



# Spaghetti Squash with Turkey Bolognese Sauce



4 serving



1 hour

## Ingredients

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- 1 large spaghetti squash
- 1 lb ground turkey
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can (14 oz) crushed tomatoes
- 1 tbsp tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper, to taste
- Olive oil, for cooking
- Fresh parsley, chopped (for garnish, optional)

## Method

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- Start with preheating oven to 400°F (200°C).
- Cut spaghetti squash in half and remove seeds.
- Drizzle with olive oil, season with salt and pepper.
- Roast squash halves, cut side down, for 40-45 minutes until tender.
- In a skillet, sauté onion and garlic until softened.
- Add ground turkey, cook until browned.
- Stir in crushed tomatoes, tomato paste, oregano, and basil.
- Simmer sauce for 10-15 minutes.
- Scrape spaghetti squash flesh into strands.
- Serve squash topped with bolognese sauce.
- Garnish with parsley if desired. Enjoy!


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Indulge in a healthier twist on a classic favorite with this satisfying spaghetti squash paired with flavorful turkey bolognese sauce.



## Vegan Keto Lentil Soup with Cauliflower Rice

 4 serving

 45 minutes

### Ingredients

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- 1 cup dried lentils
- 4 cups vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 can (14 oz) diced tomatoes
- 2 cups cauliflower rice
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish, optional)

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Enjoy a nourishing and hearty soup packed with plant-based protein and fiber, perfect for your vegan keto lifestyle..

### Method

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- Preheat oven to 400°F (200°C).
- Cut cauliflower into florets and pulse in a food processor until it resembles rice.
- In a large pot, heat olive oil over medium heat.
- Add diced onion and minced garlic, sauté until softened.
- Pour in vegetable broth, add lentils, diced tomatoes, ground cumin, and ground turmeric.
- Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
- Stir in cauliflower rice and simmer for an additional 5-10 minutes until cauliflower rice is tender.
- Season with salt and pepper to taste.
- Garnish with chopped fresh parsley if desired.
- Serve hot and enjoy your Vegan Keto Lentil Soup with Cauliflower Rice. Enjoy!



## Spinach and Feta Stuffed Chicken



4 servings



30 minutes

### Ingredients

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- 4 boneless, skinless chicken breasts
  - 2 cups fresh spinach leaves
  - 1/2 cup crumbled feta cheese
  - Salt and pepper to taste
  - Olive oil for cooking
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Enhance the flavors by adding a sprinkle of dried herbs like oregano or thyme before baking.

### Method

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- Preheat your oven to 375°F (190°C).
- Slice the tomatoes in half and scoop out the seeds and pulp, leaving a hollow center.
- In a mixing bowl, combine breadcrumbs, grated cheese, minced garlic, chopped parsley, salt, and pepper.
- Stuff each tomato half with the breadcrumb mixture, packing it tightly.
- Place the stuffed tomatoes on a baking sheet lined with parchment paper.
- Bake for 20-25 minutes, or until the tomatoes are tender and the filling is golden brown.
- Serve hot as a delicious side dish or appetizer option. Enjoy!



## Creamy Basil Tomato Soup



4 servings



40 minutes

### Ingredients

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- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cans (14 ounces each) diced tomatoes
- 1 can (14 ounces) tomato sauce
- 1 cup vegetable broth
- 1/2 cup heavy cream
- Salt and pepper to taste
- Fresh basil leaves for garnish

### Method

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- Heat olive oil in a pot over medium heat. Add onions and cook until soft, about 5 minutes.
- Stir in garlic and cook for 1 minute.
- Add canned tomatoes, broth, tomato paste, and basil. Simmer for 15-20 minutes.
- Blend the soup until smooth using an immersion blender or regular blender.
- Stir in cream, season with salt and pepper, and simmer for 5 minutes.
- Serve hot with a garnish of fresh basil. Enjoy!

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Indulge in the rich and comforting flavors of this creamy tomato basil soup, perfect for warming up on chilly evenings or as a delightful starter for any meal.



## Sweet Potato with Almonds and Cinnamon



1 serving



45 minutes

### Ingredients

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- Sweet potatoes
  - Almond butter
  - Ground cinnamon
  - Almonds
  - Salt and pepper
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Elevate the flavors with a handful of crunchy almonds, adding a delightful nuttiness and extra texture to your baked sweet potato dish.

### Method

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- Preheat oven to 400°F (200°C).
- Wash and dry sweet potatoes, then pierce them with a fork.
- Place sweet potatoes on a baking sheet lined with parchment paper.
- Bake for 45-60 minutes until tender.
- Slice sweet potatoes open and spread almond butter inside.
- Sprinkle with ground cinnamon.
- Garnish with chopped almonds. Enjoy!



## Lemon and Garlic Baked Chicken



4 servings



40 minutes

### Ingredients

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- 4 boneless, skinless chicken breasts
  - 2 lemons, sliced
  - 4 cloves garlic, minced
  - 2 tbsp olive oil
  - Salt and pepper to taste
  - 4 large potatoes, peeled and cubed
  - Fresh parsley for garnish
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Enhance the flavor by adding a sprinkle of dried herbs like thyme or rosemary before baking.

### Method

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- Preheat your oven to 400°F (200°C).
- Place the chicken breasts in a baking dish and season them with salt, pepper, and minced garlic.
- Arrange the lemon slices over the chicken breasts.
- Drizzle olive oil over the chicken and lemon slices.
- Add the peeled and cubed potatoes to the baking dish, spreading them around the chicken.
- Cover the baking dish with aluminum foil and bake for 25-30 minutes, or until the chicken is cooked through and the potatoes are tender.
- Remove the foil and broil for an additional 5 minutes to brown the chicken and potatoes.
- Garnish with fresh parsley before serving. Enjoy!



## Shrimp Scramble



2 servings



20 minutes

### Ingredients

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- 8 large shrimp, peeled and deveined
  - 1/2 cup peas
  - 2 eggs
  - 1 tablespoon olive oil
  - 1/4 teaspoon garlic powder
  - Salt and pepper to taste
  - Fresh cilantro for garnish (optional)
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Boost the protein content by incorporating black beans for an extra nutritional punch.

### Method

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- Heat olive oil in a skillet over medium heat.
- Add the shrimp to the skillet and cook for 2-3 minutes on each side until they turn pink and opaque. Remove the shrimp from the skillet and set aside.
- In the same skillet, add the peas and cook for 2-3 minutes until heated through.
- Crack the eggs into the skillet with the peas. Season with garlic powder, salt, and pepper.
- Scramble the eggs with the peas until fully cooked.
- Add the cooked shrimp back to the skillet and toss everything together.
- Serve the shrimp scramble with peas hot, garnished with fresh cilantro if desired. Enjoy!