

Low Carb Recipes

14-Day Plan with Delicious Recipes for
Permanent Weight Loss at Home and on
the Road

Mathias Müller

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INTRODUCTION

Many find it harder and harder to keep track of all the food they've eaten over the course of a day. The increasing popularity of the snack culture often also means the number of carbs consumed increase to an unhealthy level. Overweight and lifestyle diseases like diabetes are merely the top of the iceberg when it comes to the consequences, which vary for each individual. With this 14-day system you will always know exactly what you have eaten and the carbs. With this concept, which covers 24 hours a day you will see certain, permanent weight loss after just 14 days. With full flavor and without remorse, food will again take on the role it deserves.

Based on my years of experience, I felt it was very important to finally not just associate food with weight loss when I wrote this book. Instead of also losing energy along with pounds over the course of two weeks, with these recipes you will experience quite the opposite. Instead of stressing the body and digestive system with carbs, the low carb diet will boost your metabolism and your overall performance. Based on my professional experience I know that many 14-day systems often fail because they lack flexibility. With this concept you will therefore purposely be able to choose between two dishes for each main meal. All dishes further use ingredients you will find in any supermarket. This will make them easier to cook, since everybody has already used them at one time or another.

This is one of the biggest advantages of the low carb cuisine. Instead of researching the rules of a low carb diet you will already put them to use starting on the first day. This makes it a lot easier to understand which foods, e.g. pasta or potatoes, should be replaced with low carb foods. And you can virtually make any dish by simply substituting certain ingredients. This especially allows certain family members to finally reach their dream weight without the rest of the family having to make culinary compromises. After all, low carb is suitable for special meals as well as parties and are certain to have guests pay you lots of compliments. One excellent example is 43-year-old Dirk and his 41-year-old wife Bettina:

"With three little kids at home and the double burden of work and family we struggled for a long time to find a diet where we don't end up cooking two different meals for us and the kids. We finally managed this feat with the 14 day system, since we also purposely involved the kids in picking the meals. While they didn't notice a difference, we finally noticed those annoying pounds melting away. Even our parents, who come for lunch every Sunday, were really surprised when they later heard they themselves had been spoiled with low carb delicacies."

The big advantage of a low carb diet is losing weight without being hungry and simply feeling better. In addition to weight loss, the focus is therefore on better performance. Like the weight loss, this is also permanent and won't fall victim to the infamous yo-yo effect. This cookbook should therefore also be considered the first step to changing your diet permanently. After two weeks you will have a good basis to realistically assess the first results and accept the first compliments about your new figure. This motivating factor will also help obese people to not just consider changing their diet as dieting or forgoing indulgence. Grab the opportunity to amaze everybody around you and finally feel proud and satisfied when you look in the mirror.

This 14 day system provides you with everything you need to start a new chapter in your life with a completely new body awareness after just two weeks. From Greek yogurt for breakfast to hearty dinners, you will be able to celebrate meals again instead of just considering them a necessary evil. Experience exactly this feeling, which you will already have the first day and your first home cooked meal from this book.

Day 1

Breakfast

Option 1

Greek Walnut Yogurt

Ingredients for 4 servings:

- 1 2/3 c (400 g) yogurt
- 3/4 c (100 g) chopped walnuts
- 2 Tbs honey

Directions:

1. Mix all ingredients and enjoy cold.
2. If you like add a little vanilla flavoring.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 322 kcal

Fat: 25 g

Protein: 7.9 g

Carbohydrates 14.8 g

Option 2

Cordon Blue Scrambled Egg

Ingredients for 4 servings:

- 6 eggs
- Oil
- Chives
- 3 1/2 oz (100 g) cheese
- 1/4 lb (100 g) bacon
- Salt and pepper to season

Directions:

1. First separate the eggs. Mix the egg yolk and cream cheese.
2. Whisk the egg whites until stiff and fold in with the egg yolk and cream cheese mixture. Heat little oil in 2 small, non-stick pans, using about half the egg mixture per pan and smooth out.
3. Cover the soufflé omelets on low for about 20 minutes until set.
4. Chop the chives and quarter the lemon.
5. Sprinkle a little bit of chives over half of each omelet just before they're done cooking. Fold the other half of the omelet over. Finish cooking the omelets. Cut the omelets in half, season with salt and garnish with a slice of lemon.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 225 kcal

Fat: 15 g

Protein: 21 g

Carbohydrates 1.7 g

Mid-Morning Snack

Glass of Almond Milk with Kiwi

Ingredients for 4 servings:

- 1 2/3 c (400 ml) almond milk
- 1 vanilla bean
- 3/4 c (200 g) yogurt
- 2 kiwis
- 3 ice cubes

Directions:

1. Add all the ingredients to a blender and blend to make a frothy shake.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 102 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates 6.3 g

Lunch

Option 1

Black Salsify Omelet

Ingredients for 4 servings:

- 8 eggs
- 2/3 lb (300 g) black salsify
- 1 Spanish onion
- 1/4 lb (100 g) ham
- Oil
- Salt and pepper to season

Directions:

1. Wash and peel the black salsify, add to a pot with boiling water with salt and cook for 15 minutes. Briefly quench with cold water after cooking.
2. Beat the eggs season with salt and pepper. Chop the bacon and the Spanish onion. Add the onion to a hot pan with a little oil and sauté until translucent. Add the bacon and fry until crispy.
3. Then add the egg mixture and cook about 15 minutes until set. Turn once and serve when the omelet is golden brown.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 220 kcal

Fat: 13.3 g

Protein: 18 g

Carbohydrates 5.1 g

Option 2

Asian Omelet

Ingredients for 4 servings:

- 8 eggs
- 1/2 lb (200 g) chicken breast
- 4 oz (100 g) fresh white mushrooms
- 1 Spanish onion
- 1 orange bell pepper
- 3/4 oz (20 g) ginger
- 1 garlic clove
- Oil
- 4 Tbs soy sauce
- 50 g bamboo shoots
- 50 g peas
- 1 Tbs chervil
- Salt and pepper

Directions:

1. Drain the bamboo shoots and briefly rinse in a strainer. Rinse the meat, pat dry and cut into cubes. Peel and dice the onions.
2. Peel and grate the ginger. Clean, wash and dice the bell pepper. Clean and wipe the white mushrooms, then cut in half. Peel and mince the garlic.
3. Heat a little oil in a pan. Add the meat, sear and remove. Sauté the white mushrooms in the drippings and return the meat to the pan. Add the onion, garlic, ginger and bamboo shoots and sear again while stirring.
4. Add the bell pepper, putting a few pieces aside. Season with salt and pepper. Now stir in the peas.
5. Meanwhile beat the eggs with 4 Tbs water and soy sauce. Pour into the pan and cook covered on low for 15-20 minutes until set. Cut into pieces and serve on a plate with the remaining bell pepper.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 185 kcal

Fat: 10.1 g

Protein: 14.3 g

Carbohydrates 8 g

Mid-Afternoon Snack

Meatballs

Ingredients for 4 servings:

- 1 lb (400 g) mixed ground meat
- 2 eggs
- 2 tsp oats
- Paprika, salt and pepper to season

Directions:

1. Mix the ground meat and the remaining ingredients, shape into balls, then sear in a hot pan until the meatballs are done.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 240 kcal

Fat: 15.2 g

Protein: 22 g

Carbohydrates 2.4 g

Dinner

Option 1

Vegetable-Chicken Stir-Fry

Ingredients for 4 servings:

- 1 lb (400 g) chicken fillet
- 1 red bell pepper
- 2 zucchini
- 8 oz (200 g) white mushrooms
- Olive oil
- Salt and pepper to season

Directions:

1. Cut the chicken fillets into strips, clean and quarter the white mushrooms. Chop the bell pepper and zucchini.
2. Add the olive oil to a non-stick pan and roast the vegetables for about 15 minutes. Season with salt and pepper.
3. In a separate pan sear the chicken strips for about 5 minutes and season with salt and pepper. Then mix both in one pan and sauté about 5 minutes.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 182 kcal

Fat: 6 g

Protein: 26 g

Carbohydrates 5 g

Option 2

Shrimp & Herb Omelet

Ingredients for 4 servings:

- 8 eggs
- 1/2 c water
- Oil
- 3/4 c (100 g) shredded cheese
- 1/4 lb (100 g) shrimp
- 1/2 bunch any fresh mixed herbs
- Salt and pepper to season

Directions:

1. Chop the herbs and set a few leaves aside. Beat the eggs and sparkling water and add the shrimp, season with salt and pepper, then stir in the chopped herbs.
2. Heat a pan and coat with a little oil. Cook the egg mixture until set, but don't forget the cheese.
3. Let the cheese melt all the way, always making sure the omelet gets firm but doesn't stick to the pan. Garnish the omelet on plates and serve warm.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 275 kcal

Fat: 18.7 g

Protein: 23 g

Carbohydrates 1.8 g

Day 2

Breakfast

Option 1

Curd with Gooseberries

Ingredients for 4 servings:

- 1 2/3 c (400 g) low-fat curd
- 1/2 lb (200 g) gooseberries
- 1 large orange

Directions:

1. Cut 1 orange into sections. Collect the juice. Wash the gooseberries and dry with paper towel.
2. Mix the curd and orange juice and add the gooseberries. Enjoy cold.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 110 kcal

Fat: 0.5 g

Protein: 15 g

Carbohydrates 11 g

Option 2

Vegetable Frittata

Ingredients for 4 servings:

- 8 eggs
- 1 lb (500 g) spinach
- 1/3 c (80 ml) milk
- 1 1/3 c (150 g) shredded cheese
- Salt and pepper to season

Directions:

1. Wash the spinach and pat dry with paper towel. Then set aside in a strainer or a bowl.
2. Beat the eggs and milk with 2/3 c (75 g) cheese, season with salt and pepper. Grease a casserole dish and add the spinach. Pour the egg mixture over the spinach and bake at 350°F (180°C) for about 20 to 25 minutes.
3. After baking for about 10 minutes sprinkle the rest of the cheese over it.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 323 kcal

Fat: 21.4 g

Protein: 26.9 g

Carbohydrates 3.9 g

Mid-Morning Snack

Melon Skewers

Ingredients for 4 servings:

- 1/2 lb (200 g) honeydew melon
- 8 slices prosciutto

Directions:

1. Cut the melon into cubes or make lemon balls.
2. Fold the prosciutto into little packets.
3. Thread all the ingredients onto skewers, alternating, and enjoy cold.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 75 kcal

Fat: 1.2 g

Protein: 11 g

Carbohydrates 4.5 g

Lunch

Option 1

Chicken Stir-Fry with Green Asparagus

Ingredients for 4 servings:

- 1 1/3 lb (600 g) chicken fillet
- 3/4 lb (400 g) green asparagus
- 1 2/3 c (400 ml) chicken broth
- 1 Spanish onion
- Oil
- 1/2 c (100 ml) whipping cream
- Salt and pepper

Directions:

1. After rinsing the meat well, you can cut it into cubes. Dice the onion.
2. Remove the woody ends from the asparagus, then preferably cut into small pieces.
3. Once everything has been cut, first sauté the asparagus and onion in a pan. These should be seasoned with salt and pepper. Now sprinkle with flour and add the broth and cream to the pan.
4. If you'd like a side dish, serve a delicious leafy salad.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 300 kcal

Fat: 11.5 g

Protein: 37 g

Carbohydrates 9.9 g

Option 2

Celery Salad with Carrot and Zucchini

Ingredients for 4 servings:

- 1/2 lb (200 g) celery
- 1 carrot
- 1 zucchini
- 1/4 lb (100 g) cucumber
- 2/3 c (150 g) yogurt
- Lemon juice
- Olive oil
- 1/2 c (50 g) ground walnuts
- Salt and pepper to season

Directions:

1. Cut up the celery, carrot, zucchini and cucumber with a mandolin. Mix the yogurt and a little lemon juice and a dash of olive oil. Then season to taste with salt and pepper. Briefly roast the walnuts in a hot pan before chopping them.
2. Arrange the salad on a plate. Sprinkle with the chopped walnuts, pour a little dressing over the top and if necessary season to taste with a little salt and pepper.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 170 kcal

Fat: 11.8 g

Protein: 4.8 g

Carbohydrates 9.6 g

Mid-Afternoon Snack

Curd with Huckleberries

Ingredients for 4 servings:

- 1 1/3 c (200 g) huckleberries
- 1 1/2 c (300 g) Low-Fat Curd
- 1 Tbs honey

Directions:

1. Wash the huckleberries and carefully dry with a paper towel.
2. Mix the curd with the huckleberries and honey. Either refrigerate or serve promptly.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 92 kcal

Fat: 0.5 g

Protein: 11 g

Carbohydrates 8.2 g

Dinner

Option 1

Chanterelle Omelet

Ingredients for 4 servings:

- 1 1/2 lb (750 g) chanterelle mushrooms
- 1 leek
- 3/4 c (50 g) parsley
- 8 eggs
- 10 Tbs milk
- Nutmeg
- 5 tsp butter
- Oil
- 1/3 c (40 g) real bacon bits
- 1 c (250 ml) vegetable broth
- 1 c (250 ml) cream
- Gravy thickener
- Salt and pepper to season

Directions:

1. Wash, clean and pat the chanterelle mushrooms dry with paper towel. Clean, wash and slice the leek. Wash the parsley and pat dry. Pluck the leaves from the stems. Set a few pretty leaves aside, then chop the rest.
2. Beat the eggs, milk, salt, pepper and nutmeg. Heat 1 tsp shortening in a non-stick pan. Add 3 leaves of parsley and 1/4 of the egg milk to the pan, cook covered on low for 6-8 minutes until set, then keep warm. Make 3 more omelets the same way.
3. Heat 1 Tbs oil in a large pan. Add the real bacon bits and sauté for max. 3 minutes. Now add the mushrooms and sauté another 4

minutes. Add the broth and cream and bring everything along with the leek and parsley to a boil. Season to taste with salt and pepper.

4. Once the omelets are on the plates, the mushroom cream and parsley will round off this delicious meal.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 498 kcal

Fat: 38 g

Protein: 26.3 g

Carbohydrates 11.3 g

Option 2

Steak with Mushrooms

Ingredients for 4 servings:

- 1 3/4 lb (800 g) beef steak
- 16 oz (400 g) baby mushrooms
- 16 oz (400 g) white mushrooms
- 2 red onions
- 2 tsp oil
- 5 Tbs cream

Directions:

1. Peel and chop the onions. Clean and slice the white mushrooms.
2. Sauté the steaks in a hot pan with a little olive oil to the desired doneness. Roast the mushrooms and shallots in the grease for 5 minutes, season and add 3 Tbs table cream.
3. Garnish the steak with the sauce and enjoy hot.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 565 kcal

Fat: 32 g

Protein: 65 g

Carbohydrates 4 g

Day 3

Breakfast

Option 1

Mozzarella Omelet

Ingredients for 4 servings:

- 2 beefsteak tomatoes
- 1 mozzarella
- 6 eggs
- Butter
- Basil
- Salt and pepper to season

Directions:

1. Wash and quarter tomatoes. Drain and slice the mozzarella.
2. Beat the eggs and the milk. Melt the butter in a pan. Add the egg mixture to the pan and let set a bit.
3. Top with the tomatoes and sliced mozzarella and cook covered for 3-5 minutes to set. On a plate, garnish with a little basil.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 181 kcal

Fat: 13.2 g

Protein: 12.6 g

Carbohydrates 2 g

Option 2

Apple-Almond Yogurt

Ingredients for 4 servings:

- 1 2/3 c (400 g) yogurt
- 1 apple
- 3 Tbs water
- 3 tsp lemon juice
- 4 tsp sliced almonds
- Cinnamon to season

Directions:

1. Puree the apple with 3 Tbs water.
2. Mix the curd with the sliced almonds and lemon juice.
3. Then fold in the fruit puree and season to taste with a little cinnamon.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 201 kcal

Fat: 15 g

Protein: 5.4 g

Carbohydrates 9.1 g

Mid-Morning Snack

Fruity Buttermilk

Ingredients for 4 servings:

- 1 2/3 c (400 ml) buttermilk
- 1/2 c (50 g) raspberries
- 1/3 c (50 g) huckleberries
- 2 tsp vanilla protein powder

Directions:

1. Add all ingredients into a blender and blend on high for 30 seconds.
2. Best served well chilled with a few ice cubes.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 63 kcal

Fat: 0.8 g

Protein: 8 g

Carbohydrates 5.7 g

Lunch

Option 1

Arugula Pizza with Cauliflower Dough

Ingredients for 4 servings:

- 1 lb (400 g) cauliflower
- 2 eggs
- 1 garlic clove

Toppings:

- 1 1/3 c (150 g) shredded cheese
- 1/2 lb (200 g) arugula

Sauce:

- 2/3 c (150 ml) tomato puree
- Salt
- Pepper
- Oregano

Directions:

1. Chop the cauliflower with a food processor. Add into a bowl and microwave for 5 minutes without adding water.
2. Mix the chopped cauliflower with the garlic and the eggs. If desired, season to taste with salt and pepper.
3. Preheat the oven and spread the cauliflower dough on a cookie sheet lined with parchment paper.
4. For the sauce, season the tomato puree with salt and pepper, add oregano and spread over the dough. Then top the pizza with cheese and arugula.
5. Bake at 350°F (180°C) for about 20 minutes and enjoy hot.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 212 kcal

Fat: 12.1 g

Protein: 16.6 g

Carbohydrates 7.5 g

Option 2

Tuna Cakes with Mixed Fried Vegetables

Ingredients for 4 servings:

- 1/2 lb (250 g) tuna
- 1 onion
- Salt and pepper
- 1 tsp lemon
- 2 Tbs cream cheese
- Olive oil
- 1/2 c (75 g) corn
- 1 carrot
- 1 zucchini
- 1/4 lb (100 g) white mushrooms
- 1/3 c (75 g) peas
- 2 tsp (10 g) butter

Directions:

1. Chop the onion. Mix half with tuna, cream cheese, salt, pepper and lemon juice. Shape into patties and sear in a pan.
2. Cut the carrot and zucchini, clean and cut the mushrooms. Melt the butter in a separate pan and cook the onions until translucent. First add the carrots and zucchini and cook about three minutes.

Add the mushrooms and cook. Then add the peas and corn and cook.

3. Arrange on a plate with the tuna patties.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 171 kcal

Fat: 8 g

Protein: 15.4 g

Carbohydrates 5.9 g

Mid-Afternoon Snack

Lettuce Wraps

Ingredients for 4 servings:

- 4 large leaves of iceberg lettuce
- 1/2 c (100 g) cream cheese
- 1 carrot
- 4 large radishes
- Salt and pepper
- 1 tsp lemon juice

Directions:

1. Mix the cream cheese and lemon juice. Mince the radishes and carrots with a mandolin and mix with the cream cheese.
2. Place half the mixture on the middle of each leaf of lettuce. Fold up the bottom quarter and tuck in the sides.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 98 kcal

Fat: 6.1 g

Protein: 5.8 g

Carbohydrates 3.4 g

Dinner

Option 1

Bell Pepper Omelet Au Gratin

Ingredients for 4 servings:

- 8 eggs
- 1 yellow bell pepper
- 1 beefsteak tomato
- Marjoram
- 1 c (120 g) shredded cheese
- Oil
- Salt and pepper to season

Directions:

1. Wash the bell pepper, then cut into pieces. Slice the tomatoes. Rinse the marjoram well, separate a few leaves, then coarsely chop. Beat the eggs and season with salt and pepper.
2. Heat the oil in a non-stick pan. Sauté half the bell pepper for 1-2 minutes, add half the egg mixture. Top with half the tomatoes and marjoram. Let everything set well, making sure the food doesn't stick to the pan.
3. Slide onto a cookie sheet and top with half the cheese. Bake in a preheated oven on the lowest rack for about 4 minutes.
4. Sprinkle a little bit of fresh herbs over the omelet and serve promptly.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 261 kcal

Fat: 17.3 g

Protein: 19.7 g

Carbohydrates 3.9 g

Option 2

Chicken with Tzatziki and Mixed Salad

Ingredients for 4 servings:

- 1 lb (400 g) chicken fillet
- 3/4 c (200 ml) natural yogurt
- 1 garlic clove
- 1 Tbs olive oil
- Salt and pepper
- 1/2 lb (200 g) lamb's lettuce
- 1/4 lb (100 g) Chinese cucumber
- 1/2 c (75 g) cherry tomatoes
- 1 tsp lemon juice

Directions:

1. Wash the chicken, dry and season with salt and pepper from both sides. Heat the oil in a pan and sear the fillet.
2. To make the tzatziki, cut the Chinese cucumber into fine, bite size strips and mince the garlic. Strain the yogurt with a clean cheesecloth and mix the firm yogurt with cucumber and garlic. If desired, season to taste with salt and pepper.
3. For the salad wash and dry the lamb's lettuce, slice the cucumber and toss in a bowl with the lettuce and the washed cherry tomatoes. Season to taste with lemon juice, salt and pepper.
4. Arrange the salad and chicken on a plate with a serving of tzatziki and serve promptly.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 171 kcal

Fat: 7.1 g

Protein: 18.1 g

Carbohydrates 5.3 g

Day 4

Breakfast

Option 1

Berry Shake

Ingredients for 4 servings:

- 1/2 lb (200 g) frozen raspberries
- 1 2/3 c (400 g) vanilla yogurt
- 3/4 c (200 ml) milk
- 4 mint leaves

Directions:

1. Add all the ingredients into a blender, blend about 1.5 minutes, pour into a glass and garnish with a mint leaf.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 166 kcal

Fat: 11.3 g

Protein: 5.6 g

Carbohydrates 8.6 g

Option 2

Savory Melon Salad

Ingredients for 4 servings:

- 1/4 lb (100 g) honeydew melon
- 1/4 lb (100 g) cantaloupe
- 1/3 lb (150 g) bacon
- 5 Tbs (50 g) pine nuts

Directions:

1. Roast the pine nuts in an ungreased pan and set aside. Add a little shortening to the hot pan and cook the bacon.
2. Then cut into bite size pieces. Dice the melon and add everything into a bowl.
3. If you'd also like dressing, mix 2 tsp honey and 2 tsp lemon juice and use as the dressing.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 136 kcal

Fat: 7.2 g

Protein: 11.9 g

Carbohydrates 4.9 g

Mid-Morning Snack

Banana Mash with Nuts

Ingredients for 4 servings:

- 2 Bananas
- 2/3 c (100 g) peanuts
- 2/3 c (100 g) almonds
- 3/4 c (200 g) natural yogurt
- 1 vanilla flavoring

Directions:

1. Chop the nuts.
2. Mash the banana with a fork.
3. Mix all the ingredients well and enjoy well chilled.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 400 kcal

Fat: 30 g

Protein: 14.3 g

Carbohydrates 14.5 g

Lunch

Option 1

Eggplant Omelet

Ingredients for 4 servings:

- 6 eggs
- 5 Tbs (75 ml) milk
- 7 oz (200 g) feta
- 1 large eggplant
- 2 Tomatoes
- 1 zucchini
- 1 large red bell pepper
- Garlic clove
- 1 Tbs olive oil
- 1 tsp butter
- 1 red onion
- Thyme
- Salt and pepper to season

Directions:

1. Wash all the vegetables well, then cube. Also briefly rinse the thyme under running water and finely chop a few leaves. Beat the eggs, milk and a pinch of salt and mix in about half the chopped thyme.
2. Peel and mince the garlic. Heat the oil in a large pan. Sauté the onion and bell pepper in the pan. You can also add garlic, eggplant and zucchini at this time. You can now season the delicious vegetable stir-fry with spices, and don't forget to add the thyme.
3. Pour the egg mixture into a hot pan and slowly cook golden brown from both sides.

4. Crumble the feta and add to the vegetables. Fill the omelet with the vegetables, fold in half and arrange on heated plates.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 397 kcal

Fat: 20.1 g

Protein: 17.4 g

Carbohydrates 8.3 g

Option 2

Tuna Steak with Herb Sauce

Ingredients for 4 servings:

- 4 tuna steaks
- 2/3 c (150 g) yogurt
- 1/3 c (100 g) salad dressing
- Chives
- Dill
- Chervil
- Parsley
- 5 Tbs lemon juice
- Salt and pepper
- Olive oil

Directions:

1. Coat both sides of the tuna with lemon juice and season to taste. Sear on both sides in a pan to the desired doneness.
2. Chop the herbs for the sauce and set aside. Stir the natural yogurt, salad dressing and 1 Tbs lemon juice, season with salt and pepper and add the herbs.
3. Then either serve as a bed for the fish or separately in a little bowl.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 542 kcal

Fat: 36 g

Protein: 44.4 g

Carbohydrates 6 g

Mid-Afternoon Snack

Stuffed Pear

Ingredients for 4 servings:

- 2 large pears
- 1/2 c (100 g) cream cheese
- 1/2 c (50 g) chopped walnuts
- 1/2 c (50 g) real bacon bits

Directions:

1. Peel the pear and cut in half. Core and scoop out the pear.
2. Briefly sear the bacon bits and mix with the cream cheese and walnuts.
3. Fill the pear halves with the cream cheese mixture, then bake for 10 to 15 minutes.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 224 kcal

Fat: 14.8 g

Protein: 10.2 g

Carbohydrates 12.5 g

Dinner

Option 1

Turkey Steak with Steamed Vegetables

Ingredients for 4 servings:

- 4 turkey steaks
- 2 shallots
- 1/2 lb (200 g) baby carrots
- 1/2 lb (200 g) sugar snap peas
- 1 Tbs olive oil

Directions:

1. Season the turkey steak with salt and pepper, then sauté in a non-stick pan until crisp
2. Wash and peel the baby carrots. Wash the sugar snap peas. Cook both in a steamer for about 10 minutes or optionally cook in boiling water.
3. Once the steak is cooked, sauté the chopped shallot in the juice, then pour over the steak as a sauce and serve with the vegetables.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 382 kcal

Fat: 10.1 g

Protein: 58.1 g

Carbohydrates 10 g

Option 2

Cauliflower-Broccoli Soup with Pine Nuts

Ingredients for 4 servings:

- 1 lb (450 g) cauliflower
- 1 lb (450 g) broccoli
- 1 2/3 c (400 ml) vegetable broth
- 3/4 c (200 ml) whipping cream
- 3/4 c (100 g) pine nuts
- Salt and pepper to season

Directions:

1. Divide the cauliflower and broccoli into small florets and wash. Roast the pine nuts in an ungreased non-stick pan.
2. Add the cauliflower and broccoli into a pot, cover with water, add salt and bring to a boil. Once they have the desired firmness, set a few florets aside. Drain the water and bring the vegetables to a boil in vegetable broth.
3. Then puree the soup with an immersion blender, add the cream and cook to the desired consistency.
4. Serve in deep plates and garnish with the florets set aside and the pine nuts.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 357 kcal

Fat: 28.8 g

Protein: 14.1 g

Carbohydrates 8 g

Day 5

Breakfast

Option 1

Greek Yogurt with Huckleberries and Walnuts

Ingredients for 4 servings:

- 1 2/3 c (400 g) natural yogurt
- 2/3 c (100 g) huckleberries
- 1 c (100 g) chopped walnuts
- 3 Tbs honey

Directions:

1. Mix the yogurt with 2 Tbs honey and the huckleberries.
2. Pour into a glass, then spread one Tbs of honey over the top of the yogurt and top with the chopped walnuts. Enjoy chilled.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 313 kcal

Fat: 25.2 g

Protein: 7 g

Carbohydrates 8.5 g

Option 2

Egg and Bacon on Fried Tomato

Ingredients for 4 servings:

- 2 beefsteak tomatoes
- 4 eggs size M or L
- 4 slices of bacon
- Salt

Directions:

1. Cut the beefsteak tomato into 8 slices and sauté in a non-stick pan.
2. Then in a separate pan first cook four eggs sunny side up, season with salt and place on the sliced tomatoes.
3. Fry the bacon until crisp, then top the eggs with it. If desired, garnish with parsley or basil.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 194.3 kcal

Fat: 13.9 g

Protein: 14.7 g

Carbohydrates 2.5 g

Mid-Morning Snack

Coffee Curd with Cherries

Ingredients for 4 servings:

- 2 c (400 g) curd
- 1/4 c (50 ml) espresso
- 1 tsp honey
- 1/3 c (50 g) cherries

Directions:

1. Make the espresso and let cool.
2. Add the curd into a bowl and mix in the cold espresso and honey.
3. Cut the cherries in half, remove the pits and stir in. Enjoy cold.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 101 kcal

Fat: 0.7 g

Protein: 15 g

Carbohydrates 4.6 g

Lunch

Option 1

Mixed Salad with Fruit

Ingredients for 4 servings:

- 1 lb (400 g) lamb's lettuce
- 1 shallot
- 1 pear
- 3/4 c (100 g) real bacon bits
- 1/4 lb (100 g) white mushrooms
- 4 tsp (20 ml) balsamic vinegar reduction

Directions:

1. Wash the lamb's lettuce and add into a bowl. Clean and slice the white mushrooms. Chop the shallot, then peel and chop the pear.
2. Briefly sear the shallot, mushrooms, pear and bacon bits in one Tbs of olive oil.
3. Let cool a little, top the lamb's lettuce with it and toss. Garnish with the balsamic vinegar reduction.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 122 kcal

Fat: 4.6 g

Protein: 13.1 g

Carbohydrates 6.1 g

Option 2

Tomato-Cheese Omelet

Ingredients for 4 servings:

- 8 eggs
- 1/3 c (80 ml) milk
- Nutmeg
- 4 oz (125 g) baby mushrooms
- 2 beefsteak tomatoes
- 1/2 lb (200 g) ham
- 1 c (125 g) shredded cheese
- Parsley
- Oil
- Salt and pepper to season

Directions:

1. Clean and quarter the mushrooms. Wash the tomatoes and cut in half. Cut the slices into quarters. Wash and coarsely chop the parsley. Beat the eggs and milk. Season with salt, pepper and nutmeg. Fold in the parsley.
2. Heat the oil in a pan. Sauté the mushrooms in it. Season with salt and pepper. Briefly also sauté the tomatoes and ham. Pour the egg mixture over it and let set on medium for about 10 to 15 minutes. Sprinkle the shredded cheese over the omelet just before done cooking and let melt.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 321 kcal

Fat: 20.1 g

Protein: 30.3 g

Carbohydrates 5 g

Mid-Afternoon Snack

Chocolate-Banana Shake with Flax Seeds

Ingredients for 4 servings:

- 1 small banana
- 6 tsp cocoa powder
- 3 1/3 c (800 ml) unsweetened almond milk
- 3 1/2 Tbs (50 ml) sparkling water
- 3 1/2 Tbs (50 g) flax seed

Directions:

1. Slice the banana and add into a blender along with the remaining ingredients.
2. Mix for half a minute in medium and add ice cubes to enjoy icy cold.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 169 kcal

Fat: 12.4 g

Protein: 7.6 g

Carbohydrates 5.4 g

Dinner

Option 1

Prosciutto over Vegetables

Ingredients for 4 servings:

- 4 slices of prosciutto
- 1/4 lb (125 g) cucumber
- 1/4 lb (125 g) carrots
- 1/2 lb (200 g) lamb's lettuce
- 1/2 bunch of chives
- Mustard
- Honey
- Olive oil
- White wine vinegar
- Salt and pepper to season

Directions:

1. Dice the carrots and cucumber. Slice the chives, setting a little aside to garnish. Wash and drain the lamb's lettuce.
2. For the dressing whisk the salt, pepper, mustard and honey well. Whisk in the oil, a drop at a time.
3. Stir in the prepared ingredients. Arrange the salad on a plate and pour the dressing over it.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 151 kcal

Fat: 7.1 g

Protein: 12.1 g

Carbohydrates 8.5 g

Option 2

Stuffed Red Bell pepper

Ingredients for 4 servings:

- 4 large red bell pepper
- 1 lb (500 g) mixed ground meat
- 1 1/4 c (300 ml) vegetable broth
- 1/2 lb (200 g) endive
- 100 g onion & chive cream cheese
- White wine vinegar
- Stevia
- Olive oil
- Mustard
- Tomato paste
- 1 garlic clove

Directions:

1. The garlic and onion should already be diced now. Mix the tomato paste, mustard and garlic, plus the onion, cream cheese, egg yolk and ground meat well. Now season with salt and pepper. To stuff the peppers you will need to remove the top. Add the bell pepper to the pan set out and pour hot broth over them.
2. In the oven they will then be enhanced with water, vinegar and onions along with various spices and Stevia, and also add a little bit of olive oil.
3. Endive is an excellent choice for a side. To serve the bell pepper in style, dice the tops of the bell peppers as a garnish.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 426 kcal

Fat: 27 g

Protein: 32 g

Carbohydrates 10.2 g

Day 6

Breakfast

Option 1

Fruit Salad

Ingredients for 4 servings:

- 1 1/3 c (150 g) red currants
- 1 1/3 c (150 g) black currants
- 1 c (100 g) sliced almonds
- 3/4 c (100 g) raspberries

Directions:

1. Wash the fruit and dry with a kitchen towel.
2. Mix with the sliced almonds and if desired sweeten with Stevia.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 189 kcal

Fat: 14.2 g

Protein: 6.2 g

Carbohydrates 8 g

Option 2

Scrambled Egg with Bacon and Avocado

Ingredients for 4 servings:

- 6 eggs
- 5 Tbs (75 ml) milk
- 3/4 c (100 g) real bacon bits
- Chives
- 1 avocado
- 1 tsp lemon juice
- Salt and pepper

Directions:

1. Beat the eggs with milk, salt and pepper.
2. Sauté the bacon bits in a pan and pour the egg mixture over the top. Cook the scrambled egg until golden.
3. Cut the avocado into narrow slices, drizzle with lemon, then drape around the scrambled egg on a plate.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 260 kcal

Fat: 18 g

Protein: 16 g

Carbohydrates 7.1 g

Mid-Morning Snack

Green Smoothie with Flax Seed

Ingredients for 4 servings:

- 1/2 lb (250 g) spinach
- 1/4 lb (100 g) celery
- 1 papaya
- 1 bunch of parsley
- 3/4 c (200 ml) sparkling water
- 3 1/2 Tbs (50 g) flax seed

Directions:

1. Add all ingredients into a blender and blend on high for about 1 minute.
2. Best served ice cold.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 78 kcal

Fat: 4 g

Protein: 3.5 g

Carbohydrates 2.8 g

Lunch

Option 1

Cod Fillet

Ingredients for 4 servings:

- 2 1/4 lb (1000 g) cod
- 2/3 c (150 ml) milk
- 2 egg yolks
- 1 red onion
- 4 1/4 c (1000 ml) vegetable broth
- 1 pickle
- 3 1/2 Tbs (50 ml) white wine
- Black pepper
- Bay leaves
- Salt to season

Directions:

1. Slowly and carefully whisk the egg yolks and warm milk in a bowl. Then add the yogurt and slowly heat everything in a double boiler. Then stir in the cucumber.
2. Bring the wine, spices and broth along with a chopped shallot to a boil. Marinade the fish for max. 6 minutes in it. Connoisseurs of beautiful fish dishes will especially like the delicious sauce.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 548 kcal

Fat: 54 g

Protein: 6.5 g

Carbohydrates 2.6 g

Option 2

Bacon Scrambled Eggs

Ingredients for 4 servings:

- 6 slices thin-cut bacon
- 10 eggs
- 8 oz (200 g) baby mushrooms
- Oil

Directions:

1. Clean and cut the white mushrooms in half. Cut 5 bacon strips in half cross-wise.
2. Render the bacon in 1 Tbs of oil, remove from the pan. Fry the mushrooms in hot grease. Beat 10 eggs, season with salt and pepper, add to the pan and let set. Garnish with 1 Tbs parsley.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 322 kcal

Fat: 24.3 g

Protein: 24.5 g

Carbohydrates 1.9 g

Mid-Afternoon Snack

Nut Bars

Ingredients for 4 servings:

- 2/3 c (100 g) almonds
- 1 c (100 g) walnuts
- 2/3 c (100 g) peanuts
- 8 Tbs honey

Directions:

1. Chop the nuts and add into a bowl. Stir in the honey.
2. Then spread out on a cookie sheet with parchment paper and bake at 350°F (180°C) for about 8 to 10 minutes.
3. Let cool and enjoy as a delicious snack.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 503 kcal

Fat: 41.2 g

Protein: 16 g

Carbohydrates 13.8 g

Dinner

Option 1

Trout with Lentil Salad

Ingredients for 4 servings:

- 1 lb (500 g) trout fillet
- 100 g lentils
- 1 lb (500 g) chicory
- 3 red onions
- 1/2 lb (250 g) lamb's lettuce
- 2 Tbs mustard
- 3 Tbs oil
- Salt and pepper plus sugar to taste

Directions:

1. Simmer the lentils in 2 c (500 ml) of water with salt for about 15 minutes.
2. Cut the chicory into strips. Drain the lentils. Wash and dry the lamb's lettuce. Dice the shallots. Combine the vinegar, approx. 1 Tbs water, diced shallot, mustard, a little salt, pepper, sugar. Then beat in the oil. Mix the lentils and the vinaigrette.
3. Cut the fillets into pieces. Mix the lettuce, chicory and lamb's lettuce, serve with the trout fillets. Pour the lentil vinaigrette over the top.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 218 kcal

Fat: 8 g

Protein: 28.1 g

Carbohydrates 6.6 g

Option 2

Vegetable Casserole

Ingredients for 4 servings:

- 1/2 lb (250 g) broccoli
- 1/4 c (100 g) peas
- 2 carrots
- 1/2 lb (250 g) cauliflower
- 1/4 lb (100 g) Brussels sprouts
- 1 c (250 ml) cream
- 7 Tbs (100 ml) vegetable broth
- 1 egg
- 3/4 c (100 g) shredded cheese
- Salt, pepper and nutmeg to season

Directions:

1. Chop and wash the vegetables. Grease the casserole dish and preheat the oven to 350°F (180°C).
2. Stir the cream, vegetable broth and egg into a sauce and season with salt, pepper and nutmeg.
3. Spread the vegetables out in a casserole dish, pour the sauce over the top, sprinkle with cheese and bake for 20 minutes.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 146 kcal

Fat: 6 g

Protein: 4 g

Carbohydrates 5.5 g

Day 7

Breakfast

Option 1

Pancakes with Coconut Flakes

Ingredients for 4 servings:

- 6 eggs
- 2/3 c (100 g) ground almonds
- 1/3 c (50 g) vanilla protein powder
- 2/3 c (50 g) coconut flakes
- 3/4 c (200 ml) milk

Directions:

1. Add all ingredients into a bowl and beat into a smooth batter.
2. Then cook the pancakes in a hot pan.
3. If desired, add cocoa to make chocolate pancakes.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 408 kcal

Fat: 29.8 g

Protein: 26.4 g

Carbohydrates 5.9 g

Option 2

Scrambled Egg with Cheese and Bacon

Ingredients for 4 servings:

- 8 eggs size M or L
- 6 slices of ham
- 7 Tbs (100 ml) milk
- Salt
- Pepper
- Parsley
- 1/2 c (50 g) shredded cheese

Directions:

1. In a bowl, stir the eggs, milk, salt and pepper. Then dice and add the ham. Chop the parsley and set aside in a small bowl.
2. Pour the scrambled egg mixture into a hot pan and add cheese and parsley when it starts to flake. Cook the scrambled egg to the desired color.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 183 kcal

Fat: 23.1 g

Protein: 33 g

Carbohydrates 6.2 g

Mid-Morning Snack

Vegetable Sticks with Herb Dip

Ingredients for 4 servings:

- 1 carrot
- 1/4 lb (100 g) Chinese cucumber
- 1/4 c (50 g) cream cheese
- 1 Tbs lemon juice
- Salt and pepper
- Parsley
- Chives
- Chervil

Directions:

1. Cut the cucumber in half lengthwise, scoop out and cut into thin strips.
2. Peel and cut the carrots into strips. Chop the herbs, then mix in with the cream cheese and lemon juice. If desired, season to taste with salt and pepper.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 75 kcal

Fat: 4.1 g

Protein: 10.1 g

Carbohydrates 1.8 g

Lunch

Option 1

Turkey Ragout

Ingredients for 4 servings:

- 1 3/4 lb (800 g) turkey
- 1 large Spanish onion
- 1 garlic clove
- lemon
- 3 Tbs soy sauce
- Tarragon
- Thyme
- Cinnamon
- Salt and pepper to season

Directions:

1. Slice the onions, chop the garlic. Sauté both with thyme.
2. Dice the meat. Add the meat and sauté.
3. Add the juice, soy sauce, 2/3 c (150 ml) water. Add the herbs, spices and peel. Season with salt and pepper. Stew for approx. 45 minutes.

Time: 55 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 302 kcal

Fat: 11.3 g

Protein: 16.8 g

Carbohydrates 9.1 g

Option 2

Vegetable Patties with Yogurt Sauce

Ingredients for 4 servings:

- 1 lb (500 g) ground meat
- 1 egg
- Salt
- Pepper
- Mustard
- 1/4 lb (100 g) corn on the cob
- 2 carrots
- 1 shallot
- 1 stalk of leek
- 2/3 c (150 g) natural yogurt
- 1 Tbs lime juice
- 1 bunch of parsley

Directions:

1. Peel and shave the carrots. Clean and chop the leek. Remove the corn from the previously cooked cob.
2. Mix the ground meat, egg, spices, vegetables and mustard. Chop the shallot and also mix in with the ground meat. Shape into patties and sauté.
3. Chop the parsley and mix with the yogurt and lime juice. If desired, season with salt and pepper. Serve well chilled alongside the patties.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 225 kcal

Fat: 13.8 g

Protein: 11.2 g

Carbohydrates 6.6 g

Mid-Afternoon Snack

Apple Sandwich

Ingredients for 4 servings:

- 2 green apples
- 1/3 c (100 g) peanut butter
- 1/4 c (25 g) chopped peanuts

Directions:

1. Core the apple. Cut two equally wide pieces from the middle of the apple.
2. Spread the apple rings with peanut butter and sprinkle with peanuts.
3. Fold in half and eat promptly.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 227 kcal

Fat: 15.1 g

Protein: 7.7 g

Carbohydrates 13.2 g

Dinner

Option 1

Mushroom Steak

Ingredients for 4 servings:

- 1 3/4 lb (800 g) steak
- 1000 g mixed mushrooms (white mushrooms, oyster mushrooms, chanterelle mushrooms)
- 1 large Spanish onion
- 3/4 c (200 ml) whipping cream
- 5 Tbs olive oil
- Peppercorns
- Salt and pepper to season

Directions:

1. Slice the mushrooms. Dice the onions.
2. In the hot pan sauté the meat golden brown from both sides, if desired season with salt and pepper. After sautéing the meat, remove the meat, wrap in foil and let rest.
3. Now add the mushrooms, onions and a few peppercorns to the pan and fry about 5 minutes, stirring constantly.
4. Season with salt. Add the cream and bring to a boil. Arrange the steak and mushroom sauce, sprinkle with mixed pepper and garnish with rosemary.

Time: 30 minutes

Difficulty: Normal

Nutrition facts per serving:

Calories: 211 kcal

Fat: 9 g

Protein: 11.4 g

Carbohydrates 5.6 g

Option 2

Cabbage Lasagna

Ingredients for 4 servings:

- 6-8 large leaves of white cabbage
- 1 lb (500 g) ground meat
- 1 egg
- Mustard
- Salt and pepper
- 1 can diced tomatoes
- Tomato paste
- 7 Tbs (100 ml) vegetable broth
- 1 onion
- 3/4 c (100 g) shredded cheese

Directions:

1. Briefly steam the cabbage leaves and set aside.
2. Mix the ground meat, egg, mustard and spices. Chop the onion and sweat in a small pot.
3. Add the diced tomatoes, tomato paste and broth, season to taste.
4. Line a casserole dish with a cabbage leaf, spread ground meat over the top and cover with sauce. Repeat until the dish is full.
5. Sprinkle with cheese and bake at 350°F (180°C) for about 20 to 25 minutes.

Time: 45 minutes

Difficulty: Normal

Nutrition facts per serving:

Calories: 303 kcal

Fat: 9 g

Protein: 14 g

Carbohydrates 1.8 g

Day 8

Breakfast

Option 1

Berry Yogurt with Walnuts

Ingredients for 4 servings:

- 1 1/4 c (300 g) natural yogurt
- 1/3 c (50 g) huckleberries
- 1/2 c (50 g) raspberries
- 1/4 lb (100 g) strawberries
- 2 tsp vanilla sugar
- 2 tsp chopped walnuts

Directions:

1. Wash the berries and dice or slice the strawberries. Chop the walnuts.
2. In a bowl, stir vanilla sugar in with the natural yogurt and add the berries and walnuts.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 190 kcal

Fat: 17.3 g

Protein: 13 g

Carbohydrates 4 g

Option 2

Tomato Mozzarella with bacon

Ingredients for 4 servings:

- 4 tomatoes
- 2 mozzarella balls
- 8 slices prosciutto
- Tomato salt

Directions:

1. Slice the tomatoes and mozzarella. Then place a slice of mozzarella between two slices of tomato.
2. Season with tomato salt to taste. Then wrap with a slice of prosciutto and if desired garnish with a little basil.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 283 kcal

Fat: 22.5 g

Protein: 23 g

Carbohydrates 4.3 g

Mid-Morning Snack

Cucumber Bites

Ingredients for 4 servings:

- 1/2 lb (200 g) Chinese cucumber
- 1 mozzarella
- 4 slices prosciutto or ham

Directions:

1. Peel the cucumber and slice about 1/4 inch (0.5 cm) thick. Cut the mozzarella and prosciutto to size and place between two slices of cucumber.
2. If desired, season with a little salt and pepper.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 237 kcal

Fat: 26 g

Protein: 22 g

Carbohydrates 0.9 g

Lunch

Option 1

Chicken Fricassee with Chanterelle mushrooms

Ingredients for 4 servings:

- 1 1/2 lb (750 g) chicken fillet
- 8 green onions
- 4 tsp butter
- 3/4 lb (400 g) chanterelle mushrooms
- 2/3 c (150 ml) chicken stock
- 1/3 c (80 ml) sour cream
- Saffron, salt and pepper to season

Directions:

1. Dice the meat. Fry the meat in melted butter for about 3 minutes. Add the chanterelle mushrooms along with the chopped green onions to the pot. Season with salt, pepper, saffron season, continue to cook briefly.
2. Add the chicken broth. Stir in the sour cream and serve.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 532 kcal

Fat: 30.5 g

Protein: 34 g

Carbohydrates 17.3 g

Option 2

Patties with Lamb's Lettuce

Ingredients for 4 servings:

- 1 lb (500 g) mixed ground meat
- 1 egg
- 1 large Spanish onion
- 1/4 c (60 ml) vegetable broth
- 5 Tbs white wine vinegar
- Olive oil
- Shredded cheese
- Parsley
- 3 green onions
- 2/3 lb (300 g) lamb's lettuce
- 6 Tomatoes
- Pine nuts

Directions:

1. Chop the onion. Steam the onion in 2 Tbs hot water. Wash the lamb's lettuce and slice the green onions. Chop the parsley. Knead the prepared ingredients with ground meat, egg, breadcrumbs, season with salt and pepper.
2. Brush a pan with oil. Shape the mixture into patties, fry about 8-10 minutes from both sides. Slice the tomatoes.
3. Stir in the broth, vinegar, salt, pepper and oil. Drizzle the tomatoes and green onions with dressing. Shave the Parmesan over the top and add pine nuts. Serve.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 580 kcal

Fat: 34 g

Protein: 21.5 g

Carbohydrates 9.2 g

Mid-Afternoon Snack

Stracciatella Curd with Grapes

Ingredients for 4 servings:

- 1 2/3 c (400 g) low-fat curd
- 3 tsp chocolate shavings
- 1 vanilla flavoring
- 1/2 c (75 g) grapes

Directions:

1. Mix the curd, the chocolate shavings and the vanilla flavoring.
2. Wash the grapes, cut in half and add. Enjoy chilled.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 120 kcal

Fat: 2.2 g

Protein: 15.1 g

Carbohydrates 11.5 g

Dinner

Option 1

Salmon over Arugula with Pine Nuts

Ingredients for 4 servings:

- 1 3/4 lb (800 g) salmon fillet
- 1 Tbs lemon juice
- Salt and pepper
- 1/2 lb (250 g) arugula
- 1/3 c (45 g) pine nuts
- 25 ml balsamic vinegar

Directions:

1. Coat salmon with lemon juice, then season and sauté in a non-stick pan. In a second pan roast the pine nuts dry.
2. Wash, dry and arrange the arugula as nests on the plate. Top with the salmon, sprinkle with pine nuts and drizzle with balsamic vinegar.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 365 kcal

Fat: 19.2 g

Protein: 41.2 g

Carbohydrates 4.2 g

Option 2

Cream of Mushroom Soup

Ingredients for 4 servings:

- 1/3 lb (150 g) baby mushrooms
- 1/3 lb (150 g) chanterelle mushrooms
- 1/3 lb (150 g) oyster mushrooms
- 2 c (500 ml) vegetable broth
- 3/4 c (200 ml) whipping cream
- 1 onion
- Salt and pepper
- 1 Tbs olive oil

Directions:

1. Clean and slice the mushrooms. Chop the onions.
2. Add oil to the pot and first sauté the onions, then add the mushrooms. After about 2 to 3 minutes remove some of the mushrooms and add the broth and cream to the rest.
3. Bring to a boil and then puree with an immersion blender. Season to taste with salt and pepper.
4. Divide the soup onto plates and garnish with sliced mushrooms and, if desired, a little parsley.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 166 kcal

Fat: 24 g

Protein: 22 g

Carbohydrates 6.2 g

Day 9

Breakfast

Option 1

Sweet Smoothie with Yogurt

Ingredients for 4 servings:

- 1 lb (400 g) strawberries
- 3/4 c (200 g) yogurt
- 2/3 c (100 g) ground almonds
- 2 c (500 ml) unsweetened almond milk

Directions:

1. Cut the strawberries in half and add all the ingredients into a blender. Blend for about 4 minutes.
2. Either add two ice cubes or refrigerate before enjoying the smoothie.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 278 kcal

Fat: 21.9 g

Protein: 8.9 g

Carbohydrates 10.5 g

Option 2

Scrambled Egg with Salmon

Ingredients for 4 servings:

- 8 eggs size M or L
- 2/3 lb (300 g) smoked salmon
- 7 Tbs (100 ml) milk
- Salt
- Pepper
- Chives

Directions:

1. Add the eggs into a bowl and stir in milk, salt and pepper. Chop the chives and add. Add a little oil or butter to a non-stick pan and heat up.
2. Cook the scrambled egg until golden brown. Cut the salmon into strips and serve on a plate along with the scrambled egg. If you'd like, add a little curd with herbs.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 252 kcal

Fat: 14.8 g

Protein: 26.1 g

Carbohydrates 2.1 g

Mid-Morning Snack

Apple Curd

Ingredients for 4 servings:

- 1 red apple
- 1 2/3 c (400 g) low-fat curd
- 2 tsp honey
- 1 dash cinnamon

Directions:

1. Peel and cut the apple into pieces, mix with the curd, honey and cinnamon.
2. Refrigerate and enjoy well chilled.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 162 kcal

Fat: 10.1 g

Protein: 15 g

Carbohydrates 8.1 g

Lunch

Option 1

Iceberg Lettuce with Egg and Sautéed Mushrooms

Ingredients for 4 servings:

- 2/3 lb (300 g) iceberg lettuce
- 4 eggs
- 8 oz (200 g) white mushrooms
- 1 onion
- 6 1/2 Tbs (100 g) natural yogurt
- Parsley
- 1 Tbs lemon juice
- Salt and pepper
- 1 tsp olive oil

Directions:

1. Wash and cut the lettuce, then dry and add into a bowl. Cook the eggs to your liking. Cut the onion into strips, clean and slice the mushrooms.
2. Heat a pan with oil, then add the onions and mushrooms. Season with salt and pepper.
3. Quarter the eggs and mix with the lettuce in a bowl, add onions and mushrooms.
4. Mix the yogurt with lemon juice, chopped parsley, salt and pepper, then pour over the salad.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 213 kcal

Fat: 10.6 g

Protein: 15.2 g

Carbohydrates 6.3 g

Option 2

Stuffed Kohlrabi

Ingredients for 4 servings:

- 4 large kohlrabi
- 1 lb (500 g) ground meat
- 2 eggs
- Mustard
- 1 onion
- Salt and pepper
- Parsley
- 4 1/4 c (1 liter) vegetable broth
- 3/4 c (200 ml) whipping cream

Directions:

1. Peel the kohlrabi, cut off the top and scoop out the kohlrabi. Set the kohlrabi shells aside and dice the flesh.
2. Chop the onion and mix the ground meat with an egg, mustard, parsley and spices. Stuff the kohlrabi shells with ground meat and place in a deep casserole dish. Mix the vegetable broth with cream, egg and diced kohlrabi, season and pour over the kohlrabi.
3. Bake at 350°F (180°C) for about 30 minutes and let cool a little before serving.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 390 kcal

Fat: 15.8 g

Protein: 13.3 g

Carbohydrates 5.5 g

Mid-Afternoon Snack

Grapes and Cheese

Ingredients for 4 servings:

- 1/2 lb (200 g) seedless grapes
- 2 oz (50 g) Gouda
- 2 oz (50 g) Camembert
- 2 oz (50 g) Maasdamer cheese

Directions:

1. Wash the grapes well, then cut the cheese into cubes and serve on a wooden board.
2. For a to go snack, you can also use toothpicks.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 216 kcal

Fat: 14 g

Protein: 12.3 g

Carbohydrates 8.5 g

Dinner

Option 1

Chicken Coconut Skillet

Ingredients for 4 servings:

- 1 lb (500 g) chicken
- 2 red bell peppers
- 1 carrot
- 2 1/2 oz (70 g) peas
- 1 small jalapeño
- 1 onion
- 1 1/2 c (350 ml) coconut milk
- 100 ml orange juice
- 1/2 zucchini
- 1 egg white

Directions:

1. Chop the bell pepper, chicken, carrot, zucchini and onion. Dice the jalapeño.
2. Coat the chicken with egg white and sear. Add all vegetables except the peas and season with a little salt. After about four minutes add the peas and quench with orange juice.
3. Bring to a boil, then slowly add the coconut milk. Taste twice while cooking and cook to the desired consistency.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 324 kcal

Fat: 13.5 g

Protein: 21.5 g

Carbohydrates 11.2 g

Option 2

Stuffed Mushrooms

Ingredients for 4 servings:

- 8 oz (200 g) large white mushrooms
- 1/2 c (100 g) cream cheese
- 1 garlic clove
- Chives
- Parsley
- 3 Tbs (50 g) natural yogurt
- 1 tsp lemon juice
- Salt and pepper

Directions:

1. Clean the white mushrooms and carefully remove the stem. Mix the cream cheese, chopped herbs and garlic. Use a teaspoon to stuff the mushrooms and place on a cookie sheet. Bake at 350°F (180°C) for 15 minutes.
2. Mix the yogurt with the lemon juice, herbs, salt and pepper and refrigerate. Serve the dressing alongside the mushrooms.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 289 kcal

Fat: 21.5 g

Protein: 24.9 g

Carbohydrates 10.9 g

Day 10

Breakfast

Option 1

Vanilla Curd with Cherries

Ingredients for 4 servings:

- 2 c (400 g) curd
- 1 vanilla flavoring
- 7 Tbs (100 ml) buttermilk
- 1/2 lb (200 g) cherries

Directions:

1. Wash the cherries, cut in half and remove the pits.
2. Stir the curd, vanilla flavoring and buttermilk until smooth.
3. Add the cherries and serve in a glass or a small bowl.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 167 kcal

Fat: 18 g

Protein: 23.9 g

Carbohydrates 7.5 g

Option 2

Vegetable Patties

Ingredients for 4 servings:

- 2 carrots
- 1 onion
- 2 small zucchini
- 1/2 lb (200 g) broccoli
- 4 eggs
- Salt
- Pepper
- 1 tsp oil

Directions:

1. Chop the vegetables and divide the broccoli into the smallest pieces possible. In a bowl mix in with the eggs and season to taste.
2. Heat oil in the pan and sauté little patties of the mixture. The patties can be served with e.g. yogurt or curd.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 343 kcal

Fat: 18 g

Protein: 22.4 g

Carbohydrates 6.9 g

Mid-Morning Snack

Power Smoothie with Almonds

Ingredients for 4 servings:

- 1/2 lb (200 g) cherries
- 2/3 c (100 g) ground almonds
- 2 1/2 c (600 ml) unsweetened almond milk
- 1 2/3 c (200 g) raspberries

Directions:

1. Add all ingredients into a blender and blend on high for 4 minutes.
Serve chilled.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 231 kcal

Fat: 17 g

Protein: 7.3 g

Carbohydrates 10.5 g

Lunch

Option 1

Stuffed Zucchini

Ingredients for 4 servings:

- 2 large zucchini
- 1 1/3 c (300 g) cream cheese
- 4 slices of ham
- 1 bunch of parsley
- 1 tsp lemon

Directions:

1. Cut the zucchini in half and scoop out. Chop the parsley and mix with the cream cheese and lemon. Chop the bacon and add to the cheese mixture.
2. Stuff the zucchini with the cheese mixture and place on a cookie sheet lined with parchment paper. Bake in a preheated oven at 350°F (180°C) for 15 to 20 minutes.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 339 kcal

Fat: 22.2 g

Protein: 13.3 g

Carbohydrates 7.6 g

Option 2

Roasted Chicory with Walnut Vinegar

Ingredients for 4 servings:

- 4 chicory
- Walnut vinegar
- Oil
- Salt and pepper to season

Directions:

1. Cut the chicory in half and sauté from both sides in a pan with a little oil.
2. Season with salt and pepper before serving and drizzle with walnut vinegar before serving.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 133 kcal

Fat: 18 g

Protein: 18.8 g

Carbohydrates 13.3 g

Mid-Afternoon Snack

Strawberry Yogurt with Balsamic Vinegar and Green Pepper

Ingredients for 4 servings:

- 2 1/2 c (600 g) yogurt
- 1/2 lb (200 g) strawberries
- 1 Tbs (10 g) green pepper
- Balsamic vinegar

Directions:

1. Wash the strawberries, cut in half and mix with the yogurt in a bowl.
2. Grind the green pepper and season the yogurt with the pepper and balsamic vinegar.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 203 kcal

Fat: 14.8 g

Protein: 5.6 g

Carbohydrates 11.2 g

Dinner

Option 1

Pickled Herring Salad

Ingredients for 4 servings:

- 8 pickled herring fillets
- 1 red bell pepper
- 1 yellow bell pepper
- 1 c (150 g) pickles
- 1 onion
- Vinegar
- Pickle juice
- Salt and pepper to season

Directions:

1. Cut the pickled herring into strips and add into a bowl. Then chop the onion and add. Slice the vegetables and mix everything in the bowl.
2. Marinate with a mixture of vinegar and a little of the pickle juice and either serve promptly or refrigerate for several hours.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 500 kcal

Fat: 36.4 g

Protein: 30.2 g

Carbohydrates 6.1 g

Option 2

Asparagus Casserole

Ingredients for 4 servings:

- 1 1/2 lb (750 g) white asparagus
- 1 1/2 lb (750 g) green asparagus
- 12 slices of ham
- 3/4 c (200 ml) whipping cream
- 1 container heavy sour cream
- 1/2 bunch of chives
- Salt and pepper to season

Directions:

1. Peel the asparagus and blanch in hot water for 10 minutes. For the sauce, in a bowl mix the cream, heavy sour cream and the sliced Chives, then season with salt and pepper.
2. Cover the bottom of a casserole dish with a little bit of the sauce. First arrange the white asparagus on it, then cover with the ham. Pour the remaining sauce over the top and bake in a preheated at 350°F (180°C) for 20 minutes.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 309 kcal

Fat: 30 g

Protein: 25.3 g

Carbohydrates 23.2 g

Day 11

Breakfast

Option 1

Green Smoothie

Ingredients for 4 servings:

- 1 green apple
- 1/4 lb (100 g) cucumber
- 1 green bell pepper
- Parsley
- 2 kiwis
- 1 1/4 c (300 ml) buttermilk
- 3 1/2 Tbs (50 ml) sparkling water

Directions:

1. Peel the apple, kiwi and cucumber.
2. Then chop all of the fruits, vegetables and parsley.
3. Add to a blender with the rest of the ingredients and blend for about 4 minutes.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 336 kcal

Fat: 6.4 g

Protein: 9.9 g

Carbohydrates 6.1 g

Option 2

Frittata with White Mushrooms

Ingredients for 4 servings:

- 8 oz (250 g) mushrooms
- 6 eggs
- 7 Tbs (100 ml) milk
- 3/4 c (200 ml) whipping cream
- 1/2 tsp nutmeg
- 2 oz (50 g) Parmesan
- 1 pinch salt
- 1 pinch pepper

Directions:

1. Clean and slice the white mushrooms. Spread out in a casserole dish and preheat the oven to 350°F (180°C). Stir the eggs, milk, cream, nutmeg, salt and pepper to make a sauce and pour over the spinach.
2. Sprinkle with Parmesan and put in the oven. Bake for 20 to 25 minutes until the cheese is golden brown.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 388 kcal

Fat: 25.2 g

Protein: 17.6 g

Carbohydrates 10 g

Mid-Morning Snack

Red Beet Chips

Ingredients:

- 8 oz (200 g) canned red beets
- 7 Tbs (100 g) crème fraîche
- 1 c (50 g) cress
- Salt and pepper to season

Directions:

1. Thinly slice or shave the red beets. Arrange the slices on a cookie sheet lined with parchment paper slowly dry in the oven at 200°F (100°C). Depending on the oven and the size of the red beets this may take 60-90 minutes. Then season with salt and pepper.
2. For the dip mix the crème fraîche and season to taste with salt and pepper.

Time: 90 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 100 kcal

Fat: 7.7 g

Protein: 1.9 g

Carbohydrates 5 g

Lunch

Option 1

Stuffed Peppers

Ingredients for 4 servings:

- 8 marinated bell pepper
- 1/2 c (100 g) curd
- 1/2 c (100 g) chive & onion cream cheese
- 6 sun-dried tomatoes
- 10 leaves of basil
- 1 garlic clove
- Salt and pepper to season

Directions:

1. In a blender mix the cream cheese, curd, tomatoes, basil and the minced garlic on high to make a cream. Season with salt and pepper.
2. Drain the marinated whole bell peppers and stuff with the cream. Either serve promptly or refrigerate.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 227 kcal

Fat: 17.1 g

Protein: 9.1 g

Carbohydrates 6.6 g

Option 2

Fried Kale

Ingredients for 4 servings:

- 1 lb (500 g) kale
- 3/4 lb (400 g) ground beef
- 1 onion
- 2 Tbs chopped parsley
- 1 Tbs medium mustard
- 1 Tbs paprika
- Salt and pepper to season

Directions:

1. Chop the onions and sauté in a pan with olive oil. Add the ground beef and cook until well done. Add the kale to the meat. Mix all the ingredients and if desired season with salt and pepper.
2. Cook the dish on low for 10 minutes and season to taste with the medium mustard just before serving.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 320 kcal

Fat: 13.7 g

Protein: 15.7 g

Carbohydrates 8 g

Mid-Afternoon Snack

Citrus Salad

Ingredients for 4 servings:

- 1 3/4 c (400 g) cottage cheese
- 1 grapefruit
- 1 orange
- Pepper

Directions:

1. Peel the citrus fruit and with a sharp knife cut along the skins to remove the segments.
2. In a bowl mix with the cottage cheese and a pinch of pepper. Best enjoyed well chilled.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 140 kcal

Fat: 4.5 g

Protein: 13.1 g

Carbohydrates 10.8 g

Dinner

Option 1

Stuffed Cucumbers with Tuna Salad

Ingredients for 4 servings:

- 2 cucumbers
- 1 lb (500 g) canned tuna
- 1 red onion
- 1 yellow bell pepper
- 1 tomato
- 1/2 c (100 g) mayonnaise
- Salt and pepper to season

Directions:

1. Peel the cucumbers and score lengthwise and across. Use a teaspoon to remove the seeds, making an opening for the stuffing.
2. For the stuffing drain the tuna and add into a bowl. Dice the onion, tomato and bell pepper and mix in with the tuna. Add the mayonnaise and season with salt and pepper. Use this mixture to stuff the cucumbers and serve promptly.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 390 kcal

Fat: 26.4 g

Protein: 28.2 g

Carbohydrates 7.7 g

Option 2

Savory Pumpkin Soup with Bacon Bits

Ingredients for 4 servings:

- 1 Hokkaido pumpkin
- 3 1/3 c (800 ml) vegetable broth
- 1/2 c (100 ml) coconut milk
- 3/4 c (100 g) bacon bits
- 2 onions
- 1 sweet potato
- Salt and pepper to season

Directions:

1. Chop the onions, pumpkin and sweet potato. In a pot first sauté the onions in a little oil until translucent, then add the remaining prepared vegetables and sauté briefly. Add the vegetable broth and cook on medium for about 25 minutes.
2. Meanwhile in a pan sauté the bacon bits, without oil, until crisp. At the end of the cooking time puree everything and add the coconut milk. Season to taste with salt and pepper and garnish with the bacon bits when serving.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 348 kcal

Fat: 19.5 g

Protein: 19.7 g

Carbohydrates 16.3 g

Day 12

Breakfast

Option 1

Stracciatella Curd with Rhubarb

Ingredients for 4 servings:

- 1 2/3 c (400 g) low-fat curd
- 2 stalks of rhubarb
- 2 1/2 Tbs (20 g) grated chocolate (semi-sweet)
- 2 Tbs coconut milk

Directions:

1. Cut the rhubarb into bite size pieces. Then mix the rest of the ingredients and add the rhubarb.
2. Leave to cool in the fridge for approx. 30 minutes. Enjoy cold.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 178 kcal

Fat: 11 g

Protein: 10.9 g

Carbohydrates 7.6 g

Option 2

Breakfast Burger

Ingredients for 4 servings:

- 2/3 lb (300 g) carrots
- 4 slices cooked chicken breast
- 4 eggs
- 1/4 lb (100 g) iceberg lettuce
- 1/2 c (100 g) curd
- 1 pinch salt
- 1 pinch pepper
- 1 tsp lime juice
- 1 Tbs olive oil

Directions:

1. Shave the carrots into fine strips and mix with an egg.
2. Heat the oil in the pan, then sauté the carrot and egg mixture in a thin, round shape. Then sauté the chicken breast until crispy.
3. Next place the chicken breast over the sautéed carrots and cook the rest of the eggs sunny side up. Top the chicken breast with iceberg lettuce, then with a fried egg.
4. Mix the rest of the ingredients, season to taste and serve as a dip or use as a dressing between the iceberg lettuce and chicken breast.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 180 kcal

Fat: 8.5 g

Protein: 16.4 g

Carbohydrates 5.3 g

Mid-Morning Snack

Plantain Chips

Ingredients:

- 2 plantains
- 2 Tbs coconut oil
- Salt
- Other seasons as desired

Directions:

1. Thinly slice or shave the plantains. In a bowl, season with the coconut oil, salt and other spices or herbs to taste.
2. Spread the chips out on a cookie sheet lined with parchment paper and bake in a preheated oven at 350°F (180°C) for 30 minutes.

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 152 kcal

Fat: 10.4 g

Protein: 1.2 g

Carbohydrates 9.5 g

Lunch

Option 1

Ginger Meatballs

Ingredients for 4 servings:

- 1 lb (500 g) ground beef
- 1 oz (30 g) ginger
- 1 egg
- 1 garlic clove
- Oil
- Salt and pepper to season

Directions:

1. Dice the ginger and combine with the ground meat, egg and the minced garlic to make a meatball mixture. Season with salt and pepper and shape into little meatballs or patties.
2. Sauté in a pan with a little oil and either enjoy warm or cold.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 320 kcal

Fat: 22.1 g

Protein: 26.2 g

Carbohydrates 1.9 g

Option 2

Kohlrabi-Tuna Salad

Ingredients for 4 servings:

- 1 lb (500 g) kohlrabi
- 1 lb (500 g) canned tuna
- 3/4 c (200 g) yogurt
- 1 container of cress
- 1 red onion
- Olive oil
- Salt and pepper, if desired

Directions:

1. Peel and shave the kohlrabi with a mandolin. Add into a bowl along with the drained tuna.
2. For the dressing, mix the yogurt with the cress, diced red onion, salt and a few splashes of olive oil. Season to taste with salt and pepper and pour over the salad. Toss well and serve promptly.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 308 kcal

Fat: 16.2 g

Protein: 31 g

Carbohydrates 7.5 g

Mid-Afternoon Snack

Melon Salad

Ingredients for 4 servings:

- 1/2 lb (200 g) honeydew melon
- 1/2 lb (200 g) watermelon
- 1/2 lb (200 g) feta
- 1 lime
- Mint leaves to garnish

Directions:

1. Portion the melons with a knife or a teaspoon and in a bowl garnish with the juice of one lime or the mint leaves.
2. Then mix with the feta chunks and either serve promptly or refrigerate.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 161 kcal

Fat: 9.6 g

Protein: 9.1 g

Carbohydrates 8.4 g

Dinner

Option 1

Parsnip Puree with Pike-Perch Fillet

Ingredients for 4 servings:

- 4 pike-perch fillets
- 4 parsnips
- 1 1/8 c (275 ml) coconut milk
- 1 garlic clove
- Nutmeg
- Salt and pepper to season

Directions:

1. Peel and chop the parsnips. Then boil in a little bit of vegetable broth and cook on medium for about 10 minutes. Drain the parsnips and puree in a pot along with the coconut milk. Then season to taste with nutmeg and salt and pepper.
2. Meanwhile prepare the fish, first seasoning it with salt and pepper. Then in a pan first sauté the minced garlic clove, then the fish from both sides for about 3-4 minutes. Arrange both on a plate and serve warm.

Time: 30 minutes

Difficulty: Mean

Nutrition facts per serving:

Calories: 319 kcal

Fat: 16.6 g

Protein: 14.2 g

Carbohydrates 9.2 g

Option 2

Feta Spinach

Ingredients for 4 servings:

- 1 lb (500 g) fresh spinach
- 10 oz (300 g) Feta
- 1 tomato
- 1 garlic clove
- Nutmeg
- Salt and pepper to season

Directions:

1. Wash the spinach, remove wilted leaves and dry with a salad spinner. Mince the garlic and chop the tomato. Cut the feta into bite size pieces.
2. In a pan with a little oil first sauté the garlic, then add the spinach. Add the tomatoes and cook for about 2 minutes. Then season with a pinch of nutmeg and salt and pepper. Turn off the burner and add the feta. Briefly stir everything well in the pan, then immediately divide onto plates and serve warm.

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 219 kcal

Fat: 15 g

Protein: 16.5 g

Carbohydrates 3 g

Day 13

Breakfast

Option 1

Scrambled Egg with Vegetables

Ingredients for 4 servings:

- 6 eggs size M or L
- 4 cherry tomatoes
- 1 small zucchini
- 1 carrot
- Parsley
- 4 Tbs milk
- 4 Tbs water
- 1 pinch salt
- 1 pinch pepper
- Olive oil

Directions:

1. Mix the eggs, milk, water, salt and pepper. Cut the cherry tomatoes in half and either chop or slice the zucchini and carrot.
2. Add olive oil into a pan and first sauté the vegetables. Then pour the egg over it and fry until the egg is golden. Garnish with parsley and serve.

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 268 kcal

Fat: 12.6 g

Protein: 13.5 g

Carbohydrates 3.4 g

Option 2

Raspberry-Almond Dream

Ingredients for 4 servings:

- 7/8 c (150 g) ground almonds
- 1 1/2 c (150 g) ground hazelnuts
- 8 egg whites
- 4 tsp baking powder
- 1 vanilla flavoring
- 300 g raspberries
- 2 Tbs honey

Directions:

1. Wash the raspberries and cut in half, then place on a microwave-safe plate.
2. Mix the ground nuts, egg white, baking powder, honey and vanilla flavoring with water into a thin batter, then pour over the raspberries.
3. Heat in the microwave for approx. 3 minutes. Enjoy warm.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 560 kcal

Fat: 43.5 g

Protein: 22.6 g

Carbohydrates 15.5 g

Mid-Morning Snack

Pistachios with Caramelized Sesame Seeds

Ingredients for 4 servings:

- 1/2 lb (200 g) unsalted pistachios
- 2 1/2 Tbs (25 g) sesame seeds
- 2 Tbs sugar

Directions:

1. Heat the sugar in a pan and caramelize the sesame seeds in it.
2. Mix the sesame seeds and the pistachios and serve as a snack.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 412 kcal

Fat: 33.1 g

Protein: 11 g

Carbohydrates 14 g

Lunch

Option 1

Curly Cabbage Rolls

Ingredients for 4 servings:

- 8 leaves of curly cabbage
- 1 lb (500 g) mixed ground meat
- 1 egg
- 1 onion
- 2 c (500 ml) vegetable broth
- 2 tsp mustard
- Paprika
- 1/2 bunch of parsley
- Salt and pepper to season

Directions:

1. Pick out the best cabbage leaves and briefly blanch in hot water, then quench with ice water.
2. Mix the ground meat, egg, chopped onion, mustard, paprika, chopped parsley and the other spices to make a meat mixture. Divide the meat mixture over the individual cabbage leaves, then seal with kitchen twine.
3. Cook the cabbage rolls in the hot vegetable broth for 30 minutes.

Time: 50 minutes

Difficulty: Mean

Nutrition facts per serving:

Calories: 350 kcal

Fat: 22.6 g

Protein: 28.5 g

Carbohydrates 3.9 g

Option 2

Herb Chicken Leg Quarters

Ingredients for 4 servings:

- 4 leg quarters
- Medium mustard
- Paprika
- 2 twigs of rosemary
- 2 twigs of thyme

Directions:

1. Line a cookie sheet with parchment paper and place the chicken leg quarters on it. Carefully lift the skin and slide half a twig each of rosemary and thyme under the skin.
2. Mix 1 Tbs mustard with the paprika and brush the skin with it. Bake at 400°F (200°C) for about 55 minutes and serve warm.

Time: 60 minutes

Difficulty: Mean

Nutrition facts per serving:

Calories: 297 kcal

Fat: 17.1 g

Protein: 27.6 g

Carbohydrates 0.6 g

Mid-Afternoon Snack

Low Carb Trail Mix

Ingredients for 4 servings:

- 3 Tbs (25 g) macadamia nuts
- 3 Tbs (25 g) pistachios
- 3 Tbs (25 g) peanuts
- 3 Tbs (25 g) almonds

Directions:

1. Mix the nuts in a bowl and store in an airtight bowl

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 169 kcal

Fat: 17.5 g

Protein: 26.9 g

Carbohydrates 1.8 g

Dinner

Option 1

Goulash Soup

Ingredients for 4 servings:

- 1 lb (500 g) beef stew meat
- 1 c (250 ml) tomato puree
- 3/4 c (200 ml) water
- 3 carrots
- 2 onions
- 2 garlic cloves
- 1 frozen herb mix
- Oil
- Paprika
- Salt and pepper to season

Directions:

1. Chop the onions and garlic gloves. Slice the carrots. In a pot sauté the onions and garlic in oil, then add the beef. Add the carrots, then add the tomato puree and the water.
2. Season to taste with herbs and spices and boil down on low for 3 hours. Season with salt and pepper again before serving.
3. Then divide the tomato puree and the water over the vegetable-meat mixture and season to taste with the herbs and spices.

Time: 3 hours 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 315 kcal

Fat: 16.5 g

Protein: 14.7 g

Carbohydrates 5.6 g

Option 2

Roast Turkey over Vegetables

Ingredients for 4 servings:

- 1 lb (500 g) turkey breast fillet
- 2 onions
- 2 eggplants
- 2 orange bell pepper
- 1 garlic clove
- 7 Tbs (100 ml) vegetable broth
- Oil
- 2 twigs of thyme
- Salt and pepper to season

Directions:

1. Cut the vegetables and mince the garlic. Sauté together with the diced onion in a pan with a little oil. Add the vegetables and sauté for about 5 minutes. Add the vegetables and the thyme into a casserole dish.
2. Season the turkey with salt and pepper, then also briefly sauté from all sides. Place over the vegetables and add the vegetable broth. Bake in a preheated oven at 400°F (200°C) oven for 30 minutes and serve warm.

Time: 45 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 235 kcal

Fat: 6.6 g

Protein: 34 g

Carbohydrates 8.5 g

Day 14

Breakfast

Option 1

Honeydew Melon with Bacon and Quark with Herbs

Ingredients for 4 servings:

- 2/3 lb (300 g) honeydew melon
- 1/3 lb (150 g) prosciutto
- 1/2 c (100 g) curd
- Fresh parsley, basil and chives
- 1 tsp lemon juice
- 1 pinch salt

Directions:

1. Cut the honeydew melon into bite size pieces, then garnish with thin slices of prosciutto. For the curd first chop the herbs, then stir with the curd, salt and lemon juice in a bowl to make a delicious dip.
2. Either right away scoop small amounts over the melon and bacon with a teaspoon or serve separately in a small bowl.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 186 kcal

Fat: 6.8 g

Protein: 5.5 g

Carbohydrates 3.2 g

Option 2

Fruit Shake

Ingredients for 4 servings:

- 1 1/4 c (300 ml) coconut milk
- 3/4 c (200 ml) water
- 1 mango
- 2/3 c (100 g) huckleberries
- 1/3 c (50 g) protein powder
- 2 tsp lime juice

Directions:

1. Peel and chop half the mango, then add all ingredients into a blender and blend well for about 1 minute.
2. If you'd like it a little sweeter, add a tsp of honey or use other fruits.

Time: 10 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 240 kcal

Fat: 11.5 g

Protein: 13 g

Carbohydrates 7.5 g

Mid-Morning Snack

Coconut Bread

Ingredients for 4 servings:

- 6 eggs
- 1 1/8 c (100 g) coconut flakes
- 2 Tbs melted butter
- 2 Tbs coconut milk
- 1 tsp baking powder
- 1 vanilla bean
- 1 pinch salt

Directions:

1. In a bowl mix the eggs, coconut milk and the butter and the pulp of the vanilla bean into a smooth batter.
2. Stir the coconut flakes along with the pinch of salt and baking powder into the batter and continue slowly stirring to make a dough.
3. Set out a greased small loaf pan or a muffin tin, add the dough to it and smooth out if necessary. Then bake in a preheated oven at 350°F (180°C) for 35 minutes.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 304 kcal

Fat: 26.8 g

Protein: 10.3 g

Carbohydrates 3.1 g

Lunch

Option 1

Salmon in Foil

Ingredients for 4 servings:

- 4 salmon fillets
- 1 green bell pepper
- 1 red bell pepper
- 1 Spanish onion
- Lemon juice
- Olive oil
- Salt and pepper to season
- Lemon balm and chervil to garnish

Directions:

1. First prepare the vegetables, cutting the Spanish onion and bell peppers into about equal size strips.
2. Brush four sheets of aluminum foil halfway with olive oil and place a salmon fillet on each. Divide the vegetables equally and season with salt, pepper and lemon juice. Now garnish with chervil and lemon balm and close with the second half of the aluminum foil.
3. Bake in a preheated oven at 350°F (175°C) for 15 minutes to finish cooking. Serve warm.

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 309 kcal

Fat: 9 g

Protein: 10.5 g

Carbohydrates 6.4 g

Option 2

Zucchini Patties

Ingredients for 4 servings:

- 3 zucchini
- 1/4 c (25 g) coconut flakes
- 1 egg
- Oil
- Salt, pepper and cayenne pepper to season

Directions:

1. Grate the zucchini with a mandolin and season with salt in a bowl. Let sit for 15 minutes. Then drain the zucchini in a strainer.
2. Then mix the zucchini, coconut flour, egg and pepper, if desired, and shape into patties.
3. Heat oil in a pan. Now sauté the patties for 4 minutes each side until golden brown.

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 126 kcal

Fat: 10.8 g

Protein: 3.7 g

Carbohydrates 2.5 g

Mid-Afternoon Snack

Banana-Nut Mash

Ingredients for 4 servings:

- 2/3 c (75 g) chopped almonds
- 1/2 c (75 g) chopped pecans
- 1 banana
- 3/4 c (200 ml) coconut milk
- 1 tsp cinnamon

Directions:

1. Add all of the ingredients into a blender and blend on high to make a mash.

Time: 5 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 263 kcal

Fat: 17.8 g

Protein: 8.3 g

Carbohydrates 15.9 g

Dinner

Option 1

Egg Muffins

Ingredients for 4 servings:

- 8 eggs
- 4 slices of bacon
- 4 baby mushrooms
- 1 beefsteak tomato
- 1 garlic clove
- Salt and pepper to season

Directions:

1. In a 4 cup muffin tin line each cup with a slice of bacon.
2. Wash the tomato and clean the baby mushrooms. Now dice the vegetables, season with salt and pepper and divide equally along with the minced garlic.
3. Beat one egg into each cup and bake in a preheated oven at 350°F (175°C) for 15 minutes.

Time: 25

Difficulty: Easy

Nutrition facts per serving:

Calories: 221 kcal

Fat: 12.5 g

Protein: 23.8 g

Carbohydrates 2.5 g

Option 2

Shrimp Curry

Ingredients for 4 servings:

- 1 lb (500 g) shrimp
- 1/2 lb (200 g) bamboo sprouts
- 1/4 lb (100 g) sugar snap peas
- 1 carrot
- 1 red bell pepper
- 1 onion
- 1 mango
- 1 c (250 ml) coconut milk
- 2 tsp curry paste
- 2 Tbs curry powder
- Salt, pepper, chili powder to season

Directions:

1. Peel the vegetables and the mango and chop into about equally sized pieces. Then peel and dice the onion.
2. On a pan with oil first sauté the onion until translucent, then add the shrimp. Now add the prepared fruits and vegetables and sauté on medium for 10 more minutes.
3. Add the bamboo sprouts, then add the coconut milk. Bring to a boil and season to taste with the curry paste, the curry powder and the other spices. Cook for 10 more minutes and serve warm.

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 245 kcal

Fat: 4.2 g

Protein: 30.8 g

Carbohydrates 20 g

General information

Bread & Rolls

When it comes to low carb food, people all too often think they need to eliminate all carbs such as bread and rolls. From an objective point of view this is not actually the case, since you simply need to replace the wheat or white flour. The best substitute is coconut or almond flour. If your local supermarket doesn't carry these, you can easily use ground almonds or coconut flakes and mill these with a food processor.

These rolls and breads have a fraction of the carbs but taste just as good. With the very versatile recipes you can easily make baked goods at home, since they will keep for several days. Another alternative is rice cakes, which on average only have 5 g of carbs each. If you're in a hurry in the morning, rice cakes are a great addition to your low carb menu.

Snacks

The low carb diet explicitly allows snacks, you just need to make better choices than grabbing chips and the like from the supermarket. Chips are a great example, since people automatically think potato chips. But a variety of vegetables such as kale, red beets or parsley roots are a great low carb option. These are easy to make in the oven and are well received by guests. Another healthy snack is nuts. Just make sure the nuts or seeds, e.g. pumpkin seeds, are unsalted. You can season the nuts with e.g. paprika or curry powder to add a savory touch.

Drinks & Smoothies

Foods aren't the only thing with carbs, so do drinks. Even if you eat a low carb meal, you may still be consuming more carbs than you intended with your beverages. Alcoholic beverages like cocktails, liqueur and wine punch are especially high in carbs. When it comes to non-alcoholic beverages, watch out for milkshakes, energy drink and soft drinks. These are very high in sugar, which is also high in carbs. Alternatives for a consistent low carb diet include water, herbal teas and various sugar-free beverages. Smoothies are also a healthy option. If you make them yourself you're also in charge of what's in them. Instead of making them with high calorie banana you can also use yogurt to slightly change the consistency. But since they're rich in fruits and vegetables, smoothies should be considered a snack, not a drink.

Spreads

It's also important to really look at the number of carbs when it comes to spreads. Sweet spreads should preferably be made without conventional sugar. This will cut back on the number of carbs and bring out the natural flavor of the ingredients. Stevia is an alternative to regular sugar which is now sold in virtually every supermarket. It's a lot sweeter than regular sugar and should therefore always be used sparingly. Powdered or liquid Stevia or Xylitol are great for cooking and baking low carb recipes. Curd or cream cheese are some options which can be used as the base for savory spreads. Add olives, herbs or sun-dried tomatoes for an easy to prepare fresh spread which can easily be refrigerated several days.

Desserts

Even the low carb cuisine doesn't miss out on dessert. Whether it's cake, cookies or other popular treats, creative low carb chefs are always finding ways to cut back on carbs without cutting back on taste. Fruit salad is a classic low carb dessert. From exotic to seasonal fruit, you will always have plenty of options to get creative. Many recipes also list protein powder for

making desserts like pancakes, waffles, etc. Until a few years ago it was a term likely associated with an athlete's diet.

Sometimes this can be hard to find in supermarkets, but you will find it in health or nutrition stores. If you'd like to try these recipes, look online and you will find a variety of flavors. But protein powder isn't a must.

Travel Strategies

Sometimes you can't make a home cooked meal or eat at home. In this case it's important to come up with some strategies so you won't sabotage your new diet. When eating at the cafeteria it's important to skip the traditional sides like potatoes, pasta or rice. But you also need to be careful when it comes to gravy and sauces, especially if they're thickened with flour. The same applies to dressing offered in cafeterias, where even a vinaigrette can contain a lot of sugar and therefore carbs. The best option is therefore to make your own food. Many offices have a kitchenette with refrigerator and other appliances.

You can refrigerate your dressing or snack here and heat it in the microwave when needed. When it comes to drinks like coffee and tea, it's important to use sugar substitutes like Stevia and avoid high carb drinks like soft drinks or energy drinks. One option is a fruit spritzer, made with juice and mineral water. Use a little fresh lime juice or mint leaves for an easy, refreshing alternative to soft drinks in summer.

CONCLUSION

The 14-day system is way to structure your food throughout the day, from breakfast to dinner. Whether it's the three main meals or snacks in between meals, this complete change in diet takes control of weight loss. And yet the low carb diet supplies the body with all the important nutrients, since it only cuts back carbs but never completely eliminates them. This boosts your metabolism and makes sure your body won't be spending unnecessary energy to digest a high amount of carbs after every meal.

And with two options for breakfast, lunch and dinner you will have enough room to rediscover and even broaden your food preferences in these 14 days. After all, during this time the low carb cuisine will prove again and again that feeling full the healthy way since they don't include the traditional high carb sides. Nutritious alternatives and new approaches to classics are simply too tempting to go back to your old eating habits at the end of the 14 days.

Yours truly,

Mathias Müller

AUTHOR

Low carb, full flavor - in this wonderful cookbook Mathias Müller explains over 100 basic recipes in detail. Müller's clear-cut, passionate writing not only inspire novices to follow their intuition in the kitchen and understand the essence of a recipe: 'Honestly, good food is nothing more than good ingredients prepared simply'. And the large chapter on meat and fish entrées also includes vegetarian versions. There are lots of delicious and easy recipes for a healthy diet to cook for any meal.

'HEALTHY LIVING' is Müller's philosophy which comes to life in every line of this new edition of the classic "14-Day Plan with Delicious Recipes for Permanent Weight Loss at Home and on the Road". Müller has published various bestsellers:

"Low Carb Recipes - 50 Lunch Recipes for Successful Weight Loss in Just 2 Weeks"

"Low Carb Recipes – 50 Dinners for Permanent Weight Loss Success"

"Low Carb Recipes - 50 Vegetarian and Vegan Recipes for Successful Weight Loss in Just 2 Weeks"

"Low Carb Recipes – 14-Day Plan with Delicious Recipes for Permanent Weight Loss at Home and on the Road"

"Low Carb Recipes - 100 Low Carb breakfast recipes for successful weight loss in 2 weeks"

"Low Carb Recipes - 100 Low Carb Desserts for Successful Weight Loss in 2 Weeks"

14-Day Plan with Delicious Recipes for Permanent Weight Loss at Home and on the Road

"Low Carb Recipes – 300 Low Carb Recipes for Permanent Weight Loss Success"