



30 DAY SIMPLE MEAL SYSTEM

BY:

BOWLNBALANCE.COM

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THIS WEEK

Welcome to Your Simple & Healthy Dinner Guide

If you've ever stood in your kitchen at the end of a long day and asked yourself, "*What am I even going to make tonight?*" – you're not alone. Between work, family, and the constant pull of daily life, cooking healthy meals can easily feel overwhelming.

That's where this book comes in.

Whether you're hoping to clean up your weeknight dinners or simply want a little inspiration, this guide was created to take the guesswork out of healthy cooking. It's here to help you feel more confident and relaxed in the kitchen—one simple meal at a time.

What You'll Find Inside

Inside these pages, you'll discover 30 easy, wholesome recipes designed to keep things simple, satisfying, and realistic. These dishes are made for busy people. Whether you're cooking for yourself, your partner, or your entire family, you'll find flavorful meals that won't leave you overwhelmed or scrambling for ingredients.

Every recipe includes:

- Straightforward instructions with no complicated techniques
- Complete nutrition information so you always know what you're serving
- Everyday ingredients that are easy to find and budget-friendly

From one-pan favorites to quick stovetop meals, this collection is meant to support your health goals without making life harder.

Extras to Make Life Easier

At the end of the book, you'll also find:

-  A complete shopping list organized for easy planning and faster grocery trips
-  Step-by-step video tutorials covering common cooking terms and basic techniques

Think of these as your bonus tools—your personal cheat sheet and kitchen coach, all rolled into one. Whether you're brushing up on skills or starting from scratch, these extras will help you feel more at home in your kitchen.

Real Food, Real Life

This isn't about perfection—it's about progress. It's about making choices that support your body, your schedule, and your peace of mind. With a little planning and the right tools, dinnertime can be something you look forward to instead of something you dread.

So take a deep breath, flip to a recipe that speaks to you, and dive in. You've got everything you need to prepare simple, healthy meals—one night at a time.

Here's to Good Food and Even Better Evenings

Let's make this the start of a healthier, happier kitchen routine.

Dont forget to visit www.bowlbalance.com for thousands of more recipe ideas!

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1. Steak Bowl



A satisfying and nutritious bowl featuring perfectly seared flank steak served over rice with fresh vegetables and your favorite toppings.

Preparation Time: 15 Minutes

Cooking Time: 20 to 25 Minutes

Total Time: 35 to 40 Minutes

Servings: 4

Ingredients:

- 1 lb. or 450 g Flank Steak
- 1 cup Broccoli Florets
- 2 tbsp. Olive Oil, divided
- 1 tbsp. Soy Sauce
- 1 Bell Pepper, sliced
- 2 cups of Rice, cooked
- Salt & Pepper, as needed

Optional Toppings:

- Sliced Avocados
- Dollop of Sour Cream
- 1 to 2 tbsp. Shredded Cheese
- ½ to ¾ cup Black Beans, drained & rinsed
- A few sprigs of Cilantro or Parsley

Method of Preparation:

- 1) Marinate the steak with soy sauce, salt, and pepper. Set it aside for 30 to 45 minutes.
- 2) In the meantime, cook the rice as instructed on the package.
- 3) Heat 1 tbsp. of the oil in a medium-sized cast-iron skillet over high heat, and once hot, place the steak in it and sear for 4 to 5 minutes per side. Tip: The internal temperature of the meat at this point should be approximately 125°F for rare, 135°F for medium-rare, and 145°F for medium.
- 4) Transfer the steak to a plate and allow it to rest for 5 minutes before slicing.
- 5) Add the remaining oil to the same skillet and stir in the veggies. Cook them for 4 to 5 minutes or until they are tender and softened.
- 6) To assemble the steak bowl, place the cooked rice at the bottom, add veggies, and then top it with steak.
- 7) Serve them hot with the desired topping and enjoy.

Tips:

- For the base of this steak bowl, you can use either white or brown rice. Quinoa and cauliflower rice are also excellent choices.
- Flank steak can be substituted with sirloin steak.
- You can use your choice of veggies, such as onions, sweet corn, and spinach, instead of the veggies mentioned above.
- For a spicy sauce to drizzle on top of the steak, you can use a combo of lime juice, garlic, and chipotle peppers in adobo sauce.

Nutritional Information per serving:

- **Calories:** 485 Kcal
- **Fat:** 12.5 g

□ **Carbs:** 46 g

□ **Proteins:** 32 g

2. Chinese Pepper Steak

This traditional Chinese dish is a comforting treat, and it's also packed with deep flavor. What's more, the dish requires only a few ingredients. With its bright flavor and texture, this dish, featuring thinly sliced beef, crunchy bell peppers, and onions, is sure to captivate you with its taste.

Preparation Time: 20 Minutes

Cooking Time: 10 to 15 Minutes

Total Time: 30 to 35 Minutes

Servings: 4

Ingredients:

- 1 lb. or 450 g Flank or Sirloin Steak, sliced into ½ inch strips
- 2 tbsp. Cornstarch
- ¼ cup Soy Sauce
- 1 Red Onion, cut into 1-inch squares
- 2 tbsp. White Sugar
- ½ tsp. Ginger, fresh & finely minced
- 1 Green Bell Pepper cut into 1-inch squares
- 3 tbsp. Vegetable Oil, divided
- 2 Tomatoes, cut into wedges

Optional Toppings:

- 2 to 3 Green Onions, sliced
- 1 to 2 tbsp. Sesame Seeds

Method of Preparation:

- 1) Combine soy sauce, sugar, cornstarch, and ground ginger in a mixing bowl. Add the beef strips to it and coat them well. Set it aside for 15 to 20 minutes.

- 2) Heat a large skillet or wok over medium-high heat, then add 2 tbsp of the oil. Once it is piping hot, place the beef strips in the skillet and cook for 3 to 4 minutes per side, or until browned.
- 3) Transfer the cooked beef strips to a plate.
- 4) Spoon the remaining oil into the same skillet and stir in the onion and bell pepper. Cook them for 2 to 3 minutes or until they are tender and softened.
- 5) Next, return the beef slices to the skillet and then stir in the tomatoes. Give a good stir until everything comes together. Continue cooking for another 2 minutes. Garnish it with green onion slices and sesame seeds if desired.
- 6) Pair them with steamed white or jasmine rice and enjoy.

Tips:

- If desired, you can top it with sliced green onions and sesame seeds for more flavor and texture.
- To make it a complete meal, you can even add a cucumber salad.
- Beef can be substituted with chicken, shrimp, or tofu.
- To lower the sodium content, you can go for the low-sodium version of soy sauce.
- For a slightly different flavor, you can try using oyster sauce instead of soy sauce.

Nutritional Information per serving:

- **Calories:** 309 Kcal
- **Fat:** 16.78 g
- **Carbs:** 18 g
- **Proteins:** 25 g

3. Baked Tuscan Chicken Casserole



With basil and sun-dried tomatoes, this is an Italian-flavored, cozy meal. Furthermore, it features tender chicken, fresh spinach, and a creamy, rich cheese sauce, making it a drool-worthy fare.

Preparation Time: 15 to 20 Minutes

Cooking Time: 25 to 30 Minutes

Total Time: 40 to 50 Minutes

Servings: 4 to 6

Ingredients:

- 1 lb. or 450 g Chicken Breasts, boneless & skinless, thinly sliced
- 2 tbsp. Olive Oil
- ½ cup Heavy Cream
- 8 oz. Frozen Spinach, thawed & squeezed dry
- 8 oz. Cream Cheese, softened
- 2 tbsp. minced Garlic, divided
- ½ tsp. Kosher Salt
- 1 tsp. Onion Powder

- ½ tsp. Chili Powder
- ½ cup Parmesan Cheese, grated
- ½ tsp. Black Pepper
- 2 tsp. Italian Seasoning
- 1 cup Mozzarella Cheese, shredded
- 8 oz. jar Sun-Dried Tomatoes, drained & chopped
- 2 tbsp. Italian Parsley, fresh & chopped
- Non-stick cooking spray for greasing

Method of Preparation:

- 1) Preheat the oven to 400°F or 200°C.
- 2) Place the chicken halves in a greased large baking dish and season them generously with salt, pepper, onion powder, chili powder, and 1 tbsp of the minced garlic.
- 3) After that, heat a large saucepan over medium heat and pour the oil into it.
- 4) Spoon in the remaining garlic and sauté it for 30 to 45 seconds or until aromatic.
- 5) Next, add heavy cream, cornstarch, paprika, and Italian seasoning into it and stir them well until thickened.
- 6) Stir in the cream cheese, parmesan cheese, and sun-dried tomatoes and combine well until smooth.
- 7) Pour the sauce over the chicken and add the spinach to it. Spread it out evenly. Top it with the mozzarella cheese.
- 8) Bake it for 20 to 25 minutes or until the chicken is cooked and the internal temperature is around 165 ° F or 75 ° C. Garnish it with the parsley.
- 9) Serve them hot. You can pair it with Gnocchi pasta or a simple green salad featuring cherry tomatoes, cucumber, and olives. Roasted veggies, such as roasted Brussels sprouts, also go well with it.

Tips:

- If desired, you can add veggies like bell pepper or zucchini to it.
- If you prefer to make it meatless, you can use portobello mushrooms or roasted eggplant instead of chicken.

- For more fresh and bright flavors, you can garnish it with fresh herbs such as basil or oregano.
- For an added spicy kick, you can add crushed red chili flakes or use spicy Italian sausage.
- Parmesan and mozzarella cheese can be substituted with Gouda or cheddar.
- Leftovers can be stored in air-tight containers for 3 days in the refrigerator. Or you can freeze them for 3 months. To reheat, cover and warm in a 350°F oven for 15-20 minutes, adding a splash of chicken broth or cream if needed to restore moisture.

Nutritional Information per serving:

- **Calories:** 520 Kcal
- **Fat:** 32 g
- **Carbs:** 12 g
- **Proteins:** 48 g

4. Chicken Taco Soup

How about enjoying taco flavors in a warm soup? With tender chicken, savory beans, sweet corn, and zesty Mexican spices, this fare is a delight. Additionally, it features a rich broth made with Rotel diced tomatoes and chilies, which makes it even more flavorful.

Preparation Time: 10 to 15 Minutes

Cooking Time: 30 to 35 Minutes

Total Time: 40 to 50 Minutes

Servings: 6 to 8

Ingredients:

- 1 tbsp. Olive Oil
- 1 Onion, medium & finely chopped
- 1 Bell Pepper, medium & finely diced
- 8 oz. Cream Cheese, cubed, room temperature
- 3 cups Shredded Rotisserie Chicken
- 2 ½ cups Chicken Broth
- 2 × cans of Rotel diced tomatoes
- 1 × 15 oz. can of Black Beans, drained & rinsed
- 1 × 12 oz. bag of frozen Corns
- 1 tbsp. Chili Powder
- 1 tsp. Garlic Powder
- 1 tsp. Ground Cumin
- 1 tsp. Smoked Paprika
- Salt & Pepper, to taste

Optional Toppings:

- 2 to 3 tbsp. Shredded Mexican Cheese Blend
- ¼ of 1 Avocado Sliced
- 1 to 2 tbsp. Sour Cream

- A Few Sprigs of Cilantro
- ¼ cup Tortilla Strips

Method of Preparation:

- 1) Heat a large pot over medium heat and add 1 tbsp. of oil to it. Once hot, add the onion and bell pepper to it and cook for 4 to 5 minutes or until softened.
- 2) Pour the chicken broth into it, followed by the Rotel tomatoes, black beans, corn, and all the spices. Mix well.
- 3) Bring the mixture to a boil and then reduce the heat. Allow it to simmer for 15 to 20 minutes covered or until the flavors blend.
- 4) Add the cubed cream cheese into it and stir until the cheese has melted and everything comes together.
- 5) Finally, stir in the shredded chicken and continue cooking for five more minutes. Season it with salt and pepper as needed.
- 6) Serve it hot with desired toppings and enjoy.

Tips:

- For a spicy kick, you can add jalapenos.
- To enhance the flavors further, you can add lemon wedges.
- Store the leftovers in airtight containers for up to four days in the refrigerator. Or freeze it for 3 months. To reheat, microwave it for 2 to 3 minutes.

Nutritional Information per serving:

- **Calories:** 296 Kcal
- **Fat:** 16.12 g
- **Carbs:** 12.77 g
- **Proteins:** 25.85 g

5. Shrimp Scampi

This is a twist on the classic Italian dish, featuring succulent shrimp sautéed in garlic, butter, and lemon juice, which makes it both tasty and delightful. In this dish, the sweetness of the shrimp is complemented by the zesty flavor of the red chili flakes and the brightness of the lemon juice.

Preparation Time: 10 to 15 Minutes

Cooking Time: 15 to 20 Minutes

Total Time: 25 to 35 Minutes

Servings: 6 to 8

Ingredients:

- 1 lb. or 450g Shrimp, peeled & deveined
- 14.1 oz Spaghetti or pasta of choice
- 4 tbsp. Butter
- 2 tbsp. Olive Oil
- 6 Garlic Cloves, minced
- 1 Shallot, finely minced
- $\frac{3}{4}$ cup Parmigiano Reggiano Cheese, grated
- 1 to 2 tsp. Red Pepper Flakes
- $\frac{1}{3}$ cup Lemon Juice, fresh
- $\frac{1}{4}$ cup Dry White Wine, optional
- $\frac{1}{4}$ cup Parsley, fresh & chopped
- Sea Salt & Pepper, as needed

Optional Toppings:

- 1 Tomato, diced
- $\frac{1}{2}$ tsp. Paprika
- A few Sprigs of Parsley, finely chopped

Method of Preparation:

- 1) Place the shrimp in a large mixing bowl, and season them with salt and pepper. Set it aside for 10 to 15 minutes.
- 2) In the meantime, heat a large pot of salt water over medium heat, and once it starts boiling, add the spaghetti. Cook for 8 to 10 minutes or until it is cooked al dente.
- 3) Heat olive oil and 1 tbsp. of butter in a large skillet over medium heat, and once it's hot, place the marinated shrimp in it. Cook for 2 to 3 minutes per side, or until the meat is pink.
- 4) Transfer the cooked shrimp to a plate. Stir in the garlic and shallot into the same skillet and cook them for 30 to 50 seconds or until aromatic.
- 5) Spoon in red pepper flakes, lemon juice, and wine if using the skillet and continue to simmer for a further two minutes.
- 6) Now, add the remaining butter and the cooked pasta to the skillet and stir them well. Add more pasta water if needed.
- 7) Return the shrimps to the skillet and add half the cheese and parsley to it. Give a good mix.
- 8) Top it with the remaining cheese. Add the optional topping if desired. Serve it hot and enjoy.

Tips:

- Spaghetti can be replaced with linguine or fettuccine pasta.
- Choose medium-sized shrimps that are fresh, firm, and smell sweet. Avoid those with black spots.
- If desired, you can add bell peppers and sun-dried tomatoes for better flavor and texture.
- Leftovers can be stored in airtight containers for up to 1 to 2 days in the refrigerator. Reheat it on low heat for 1 to 2 minutes maximum just to warm it up. Add a splash of water if needed.

Nutritional Information per serving:

☐ **Calories:** 485 Kcal

☐ **Fat:** 18 g

□ **Carbs:** 53 g

□ **Proteins:** 28 g

6. Colombian Chicken Stew

Here comes a Colombian dish in which the rich tomato broth combines with chicken, potatoes, and onions to create a unique yet delicious dish in every sense.

Preparation Time: 10 to 15 Minutes

Cooking Time: 30 to 35 Minutes

Total Time: 40 to 50 Minutes

Servings: 6 to 8

Ingredients:

- 8 Chicken pieces (4 legs and 4 thighs)
- 1 tbsp. Olive Oil
- 1½ cups of white or yellow Onion, coarsely chopped
- 2 cloves of Garlic, chopped finely
- 4 Potatoes, medium, peeled & quartered
- 4 medium Cassava pieces, parboiled for 10 minutes
- 2 ½ to 3 cups Water
- 2 cubes or 4 tbsp. of Colombian aliños, optional
- 2 Tomatoes, medium & coarsely chopped
- 1 Chicken Bouillon, optional
- 1 packet of Sazón Goya with Achiote

Method of Preparation:

- 1) Heat oil in a large saucepan over medium heat. Add the onion and garlic and sauté them for 5 to 6 minutes, or until softened.
- 2) Add the chicken pieces and cook them for 5-7 minutes until they are browned on all sides. Then stir in the tomatoes and mix well. Add the aliños, sazón, bouillon if using, and 2 ½ cups of water.
- 3) Once everything is well incorporated, cover with a lid and allow it to simmer for 30 to 35 minutes or until the chicken is cooked through.

- 4) Add the potato and parboiled cassava pieces and cook for another 15 minutes or until they are tender.
- 5) Pair it with white rice and avocado slices for a complete meal.

Tips:

- You can use red potatoes if you prefer firm ones, or you can choose yellow or russet for a thickened stew.
- Chicken can be substituted with beef or pork.
- You can add carrots and yucca instead of the vegetables mentioned above.
- Leftovers can be stored for up to 4 days when stored in airtight containers in the refrigerator.

Nutritional Information per serving:

- **Calories:** 540 Kcal
- **Fat:** 23.5 g
- **Carbs:** 44 g
- **Proteins:** 23.5 g

7. Hamburger Potato Casserole

This is a comforting, layered casserole of tender potatoes, savory ground beef, and creamy mushroom sauce, topped with golden, melted cheese, which makes it great for a weekday dinner.

Preparation Time: 10 to 15 Minutes

Cooking Time: 45 Minutes

Total Time: 55 to 60 Minutes

Servings: 8 to 10

Ingredients:

- 1½ lb. or 680 g Ground Lean Beef
- 2 tbsp. Olive Oil
- 3 lb. Yukon Potatoes, thinly sliced
- 2 × 10.5 oz. can of Cream of Mushroom Soup
- 2 ½ cups Colby Jack Shredded Cheese
- ½ cup Sweet Onion, finely chopped
- 2 Garlic cloves, minced
- ½ tsp. Smoked Paprika
- ¼ tsp. Chipotle Powder, optional
- Salt & Pepper, as needed
- ¾ cup Milk

Method of Preparation:

- 1) Preheat your oven to 400°F or 200°C, and then lightly grease a 9 × 13-inch baking dish.
- 2) Slice the potatoes into 1/8-inch slices with the help of a mandolin slicer and soak them in cold water until they need to be used.
- 3) After that, heat a large saucepan over medium heat and spoon in the oil. Add the onion and garlic; sauté for 1 to 2 minutes, and then stir in the ground beef.

- 4) Cook them for 5 to 8 minutes or until they are browned.
- 5) Next, add the smoked paprika and chipotle powder to it if using and continue to cook for another 2 minutes. Tip: Make sure to drain the excess fat before transferring the mixture to the baking dish.
- 6) In a separate saucepan, combine the cream of mushroom soup and milk over medium heat until it is warm.
- 7) Layer the potato slices in the baking dish along with the ground beef. Repeat this layering three to four times.
- 8) Pour the sauce over the layers and make sure it coats all the sides evenly.
- 9) Top it with the shredded cheese; cover with foil and bake for 40 to 45 minutes. Remove the foil and continue cooking for an additional 5 to 10 minutes, or until the meat is thoroughly cooked and the cheese is golden in color and bubbly.
- 10) Serve them hot and enjoy.

Tips:

- While layering the potato slices, season each layer with a bit of salt.
- Instead of ground beef, you can use ground chicken or turkey.
- To up the nutrient content, you can add bell peppers and corn to it.
- Leftovers can be stored for 2 to 3 days in the refrigerator in airtight containers.

Nutritional Information per serving:

- **Calories:** 399 Kcal
- **Fat:** 15.98 g
- **Carbs:** 33.38 g
- **Proteins:** 31.3 g

8. Lemon Garlic Butter Chicken

In this dish, the lemon's bright flavor and the zestiness of garlic create a delicious taste and aroma that perfectly complements the chicken, while being light yet fresh-tasting. What's more, it's super easy to make, while being both nutritious and tasty.

Preparation Time: 20 Minutes

Cooking Time: 25 Minutes

Total Time: 45 to 50 Minutes

Servings: 3 to 4

Ingredients:

- 1 lb. or 450 g Chicken Breast, boneless & skinless
- ½ bunch Asparagus, fresh, trimmed & cut in half
- 1 tsp. Olive Oil
- 2 tbsp. Butter, melted
- 2 tsp. Onion Powder
- 1 tsp. Italian Seasoning
- 1 tsp. Paprika
- Juice of 1 Lemon
- 4 Garlic cloves, minced
- 1 tbsp. Oregano, freshly chopped
- 1 tsp. Rosemary, dried
- 1 tsp. Thyme, dried
- 1 tsp. Pepper
- 1 tsp. Salt

Optional Ingredients

- 1 tbsp. Hot sauce
- ¼ cup Parmesan cheese
- Parsley or basil for garnish

Method of Preparation:

- 1) Start by pounding the chicken to $\frac{3}{4}$ inch thick pieces with a meat mallet. Season the chicken breast in a mixture of salt, pepper, onion powder, Italian seasoning, dried thyme, dried oregano, and paprika.
- 2) In another bowl, combine the melted butter with the minced garlic cloves, juice of $\frac{1}{2}$ lemon, and hot sauce if using. Reserve $\frac{1}{4}$ of this sauce and drizzle the remaining sauce over the chicken, coating it well. Set them aside for 15 to 20 minutes.
- 3) In the meantime, blanch the asparagus in boiling water for 2 minutes and then transfer them to an ice-cold bath.
- 4) Once out of the bath, drain and season the asparagus with olive oil, salt, and pepper.
- 5) Preheat your oven to 425°F or 215°C, and then lightly grease a 9 × 13-inch baking dish.
- 6) Transfer the seasoned chicken and asparagus to the baking dish and then drizzle the olive oil and the reserved sauce over both.
- 7) Bake for 20 to 25 minutes or until the chicken reaches an internal temperature of 165 ° F or 75 °C. If using parmesan cheese, top it over the chicken during the last 5 minutes of baking.
- 8) Serve them hot and enjoy. You can pair it with a simple, crisp garden salad dressed with light vinaigrette, or with steamed rice or quinoa.

Tips:

- Leftovers can be stored for 3 to 4 days in the refrigerator in airtight containers. To reheat, preheat the oven to 350°F and reheat for 10 to 15 minutes. Cover it with foil to avoid drying out.

Nutritional Information per serving:

- **Calories:** 345 Kcal
- **Fat:** 21.01 g
- **Carbs:** 9 g

□ **Proteins:** 30 g

9. White Chicken Chili with Black Beans

A comforting and hearty chili featuring tender chicken, creamy white beans, and bold southwestern spices in a rich, satisfying broth.

Preparation Time: 20 Minutes

Cooking Time: 4 to 6 Hours

Total Time: 4 ½ to 6 Hours

Servings: 6

Ingredients:

- 3 Chicken Breasts, boneless & skinless
- 2 × 8 oz. Cream Cheese Blocks
- 1 × 14 oz. can of Black Beans, drained
- 1 × 14 oz. can of Mexican Corn
- ½ of 1 Onion, medium & diced
- 1 × 10 oz. can of Diced Green Chilies
- 1 cup Fire-Roasted Tomatoes
- 2 tsp. Chili Powder
- ½ tsp. Ground Cumin
- 1 tsp. Garlic Powder
- 1 tsp. Black Pepper
- ½ tsp. Sea Salt
- 1 tsp. Dried Oregano
- 1 Jalapeño with seeds, fresh & diced
- 2 cups Chicken Broth, preferably low-sodium
- 1 bunch of Cilantro, fresh & diced

Optional Ingredients

- 1 tbsp. Lime Juice
- 1 cup Shredded Monterey Jack Cheese

Method of Preparation:

- 1) Place the chicken breast at the bottom of the slow cooker.
- 2) Pour the broth into it and then add diced green chiles, black beans, corn, tomatoes, onion, jalapeno, and all the seasoning to it.
- 3) Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours.
- 4) Half an hour before serving, shred the chicken using a fork and return it to the slow cooker.
- 5) Add the cream cheese cubes and stir them gently. Cover it again and let it melt. Cook for an additional 20 to 30 minutes, or until the mixture has fully incorporated into a creamy base.
- 6) If using, add the cheese and lime juice just before serving. Garnish it with the cilantro.
- 7) Serve and enjoy. Pair it with cornbread, rice, or roasted potatoes, and serve with sour cream for a delicious accompaniment.

Tips:

- Leftovers can be stored for 3 to 4 days in the refrigerator in airtight containers. Reheat it on the stovetop on low heat and add milk or cream if necessary to make it creamy again.

Nutritional Information per serving:

- **Calories:** 470 Kcal
- **Fat:** 23 g
- **Carbs:** 16 g
- **Proteins:** 52 g

10. Honey Mustard Glazed Pork Chops

In this recipe, juicy pork chops are seared and oven-baked with a sweet and tangy honey mustard glaze, resulting in a flavorful, caramelized finish.

Preparation Time: 20 Minutes

Cooking Time: 25 Minutes

Total Time: 45 Minutes

Servings: 3 to 4

Ingredients:

- 1 tbsp. Olive Oil
- 4 Bone-in Pork Chops, ½ inch thick
- 2 tbsp. Whole Grain Mustard
- 3 ½ tsp. Garlic & Herb seasoning
- 1 Garlic clove, minced
- 2 tbsp. Dijon Mustard
- ½ tsp. Garlic Powder
- ½ tsp. Smoked Paprika
- ¼ cup Honey
- 1 tsp. Apple Cider Vinegar
- Salt & Pepper, as needed

Method of Preparation:

- 1) Chop the pork into ½ inch thick pieces and preheat the oven to 425°F or 215 °C. Pat the pork chops dry.
- 2) Combine honey, garlic, apple cider vinegar, garlic powder, both mustards, and paprika to make the glaze in another bowl.
- 3) Season the pork chops with the garlic and herb seasoning, salt, and pepper for extra flavor.

- 4) Heat oil in a large skillet over medium-high heat. Once the oil starts to shimmer, place the pork chops in it.
- 5) Cook the pork chops for 2 to 3 minutes on each side or until they're golden brown.
- 6) Brush the honey-mustard glaze all over the seared pork chops.
- 7) Place the skillet in the oven and bake for 10 minutes. Then, broil for 1-2 minutes to caramelize the glaze.
- 8) Check the internal temperature of the pork chops at the thickest portion using a meat thermometer. The temperature of the pork should be at 145°F.
- 9) Allow the pork chops to rest for a few minutes before slicing. This keeps them juicy and tender.
- 10) Serve and enjoy. Pair it with a simple green salad or roasted veggies.

Tips:

- Leftovers can be stored for 3 to 4 days in the refrigerator in airtight containers. Reheat on low heat in a covered pan with a splash of water or broth.

Nutritional Information per serving:

- **Calories:** 492 Kcal
- **Fat:** 23.93 g
- **Carbs:** 26.46 g
- **Proteins:** 42.49 g

11. Creamy Parmesan Chicken & Rice

One-pot creamy chicken and rice fare that is excellent for weekday dinners

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Total Time: 40 Minutes

Servings: 4

Ingredients:

- 1½ lb. or 680 g Chicken Breasts, boneless & skinless, cut into 1-inch pieces
- 4 tbsp. Butter
- 1 Onion, large & diced
- 3 Garlic cloves, minced
- 2 tsp. Italian Seasoning
- ½ tsp. Ground Black Pepper
- 1 tsp. Salt
- 2 ½ cups Chicken Broth
- 1 cup Long-Grain White Rice
- ½ cup Heavy Cream
- ½ cup Parmesan Cheese, freshly grated
- Fresh Parsley, for serving

Method of Preparation:

- 1) Take a large saucepan and heat it over medium-high heat, and melt butter in it.
- 2) To this, stir in the onion and cook for 3 to 4 minutes or until softened.
- 3) Season the chicken with Italian seasoning, salt, and pepper. Cook the chicken for 3 to 4 minutes per side, or until cooked through.
- 4) Remove the chicken from the saucepan to a plate and add garlic to the same pan. Sauté for 30 to 45 seconds or until aromatic.
- 5) Add the chicken broth and rice to it. Mix well and bring the mixture to a boil.

- 6) Reduce the heat to low and allow it to simmer for 18 to 20 minutes.
- 7) Return the chicken to the pan. Stir in the Parmesan cheese and heavy cream, and mix until well combined. Garnish it with parsley if desired.
- 8) Serve and enjoy. Pair it with a simple green salad dressed with vinaigrette or roasted vegetables, accompanied by garlic bread.

Tips:

- Chicken breast can be substituted with chicken thighs.
- If desired, you can add veggies like spinach, peas, and bell pepper for more nutrition and taste.
- Leftovers can be stored for 3 days in the refrigerator in airtight containers. Reheat it on the stovetop on low heat and add milk or cream if necessary to restore its creamy texture.

Nutritional Information per serving:

- **Calories:** 492 Kcal
- **Fat:** 23.93 g
- **Carbs:** 26.46 g
- **Proteins:** 42.49 g

12. Loaded Baked Potato Casserole

With fluffy potatoes, creamy cheese, and crispy bacon, this fare is sure to be a hit wherever they are served.

Preparation Time: 25 Minutes

Cooking Time: 30 Minutes

Total Time: 55 Minutes

Servings: 8 to 10

Ingredients:

- 5 lb. or 5 to 6 large Yukon Gold Potatoes, cut into chunks
- ½ cup Unsalted Butter, divided
- 8 oz. Cream Cheese, room temperature
- ¾ cup Sour Cream
- 2/3 cup Warm Milk, preferably 2%
- 1 tbsp. Garlic Powder
- 2 tsp. Kosher Salt
- ½ tsp. Black Pepper
- 2 ½ cups Sharp Cheddar Cheese, shredded & divided
- 6 oz. Bacon, cooked crispy & chopped, divided
- ½ cup Green Onions, thinly sliced, for garnish

Method of Preparation:

- 1) Heat the oven to 375 ° F or 190 ° C.
- 2) Boil the potato chunks in salted water over medium heat for 15 minutes or until they are tender. Drain well.
- 3) Return the potatoes to the pot. Stir in the butter, sour cream, and cream cheese along with a small amount of milk to achieve the desired consistency. Mash them gently.
- 4) Spoon in garlic powder, kosher salt, black pepper, 1 ½ cups of the cheddar cheese, and half of the bacon into it. Give a good mix.

- 5) Transfer the potato mixture to a greased large baking dish and spread it evenly on all sides.
- 6) Top it with the remaining cheese and bacon. Bake for 20 to 25 minutes or until the cheese is bubbly and golden.
- 7) Garnish it with sliced green onions.
- 8) Serve and enjoy. Pair it with grilled meat fare.

Tips:

- Avoid waxy potatoes, like red ones, as they will become gluey when mashed.
- Substitute cheddar cheese with either mozzarella cheese or pepper jack.
- To make a lighter version of this fare, use low-fat cream cheese and a lesser quantity of it.
- Leftovers can be stored for 3 days in the refrigerator in airtight containers. Cover it with a plastic wrap or foil.

Nutritional Information per serving:

- **Calories:** 435 Kcal
- **Fat:** 20.43 g
- **Carbs:** 54.22 g
- **Proteins:** 11.49 g

13. No-Noodle Zucchini Lasagna



This no-noodle zucchini lasagna is a delicious, low-carb Italian dish featuring garden-fresh veggies and herbs.

Preparation Time: 35 Minutes

Cooking Time: 60 Minutes

Total Time: 1 hour 35 Minutes

Servings: 8

Ingredients:

- 2 to 3 Zucchini, large
- 1 tbsp. Salt
- 1 lb. or 450 g Ground Beef
- 1½ tsp. Ground Black Pepper

- 1 Green Bell Pepper, small & diced
- 1 Onion, medium & diced
- 2 cloves of Garlic, minced
- 1 × 16 oz. Can Tomato Sauce
- 1 cup Tomato Paste
- ¼ cup Red Wine
- 2 tbsp. Basil, fresh & chopped
- 1 tbsp. Oregano, chopped freshly
- 3 tbsp. Hot water, or as needed
- 1 × 15 oz. container Low-Fat Ricotta Cheese
- 1 Egg, large
- 2 tbsp. Fresh Parsley, chopped
- 1 × 16 oz. Frozen chopped Spinach, thawed & drained
- 1 lb. or 450 gm fresh Mushrooms, sliced
- 8 oz. shredded Mozzarella Cheese
- 8 oz. Grated Parmesan Cheese

Method of Preparation:

- 1) Preheat the oven to 325°F or 165°C.
- 2) Slice the zucchini lengthwise into very thin slices and season it lightly with salt. Set it aside and drain in a colander for 30 minutes.
- 3) After that, cook the ground beef in a large saucepan over medium-high heat for 5 minutes or until it is browned. Spoon in black pepper and mix.
- 4) Add the onions, bell pepper, and garlic to it and continue cooking for another 2 minutes.
- 5) Cook until the meat is no longer pink. Stir in the tomato paste and sauce, wine, basil, and oregano. Add a bit of water if the mixture seems too thick.
- 6) Bring the mixture to a boil and lower the heat. Allow it to simmer for about 20 minutes, stirring frequently, or until it has lightly thickened.

- 7) In the meantime, place ricotta cheese, egg, and parsley in another bowl until everything is well incorporated.
- 8) To assemble lasagna, spread $\frac{1}{2}$ of the meat sauce over the bottom of the prepared pan. Layer with $\frac{1}{2}$ of the zucchini slices, $\frac{1}{2}$ of the ricotta mixture, all of the spinach, followed by all of the mushrooms, then $\frac{1}{2}$ of the mozzarella cheese. Repeat by layering in the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella.
- 9) Top the parmesan cheese evenly over the mixture and cover it with foil.
- 10) Bake it for 45 minutes. Uncover the baking dish and continue baking for 15 minutes at 350°F. Keep it aside for 5 minutes before serving.
- 11) Serve and enjoy.

Tips:

- Ground beef can be substituted with ground chicken or turkey.
- Leftovers can be stored for 3 days in the refrigerator in airtight containers.

Nutritional Information per serving:

- ☐ **Calories:** 494 Kcal
- ☐ **Fat:** 27 g
- ☐ **Carbs:** 23 g
- ☐ **Proteins:** 41 g

14. Southern Fried Catfish



Dipped in buttermilk and breaded in spicy, seasoned cornmeal, this golden, crispy Southern-style catfish boasts a perfectly seasoned cornmeal coating that delivers authentic comfort food flavor in every bite.

Preparation Time: 15 Minutes

Cooking Time: 20 Minutes

Total Time: 35 to 40 Minutes

Servings: 4

Ingredients:

- 4 × 6 oz. Catfish Fillets
- 1½ cups Cornmeal
- 1½ to 2 cups Buttermilk
- 1 tbsp. Granulated Garlic
- 1 tsp. Onion Powder
- ½-1 tsp. Cayenne Pepper
- 1 tsp. White or Black Pepper
- 2 tsp. Salt adjust to taste
- 6 to 7 cups of oil for frying
- Lemon Juice, to drizzle

For The Spicy Tartar Sauce

- 1 cup Mayonnaise
- 1 tbsp. finely diced Onion
- ½-1 tsp. Prepared Mustard
- 3 tbsp. Hot Pepper Relish
- 1 tbsp. Granulated Garlic
- Dash of Hot Sauce
- Salt & Pepper, to taste

Method of Preparation:

- 1) Preheat the deep fryer to 375°F or 190°C. Or fill a large saucepan halfway with oil and bring it to the specified temperature.
- 2) Place the cornmeal, granulated garlic, onion powder, cayenne, salt, and pepper in a large bowl and combine.
- 3) In another bowl, pour in the buttermilk.
- 4) Cut the fish fillets if they are big into manageable pieces.

- 5) Dip each catfish fillet in the buttermilk and allow the excess batter to drain slightly. Then, coat it lightly with the seasoned cornmeal mixture.
- 6) Deep fry the fish in the fryer a few pieces at a time for 3 to 6 minutes per side or until brown and crispy, depending on the size. Tip: Avoid overcrowding the fryer.
- 7) Remove the fried fish from the hot oil with a slotted spoon. Transfer them to a cookie rack to drain excess oil and keep them crisp. Repeat with the remaining fillets.
- 8) To make the spicy tartar sauce, mix all the ingredients needed to make the sauce in a serving bowl. Combine them well.
- 9) Season the fish with lemon juice, and serve with spicy tartar sauce.

Tips:

- Catfish can be substituted with other white fish, but it is the best choice for this fare.
- Leftovers can be stored for 2 days in the refrigerator in airtight containers.

Nutritional Information per serving:

- **Calories:** 763 Kcal
- **Fat:** 55 g
- **Carbs:** 39 g
- **Proteins:** 35 g

15. Pan-fried Rainbow Trout



Lightly seasoned trout fillets are pan-fried to golden perfection and finished with a bright, lemony butter sauce.

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Total Time: 25 Minutes

Servings: 4

Ingredients:

- 2 Rainbow Trout, filleted
- ⅓ cup fine Cornmeal
- ½ tsp. Smoked Paprika
- ½ tsp. Granulated Garlic
- Salt & pepper to taste

- 2 to 3 tbsp. Avocado Oil or Other High-Heat Oil
- 2 to 3 tbsp. Lemon Juice
- 2 tbsp. Butter

Method of Preparation:

- 1) Combine cornmeal, smoked paprika, granulated garlic, salt, and pepper in a bowl.
- 2) Pat the fillets dry. Coat each trout fillet with the seasoned cornmeal on both sides.
- 3) Heat a large cast-iron skillet over medium-high heat. Once hot, pour the oil to coat the bottom of the pan.
- 4) Arrange the trout fillet in the skillet with the flesh side down first. Allow it to brown, then flip to the skin side. Allow it to cook till the fish flakes lightly.
- 5) Remove the fillets to a plate and gradually pour the lemon juice into the skillet, as it can reduce quickly. Turn off the heat, then add the butter and swirl it around to incorporate it into the lemon juice.
- 6) Pour the pan sauce over the fillets and serve with extra lemon wedges.
- 7) Serve hot and enjoy.

Tips:

- Once the fish is placed on the pan, don't move it around much.
- Serve immediately for better texture and taste.

Nutritional Information per serving:

- **Calories:** 763 Kcal
- **Fat:** 55 g
- **Carbs:** 39 g
- **Proteins:** 35 g

16. Whole Chicken in Pressure Cooker

Here comes a juicy, tender whole chicken that can be cooked in an Instant Pot or any electric pressure cooker. On top, it has a savory spice rub that makes it so tasty.

Preparation Time: 15 Minutes

Cooking Time: 1 Hour

Total Time: 1 Hour 15 Minutes

Servings: 6 to 8

Ingredients:

- 1 × 6 lb. Whole Chicken, giblets removed
- 1½ tsp. Salt
- ½ tsp. Black Pepper
- 1 tsp. Garlic Powder
- 1 tsp. Paprika
- ½ tsp. Cayenne Pepper
- 1 to 2 tbsp. Oil
- ½ of 1 Yellow Onion, optional
- ½ of 1 Lemon, optional
- 1 cup Chicken Broth

Method of Preparation:

- 1) Take off the giblets from the cavity. Rinse the chicken under cold water and pat thoroughly dry with paper towels.
- 2) If using, place the lemon and the onion in the chicken cavity for more taste and moisture.
- 3) Place all the spices in a mixing bowl and add oil. Mix the paste well until everything is thoroughly combined.
- 4) Press the 'sauté' or 'high' setting based on whether you are using an Instant Pot or an electric pressure cooker and let it heat up for 2 to 3 minutes.

- 5) Apply the spicy oil mixture on the breast side of the chicken.
- 6) Place the chicken with the breast side down in the preheated pot.
- 7) Rub the remaining spice mixture on the other side of the chicken.
- 8) Brown the chicken for 3-4 minutes.
- 9) Carefully turn the chicken over to the exposed side using tongs and a spatula to brown for an additional 1-2 minutes.
- 10) Cancel the 'sauté' setting. Pour the chicken stock.
- 11) Seal the lid, set the valve to Sealing, and cook on High Pressure for 35 minutes (adjust ± 2 minutes based on chicken weight).
- 12) Allow the pressure to release naturally for 15-20 minutes for juicier meat. Then, open the valve to release any remaining pressure.
- 13) Take off the lid and carefully transfer the chicken out of the pot into your serving dish.
- 14) Serve it warm and enjoy.

Tips:

- For a crisper chicken, place the chicken under the broiler for 5 to 7 minutes.

Nutritional Information per serving:

- **Calories:** 310 Kcal
- **Fat:** 20 g
- **Carbs:** 0 to 1.5 g
- **Proteins:** 33 g

17. Pepperoni Chicken Pizza Bake



This is a low-carb comfort dish that satisfies your craving for pizza flavors, and it's totally delightful without an ounce of carbs.

Preparation Time: 25 Minutes

Cooking Time: 45 to 50 Minutes

Total Time: 1 Hour 10 Minutes

Servings: 8

Ingredients:

- 1 × 14 oz. Low-Sugar Pizza Sauce
- 4 × 8 Oz. Chicken Breasts, boneless & skinless
- 1 tbsp. Olive Oil
- 1 tsp. Oregano
- 1 tsp. Garlic Powder

- 6 oz. piece of Mozzarella, sliced about ¼ inch thick
- 2 oz. Sliced Regular Pepperoni

Method of Preparation:

- 1) Preheat the oven to 400°F or 200 °C.
- 2) Pour the pizza sauce into a small saucepan and heat it over low heat. Simmer for 15 to 20 minutes, or until the liquid has reduced to 1 cup.
- 3) Slice the chicken breasts in half crosswise into two equal pieces.
- 4) Place chicken pieces in a heavy plastic bag side by side and pound the chicken thin by using a meat mallet without shredding apart.
- 5) Combine the oregano and garlic powder in a small bowl, and then season both sides of each piece of chicken with the mixture.
- 6) Heat olive oil in a large saucepan over medium-high heat.
- 7) Place the chicken pieces in it and cook 1-2 minutes per side or until it is lightly browned on both sides.
- 8) Arrange the chicken in a glass baking dish in a single layer.
- 9) Slice the Mozzarella and cut the slices to create enough pieces to cover the top of each chicken piece, mostly.
- 10) Spread the reduced tomato sauce over the top of each chicken breast. Top each piece with sliced Mozzarella and pepperoni slices, covering as much of the chicken as possible.
- 11) Bake uncovered for 25 to 30 minutes, or until the cheese has melted and is starting to brown and the pepperoni is slightly crisped. Serve hot.

Tips:

- Instead of regular pepperoni, you can use turkey pepperoni.

Nutritional Information per serving:

- **Calories:** 280 Kcal
- **Fat:** 12 g
- **Carbs:** 3 g

□ **Proteins:** 30 g

18. Ground Beef Stuffed Peppers



Seasoned ground beef, rice, cheddar, and tomato sauce come together in this cozy and protein-packed dish.

Preparation Time: 15 Minutes

Cooking Time: 1 Hour

Total Time: 1 Hour 15 Minutes

Servings: 6

Ingredients:

- 1 cup Cooked Rice, preferably long-grain
- 6 Large Bell Peppers, seeds discarded, tops reserved & chopped up
- 1 tbsp. Olive Oil
- ½ of 1 Onion, medium & chopped
- 1 lb. or 450 g Lean Ground Beef, preferably 90%
- 3 cloves of Garlic, minced
- 1 × 14 oz. can of crushed tomatoes or tomato sauce
- 1 tsp. Worcestershire Sauce, optional
- ½ tsp. Italian seasoning
- 2 cups Shredded Cheddar Cheese Blend, divided
- Salt & Pepper, as needed

Method of Preparation:

- 1) Preheat the oven to 400°F or 200 °C and move the rack to the middle position
- 2) Arrange the peppers with the cut side up in a baking dish and add one cup of water to the bottom of the dish.
- 3) Heat oil in a skillet over medium heat and stir in onion and chopped pepper tops for 5 minutes or until softened.
- 4) Stir in the ground beef to the skillet. Cook for 8 minutes, or until the meat is cooked through, breaking it up as needed. Remove the excess fat.
- 5) Next, spoon in the garlic and once it is fragrant, add crushed tomatoes, Worcestershire sauce if using, and Italian seasoning. Sauté the mixture until warmed.
- 6) Add the cooked rice and one cup of the cheese. Mix well. Spoon the mixture into the peppers.
- 7) Cover the baking dish tightly with foil and bake for 40 minutes. The peppers should be a bit firm to the touch. Top it with the remaining cheese.
- 8) Return the peppers to the oven for a further 5 to 10 minutes or until the cheese is melted.
- 9) Serve hot with steamed broccoli and dinner rolls if desired.

Tips:

- Jasmine rice is an excellent choice for rice.
- You can use a combo of white and orange cheddar cheese.
- If you want the cheese to be browned, you can broil it at the end for a few minutes.
- Leftovers can be stored for 3 to 4 days in an airtight container in the refrigerator. To reheat, microwave in 3- to 5-minute increments until warmed.

Nutritional Information per serving:

- **Calories:** 389 Kcal
- **Fat:** 19 g
- **Carbs:** 24 g
- **Proteins:** 29 g

19. Brats on the Stove

Simple and hearty, this fare features just bratwurst sausage and a few other ingredients, and yet it is both flavorful and satisfying.

Preparation Time: 5 Minutes

Cooking Time: 20 Minutes

Total Time: 25 Minutes

Servings: 5

Ingredients:

- 10 × 2 oz. small Brats
- 1 tbsp. Vegetable Oil
- 1 Onion, medium, quartered & sliced
- 1 cup Beer
- Fine Sea Salt & Black Pepper

Method of Preparation:

- 1) Heat a large saucepan over medium-high heat and add the oil.
- 2) Place the brats in it and sear them for about 3 minutes. Flip them using tongs, and cook for an additional 3 minutes on the other side.
- 3) Stir in the onions between the sausages and cook for about 2 minutes or until golden, while stirring a few times.
- 4) Turn over the sausages again and pour the beer into them.
- 5) Cover the pan with a lid and cook for about 10 minutes on low heat, while flipping again halfway. Check with the thermometer if the internal temperature is around 160°F or 71°C. Tip: If you don't have an instant-read thermometer, slice one brat in half to check if it's cooked through.
- 6) Remove the brats from the pan and season them with salt and pepper as needed. Reduce the sauce for about 3 minutes.
- 7) Return the sausages to the pan and add them to the sauce. Serve immediately.

Tips:

- You can use lager or pils beer.
- Beer can be substituted with apple juice for a sweeter version or with beef or chicken stock.
- Leftovers can be stored for 1 to 2 days in an airtight container in the refrigerator.

Nutritional Information per serving:

☐ **Calories:** 480 Kcal

☐ **Fat:** 37 g

☐ **Carbs:** 6 g

☐ **Proteins:** 20 g

20. Low-Carb Lasagna

This is a no-noodle lasagna that's saucy, cheesy, low-carb, and protein-packed, making it a healthy yet comforting fare.

Preparation Time: 30 Minutes

Cooking Time: 2 ½ to 3 Hours

Total Time: 3 ½ Hours

Servings: 6

Ingredients:

- 2 Zucchini, medium
- 1 Eggplant, medium
- Kosher Salt, as needed
- 2 cups Tomato-Based Pasta Sauce
- 1 Red Onion, medium & diced
- 1 Red Bell Pepper, medium & diced
- 16 oz. Low-Fat Cottage Cheese, preferably 1%
- 2 Eggs, large
- 8 oz. Part-Skim Shredded Mozzarella Cheese, divided
- Parmesan cheese, for topping
- Freshly Chopped Herbs, for garnish

Method of Preparation:

- 1) Using a mandoline, slice the eggplant and zucchini length-wise into long, thin (1/4-inch) strips so that they look like noodles.
- 2) Place the vegetable slices out onto a kitchen towel and sprinkle kosher salt lightly over it.
- 3) Set them aside for 15 minutes. Pat dry. Tip: Some of the excess liquid will drain off.
- 4) Place the top oven rack about 5 inches from the upper heat element. Set the oven to broil at 500°F or 250°C.

- 5) Arrange the zucchini and eggplant slices in a single layer on a baking sheet. Lightly apply the slices with olive oil and season with salt and pepper.
- 6) Flip over the slices and repeat for the other side. Broil for 5-8 minutes, or until lightly brown. Repeat the procedure if needed.
- 7) Remove from the oven and cool slightly. Place the slices on paper towels to remove excess moisture.
- 8) Lightly coat a 6-quart crock pot with nonstick spray. Spread ½ cup of pasta tomato sauce on the bottom of the crockpot, as the layer will seem very thin.
- 9) In a small bowl, beat the cottage cheese together with the eggs.
- 10) To make the first veggie lasagna layer in the crock pot, as follows: 1 layer of eggplant "noodles"; one-third of the cottage cheese (about 2/3 cup); one-third of the bell peppers and onions; one-third of the mozzarella; 1/2 cup tomato sauce.
- 11) Create the second veggie lasagna layer, this time using zucchini: 1 layer of zucchini "noodles"; one-third of the cottage cheese; one-third of the bell peppers and onions; one-third of the mozzarella; 1/2 cup of tomato sauce.
- 12) Create the final layer: 1 layer of eggplant "noodles"; remaining cottage cheese; remaining bell peppers and onions; 1 layer of zucchini noodles; 1/2 cup tomato sauce; remaining mozzarella.
- 13) Cover the crock pot and cook on high for 2 to 3 hours, until the eggplant is tender.
- 14) To test, insert a long, thin knife into the lasagna and ensure the eggplant feels tender. Re-cover, turn off the slow cooker, and let stand until any remaining liquid is absorbed, about 30 minutes to 1 hour.
- 15) To serve, take out the desired portions, then top them with Parmesan cheese and herbs as desired.

Tips:

- Instead of just mozzarella, use a mix of mozzarella, provolone, and a touch of sharp cheddar.

Nutritional Information per serving:

□ **Calories:** 273 Kcal

□ **Fat:** 12 g

□ **Carbs:** 22 g

□ **Proteins:** 23 g

21. Slow-Carb Chicken & Veg Stir Fry

An ideal slow-carb meal that is easy and simple to make with tender chicken and crisp vegetables in a savory soy glaze.

Preparation Time: 10 Minutes

Cooking Time: 25 Minutes

Total Time: 35 Minutes

Servings: 2

Ingredients:

- 1 Onion, whole & diced
- 2 Green Onions, sliced on the diagonal
- 2 Garlic cloves, minced
- 2 Red Bell Peppers, julienne-cut
- ½ lb. or 225 g Mushrooms, sliced
- 12 oz. Broccoli
- 1 lb. or 2 Chicken Breasts
- 3 tbsp. Olive Oil, divided
- ¼ to ½ cup Soy Sauce, preferably low-sodium
- Dash of Red Pepper Flakes
- Salt and Pepper, as needed

Method of Preparation:

- 1) Pound the chicken breast with a meat mallet until they have an even thickness of about $\frac{3}{4}$ inch.
- 2) Season chicken breast with salt, pepper, and red pepper flakes.
- 3) Heat 1 tbsp of the oil in a large skillet on medium heat and cook the chicken breast for 6 to 7 minutes per side or until cooked.
- 4) Transfer the chicken breast onto a cutting board and set it aside to cool slightly.
- 5) Heat oil in the same skillet over medium-low heat.

- 6) Stir in onions and garlic and sauté for about 2 minutes. Add broccoli with 2 tbsp. of water and cover with a lid. Steam for 5-10 minutes.
- 7) Add the remaining vegetables to the broccoli. Cook for a few more minutes, stirring occasionally, until the onions and garlic begin to brown and the broccoli is soft yet still firm.
- 8) Chop the chicken into bite-sized pieces. Add chicken, any accumulated juices, and soy sauce, and cook until chicken is heated through.
- 9) Spoon in more salt and pepper to taste, if necessary.
- 10) Transfer to the serving bowl and garnish with the green onion slices, and serve hot!

Tips:

- Carrots, snow peas, and edamame can be added to increase the nutritional content.

Nutritional Information per serving:

- **Calories:** 485 Kcal
- **Fat:** 22 g
- **Carbs:** 18 g
- **Proteins:** 52 g

22. Mahi in Lemon Garlic Sauce

A seafare dish with perfectly seared, spice-rubbed mahi in an intoxicating, lemon garlic sauce.

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes

Total Time: 30 Minutes

Servings: 4 to 5

Ingredients:

- 4 × 6 oz. Mahi Mahi Fillets, 1-inch thick
- 2 tbsp. Olive Oil
- 1 tbsp. unsalted Butter

For the Spice Rub

- 3 tbsp. Flour
- 1 tsp. of Garlic Powder, Onion Powder, Salt, Paprika
- ½ tsp. Pepper

For the Lemon Garlic Cream Sauce

- 3 tbsp. minced Shallots
- 4 cloves of Garlic minced
- 1¼ cups Chicken Broth, low-sodium
- ½ cup Heavy Cream
- 1 tbsp. Cornstarch
- ½ tsp. of Dried Parsley, Dried Thyme
- 2 tsp. Lemon Juice
- Salt & Pepper, as needed
- Freshly Chopped Chive, garnish

Method of Preparation:

- 1) Combine all the spice rub ingredients in a medium bowl until smooth. Pat the mahi mahi dry with a paper towel and apply the spice mix evenly to the fish.
- 2) Melt 1 tbsp. of butter and 2 tbsp. of olive oil in a heavy-bottomed saucepan over medium-high heat.
- 3) Once hot, place the fillets in it, lower the heat to medium, and cook for about 4 minutes.
- 4) Flip the fillets over and cook for a further 2-4 minutes until cooked to your preferred doneness. Tip: The internal temperature of the mahi-mahi should be around 137°F.
- 5) If it's brown too quickly, lower the heat. Transfer the mahi-mahi to a plate and tent with foil.
- 6) Drain the excess oil from the skillet so you have only about 1 tablespoon of oil.
- 7) Add shallot and sauté for 2 minutes while scraping up the drippings or until softened. Spoon in garlic and sauté 30 seconds.
- 8) Combine the chicken broth with cornstarch and pour into the skillet along with heavy cream, lemon juice, thyme, and parsley.
- 9) Simmer the mixture for 4 to 5 minutes or until reduced by half and slightly thickened. Season with salt and pepper as needed and add additional lemon juice if desired.
- 10) Return the mahi mahi fillets to the skillet and spoon sauce over them.
- 11) Garnish with fresh chives and serve immediately with rice, mashed potatoes, or pasta.

Tips:

- Leftovers can be stored in airtight containers for 3 to 4 days in the refrigerator. To reheat, place the mahi mahi in a nonstick skillet and heat over medium-low until warmed through.

Nutritional Information per serving:

- ☐ **Calories:** 395 Kcal
- ☐ **Fat:** 18 g
- ☐ **Carbs:** 12 g
- ☐ **Proteins:** 48 g

23. Spicy Baked Sea Trout

Flaky sea trout fillets baked with aromatic spices in a zesty lemon butter sauce.

Preparation Time: 10 Minutes

Cooking Time: 25 Minutes

Total Time: 35 to 40 Minutes

Servings: 4

Ingredients:

- 2 lb. or 900 g Sea Trout Fillets
- 2 tbsp. minced Onion
- ¼ cup Unsalted Butter, melted
- 2 tbsp. Fresh Lemon Juice
- 1 tsp. Salt
- 1 tsp. Paprika
- 2 tsp. Red Pepper Flakes
- Dash of Black Pepper
- 1 tbsp. Capers, rinsed

Method of Preparation:

- 1) Preheat the oven to 350° F or 175 ° C.
- 2) Grease a large glass casserole and arrange the fillets in a single layer.
- 3) Combine the melted butter, lemon juice, minced onion, salt, paprika, red pepper flakes, black pepper, and capers, if using, in a bowl until well blended. Drizzle the sauce evenly over the fillets.
- 4) Bake for 20 to 25 minutes or until the fish flakes easily with a fork and is opaque throughout.
- 5) Serve immediately and spoon some additional sauce over the fillets. Pair it with rice or quinoa.

Tips:

- Sea Trout can be substituted with any firm-fleshed fish like flounder, whiting, sole, sea bass, or tilapia.

Nutritional Information per serving:

☐ **Calories:** 445 Kcal

☐ **Fat:** 26 g

☐ **Carbs:** 1 g

☐ **Proteins:** 47 g

24. Sweet Potato Hash with Sausage



Paleo and Whole 30 friendly, this fare can be a hearty breakfast hash combining caramelized sweet potatoes with savory sausage and topped with perfectly cooked eggs.

Preparation Time: 15 Minutes

Cooking Time: 35 Minutes

Total Time: 50 Minutes

Servings: 4

Ingredients:

- 3 tbsp. Coconut Oil, divided
- 2 Sweet Potatoes, medium & cubed into ½ inch pieces
- 1 Onion, medium & chopped
- 1 Bell Pepper, small & chopped
- ½ lb. Bulk Breakfast Sausage, crumbled
- ¼ to ½ tsp. Paprika

- Sea Salt & Black Pepper, as needed
- Dash of Red Pepper Flakes
- 4 Eggs
- 2 Thinly sliced Scallions, for garnish

Method of Preparation:

- 1) Preheat the oven to 400°F or 200°C.
- 2) Heat a large cast-iron skillet over medium heat and spoon in 1 tbsp of the coconut oil.
- 3) Add the crumbled sausage and red pepper flakes and cook for a few minutes.
- 4) When the sausage is 3/4th cooked, stir in the onions and peppers.
- 5) Continue cooking until the sausage is browned and the onions and peppers are soft and fragrant. Remove from the heat and keep aside.
- 6) In a separate skillet over medium heat, add the remaining coconut oil and add the chopped sweet potatoes. Spoon in paprika, sea salt, and pepper and mix well.
- 7) Cook for 15 to 20 minutes uncovered until the outside begins to brown, then cover the skillet again.
- 8) Continue to cook to soften the inside of the potatoes, uncovering to stir once in a while. Adjust the heat as needed to prevent burning, and add more coconut oil if necessary.
- 9) Once the potatoes are softened and browned, add them to the sausage mixture and stir to combine.
- 10) Create 4 wells in the hash mixture and then carefully crack the eggs into the spaces.
- 11) Put the entire skillet in the oven to bake the eggs for 10 to 15 minutes, based on your preference. Garnish it with the scallions.
- 12) Serve hot and enjoy!

Tips:

- You can also cook the eggs by covering the skillet and cooking over medium-low heat until the eggs are done.

Nutritional Information per serving:

□ **Calories:** 399 Kcal

□ **Fat:** 29 g

□ **Carbs:** 17 g

□ **Proteins:** 15 g

25. Kielbasa Bean Stew

Hearty and herby, this comforting Eastern European-inspired dish is an excellent choice for a weekday dinner.

Preparation Time: 15 Minutes

Cooking Time: 30 Minutes

Total Time: 45 Minutes

Servings: 4

Ingredients:

- 1 tbsp. Sunflower Oil
- 1 Onion, large & finely chopped
- 4 Garlic cloves, finely chopped
- 1 Carrot, medium & chopped
- ½ lb. or 250gm Kielbasa Sausage, sliced
- 1 Red Bell Pepper, sliced
- 1 tbsp. Tomato Paste
- ¾ cup Passata
- 2 Bay Leaves
- 2 tsp. Paprika
- 2 x 14 oz. cans Cannellini Beans
- 2 cups Chicken Broth
- ¼ cup fresh Parsley, chopped
- 2 tbsp. Fresh Dill, chopped
- Salt & Pepper, as needed

Method of Preparation:

- 1) Heat oil in a large saucepan over medium heat and cook the onion for 2-3 minutes or until slightly softened.

- 2) Add the garlic, carrot, and the sausage and cook for 7-8 minutes or until the veggies are slightly tender and the sausage is slightly crispy.
- 3) Stir in the bell pepper and cook for a further 3 minutes.
- 4) Spoon in tomato paste and passata, then add the paprika and bay leaves.
- 5) Add the cannellini beans and broth and stir well. Bring the mixture to a boil, then lower the heat and simmer for 10 minutes, keeping the lid on.
- 6) Uncover and simmer for 3 to 4 more minutes or until the sauce has thickened.
- 7) Garnish it with the fresh herbs as desired.
- 8) Serve hot and serve it along with a crusty bread or a simple green salad.

Tips:

- If desired, you can add spinach to this for more nutrition.
- Leftovers can be stored for 3 days in airtight containers in the refrigerator. Reheat on the stovetop or in the microwave until it's steaming hot.

Nutritional Information per serving:

- **Calories:** 485 Kcal
- **Fat:** 18 g
- **Carbs:** 52 g
- **Proteins:** 28 g

26. Stuffed Pepper Soup

A hearty and easy soup, which is always a hit at parties & family gatherings, as it captures the essence of the classic stuffed peppers in a simple one-pot meal.

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes

Total Time: 40 Minutes

Servings: 8 to 10

Ingredients:

- 2 tbsp. Garlic Infused Olive Oil
- 2 lb. or 900 g Lean Ground Beef, grass-fed
- 1 tsp. Salt
- 2 tsp. Italian Seasoning
- 2 × 14.5 oz. Can of Fire Roasted Diced Tomatoes
- 1 cup Tomato Sauce
- 3 Whole Red Bell Peppers, not green, cored & chopped
- 1 bunch Green Onions, chopped
- 3 cups cooked Cauliflower Rice, optional
- 2 cups Chicken or Beef Broth

Method of Preparation:

- 1) Heat olive oil in a large skillet over medium heat, and once it is hot, stir in the peppers.
- 2) Sauté them for 4 to 5 minutes or until tender.
- 3) Add the beef, Italian seasoning, and salt into it and cook for another 4 to 7 minutes or until the beef is browned.
- 4) Next, stir in the diced tomatoes, tomato sauce, green onion, and broth into it and cook for 10 minutes.
- 5) Bring the mixture to a boil and allow it to simmer for 10 to 15 minutes.
- 6) Add the cauliflower rice if using. Stir and serve it hot.

Tips:

- To spice up, you can add a pinch of red pepper flakes.
- If you are following the FOODMAP diet, use strained tomatoes.

Nutritional Information per serving:

☐ **Calories:** 290 Kcal

☐ **Fat:** 15 g

☐ **Carbs:** 9 g

☐ **Proteins:** 29 g

27. Baked Chicken Wings

With nicely browned, crispy skin, these tangy lemon pepper flavored baked chicken wings are a delight to enjoy, and that's without deep-frying.

Preparation Time: 10 to 15 Minutes

Cooking Time: 40 Minutes

Total Time: 50 to 55 Minutes

Servings: 6 to 8

Ingredients:

- 4 lb. Party Chicken Wings
- Cooking spray, as needed
- 1 Lemon, medium
- 2 tbsp. Baking Powder
- 1 tbsp. + 1 tsp. Lemon Pepper Seasoning
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Smoked Paprika
- 1 tsp. Kosher Salt (if using no-salt lemon pepper)

Method of Preparation:

- 1) Place 2 racks to divide the oven into thirds and heat the oven to 425°F.
- 2) Line 2 rimmed baking sheets with aluminum foil, then place a wire rack inside each. Coat the wire racks with cooking spray.
- 3) Grate 1 lemon finely for 2 tsp. and put it in a large bowl.
- 4) Combine baking powder, lemon pepper, garlic and onion powders, and smoked paprika in a bowl until mixed well. Add 1 teaspoon kosher salt if the lemon pepper lacks salt.
- 5) Pat the party chicken wings dry with paper towels. Coat the chicken wings with the spice mixture and toss them until they are evenly coated.

- 6) Arrange the wings on the lined baking sheets 1/2-inch apart from each other.
- 7) Bake for 35 to 40 minutes, while turning them over every 20 minutes, until browned, crispy, and cooked through.
- 8) Serve hot with your favorite dipping sauce, such as ranch or blue cheese.

Tips:

- If time permits, place the chicken wings in the refrigerator for 4 to 6 hours before baking for extra crispiness.
- Leftovers can be stored for 4 days in airtight containers in the refrigerator.

Nutritional Information per serving:

- **Calories:** 320 Kcal
- **Fat:** 24 g
- **Carbs:** 2 g
- **Proteins:** 26g

28. Hearty Healthy Beef Stew

Here's a comforting and nutrient-rich beef stew with red wine and vegetables that can be prepared in less than 1 hour.

Preparation Time: 15 Minutes

Cooking Time: 45 Minutes

Total Time: 1 Hour

Servings: 8 to 10

Ingredients:

- 2 lb. or 900 g Beef Stew Meat, preferably 85% lean
- 1 Onion, diced
- 2 Celery stalks, diced
- 1 Red Bell Pepper, diced
- 4 Garlic cloves, minced
- 1 lb. Mushrooms, cut into quarters
- 8 Carrots, chopped
- 1 cup Beef Stock
- 2 cups Red Wine
- ½ tsp. Italian seasoning
- ½ tsp. Garlic Powder
- ½ tsp. Basil, dried
- 6 Thyme sprigs, fresh
- ¼ tsp. Salt
- ¼ tsp. Pepper
- 4 tbsp. Olive Oil

Method of Preparation:

- 1) Place the beef in a bowl and coat it with garlic powder, salt, pepper, and Italian seasoning. Set it aside.

- 2) Heat 2 tbsp. of oil in a large saucepan over medium-high heat. Add the beef and sear for 2 minutes, or until all edges are brown.
- 3) Pour red wine into the pan along with the beef and scrape the bottom with the spatula until all the brown bits come off. Reduce the heat to low and simmer.
- 4) Heat the remaining oil in a large pot over medium-high heat.
- 5) Add the mushrooms and cook for 3 minutes without turning, till browned on one side.
- 6) Stir in the onion and cook for 4 to 5 minutes, while stirring frequently, or until the onion begins to brown.
- 7) Once the onion begins to brown, spoon in the garlic. Cook for about 30 to 60 seconds or until aromatic. Add celery and bell pepper. Cook for 3-5 more minutes, until the celery starts to brown.
- 8) Lower the heat to low. Add beef and liquid to the pot with the vegetables.
- 9) Stir in basil, thyme, carrots, and add 1 cup of beef stock, or until the meat is covered in liquid.
- 10) Cook on low heat until the beef is tender and cooked, and the vegetables are softened & tender.
- 11) Discard the thyme sprigs. Transfer the contents into serving bowls and garnish them with the remaining thyme sprigs. Serve hot.

Tips:

- Instead of wine, you can use $\frac{1}{4}$ cup of vinegar along with an additional 2 cups of beef broth.
- Add one tablespoon of tomato paste while deglazing for deeper flavor.

Nutritional Information per serving:

- **Calories:** 390 Kcal
- **Fat:** 18 g
- **Carbs:** 18 g
- **Proteins:** 34 g

29. Crustless Pizza

Low-carb and gluten-free, this pizza bake skips the crust but keeps all the flavor.

Preparation Time: 15 Minutes

Cooking Time: 20 Minutes

Total Time: 35 Minutes

Servings: 6

Ingredients:

- 1 × 8-oz. package of Full-Fat Cream Cheese, room temperature
- 2 Eggs
- ¼ tsp. Ground Black Pepper
- 1 tsp. Garlic Powder
- ¼ cup Grated Parmesan Cheese
- ½ cup Pizza Sauce
- 1½ cups Shredded Mozzarella Cheese
- Favorite pizza toppings

Method of Preparation:

- 1) Preheat the oven to 350°F or 175 ° C. Grease lightly a 9×13 baking dish with cooking spray.
- 2) Combine cream cheese, eggs, pepper, garlic powder, and parmesan cheese in a mixing bowl with an egg beater or whisker until combined. Spread into a baking dish.
- 3) Bake for 12-15 minutes, or until golden brown. Set aside the crust to cool for 10 minutes.
- 4) Spread the pizza sauce generously over the crust. Top with cheese and toppings. Sprinkle pizza with garlic powder.
- 5) Bake for 7-10 minutes, or until the cheese is melted.

Tips:

- Some low-carb toppings suitable for this fare are Italian sausages, mushrooms, and olives.
- For a browned cheese top, broil for 1 to 2 minutes.

Nutritional Information per serving:

☐ **Calories:** 280 Kcal

☐ **Fat:** 22 g

☐ **Carbs:** 6 g

☐ **Proteins:** 15 g

30. Taco Bowls

A customizable, low-carb taco bowl loaded with seasoned beef, veggies, and your favorite toppings.

Preparation Time: 15 Minutes

Cooking Time: 20 Minutes

Total Time: 35 Minutes

Servings: 6

Ingredients:

- 2 lb. or 900 g Ground Beef
- 1 cup Shredded Cheese
- Taco Seasoning, as needed
- 1 can of Black Beans, drained & rinsed
- 1 cup Salsa
- 2 bags of Frozen Cauliflower Rice
- 1 Green Pepper, chopped
- Taco Sauce, to serve
- Sour Cream, to serve

Method of Preparation:

- 1) Cook ground beef in a large cast-iron skillet for 8 to 10 minutes over medium-high heat or until browned. Drain excess fat.
- 2) Stir in green pepper and sauté for 2–3 minutes or until softened. Spoon in taco seasoning (or 1 tsp cumin + 1 tsp chili powder + salt).
- 3) Heat cauliflower rice in a separate pan as per the package instructions.
- 4) Warm black beans in a small pan.
- 5) Assemble bowls with cauliflower rice at the base, then add beef, beans, salsa, cheese, and sour cream.
- 6) Drizzle with taco sauce and top with any extras.

Tips:

- For ultra-low-carb, skip the beans and use lettuce as a base.
- Add guacamole or lime juice for fresh flavor.

Nutritional Information per serving:

☐ **Calories:** 410 Kcal

☐ **Fat:** 25 g

☐ **Carbs:** 16 g

☐ **Proteins:** 32 g

Shopping List

1. Meat & Seafood

- Flank Steak
- Sirloin Steak
- Chicken Breasts
- Ground Beef
- Ground Chicken
- Ground Turkey
- Pork Chops
- Rotisserie Chicken
- Kielbasa Sausage
- Breakfast Sausage
- Bratwurst
- Catfish or White Fish
- Shrimp
- Rainbow Trout
- Sea Trout
- Mahi Mahi
- Whole Chicken

2. Dairy & Eggs

- Butter
- Olive Oil
- Vegetable Oil

- Avocado Oil
- Sunflower Oil
- Heavy Cream
- Cream Cheese
- Sour Cream
- Mozzarella Cheese
- Colby Jack Cheese
- Cheddar Cheese
- Parmesan / Parmigiano Reggiano
- Cottage Cheese
- Milk

3. Vegetables & Herbs

- Onions (Yellow, Red, Green, Shallots)
- Bell Peppers (Green, Red)
- Broccoli
- Zucchini
- Eggplant
- Mushrooms
- Tomatoes
- Potatoes (Yukon Gold, Sweet)
- Spinach
- Asparagus
- Garlic

- Jalapeños
- Lemon
- Parsley
- Cilantro
- Dill
- Basil
- Oregano
- Thyme
- Rosemary
- Scallions

4. Canned & Jarred Goods

- Tomato Sauce
- Tomato Paste
- Diced Tomatoes
- Rotel Tomatoes
- Black Beans
- Cannellini Beans
- Cream of Mushroom Soup
- Pizza Sauce
- Salsa
- Capers
- Sazón Goya
- Chicken Broth

- Beef Broth
- Bouillon Cubes
- Hot Pepper Relish

5. Grains, Pasta & Rice

- Spaghetti or Pasta of Choice
- White Rice
- Brown Rice
- Long-Grain Rice
- Cauliflower Rice (frozen)
- Gnocchi (optional)
- Quinoa (optional)
- Cornmeal
- Passata

6. Pantry Staples & Spices

- Soy Sauce
- Worcestershire Sauce
- Mayonnaise
- Dijon Mustard
- Whole Grain Mustard
- Honey
- Cornstarch
- Red Pepper Flakes
- Paprika (Smoked, Regular, Chipotle)

- Chili Powder
- Garlic Powder
- Onion Powder
- Italian Seasoning
- Black Pepper
- White Pepper
- Kosher Salt
- Sea Salt
- Baking Powder
- Taco Seasoning
- Cumin
- Flour
- Apple Cider Vinegar
- Vinegar
- Dry White Wine
- Red Wine

7. Frozen

- Frozen Corn
- Frozen Spinach

8. Optional & Toppings

- Avocados
- Shredded Cheese Blend (Mexican)
- Tortilla Strips

- Hot Sauce
- Bacon
- Lemon Pepper Seasoning

Essential Cooking Techniques

How to Sauté

[How To Saute](#)

Sautéing involves quickly cooking food with a small amount of fat in a shallow pan over medium-high heat. Simply heat oil or butter in a wide pan, add your ingredients, and stir or toss them frequently. The secret is using high heat and keeping everything moving to avoid burning while achieving a beautiful, tasty golden exterior.

How to Use an Instant Pot or Pressure Cooker

When using an Instant Pot (Pressure Cooker), add your ingredients and liquid, select your preferred cooking program (like meat, poultry, or beans), set the timer, and wait for it to build pressure. The valve seals on its own, and cooking starts once the pressure is reached. When finished, either perform a quick release (turn the valve to venting) or let it release naturally—ensure the float valve drops before opening the valve.

How to Deep Fry

[The Ultimate Way To Deep Fry Anything That Never Fails | Epicurious 101](#)

For frying, heat oil in a skillet to medium-high until it's hot enough to cook your food. For deep-frying, ensure there's enough oil to submerge the food and heat it to 350–375°F fully. Test with a small piece first—if it sizzles immediately, you're good to go. Avoid overcrowding the pan, as it can lower the temperature and make your food soggy.

How to Bake

[Using your Stove And Oven - Tutorial](#)

Baking is simple: preheat your oven to the correct temperature, use the right size pan for even baking, and place the racks in the middle, unless instructed otherwise. Remember, baking depends on dry heat circulating, so try not to open the oven door too often, or it can affect your cooking time.

How to Sear

How to sear meat

For searing, heat a heavy pan, such as cast iron, over medium-high to high heat with a little oil. Ensure your food is completely dry first—moisture can prevent it from browning nicely. Once it hits the pan, resist the urge to move it around until it releases easily and develops a nice golden crust. This usually takes about 2-4 minutes per side, depending on the thickness of your pieces.

FREE GUIDE TO GREAT DESSERTS TODAY



🍪 1. Classic Chocolate Chip Cookies

Ingredients (9):

- 1 cup (2 sticks) unsalted butter, softened
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup granulated sugar
- 2 large eggs
- 2 tsp vanilla extract
- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt

- 2 cups chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C).
 2. Cream butter and sugars until light and fluffy.
 3. Add eggs and vanilla; mix until combined.
 4. In another bowl, whisk flour, baking soda, and salt. Add to wet mixture.
 5. Stir in chocolate chips.
 6. Drop spoonfuls onto a baking sheet.
 7. Bake for 9–11 minutes or until edges are golden.
-

 **2. Fudgy Chocolate Brownies**

Ingredients (8):

- 1 cup unsalted butter, melted
- 1 cup granulated sugar
- 1 cup brown sugar
- 4 large eggs

- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1 cup unsweetened cocoa powder
- ½ tsp salt

Instructions:

1. Preheat oven to 350°F (175°C). Grease a 9x13-inch pan.
 2. In a large bowl, whisk melted butter with both sugars.
 3. Add eggs and vanilla; mix well.
 4. Stir in flour, cocoa powder, and salt until smooth.
 5. Pour into pan and spread evenly.
 6. Bake 25–30 minutes, until set in center. Cool before cutting.
-

 **3. Soft Sugar Cookies**

Ingredients (8):

- 1 cup unsalted butter, softened
- 1 cup granulated sugar

- 1 large egg
- 1½ tsp vanilla extract
- 2½ cups all-purpose flour
- ½ tsp baking powder
- ½ tsp salt
- Optional: sanding sugar for topping

Instructions:

1. Preheat oven to 350°F (175°C).
 2. Cream butter and sugar together until fluffy.
 3. Beat in egg and vanilla.
 4. Add flour, baking powder, and salt; mix until dough forms.
 5. Roll into balls, flatten slightly on a baking sheet.
 6. Sprinkle with sugar (if using).
 7. Bake 8–10 minutes until edges are just golden.
-

4. No-Bake Peanut Butter Bars

Ingredients (6):

- 1 cup melted butter
- 2 cups graham cracker crumbs
- 2 cups powdered sugar
- 1 cup peanut butter
- 1½ cups chocolate chips
- ¼ cup peanut butter (for topping layer)

Instructions:

1. Mix butter, crumbs, sugar, and 1 cup peanut butter until smooth.
 2. Press mixture into a greased 9x13-inch pan.
 3. Melt chocolate chips with ¼ cup peanut butter.
 4. Pour over base and smooth evenly.
 5. Chill at least 2 hours. Cut into bars.
-

5. Vanilla Panna Cotta

Ingredients (5):

- 2 cups heavy cream
- ½ cup whole milk
- ½ cup granulated sugar
- 1 tbsp unflavored gelatin (1 packet)
- 1 tsp vanilla extract

Instructions:

1. In a saucepan, combine cream, milk, and sugar. Heat over medium until sugar dissolves (don't boil).
2. In a small bowl, sprinkle gelatin over 2 tbsp cold water. Let sit 5 mins.
3. Stir gelatin into warm cream mixture until fully dissolved.
4. Remove from heat, stir in vanilla.
5. Pour into ramekins and chill for at least 4 hours, until set.



🌶️ 1. Simple 5-Ingredient Chili

Ingredients:

- 1 lb ground beef or turkey
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) kidney beans, drained
- 1 packet chili seasoning mix
- 1 small onion, chopped
- Salt to taste (optional)

Instructions:

1. In a pot, sauté chopped onion until soft.

2. Add ground meat and cook until browned.
 3. Stir in tomatoes, beans, and seasoning.
 4. Simmer 20–25 minutes, stirring occasionally.
 5. Taste and season with salt if needed.
-

2. Classic Chicken Soup

Ingredients:

- 2 cups shredded cooked chicken
- 1 cup chopped carrots
- 1 cup chopped celery
- 6 cups chicken broth
- 1 tsp dried thyme or Italian seasoning
- Salt and pepper to taste

Instructions:

1. In a pot, bring broth to a simmer.
2. Add carrots and celery; cook 10–12 minutes.

3. Stir in chicken and seasoning.
 4. Simmer 5 more minutes.
 5. Season with salt and pepper as needed.
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3. Easy Beef Stew

Ingredients:

- 1 lb stew beef, cubed
- 3 cups beef broth
- 2 cups diced potatoes
- 1 cup chopped carrots
- 1 small onion, chopped
- 1 tsp garlic powder or dried rosemary

Instructions:

1. Brown beef in a large pot.
2. Add onion; cook until softened.
3. Pour in broth, add potatoes, carrots, and seasoning.

4. Bring to boil, then reduce to simmer for 60–90 minutes, until tender.
-

4. Cheesy Nacho Soup

Ingredients:

- 1 lb ground beef or turkey
- 1 can (10 oz) diced tomatoes with green chilies
- 1 can (15 oz) black beans, drained
- 2 cups shredded cheddar cheese
- 1 cup milk
- 1 tsp taco seasoning

Instructions:

1. Brown meat in a pot. Drain excess fat.
2. Stir in tomatoes, beans, seasoning, and milk.
3. Simmer 5–7 minutes.
4. Add cheese; stir until melted and creamy.
5. Serve hot with tortilla chips (optional).

5. Hearty Bean Soup

Ingredients:

- 2 cans (15 oz each) mixed beans or white beans, drained
- 1 can (15 oz) diced tomatoes
- 4 cups vegetable or chicken broth
- 1 small onion, chopped
- 1 tsp cumin or Italian seasoning
- Salt and pepper to taste

Instructions:

1. Sauté onion in a soup pot until soft.
2. Add beans, tomatoes, broth, and seasoning.
3. Bring to a boil, then simmer 15–20 minutes.
4. Season to taste before serving.