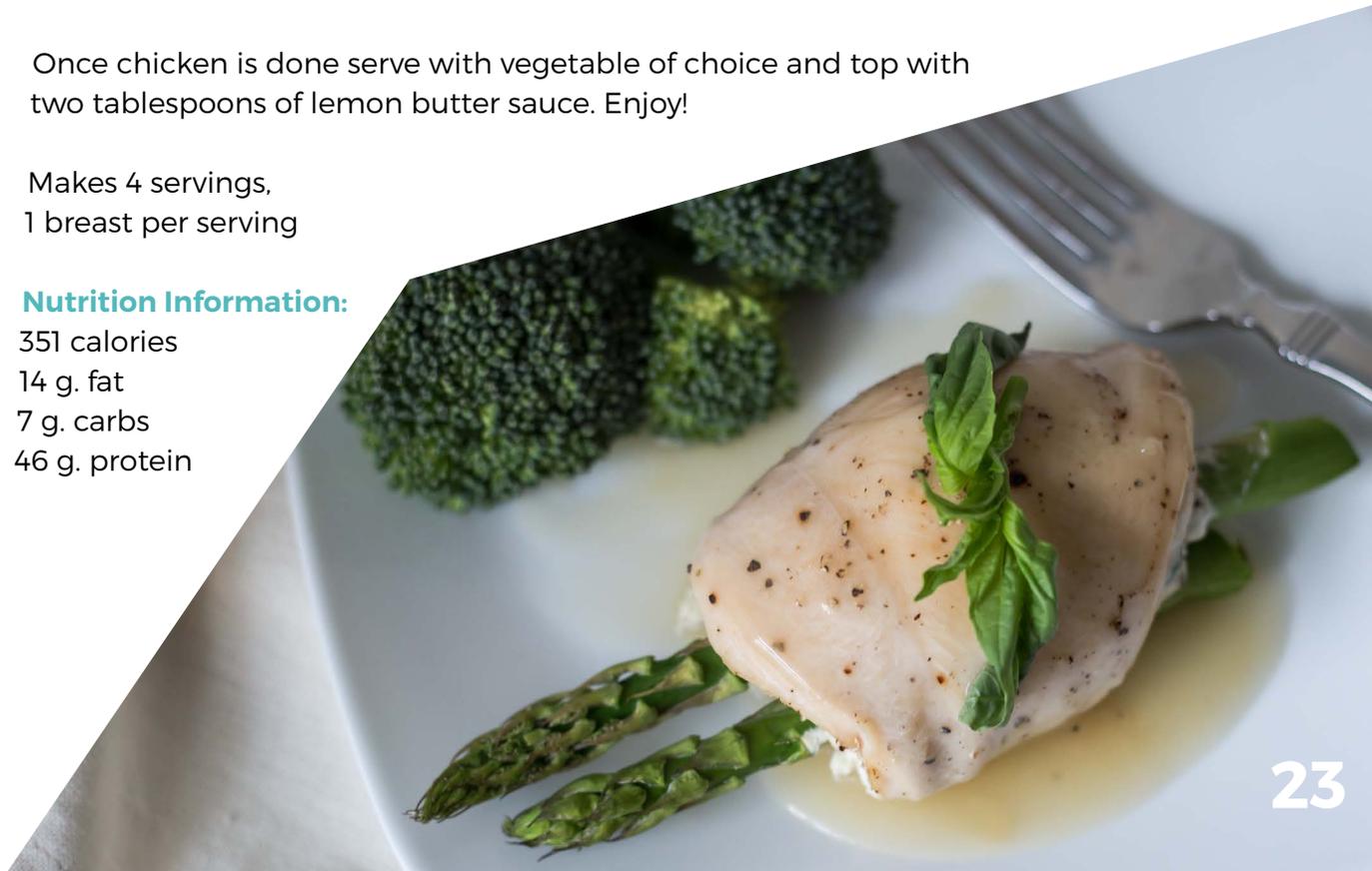
Bake in preheated oven for 25-30 minutes or until chicken is no longer pink (160 degrees Fahrenheit.) and juices run clear. Meanwhile, in sauce pan melt butter over medium heat. Add chicken bone broth, lemon juice, and arrowroot powder. Heat until sauce thickens, roughly 5 minutes.

Once chicken is done serve with vegetable of choice and top with two tablespoons of lemon butter sauce. Enjoy!

Makes 4 servings,  
1 breast per serving

### Nutrition Information:

351 calories  
14 g. fat  
7 g. carbs  
46 g. protein



# Strawberry Lemon Chia Pancakes

## Ingredients:

1 cup raw cashews  
½ teaspoon baking soda  
2 eggs  
¼ cup cottage cheese  
1 teaspoon vanilla extract  
1 ½ teaspoon stevia  
1 teaspoon lemon zest  
1 tablespoon lemon juice  
1 tablespoon chia seeds  
1/3 cup strawberries, diced

## Instructions:

In a blender, grind cashews until a powder like consistency, careful to not over blend or it will turn into butter.

Add the rest of the ingredients to the blender, except for strawberries and chia seeds. Blend until smooth.

Once thoroughly mixed fold in strawberries and chia seeds.

Heat a griddle to medium heat and spray with nonstick cooking spray. Pour about ¼ cup of pancake mix onto preheated grill.

Allow to cook about 2-3 minutes until edges are set and then flip. Cook for another 1-2 minutes.

Serve warm with sugar free syrup.

Makes 3 servings,  
2 pancakes per serving

## Nutrition information:

312 calories  
21 g. fat  
15 g. carbs  
14 g. protein



# Chicken Cordon Bleu

## Ingredients:

5 thin sliced chicken breasts  
10 slices deli sliced ham  
2 ½ wedges light laughing cow  
cheese spread  
2 ½ slices provolone cheese  
¼ cup panko bread crumbs

½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon Italian blend seasoning  
1 tablespoon garlic & herb seasoning  
Salt & pepper, to taste

## Instructions:

Preheat oven to 350 degrees Fahrenheit. Season thin sliced chicken breast with garlic & herb seasoning, evenly distributing to each side of chicken. Rub in with your hands.

Cut laughing cow cheese wedges in half, spread ½ a wedge onto one side of each chicken breast. Place 2 slices of deli sliced ham onto each chicken breast. Roll up chicken, place onto a greased baking dish, seam side down.

In a small bowl combine panko bread crumbs, garlic powder, onion powder, salt, pepper, and italian seasoning. Mix until well combined. Sprinkle bread crumb mixture over the top of the rolled up pieces of chicken, coating well. Bake in preheated oven for 30 to 35 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit.

Once chicken is cooked through, turn oven up to high broil, place ½ slice of provolone cheese over the top of each piece of chicken. Broil for 3-5 minutes until cheese is melted. Enjoy with vegetable of choice on the side.

Makes 5 servings

## Nutrition information:

209 calories  
9 g. fat  
5 g. carbs  
37 g. protein



# Basil Chicken w/ Vegetables

## Ingredients:

1 pound boneless chicken meat, cut into bite-sized pieces  
1 bell pepper, chopped  
8 ounces mushrooms, sliced  
2 cups zucchini, sliced  
½ cup pesto  
3 tablespoons olive oil  
salt and pepper to taste

## Instructions:

Heat oil in a large skillet over medium-high heat. Sprinkle salt and pepper on chicken.

Sauté chicken until white and cooked through, about 8-10 minutes.

Add the vegetables and sauté another 5 minutes until vegetables are just soft.

Add basil and turn heat down to medium-low and simmer for another 5 minutes.

Remove from heat and allow to cool a few minutes. Enjoy warm.

Makes 4 servings

## Nutrition information:

362 calories  
22 g. fat  
10 g. carbs  
33 g. protein



# Shrimp & Goat Cheese Veggie Pasta

## Ingredients:

1 lb. shrimp, deveined and tails removed  
2 medium zucchini, spiralized  
2 medium yellow squash, spiralized  
1 cup asparagus, chopped  
¼ cup frozen peas, thawed  
2 tablespoons olive oil  
4 ounces goat cheese  
2 teaspoons minced garlic  
1 teaspoon garlic & herb seasoning  
sea salt, to taste

## Instructions:

In a large wok drizzle one tablespoon olive oil, add shrimp and seasonings. Cook over medium heat until shrimp is pink, cooked through, and curling in. About 8-10 minutes. Remove from wok and set aside.

In the same wok add remaining olive oil, garlic, and vegetables. Saute until zucchini and squash are just soft and bright in color.

Turn off heat, add in shrimp and goat cheese. Toss until cheese is melted and vegetables are well coated. Enjoy!

Makes 4 servings

## Nutrition information:

255 calories  
13 g. fat  
10 g. carbs  
37 g. protein



# Strawberry Lemon Shortcake

## Ingredients

½ cup almond flour	1 egg
¼ cup oat flour	½ cup nonfat plain greek yogurt
¼ cup vanilla protein powder	1 teaspoon vanilla
1/3 cup xylitol (or ¼ cup stevia)	¼ teaspoon almond extract
1 teaspoon baking powder	1 tablespoon lemon juice
¼ teaspoon baking soda	1 teaspoon lemon zest
½ teaspoon salt	1 cup strawberry halves
2 tablespoons coconut oil	

## Instructions:

Preheat oven to 350 degrees Fahrenheit. Spray 4 ramikins with nonstick cooking spray and set aside.

In a medium bowl combine all dry ingredient and mix well.

In a separate small bowl combine wet ingredients, beat with a hand mixture until thoroughly combined.

Slowly mix wet ingredients with dry ingredients until mixed well.

Pour batter into ramikins until half full.

Bake in preheated oven for 15-20 minutes. Once cooked allow to cool, cakes may fall. Top with strawberries and enjoy!

Makes 4 servings

## Nutrition information:

197 calories  
11 g. fat  
12 g. carbs  
13 g. protein



# Strawberry Banana Bread

## Ingredients:

2 large bananas, mashed  
3 eggs  
1 ½ cups almond flour  
½ cup oat flour  
½ teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt

½ teaspoon cinnamon  
1/3 cup brown sweetener substitute  
(like monk fruit or erythritol)  
1 teaspoon vanilla extract  
¼ cup Greek yogurt  
¼ cup unsweetened apple sauce  
1 cup strawberries, sliced

## Instructions:

Preheat oven to 350 Degrees Fahrenheit.

Mix all the dry ingredients in a large bowl.

Mix all the wet ingredients, including strawberries, in another large bowl.

Mix the dry ingredients into the wet ingredients.

Pour the mixture into a greased 9x5 inch loaf pan.

Bake in a preheated oven until golden brown and a toothpick poked into the center comes out clean, about 50 minutes to an hour.

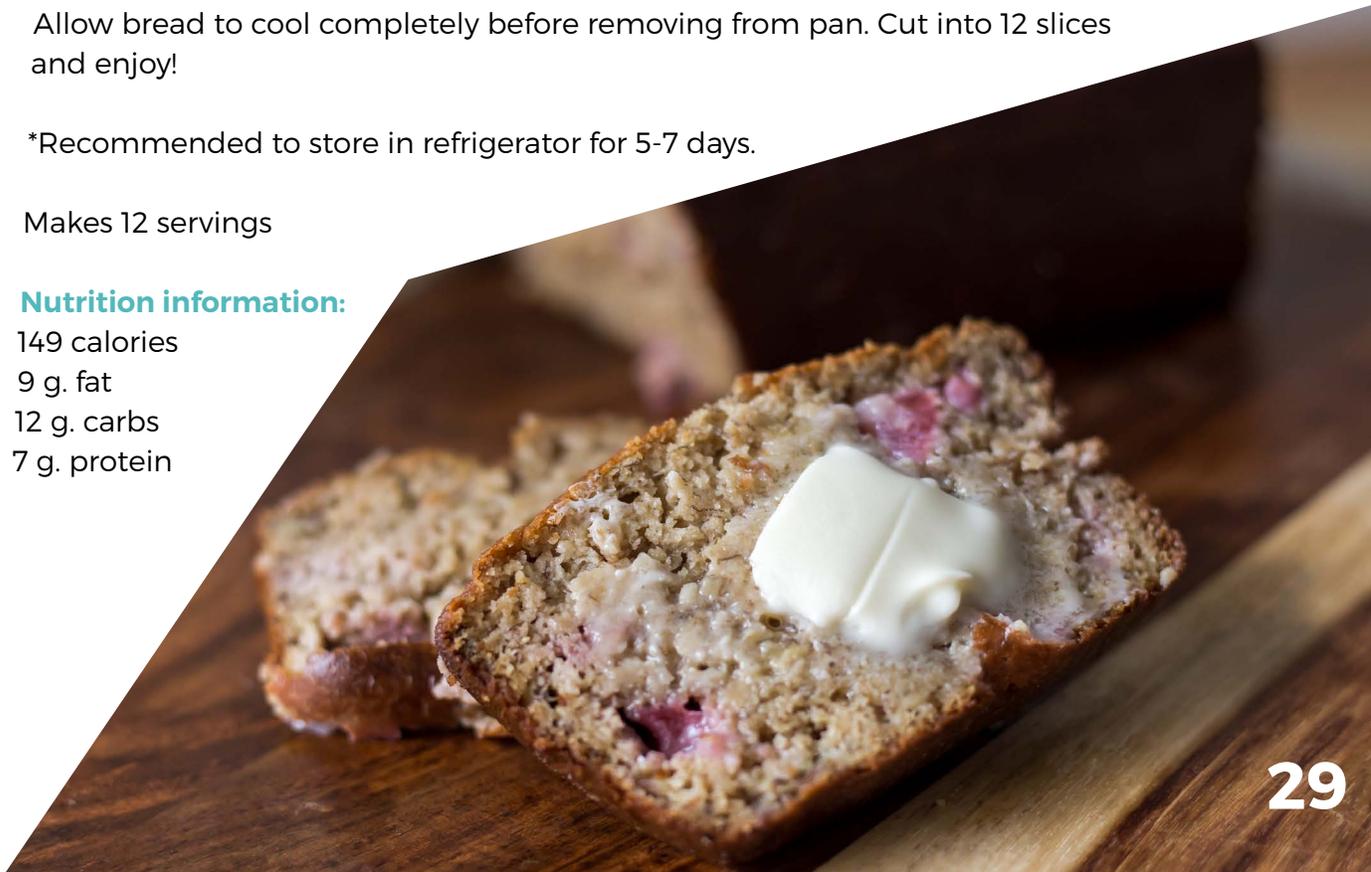
Allow bread to cool completely before removing from pan. Cut into 12 slices and enjoy!

\*Recommended to store in refrigerator for 5-7 days.

Makes 12 servings

## Nutrition information:

149 calories  
9 g. fat  
12 g. carbs  
7 g. protein



# Lemon Tea Cookies

## Ingredients:

1/3 cup xylitol	2 ounces greek cream cheese
1/4 cup butter	1 egg
1/4 cup non-fat greek yogurt	1 3/4 cup almond flour
1 tbs. lemon zest	1/2 cup (about 2 scoops) vanilla protein powder
1/4 cup honey	1/2 teaspoon sea salt
1/2 teaspoon lemon extract	1 teaspoon baking powder
1/2 teaspoon vanilla	

## Instructions:

Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper or a baking mat; set aside.

In a large bowl beat together xylitol, butter, greek yogurt, and lemon zest on medium speed until mixed well. Add the cream cheese and mix just until combined. Add the honey, extracts, and egg. In a medium mixing bowl, whisk together the flour, baking powder and salt. With mixing speed on low, gradually add the dry ingredients to wet ingredients, mixing just until combined.

Spoon about 1 tablespoon of dough onto the prepared baking sheet, press into disc shape. Place in the oven and bake for 12-14 minutes or until the edges begin to brown. Remove from the oven and allow to cool on the sheets for 2-3 minutes before transferring to a cooling rack.

Once cookies are completely cool, in a small bowl whisk together the powdered sweetener, lemon juice and zest. Dip the tops of the cookies in the glaze, swirl to remove any excess. Allow to sit for 5 minutes to allow the glaze to set.

Makes 20 cookies,  
1 cookie per serving

## Nutrition information:

109 calories  
8 g. fat  
6 g. carbs  
5 g. protein



# Raspberry Almond Protein Cheesecake

## Ingredients:

24 ounces greek cream cheese, softened  
3 scoops vanilla protein powder  
3 large eggs  
1 ½ teaspoons vanilla extract  
1 ½ teaspoons almond extract  
1 tablespoon lemon juice  
¼ cup unsweetened almond milk (or other milk of your choice)  
¼ cup xylitol  
½ cup raspberries  
1 cup sugar free whipped cream

## Instructions:

Preheat the oven to 300 degrees Fahrenheit. Spray a 9 inch spring foam pan, or pie dish, with nonstick cooking spray. Set aside.

In a large bowl mix all the ingredients together, except for raspberries and whipped cream, until smooth. Pour filling into a pan and spread until evenly distributed with a spatula.

Bake in preheated oven for 40-45 minutes.

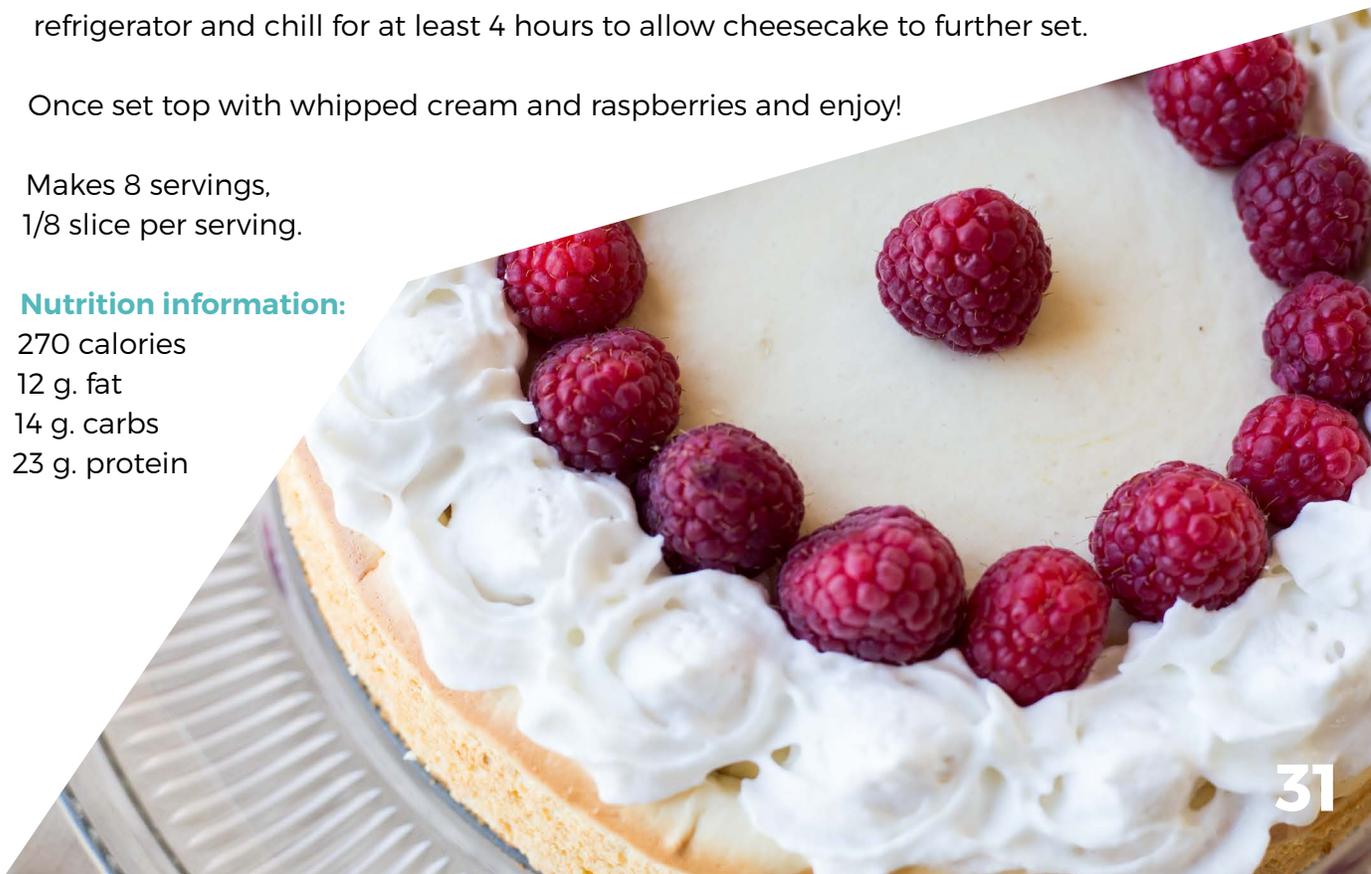
Once cooked allow to cool for about 15-20 minutes. Then move cheesecake to the refrigerator and chill for at least 4 hours to allow cheesecake to further set.

Once set top with whipped cream and raspberries and enjoy!

Makes 8 servings,  
1/8 slice per serving.

## Nutrition information:

270 calories  
12 g. fat  
14 g. carbs  
23 g. protein



# Lemon Blackberry Cupcakes

## Ingredients:

1½ cup whole wheat pastry flour  
½ cup vanilla protein powder  
½ cup xylitol  
2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon sea salt  
1 teaspoon vanilla extract  
½ teaspoon lemon extract  
1 tablespoon lemon zest  
1/2 cup unsweetened applesauce  
1/2 cup plain non-fat greek yogurt  
3 egg whites  
1/4 cup unsweetened almond milk  
1 cup blackberries, chopped

## For the frosting:

8 ounces greek cream cheese  
½ cup powdered sugar free  
sweetener (like monk fruit  
or erythritol.)  
1 teaspoon vanilla extract  
2 tablespoons lemon juice  
1 tablespoon lemon zest  
4-6 drops purple food coloring

## Instructions:

Preheat oven to 375 degree Fahrenheit. Mix all ingredients, except for blackberries, together in a bowl. Fold in blackberries.

Line a cupcake sheet with foil liners, or spray with nonstick cooking spray. Equally fill the liners with the cupcake batter. Bake in preheated oven for 18-20 minutes, or until a toothpick comes out clean. Allow cupcakes to cool to room temperature before icing.

Meanwhile, combine all ingredients for frosting in a medium bowl. Pipe onto cupcakes and enjoy!

Makes 12 cupcakes,  
1 cupcake per serving

## Nutrition information:

144 calories  
3 g. fat  
17 g. carbs  
12 g. protein

