

Low Carb Recipes

50 Lunch Recipes for Successful Weight
Loss in Just 2 Weeks

Mathias Müller

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INTRODUCTION

A lunch break is limited to a specific period, making it perfect to resort to the most convenient food. But fast food and dreary cafeteria food not only leave your stomach full but also leave a mark on your hips you can't miss. There are some alternatives to make sure this convenience won't affect your self-confidence, that will improve your physical fitness even if your lunch break is short and make you feel good when you step on the scale. One alternative gaining popularity is "Low Carb". A low carb diet not only brings back your ideal weight but also makes eating fun again. Instead of counting calories every lunch it simply eliminates high carb foods like potatoes, pasta and flour. Cooking is vital in the weight loss process to make sure these products aren't sneaking onto your plate in convenience foods.

I would like to support you during this initial crucial step in this process with my years of experience which went into this cookbook. Based on my experience as a nutrition coach, an unhealthy lunch high in carbohydrates is often the reason why even a balanced breakfast and dinner won't get rid of those bothersome extra pounds. A low carb lunch provides the body with a balanced combination of nutrients and a boost of proteins which are easier for the body to burn and incorporate in a balanced energy level. Carbohydrates aren't taken off the menu but simply cut back. This keeps you from feeling hungry and your motivation high the entire time you're transitioning your diet.

This cookbook was specifically written to also aid those working outside the home in leading a healthier life. Recipes which can be prepared within 30 minutes or less make it very easy to also eat healthy on your break. Many recipes can also be prepared the day before and only need to be refrigerated or heated up quick at work. With many offices now having microwaves and refrigerators, you won't have to wait for dinnertime to lose weight. One great example is Saskia, a 32-year-old graphic designer:

"For years I kept trying different diets which only brought temporary success. It wasn't because of my perseverance but the cafeteria at work. Although I thought I was eating a balanced meal there, a lot of meals were very high in carbs. Once the low carb diet finally got me close to my desired weight, I decided to also make my own lunches. The recipes in this book made it easy to find dishes which were easy to prepare and I could even take them to the office. After just two weeks those last stubborn pounds were gone and didn't come back."

Saskia isn't alone in this journey; many people keep failing when it comes to extremely stubborn bulges they just can't get rid of. With this two week diet the pounds virtually melt away. Reducing carbohydrates also boosts your fitness, since the nutrients are much easier for the body to use and are easier to digest. This will also boost the body's activity, making it easier to get moving and your performance won't slump. Along with losing weight your confidence will improve when you finally reach your goals. And people around you will also notice this and participate in your success with compliments and questions. To make sure it's not always others receiving praises it's important to take the first step toward a new body awareness now. With this cookbook you will dive into the delicious low carb world without any prior knowledge. Experience a new delicacy every day with 50 recipes in 5 categories, from fruity salads to mozzarella skewers. So take action now and take the road to more self-respect into your own hands.

*****NOW FREE!*****

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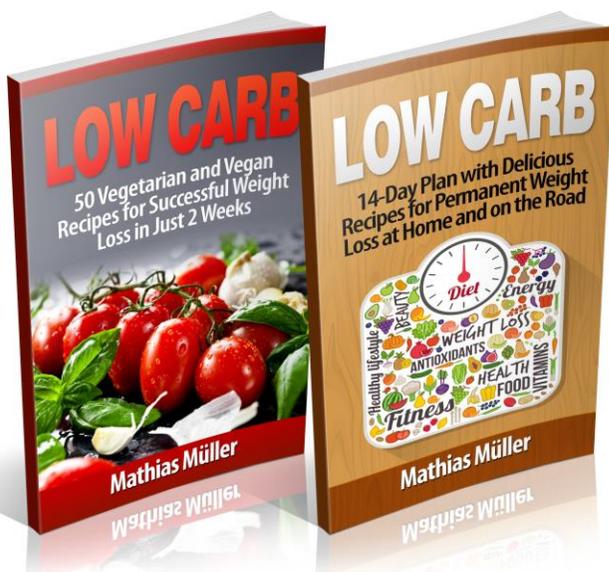
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Vegetarian Recipes

Cucumber pasta with feta pesto

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 255 kcal

Fat: 21.2 g

Protein: 8.4 g

Carbohydrates: 5.8 g

Ingredients for 4 servings:

- 1 Cucumber
- 3 c (75 g) basil
- 3 Tbs (25 g) pine nuts
- 2.5 oz (75 g) feta
- 1/4 c (25 g) Parmesan
- 1 Garlic clove
- Oil
- Salt and pepper to season

Directions:

1. Coarsely chop the feta and Parmesan and add to a blender. Add the pine nuts and basil. Peel and mince the garlic and add to the blender. Add about 3 1/2 Tbs of olive oil and blend into a creamy pesto. Fill into a bowl and put in the refrigerator to steep. This allows the individual flavors to blend for a perfect taste. Since

pesto will keep in the fridge for several days, you can easily make it the day before or on the weekend.

2. Peel the cucumber and first cut in half lengthwise, then across. Remove the seeds with a teaspoon until only the firm flesh remains. Cut the flesh into thin strips with a potato peeler and divide onto pasta plates. Season the cucumber pasta with salt and pepper and dress with pesto. A light dish specifically for the warm summertime.

Eggplant Dish with Bell Pepper Curd

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 199 kcal

Fat: 13 g

Protein: 10 g

Carbohydrates: 9.6 g

Ingredients for 4 servings:

- 3 c (300 g) eggplant
- 1 1/2 c (300 g) Low-Fat Curd
- 1 can pizza tomatoes/Italian tomatoes
- 1 Spanish onion
- 5 marinated bell peppers
- 5 basil leaves
- Italian spice blend
- Paprika
- Oil
- Salt and pepper to season

Directions:

1. Dice the bell peppers and blend with the curd. Chop the basil leaves and add. Season to taste with paprika, salt and pepper and refrigerate until ready to serve.
2. Then dice the onion and eggplant. First cook the onion in a pan with some oil until translucent, then add the eggplant cubes. Sauté for about 3 minutes, then add the can of tomatoes, undrained. Boil down on medium for 10 minutes, then season to taste with the mixed herbs and the salt and pepper.
3. Serve the eggplant vegetables in small bowls. Serve the bell pepper curd separately. This way everybody can decide for themselves how much curd to use to round off the flavor of the vegetables.

Zucchini Spirals

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 203 kcal

Fat: 14.9 g

Protein: 11.5 g

Carbohydrates: 4.2 g

Ingredients for 4 servings:

- 2 zucchini
- 3/4 c (200 g) chive & onion cream cheese
- 6 radishes
- 2 green onions
- 1 Tbs lemon juice
- Oil
- Salt and pepper to season

Directions:

1. Wash the zucchini, then cut into thin strips with a sharp kitchen knife. The strips should be so the filling won't push through but not too thick where you won't be able to roll them up anymore.
2. Now first cut the green onions into very fine slices. Then wash the radishes and chop with a food processor. Mix both ingredients in with the chive & onion cream cheese. Add some lemon juice and some salt and pepper and blend well.
3. Coat the zucchini strips with a thin layer of the spread and roll into little roll-ups. Place in a casserole dish with the seam down. Dice any leftover vegetables and also add to the casserole dish. Season with olive oil and some salt and pepper and bake in a preheated oven at 350°F (175°C) for about 15 minutes. Then arrange on plates and serve warm.

Baked Feta

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 477 kcal

Fat: 36 g

Protein: 31 g

Carbohydrates: 3.7 g

Ingredients for 4 servings:

- 4 slices feta, 150 - 200 g each
- 2 Garlic cloves
- 10 Cherry tomatoes
- 2 twigs of rosemary
- 2 twigs of thyme
- 1 lemon
- 1 Tbs capers
- 1 Tbs tomato paste
- Paprika
- Oil
- Salt and pepper to season

Directions:

1. Shape two sheets of aluminum foil into a mold for the feta. Thinly coat half of each with olive oil.
2. Mix the tomato paste and the capers and season to taste with a little paprika and salt and pepper. Place two pieces of feta each onto the sheets of aluminum foil coated with olive oil and brush with the tomato paste.
3. Now slice the garlic cloves and arrange around the feta. Cut the cherry tomatoes in half and also arrange around the feta. Place one twig of rosemary and thyme over the feta and drizzle everything with the juice of one lemon. Bake at 300°F (150°C) for 15 minutes. Serve the feta in the aluminum foil and enjoy warm.

Tofu Vegetables

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 237 kcal

Fat: 10.2 g

Protein: 14 g

Carbohydrates: 10.1 g

Ingredients for 4 servings:

- 13 oz (600 g) tofu
- 1 1/2 c (200 g) tomatoes on the vine
- 2 red bell peppers
- 2 twigs of rosemary
- 2 twigs of thyme
- 1 zucchini
- 1 garlic clove
- 1 chili pepper
- Oil
- Salt and pepper to season

Directions:

1. First cut the tomatoes in half and place in a casserole dish coated with olive oil. Then cut the bell peppers, zucchini and chili peppers into strips and add to the casserole dish. Peel and garlic and mince directly into the casserole dish. Season the vegetables with salt and pepper and drizzle with olive oil. Before cooking, toss well with a spoon or salad servers.
2. Bake at 400°F (200°C) for 20 minutes. Meanwhile dice the tofu and add to the casserole along with the rosemary and thyme for the last 10 minutes. Toss the dish well again before serving and serve on plates or in the casserole dish. With the option, leave the rosemary and thyme in the casserole dish as a visual highlight.

Coconut Stir-Fry

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 330 kcal

Fat: 28 g

Protein: 6 g

Carbohydrates: 10.2 g

Ingredients for 4 servings:

- 1 lb (500 g) broccoli
- 1/3 c (100 g) coconut cream
- 1 1/4 c (300 ml) coconut milk
- 2 carrots
- 2 stalks of celery
- 1 green bell pepper
- Oil
- Salt and pepper to season

Directions:

1. Prepare the vegetables by first slicing the carrots and celery. Then cut the bell peppers into strips and the broccoli into florets. Keep the ingredients in separate bowls.
2. Heat a wok or a pan with some oil and first lightly braise the celery, then add the carrots and finally the bell pepper.
3. Add the broccoli as a final ingredient and sauté everything for about 3 minutes. Then add the coconut milk and briefly bring to a boil.
4. Set to medium heat and add the coconut cream. Cook all ingredients for about 10-15 minutes and season to taste with salt and pepper before serving, and other spices if you prefer, e.g. curry powder.

Spicy Baked Vegetables

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 240 kcal

Fat: 15.5 g

Protein: 13.8 g

Carbohydrates: 9.1 g

Ingredients for 4 servings:

- 6 tomatoes on the vine
- 2 red bell peppers
- 2 green chili
- 2 red chili
- 2 Garlic cloves
- 2 twigs of rosemary
- 2 twigs of thyme
- 1 Spanish onion
- Olive oil
- Salt and pepper to season

Directions:

1. Prepare two sheets of aluminum foil to better control the heat in the oven for the vegetables. Thinly coat half of each with olive oil.
2. Cut the bell peppers into quarters and remove the seeds, stem and the white flesh. Cut the chilies and tomatoes in half. Spread the vegetables on the side of the aluminum foil coated with olive oil. Cut the Spanish onion in quarters and divide. Cube the mozzarella and mix in with the vegetables. Now slice the garlic cloves and top the vegetables with the garlic, rosemary and thyme. Drizzle with olive oil and close the foil packs with the second sheet.
3. Cook in a preheated oven at 350°F (175°C) for 20 minutes. Arrange on plates and serve warm.

Stuffed Zucchini

Time: 50 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 269 kcal

Fat: 18.9 g

Protein: 16.9 g

Carbohydrates: 6 g

Ingredients for 4 servings:

- 2 zucchini
- 2 tomatoes
- 3/4 c (200 g) cream cheese
- 1/3 c (50 g) Parmesan
- 1 red onion
- 1 any frozen mixed herbs
- Olive oil
- Salt and pepper to season

Directions:

1. Wash and dry the zucchini, cut in half and carefully core the zucchini. Leave most of the meat in the zucchini.
2. Then chop the dried tomatoes and the red onion and mix in with the cream cheese in a small bowl. Now season the filling with the mixed herbs and with salt and pepper.
3. Then place the scooped out zucchini halves in a casserole dish or on a cookie sheet and stuff with the cream cheese mixture. Bake in a preheated oven at 350°F (180°C) for about 40 minutes. Sprinkle the Parmesan over the zucchini 10 minutes before it is done cooking and after cooking promptly arrange on plates and serve.

Brussels Sprout Casserole

Time: 45 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 420 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Ingredients for 4 servings:

- 1 1/2 lb (750 g) Brussels sprouts
- 1/2 lb (250 g) cauliflower
- 3/4 c (100 g) shredded cheese
- 1 egg
- 1/3 c (30 g) Parmesan
- 1 c (250 ml) milk
- Salt and pepper to season

Directions:

1. Clean the Brussels sprouts and blanch in hot water with salt for about 10 minutes. Drain the Brussels sprouts in a colander.
2. Meanwhile prepare the sauce, whisking the milk and the beaten egg in a bowl. Then add the grated Parmesan add and season to taste with e.g. salt and pepper or fresh herbs. Whisk everything for about 60 seconds.
3. Cover the bottom of the casserole dish with a little of the sauce and place the Brussels sprouts in the casserole dish. Now pour the remaining sauce over the Brussels sprouts and cover with the shredded cheese.
4. Cook in a preheated oven at 350°F (175°C) C for 30 minutes, then serve warm in the casserole dish or serve on plates.

Mushroom Skewers with Tofu

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 85 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 2.6 g

Ingredients for 4 servings:

- 7 oz (200 g) cubed tofu
- 6 baby mushrooms
- 6 white mushrooms
- 1 Spanish onion
- 1 red bell pepper
- 1 green bell pepper
- Paprika
- Oil
- Salt and pepper to season

Directions:

1. Cut the mushrooms in half and peel and quarter the Spanish onion. Then pull the onion apart. Cut the bell pepper into sizes similar to the onion.
2. In a small bowl make a marinade of the paprika and some olive oil and salt and pepper.
3. Thread the vegetables and tofu onto the skewers, alternating, and brush with the marinade. Sauté on the grill or in a pan for about 3 minutes each side and serve warm.

Soups and Salads

Chicken and Lime Soup

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 182 kcal

Fat: 4.6 g

Protein: 29.9 g

Carbohydrates: 5.1 g

Ingredients for 4 servings:

- 2 lb (500 g) chicken breast
- 8 oz (250 g) mushrooms
- 4 1/4 c (1 liter) chicken broth
- 2 limes
- 1 chili pepper
- 1 bunch of green onions
- Oil
- Salt and pepper to season

Directions:

1. To prepare, first thinly slice the green onions, chili pepper and the mushrooms.
2. Cut the chicken breast into cubes and season with salt and pepper. Sauté the meat in a pot with a little oil until golden brown. Add the chicken broth and boil briefly.

3. Meanwhile remove the ends from the limes and cut the rest into thick slices. Add these along with the mushrooms, Spanish onions and chilies to the hot broth and simmer on low for about 15 minutes.
4. The lime slices can be removed before serving, the taste will remain. However, the lime slices will look very nice in a bowl. If desired, season with soy sauce, but this will slightly darken the clear broth.

Leaf Lettuce with Pomegranate Dressing

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 143 kcal

Fat: 10.3 g

Protein: 4.2 g

Carbohydrates: 7.2 g

Ingredients for 4 servings:

- 2/3 lb (300 g) lamb's lettuce
- 1/4 lb (100 g) arugula
- 3/4 c (200 g) yogurt
- 4 tomatoes on the vine
- 1 pomegranate
- 1 red onion
- Balsamic vinegar
- Olive oil
- Salt and pepper to season

Directions:

1. First wash the lamb's lettuce and arugula and remove the dry leaves. Dry in a salad spinner and add into a bowl. Then roll the pomegranate on a firm surface with your palms. Cut in half and tap the back with a spoon or knife to remove the seeds. Place the seeds on a plate or a separate bowl so you can remove the bitter white skins before adding them to the salad. Quarter the tomatoes and add to the salad bowl. Then toss the salad well.
2. The second step is preparing the dressing. First cut and dice the red onion. Mix the diced onions in with the yogurt. Mix in 2 tsp olive oil and season with salt and pepper. Pour the dressing over the salad and drizzle with a few splashes of balsamic vinegar. Do not toss the salad after this so the dressing and the balsamic vinegar will only combine on the plates.

Tomato and Capers Soup

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 174 kcal

Fat: 8.5 g

Protein: 14 g

Carbohydrates: 10.5 g

Ingredients for 4 servings:

- 1 1/2 c (300 g) cottage cheese
- 1 can tomatoes
- 1 cucumber
- 1 red bell pepper
- 2 stalks of celery
- 2 garlic cloves
- 2 Tbs capers
- Olive oil
- Salt and pepper to season

Directions:

1. First peel the cucumber, cut in half and slice. Then cut the bell pepper into strips and slice the celery. Now add the prepared vegetables and the two minced garlic cloves into a blender. Add the can of tomatoes and puree everything to make a cold soup. Season to taste with salt, pepper and fresh herbs.
2. Then arrange the tomato soup on plates or a bowl and garnish with the capers and cottage cheese. The soup can also easily be prepared and stored in the fridge, e.g. if family members have different schedules.

Grapefruit-Mint Salad

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 220 kcal

Fat: 15.3 g

Protein: 11.4 g

Carbohydrates: 7.7 g

Ingredients for 4 servings:

- 4 chicory
- 7 oz (200 g) mozzarella balls
- 1 orange
- 1 grapefruit
- 10 mint leaves
- White balsamic vinegar
- Olive oil
- Salt and pepper to season

Directions:

1. First wash the chicory and cut into thin strips. Add these to a bowl and as the next step peel the orange and grapefruit. With a sharp knife, remove the meat from the inner skins. Remove any seeds and add the finished fillets to the salad. Strain the mozzarella balls and add.
2. For the dressing, mix equal parts of white balsamic vinegar and oil. Then season the dressing to taste with salt and pepper and pour over the salad. Carefully toss the ingredients with salad servers so the fruit fillets remain intact. Garnish with the fresh mint leaves and serve promptly or refrigerate.

Cucumber Soup with Radishes

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 202 kcal

Fat: 15 g

Protein: 6.6 g

Carbohydrates: 11 g

Ingredients for 4 servings:

- 2 cucumbers
- 5 oz (150 g) radishes
- 1 garlic clove
- 1 2/3 c (400 g) yogurt
- 1 2/3 c (400 ml) vegetable broth
- 1 bunch of chives
- 1 bunch of parsley
- Salt and pepper to season

Directions:

1. Peel the cucumbers and cut in half lengthwise. Carefully remove the seeds with a teaspoon and chop the cucumber. Chop the fresh herbs and mince the garlic. Add the prepared ingredients into a blender.
2. Add the yogurt and the cold vegetable broth add and puree everything to make a cold soup. Season to taste with salt and pepper and let sit in the fridge for 60 minutes.
3. About 10 minutes before time is up wash the radishes, trim the ends and thinly slice or shave the fennel. Mix in with the cucumber soup and serve on plates or in a soup bowl.

Fennel Salad

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 196 kcal

Fat: 11.4 g

Protein: 5.2 g

Carbohydrates: 6.9 g

Ingredients for 4 servings:

- 2 bulbs of fennel
- 1 radicchio
- 1 lime
- 3/4 c (200 g) yogurt
- Olive oil
- Balsamic vinegar
- Salt and pepper to season

Directions:

1. Wash the fennel and trim off the fronds and the stalk. Then thinly slice or shave the fennel. Always use the finger guard when using a cheese slicer, since the blades are often a lot sharper than they seem. Then slightly pull the fennel apart and add to a salad bowl.
2. Wash the radicchio, spin dry in a salad spinner and cut into bite size pieces or strips. Add to the fennel and toss with salad servers.
3. For the dressing mix equal parts of vinegar and oil. Add to the yogurt. Then season to taste with salt and pepper and a little lime juice and pour over the salad. If you like limes, you can also grate the zest and sprinkle it over the salad.

Cream of Pepper Soup

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 182 kcal

Fat: 17 g

Protein: 6.3 g

Carbohydrates: 11.3 g

Ingredients for 4 servings:

- 2 red bell peppers
- 2 yellow bell peppers
- 2 green onions
- 1 carrot
- 1 onion
- 1 garlic clove
- 2 c (500 ml) vegetable broth
- 7 Tbs (100 ml) milk
- 4 Tbs chive & onion cream cheese
- 7 Tbs (100 g) crème fraîche
- Paprika
- Tomato paste
- Olive oil
- Salt and pepper to season

Directions:

1. First prepare the vegetables by cutting the bell peppers into strips and slicing the carrots. Now cube the Spanish onion and slice the green onions. Since the soup will be pureed later, the vegetables do not need to be cut very fine or evenly. The garlic can therefore also be sliced instead of mincing it.
2. In a pot with a little oil first lightly braise the garlic and onions until translucent, then add the green onions. Lightly braise for about 90

seconds, then add about 2 Tbs tomato paste and lightly braise for another 60 seconds. Then add the vegetable broth.

3. Add the carrot and the bell pepper strips and cook the vegetables on medium for 20 minutes until tender. Remove the pot from the burner and use an immersion blender to puree into a soup. Now first season the soup with paprika and with salt and pepper. Return the pot to the burner and simmer on medium. Then add the milk and cream cheese and briefly mix in with the immersion blender. Before serving, season the soup to taste again and add e.g. fresh herbs and the crème fraîche to taste to perfection.

Broccoli Soup

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 190 kcal

Fat: 12.2 g

Protein: 11.3 g

Carbohydrates: 7.7 g

Ingredients for 4 servings:

- 1 lb (500 g) broccoli
- 1 c (100 g) celery
- 1 onion
- 2 c (500 ml) vegetable broth
- 1 c (250 ml) milk
- 1/3 c (75 g) chive & onion cream cheese
- Nutmeg
- Salt and pepper to season

Directions:

1. Cut the broccoli into florets and cube the celery. Peel and cube the onion.
2. Heat a little oil in a pot and lightly braise the onions until translucent. Add the vegetable broth and milk and bring to a boil. Now add the prepared vegetables and cook on medium for 10-15 minutes until tender.
3. Puree everything into a soup with an immersion blender. Season to taste with salt, pepper and a dash of nutmeg. Then add the cream cheese to make the soup creamy. Arrange on plates and serve warm.

Curry Soup

Time: 1 hour 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 425 kcal

Fat: 31.4 g

Protein: 26 g

Carbohydrates: 15.8 g

Ingredients for 4 servings:

- 3 chicken thighs
- 2 carrots
- 2 onions
- 2 stalks leek
- 2 garlic cloves
- 1 lime
- 1/3 c (50 g) unsalted cashews
- 2 cans coconut milk
- 1/2 c (100 ml) whipping cream
- Bay leaves
- Juniper berries
- Curry powder
- Salt and pepper to season

Directions:

1. Put on a pot with cold water and add the chicken thighs. Add seasons such as bay leaves and juniper berries and cook for 1 hour, first on high then on medium.
2. Meanwhile prepare the vegetables. Thinly slice the leek. Chop the onions and garlic and slice the carrots. Zest and press the lime.
3. After 60 minutes remove the chicken thighs and strain the chicken broth to remove the seasons. In a second pot, first lightly braise the onions and garlic in a little oil until translucent. Then add the

remaining vegetables and lightly braise everything for 2 minutes. Cover with the chicken broth and cook covered on medium for at least 20 minutes.

4. In this time debone the chicken thighs and cut into small pieces. When the cooking time is up, puree the cooked vegetables. Then season to taste with coconut milk, whipping cream, lime juice and curry powder. Season to taste with salt and pepper and as a highlight add the zest and the cashews and serve warm.

Sausage Salad

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 435 kcal

Fat: 23.5 g

Protein: 44.5 g

Carbohydrates: 7.1 g

Ingredients for 4 servings:

- 10 radishes
- 6 tomatoes on the vine
- 1 cucumber
- 2 1/4 c (300 g) diced cheese
- 2/3 lb (300 g) poultry cold cuts
- 2/3 c (150 g) yogurt
- 1 any frozen mixed herbs
- Olive oil
- Salt and pepper to season

Directions:

1. First peel the cucumber and slice or quarter. Then slice the radishes. Quarter the tomatoes and add everything to a salad bowl.

2. Add the cheese, then cut the cold cuts into cubes and add. Toss everything well with salad servers.
3. For the dressing, in a small bowl mix the yogurt and the mixed herbs and a few splashes of olive oil. Season to taste with salt and pepper and pour the dressing over the salad or set on the table so everybody can use however much dressing they want.

Meat and Poultry

Chicken Breast with Avocado Salsa

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 426 kcal

Fat: 19.5 g

Protein: 48.5 g

Carbohydrates: 10.3 g

Ingredients for 4 servings:

- 4 chicken breast fillets
- 1 avocado
- 1 red chili pepper
- 1 red onion
- 3/4 lb (400 g) tomatoes on the vine
- White wine vinegar
- Olive oil
- Salt and pepper to season

Directions:

1. Rinse the chicken breast, season with salt and pepper and cook on both sides for about 5 minutes in a pan with hot oil until golden brown. Remove the chicken breast from the pan and wrap in aluminum foil.
2. While the meat is cooking, also make the salsa. For the salsa, first quarter the tomatoes and add into a bowl. Then thinly slice the chili

peppers and add. Now chop the onions and add to the other salad ingredients. Lastly, cut the avocado in half, remove the flesh and dice. Use a spoon and mix the salsa well.

3. For the dressing mix equal parts of white wine vinegar and olive oil and mix with salt and pepper. Pour the dressing over the salsa and arrange on a plate as a bed for the vegetables. Place the chicken breast the salsa and serve warm.

Chicken Carpaccio

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 396 kcal

Fat: 21 g

Protein: 40.1 g

Carbohydrates: 8.9 g

Ingredients for 4 servings:

- 1 lb (500 g) chicken breast
- 3/4 c (200 g) cream cheese
- 2 green onions
- 1 orange bell pepper
- 1 cucumber
- 1 kohlrabi
- 1 lemon
- Paprika
- Olive oil
- Salt and pepper to season

Directions:

1. Rinse the chicken breast, season with salt and pepper and cook on both sides for about 5 minutes in a pan with hot oil until golden

- brown. Remove the chicken breast from the pan and wrap in aluminum foil.
2. Wash the cucumber and thinly slice, unpeeled. Cover the bottom of a platter or plates with the slices, leaving a small spot in the middle. Then cut the bell pepper into thin strips and place aside in a small bowl.
 3. Thinly slice the chicken breast and use to top the cucumber slices. Scatter the bell pepper strips over the top.
 4. For the dip, first thinly slice the green onions, then mix in with the cream cheese. Season with lemon juice and paprika, salt and pepper, and set in the middle of the plates in small bowls.

Mediterranean Chicken Breast

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 350 kcal

Fat: 12.3 g

Protein: 49 g

Carbohydrates: 9.9 g

Ingredients for 4 servings:

- 4 chicken breasts
- 1 zucchini
- 1 eggplant
- 1 red bell pepper
- 1 green bell pepper
- 1 red onion
- 3 twigs of thyme
- Tomato paste
- Paprika
- Salt and pepper to season

Directions:

1. First prepare the vegetables, cutting everything into strips or slices, then briefly toss in a bowl and put aside. Then peel and dice the red onion.
2. Sauté the onions in a pan with a little oil, then add the prepared vegetables and sauté for another 2 minutes. Then add the can of tomatoes, undrained, and simmer on medium for about 5 minutes. Then season with 1 Tbs tomato paste and with paprika, salt and pepper. Pour the ingredients from the pan into a casserole dish.
3. Sauté the chicken breast in the pan for about 2 minutes each side and also add to the casserole dish. Bake in the oven at 300°F (150°C) for 15 minutes. Serve on plates or from the casserole dish.

Beef Steak with Green Beans

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 560 kcal

Fat: 30.6 g

Protein: 60 g

Carbohydrates: 6.8 g

Ingredients for 4 servings:

- 4 steaks
- 3/4 lb (400 g) green beans
- 1 onion
- 1 garlic clove
- 2 twigs of thyme
- Olive oil
- Salt and pepper to season

Directions:

1. First clean the beans, removing the woody ends with a knife. Then simmer in hot water with salt on medium for about 15 minutes.
2. Season the steaks with salt and pepper and let sit for a little bit. Meanwhile peel and dice the garlic. Sauté this in a pan with oil, add the thyme, then sear the steaks for about four minutes each side. Then wrap the steaks and drippings in aluminum foil and let sit.
3. Strain the beans. Dice the onion and sauté in the pan with a little oil. Add the beans and steam on low for about 5 minutes. If desired, season with salt and pepper.
4. Arrange the beans on a plate. Add the steaks and serve warm.

Beef Carpaccio with Arugula Pesto

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 515 kcal

Fat: 30.9 g

Protein: 47 g

Carbohydrates: 3.9 g

Ingredients for 4 servings:

- 1 lb (500 g) beef tenderloin
- 1/2 lb (200 g) arugula
- 1/2 c (75 g) Parmesan
- 1/3 c (50 g) pine nuts
- Olive oil
- Salt and pepper to season

Directions:

1. Thinly slice the beef tenderloin with a sharp knife. To make it easier to cut, briefly put the tenderloin in the freezer. Cover the bottom of plates or a platter with the tenderloin. Then season the meat with salt and pepper.
2. Mix the arugula and 1/3 c (50 g) Parmesan, pine nuts and about 3 1/2 Tbs (50 ml) to make a pesto. Randomly drizzle over the meat. Shave Parmesan over the top and either serve or refrigerate.

Ground Beef and Vegetable Stir-Fry

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 499 kcal

Fat: 35 g

Protein: 34.7 g

Carbohydrates: 7.7 g

Ingredients for 4 servings:

- 1 lb (500 g) mixed ground meat
- 2/3 c (150 g) cream cheese
- 1 can pizza tomatoes/Italian tomatoes
- 2 beefsteak tomatoes
- 2 garlic cloves
- 1 zucchini
- 1 eggplant
- 10 basil leaves
- Olive oil
- Salt and pepper to season

Directions:

1. First cut the eggplant and zucchini into bite size cubes. Put both aside in a bowl. Chop the beefsteak tomatoes and keep in a separate bowl.
2. Now peel and mince the garlic cloves. Sauté the garlic in a pan with a little oil and add the ground meat. Sauté until cooked and add the diced vegetables, then cook for 2-3 minutes.
3. Add the tomatoes and bring everything to a boil. Boil down to low and add the cream cheese in small pieces. Season to taste with spices and the basil leaves and add to a casserole dish. Cover the dish with aluminum foil and bake for 25 minutes at 350°F (175°C). Best served warm.

Turkey Stir-Fry

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 365 kcal

Fat: 22.7 g

Protein: 34.3 g

Carbohydrates: 9.6 g

Ingredients for 4 servings:

- 2 lb (500 g) turkey strips
- 2 red bell peppers
- 1 green bell pepper
- ½ bunch green onions
- ¾ c (200 ml) whipping cream
- Olive oil
- Salt
- Cayenne

Directions:

1. First prepare the vegetables, slicing the green onions and cutting the bell peppers into strips. Keep the two ingredients in separate bowls.
2. Sauté the turkey strips in a hot pan with oil. Then first add the bell peppers and cook for about 5 minutes. Add the whipping cream and bring to a boil. Add the green onions over medium heat and simmer for about 5 more minutes. Season everything to taste in with cayenne and salt.

Mustard Crusted Steak

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 570 kcal

Fat: 32 g

Protein: 60 g

Carbohydrates: 6.6 g

Ingredients for 4 servings:

- 4 steaks
- 2 zucchini
- 4 green onions
- Italian spice blend
- Medium mustard
- Olive oil
- Salt and pepper to season

Directions:

1. First prepare the vegetables, slicing the green onions and cutting the zucchini into cubes. In a pan with a little oil first briefly sauté the green onions, then add the zucchini cubes. Cook the vegetables in the pan on medium and if you'd like, season with salt and pepper just before they are done cooking.
2. At the same time, in a second pan sear the steaks seasoned with salt and pepper for about 3 minutes per side. Move the steaks to a baking sheet. In a small bowl mix the mustard and the Italian herbs and spread on the steak with a knife. Slowly cook in the oven at 175°F (80°C) for 10 minutes.
3. To serve, first place the steak in the middle of the plate, then add the vegetables and serve warm.

Stuffed Onions

Time: 55 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 313 kcal

Fat: 22.6 g

Protein: 18.5 g

Carbohydrates: 6.5 g

Ingredients for 4 servings:

- 4 Spanish onions
- 2/3 lb (300 g) mixed ground meat
- 1 egg
- 2 Tbs ground almonds
- 1 Tbs chives
- 1 Tbs parsley
- Chili powder
- Salt and pepper to season

Directions:

1. Peel the Spanish onions, trim the top end and blanch in hot water with salt for 5 minutes. Allow the onions to cool down briefly, then carefully remove the insides of the onions with a teaspoon. The outside must be firm enough so it will not break when stuffed. It's therefore best to leave at least 2 - 3 layers on the onion.
2. Now prepare the filling, first dice the inside of two of the onions. Add the ground meat and mix with the egg, almonds and the herbs. Season the meat mixture with salt and pepper.
3. Stuff the onions with the meat mixture, place in a casserole dish and bake in the oven 350°F (180°C) for 40 minutes. Place on the plate and serve warm.

Stuffed Roast Chicken

Time: 90 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 480 kcal

Fat: 24.3 g

Protein: 52.9 g

Carbohydrates: 9.8 g

Ingredients for 4 servings:

- 1 whole chicken
- 1 c (250 ml) chicken stock
- 4 rote onions
- 5 chestnuts
- 2 twigs of thyme
- 2 twigs of rosemary
- Olive oil
- Salt and pepper to season

Directions:

1. First prepare the filling by first chopping the chestnuts and adding them to a bowl. Dice the onions and mix with the remaining contents of the bowl to make the stuffing. If desired, season with salt and pepper.
2. Wash the whole chicken and place in a roasting pan. Carefully pull back the skin at the neck of the chicken and slide in the rosemary and thyme directly under the skin. Now stuff the chicken with the filling and pack with a spoon or your fingers to eliminate any air pockets.
3. Season the outside of the chicken to taste and fill the bottom of the casserole dish with the chicken stock. Bake at 400°F (200°C) for 75 minutes, then serve on a large plate or a platter.

Fish Recipes

Salmon Omelet

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 481 kcal

Fat: 27.1 g

Protein: 28 g

Carbohydrates: 2.1 g

Ingredients for 4 servings:

- 6 eggs
- 3/4 c (200 g) cream cheese
- 1/2 lb (200 g) smoked salmon
- 1 container cress
- Oil
- Salt and pepper to season

Directions:

1. First beat the eggs in a small bowl with 1 Tbs of water and salt and pepper. Heat a pan with a little oil and cook the egg mixture on high. Turn the omelet when the sides of the omelet are firm. Also cook the other side until golden brown and move to a plate.
2. At the same time prepare the cream cheese spread, mixing the cream cheese and the cress. Dice the salmon and mix in with the cream cheese. If desired, season with salt and pepper or a little paprika or curry powder.

3. Spread the cream cheese over the omelet and serve the omelet open faced or folded in half. When serving open faced, leave a little bit of fresh cress and sprinkle the omelet with it.

Seafood Salad

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 180 kcal

Fat: 7 g

Protein: 22.2 g

Carbohydrates: 6.5 g

Ingredients for 4 servings:

- 3/4 lb (400 g) mixed seafood
- 3/4 lb (400 g) radicchio
- 1/2 lb (200 g) chicory
- 1 garlic clove
- 1 lemon
- Vinegar
- Olive oil
- Salt and pepper to season

Directions:

1. First wash the chicory and radicchio and dry with a salad spinner. Then cut into wide strips with a knife and add both to a bowl. Drain the seafood blend in a strainer and add all to a bowl.
2. For the dressing mix equal parts of vinegar and oil. Then season the dressing to taste with salt and pepper and some lemon juice. For a more exotic taste you can also use pineapple or mango juice. Both go very well with the seafood.

3. Pour the dressing over the salad and toss thoroughly with salad servers. Let sit 5 minutes before serving for a better taste.

Fruity Salad with Shrimp

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 218 kcal

Fat: 11 g

Protein: 19.4 g

Carbohydrates: 10.5 g

Ingredients for 4 servings:

- 1 curled lettuce
- 16 shrimp
- 2/3 c (150 g) yogurt
- 1 green onion
- 1 mango
- 1 peach
- Balsamic vinegar
- Oil
- Salt and pepper to season

Directions:

1. First prepare the salad as the base. Wash the curled lettuce, plucking it into bit size pieces by hand and dry in a salad spinner. Then chop the mango and add to the salad.
2. Now sauté the shrimp in a pan with a little oil. The shrimp will turn the typical pinkish-orange color from cooking, a sure sign the shrimp is done cooking. Remove the shrimp from the pan and move to a plate.

3. For the dressing first add the yogurt to a small bowl, then thinly slice the green onions. Mix in with the yogurt and if you'd like season with salt and pepper.
4. Divide the salad onto plates or a bowl. Then add the dressing and the shrimp and drizzle with a few splashes of balsamic vinegar dressing.

Tuna Carpaccio

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 375 kcal

Fat: 21.8 g

Protein: 33.2 g

Carbohydrates: 8.4 g

Ingredients for 4 servings:

- 1 1/3 lb (600 g) tuna
- 1 avocado
- 1 orange
- 1 lime
- 8 basil leaves
- Olive oil
- Salt and pepper to season

Directions:

1. Season the tuna with salt and pepper and sauté in a pan with a little oil for 90 seconds each side. The roasted flavor will make the carpaccio taste bolder. For traditional carpaccio the tuna can also be used raw. Either way the quality is very important, which is why you should only use fresh tuna. Let the tuna briefly sit on a plate, then cut wafer-thin with a sharp knife. Then arrange the slices of

tuna on a platter or plates to cover the entire bottom except for a small edge.

2. Now zest the lime and drizzle the juice and a few splashes of olive oil over the tuna. Peel the orange and slice thinly, cross-wise, with a knife. Scatter these over the tuna. Cut the avocado in half, remove the flesh, slice thinly and also scatter over the carpaccio. Season with some salt and pepper and garnish with the basil leaves. Serve promptly.

Fish Skewers

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 151 kcal

Fat: 6.7 g

Protein: 16.3 g

Carbohydrates: 5.3 g

Ingredients for 4 servings:

- 16 shrimp
- 2 green chili
- 2 red chili
- 2 limes
- Oil
- Salt and pepper to season

Directions:

1. Cut the chilies in half, remove the seeds and cut into equal pieces. Then remove the ends from the lime, cut the lime in half and slice.
2. Thread shrimp, chili pepper and limes onto a wooden skewer, alternating. Thread the skewer through both ends of the shrimp. This secures the shrimp better so it is easier to sauté.
3. Season the skewer with salt and pepper and sauté in a pan or on the grill for about 4 minutes each side. The shrimp turning a pinkish color is a sure sign it has reached the right temperature and the shrimp is done.
4. Arrange plates and serve warm.

Pollack with Herb Sauce

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 389 kcal

Fat: 20.3 g

Protein: 38 g

Carbohydrates: 9.7 g

Ingredients for 4 servings:

- 1 1/3 lb (600 g) Pollack
- 3/4 lb (400 g) broccoli
- 1 c (200 g) curd
- 1 lemon
- 1 garlic clove
- 1 any frozen mixed herbs
- 1/2 bunch of chives
- 1/2 bunch of parsley
- Oil
- Salt and pepper to season

Directions:

1. Brush half of a sheet of aluminum foil with olive oil and arrange the pollack on it. Mince the garlic clove and sprinkle over the fish, then drizzle with a few splashes of lemon juice. Then seal with the remaining aluminum foil and bake at 400°F (200°C) for 15 minutes.
2. Meanwhile cut the broccoli into little florets and cook in hot water with salt for about 10-15 minutes. Add the broccoli once the water with salt comes to a rapid boil and cook for about 2 minutes, then reduce the heat to medium. Strain the broccoli and drain well
3. For the sauce add the curd and herbs to a blender. Blend into a sauce for about 2 minutes. Pour into a bowl and mix in with the

mixed herbs. Then season with a little lemon juice and with salt and pepper.

4. Arrange the fish, herb sauce and the broccoli on a plate. Serve warm and if you'd like, sprinkle with fresh herbs. If you prefer the sauce warm, you can heat it up on the stove or in the microwave.

Fish Stir-Fry

Time: 35 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 352 kcal

Fat: 39 g

Protein: 13.8 g

Carbohydrates: 8 g

Ingredients for 4 servings:

- 4 shark catfish fillets
- 1/3 lb (150 g) shrimp
- 1 can pizza tomatoes/Italian tomatoes
- 2 stalks of celery
- 1 bunch of green onions
- 3/4 c (200 ml) coconut milk
- Olive oil
- Salt and pepper to season

Directions:

1. First cut the fish into bite size pieces and season with salt and pepper in a bowl. Then prepare the vegetables, thinly slicing the celery and green onions.
2. Briefly braise lightly the green onions in a pan with a little oil, then add the celery and cook another 2 minutes. Add the can of tomatoes, undrained, to the vegetables and heat everything up for a

little bit. Reduce the heat to medium and add the coconut milk and simmer for 3 minutes.

3. Now add the prepared pieces of fish and cook for 5 minutes. Taste the fish stir-fry and season to taste with e.g. salt and pepper or fresh herbs. Add the shrimp and cook for another 10 minutes. Serve the fish stir-fry on plates or directly from the pan.

Shrimp Casserole with Feta

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 350 kcal

Fat: 16.9 g

Protein: 36 g

Carbohydrates: 10.1 g

Ingredients for 4 servings:

- 1 lb (500 g) shrimp
- 1 lb (500 g) tomato puree
- 7 oz (200 g) feta
- 1 bunch of green onions
- 2 garlic cloves
- 2 twigs of thyme
- Olive oil
- Salt and pepper to season

Directions:

1. First thinly slice the green onions and sauté in a pan with a little oil. After about 2 minutes add the shrimp and sauté another 3 minutes. Remove the pan from the burner and let sit for a little while.

2. Cover the bottom of a casserole dish with the tomato puree. Evenly crumble the feta with your fingers all over the casserole dish.
3. Mince the garlic cloves and add. Season the contents of the pan with salt and pepper and move to the casserole dish.
4. Put the thyme over the top and cook in a preheated oven at 350°F (175°C) for 10 minutes.
5. Arrange on plates while still warm or serve in the casserole dish.

Zucchini and Scallops

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 260 kcal

Fat: 16.2 g

Protein: 18.8 g

Carbohydrates: 9.3 g

Ingredients for 4 servings:

- 8 scallops
- 2/3 lb (300 g) zucchini
- 1/4 lb (100 g) cocktail tomatoes
- 1/3 lb (150 g) mozzarella balls
- 1 Spanish onion
- 1 garlic clove
- ½ bunch of parsley
- 1/2 c (125 ml) vegetable broth
- Oil
- Salt and pepper to season

Directions:

1. First prepare the vegetables, chopping the zucchini, then cutting the cocktail tomatoes in half. Keep in separate bowls. Then peel and chop the Spanish onion.
2. Heat a pan with oil on the stove and lightly braise the Spanish onions in it until translucent. First add the zucchini pieces and sauté for a little while, then the tomatoes. Add the vegetable broth and boil down on medium for at least 10 minutes. Just before the food is finished cooking, season with salt and pepper and add the chopped parsley and the mozzarella balls.
3. Peel and mince the garlic cloves. Sauté in a little oil in a separate pan and add the scallops seasoned with salt and pepper. Sauté for 3 minutes each side, arrange on plates along with the vegetables and serve warm.

Ocean Perch in Foil

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 386 kcal

Fat: 35.5 g

Protein: 7.8 g

Carbohydrates: 7.6 g

Ingredients for 4 servings:

- 4 ocean perch fillets
- 4 green onions
- 1 red chili
- 1 lemon
- ½ bunch chervil
- Olive oil
- Salt and pepper to season

Directions:

1. First brush 2 sheets of aluminum foil with olive oil half way. Place 2 ocean perch fillets on each of the halves. Season both sides with salt and pepper before placing on the foil.
2. Then slice the green onions and chili pepper and divide across the fish fillets. Zest the lemon and spread over the fish along with the juice. Chop the chervil and sprinkle over the fish. Seal the packs tight with the second half of the aluminum foil.
3. Cook in the oven or on a grill. In the oven, bake at 400°F (200°C) for about 15 minutes. The cooking time on the grill can vary slightly based on the temperature. Arrange the fish in the aluminum foil packets on plates and serve warm. Careful when opening the packs, the steam will be hot.

Snacks

Fennel Patties

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 190 kcal

Fat: 12.5 g

Protein: 10.4 g

Carbohydrates: 7.5 g

Ingredients for 4 servings:

- 3/4 lb (400 g) fennel
- 1 Spanish onion
- 3/4 c (150 g) curd
- 2 eggs
- 3 Tbs chopped wild garlic
- Oil
- Salt and pepper to season

Directions:

1. Either shave or dice the fennel. It will taste great either, but shaved fennel may take slightly longer to cook. Then mince and mix with the fennel in a bowl.
2. Mix the vegetables in with the curd and add the wild garlic and egg, then mix well. If you'd like, season with salt and pepper.
3. Heat the oil in a pan, make little heaps with a ladle and press down into patties in the pan. Sauté both sides till golden brown. The

patties taste great both warm and cold and therefore also make a great homemade lunch to take to the office.

Vegetable Skewers with Tofu Aioli

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 221 kcal

Fat: 15 g

Protein: 7.8 g

Carbohydrates: 10.2 g

Ingredients for 4 servings:

- 2 carrots
- 2 stalks of celery
- 1 red bell pepper
- 1 green bell pepper
- 7 oz (200 g) tofu
- 7 Tbs (100 g) crème fraîche
- 2 garlic cloves
- 1 lemon
- 1 tsp medium mustard
- Olive oil
- Salt and pepper to season

Directions:

1. First prepare the vegetables, cutting the carrots, bell pepper and celery into about 3 - 4 in (7- 10 cm) strips.
2. For the tofu aioli, add the tofu and some lemon juice, mustard, garlic cloves and olive oil to a blender and blend into an aioli. Pour the sauce into a small bowl and mix with the crème fraîche. Season with salt and pepper.

3. To take to the office, refrigerate the two items in separate containers and enjoy for lunch.

Shrimp Sticks

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 190 kcal

Fat: 8.1 g

Protein: 23 g

Carbohydrates: 5.6 g

Ingredients for 4 servings:

- 1/2 lb (200 g) crawfish
- 10 shrimps
- 1 leek
- 1 egg
- 1 lime
- 1 garlic clove
- 2 Tbs parsley
- Oil
- Salt and pepper to season

Directions:

1. Mix the shrimps and the crawfish along with the minced garlic, egg, parsley and the sliced leek in a blender. Season with lime juice and salt and pepper and blend for another 30 seconds.
2. Pour the fish mixture into a bowl and shape into little balls or patties with your hands. Coat the bottom of a pan with oil and sear the shrimp balls. Place the cooked balls on paper towel to remove excess oil. The shrimp balls taste great warm and cold, so they can easily be taken to the office.

Mozzarella Skewers

Time: 20 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 489 kcal

Fat: 36 g

Protein: 31.3 g

Carbohydrates: 6 g

Ingredients for 4 servings:

- 1 lb (500 g) mozzarella pearls
- 3/4 lb (400 g) cocktail tomatoes
- 1/4 c (30 g) pine nuts
- 1/3 c (30 g) Parmesan
- 1 bunch of parsley
- 1 bunch basil
- Olive oil
- Salt and pepper to season

Directions:

1. First prepare the pesto, adding the Parmesan, pine nuts and parsley and a little olive oil to a blender. Since the pesto will be used to marinade the mozzarella pearls, the pesto doesn't need to be too thin. Mix the ingredients in a blender and pour the pesto into a bowl.
2. Drain the mozzarella pearls in a strainer and blot with paper towel. Add the mozzarella to the bowl of pesto, coating the entire pearls with pesto.
3. Thread mozzarella and the tomatoes onto skewers, alternating, adding a leaf of basil every time you switch. Serve the skewers promptly or refrigerate.

Tuna Patties

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 275 kcal

Fat: 15.5 g

Protein: 29.8 g

Carbohydrates: 2 g

Ingredients for 4 servings:

- 2 cans of tuna
- 150 g red cabbage
- 1 red onion
- 1 egg
- 2 Tbs cream cheese
- Oil
- Salt and pepper to season

Directions:

1. Drain the tuna in a strainer. Chop the red cabbage and the onion in a food processor. Then mix the vegetables in with the tuna. Add the egg and cream cheese and mix everything into an even mixture. Season with salt and pepper.
2. Shape into equally sized patties with your hands and fry in a hot pan with oil for about 4-5 minutes each side. The patties taste great both warm and cold, making them perfect as a snack for your break at the office.

Salmon Muffins

Time: 40 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 340 kcal

Fat: 24.5 g

Protein: 24.6 g

Carbohydrates: 6 g

Ingredients for 4 servings:

- 1/2 lb (200 g) smoked salmon
- 3/4 c (200 g) yogurt
- 3/4 c (200 g) cream cheese
- 2/3 c (75 g) shredded cheese
- 1 zucchini
- 1 onion
- 1 bunch of dill
- Salt and pepper to season

Directions:

1. Cut the zucchini in half, remove the seeds with a teaspoon and dice the flesh. Peel the onion and also dice, along with the smoked salmon.
2. Mix the above ingredients in with the cream cheese. Season with salt and pepper and mix with the shredded cheese.
3. Divide the mixture evenly in a muffin tin. Bake at 350°F (175°C) for 30 minutes.
4. Meanwhile make a dip from the yogurt and the chopped dill and season with salt and pepper. Arrange both on plates or a platter.

Stuffed Avocados

Time: 15 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 360 kcal

Fat: 30 g

Protein: 10.2 g

Carbohydrates: 10.6 g

Ingredients for 4 servings:

- 2 avocados
- 1/2 c (100 g) Emmenthal cheese
- 1 tomato
- 1 onion
- 1 garlic clove
- Salt and pepper to season

Directions:

1. Cut the avocados in half and remove the pit. Carefully remove the flesh so the peel can be used as a salad bowl.
2. For the filling dice the avocado, tomato, onion and garlic clove. Mix with the cheese in a bowl and season with salt and pepper.
3. Stuff the avocado peel with the mixture and either serve promptly or refrigerate. Can easily be prepared in the morning if your lunch break will once again be cut short.

Curd Cakes

Time: 30 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 550 kcal

Fat: 35 g

Protein: 45 g

Carbohydrates: 7.1 g

Ingredients for 4 servings:

- 2 1/2 c (500 g) curd
- 1 3/4 c (200 g) shredded cheese
- 7 oz (200 g) chicken cold cuts
- 4 eggs
- 4 Tbs ground almonds
- Salt and pepper to season

Directions:

1. Dice the cold cuts and mix in a bowl with the other ingredients to make a batter. Season with salt and pepper.
2. Line a cookie sheet with parchment paper and make little heaps of the batter on the cookie sheet, then lightly press down with a spoon.
3. Bake in a preheated oven at 350°F (180°C) for 20 minutes. Tastes great both warm and cold and can easily be prepared the night before to take to the office.

Tuna Deviled Eggs

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 518 kcal

Fat: 35 g

Protein: 45.1 g

Carbohydrates: 2.3 g

Ingredients for 4 servings:

- 8 eggs
- 2 cans of tuna
- 8 radishes
- 8 cocktail tomatoes
- 1/2 c (100 g) mayonnaise
- Salt and pepper to season

Directions:

1. Hard boil the eggs and run some cold water over the boiled eggs. Peel, cut in half and carefully remove the egg yolk.
2. For the filling, drain the tuna and mix with the mayonnaise in a bowl. Fill the egg whites and garnish with radish slices and tomatoes cut in half.

Beefsteak Tomatoes with Chèvre

Time: 25 minutes

Difficulty: Easy

Nutrition facts per serving:

Calories: 210 kcal

Fat: 14.6 g

Protein: 13.3 g

Carbohydrates: 5.7 g

Ingredients for 4 servings:

- 4 beefsteak tomatoes
- 5 oz (150 g) chèvre
- 1/3 c (50 g) peanuts
- 1 garlic clove
- Salt and pepper to season

Directions:

1. Trim the top of the beefsteak tomatoes and carefully core with a teaspoon.
2. Add the chèvre, peanuts and garlic clove to a blender and mix well. Season the mixture with salt and pepper and stuff the tomatoes with it.
3. You can eat the tomatoes raw or bake at 350°F (175°C) for 10 minutes.

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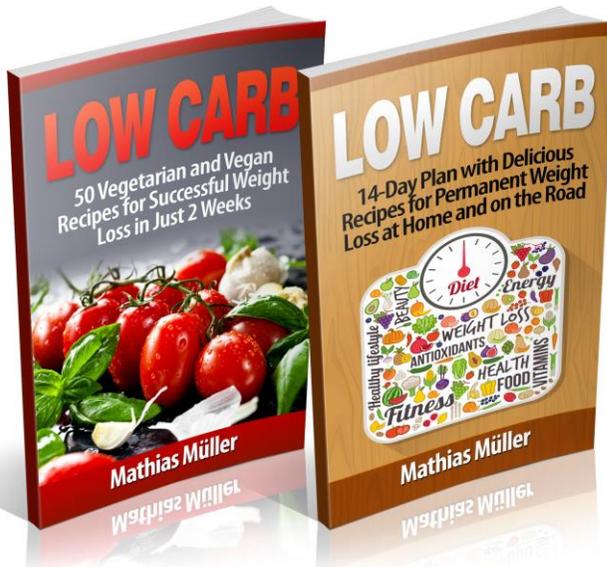
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CONCLUSION

Regardless if you're eating alone or with friends or family, lunch should naturally be a culinary highlight to your day. Simply skipping it because you're dieting will cause annoying cravings which last till the evening instead of permanent weight loss. With these recipes even those working outside the home can make quick and delicious low carb meals.

Or simply make one of the snacks in this book and skip boring cafeteria food. Either way, you will not only be changing your dress size within two weeks, since eliminating carbohydrates from your lunch also eliminates the afternoon slump, but your productivity will also stay at the same level until the end of your workday. To top it off these recipes offers such a great variety you won't even need to cook two meals like when you're on a diet. After all, even family members who aren't trying to lose weight won't be missing out on anything in their meals despite the low carbohydrate count.

Yours truly,

Mathias Müller

AUTHOR

Low carb, full flavor - in this wonderful cookbook Mathias Müller explains over 50 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 "50 Lunch Recipes for Successful Weight Loss in Just 2 Weeks". 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"

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