

## Dairy-Free Recipes

### Air Fried Popcorn Tofu

🕒 30 min 🍽️ 2 servings

*Per serving:* 278 Kcal 18g Protein 6g Fat 37g Carbs

#### Ingredients

- Salt, 1/2 teaspoon (2.5 g)
- Paprika, 1 teaspoon (2 g)
- Cooking oil, 1 teaspoons (4 g)
- Block of extra tofu, 1 (396 g)
- Cornstarch, 1/2 cup (64 g)
- Nutritional yeast, 1/4 cup (11 g)
- Garlic powder, 1 teaspoon (3 g)
- Pepper, 1/4 tsp (0.5 g)



#### Instructions

Press the tofu to remove excess moisture. Cut the tofu into small bite-sized cubes.

In a bowl, combine cornstarch, nutritional yeast, garlic powder, paprika, salt, and black pepper. Mix well.

Toss the tofu cubes in the cornstarch mixture until evenly coated.

Preheat your air fryer to 400°F (200°C).

Spray the air fryer basket with cooking spray or lightly brush with oil to prevent sticking.

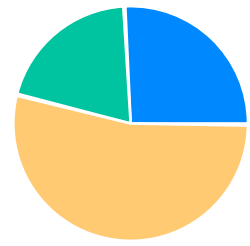
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

Air fry for 15-20 minutes, shaking the basket halfway through to ensure even cooking.

Once the tofu is crispy and golden brown, remove from the air fryer.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	555.1	114.9	277.6
Protein [g]	35.8	7.4	17.9
Fat [g]	12.3	2.5	6.2
Carbs [g]	74.5	15.4	37.3
Fiber [g]	4.8	1	2.4
Net Carbs [g]	69.7	14.4	34.9



26 % Protein 20 % Fat 54 %  
Carbs

# Creamy Pork Stew with Spinach

🕒 30 min    🍽️ 4 servings

*Per serving:* 285 Kcal 27g Protein 15g Fat 11g Carbs

## Ingredients

- **Chicken broth**, 2 cup (470 g)
- **Paprika**, 1 tsp (2.3 g)
- **Pork tenderloin**, 1 pounds (453.6 g)
- **Carrots**, 2 cup chopped (256 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Zucchini**, 2 cup, chopped (248 g)
- **Baby spinach**, 2 cup (60 g)
- **Coconut milk**, 1/2 cup (118.3 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

In a large pot or Dutch oven, heat the olive oil over medium heat.

Add the pork tenderloin pieces and cook until browned on all sides, about 5 minutes.

Remove the pork from the pot and set aside.

In the same pot, add the chopped carrots and zucchini. Cook for 5 minutes, or until the vegetables begin to soften.

Add the ground cumin, paprika, salt, and pepper to the pot. Stir to coat the vegetables with the spices.

Return the pork to the pot and pour in the coconut milk and broth. Stir well to combine.

Bring the stew to a simmer and let it cook for 15 minutes, or until the pork is cooked through and tender.

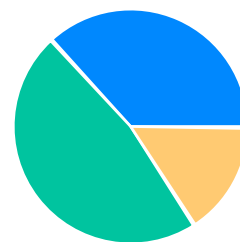
Add the baby spinach to the pot and cook for an additional 2-3 minutes, or until the spinach wilts.

Taste and adjust the seasoning if needed.

Serve the pork stew hot, garnished with fresh herbs if desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1138.8	70.1	284.7
Protein [g]	107.2	6.6	26.8
Fat [g]	61.1	3.8	15.3
Carbs [g]	45.2	2.8	11.3
Fiber [g]	14.6	0.9	3.7
Net Carbs [g]	30.6	1.9	7.7



37 % Protein 47 % Fat 16 %  
Carbs

# Shrimp and Corn Chowder

🕒 30 min    🍽️ 4 servings

*Per serving:* 293 Kcal 28g Protein 6g Fat 34g Carbs

## Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Potatoes**, 2 medium (418 g)
- **Chives**, 2 tbsp chopped (6 g)
- **Corn kernels**, 2 cup (328 g)
- **Carrot**, 1 small (51.1 g)
- **Shrimp**, 1 lb (453.6 g)
- **Almond milk**, 1 cup (250 g)
- **Celery stalk**, 1 stalk (17 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Olive Oil**, 1 tablespoon (15 g)



## Instructions

In a large pot, heat the olive oil and garlic-infused oil over medium heat.

Add the diced potatoes, carrot, and celery to the pot. Cook for about 5 minutes, until the vegetables start to soften.

Add the thyme, oregano, salt, and pepper to the pot. Stir well to coat the vegetables with the herbs.

Pour in the vegetable broth and bring to a simmer. Cook for about 10 minutes, until the potatoes are tender.

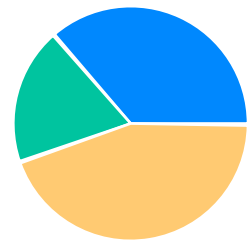
Add the frozen corn kernels and shrimp to the pot. Cook for an additional 5 minutes, until the shrimp are pink and cooked through.

Stir in the almond milk and heat for a few minutes until warmed through.

Serve the chowder hot, garnished with chopped fresh chives.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1170.7	50.3	292.7
Protein [g]	111.2	4.8	27.8
Fat [g]	25.5	1.1	6.4
Carbs [g]	135.8	5.8	34
Fiber [g]	18.5	0.8	4.6
Net Carbs [g]	117.3	5	29.3



37 % Protein 19 % Fat 45 %  
Carbs

# Baked Frittata Cups

🕒 15 min    🍽️ 6 servings

*Per serving:* 77 Kcal 7g Protein 5g Fat 2g Carbs

## Ingredients

- Eggs, 6 large (300 g)
- Onions, 1/4 cup (41.7 g)
- Tomatoes, 1/4 cup (38.9 g)
- Bell peppers, 1/4 cup (37.3 g)
- Spinach, 1/4 cup (7.5 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, whisk the eggs until well beaten.

Add the diced bell peppers, onions, tomatoes, chopped spinach, shredded cheddar cheese, salt, and pepper to the bowl. Mix well.

Grease a muffin tin with cooking spray or line with muffin liners.

Pour the egg mixture evenly into each muffin cup, filling them about 3/4 full.

Bake in the preheated oven for 12-15 minutes or until the egg cups are set and slightly golden on top.

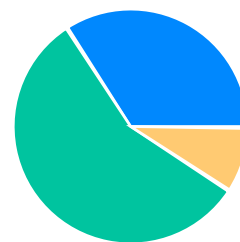
Remove from the oven and let them cool for a few minutes.

Gently remove the egg cups from the muffin tin and serve warm.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	464.1	108.6	77.4
Protein [g]	39.1	9.1	6.5
Fat [g]	28.8	6.7	4.8
Carbs [g]	10.1	2.4	1.7
Fiber [g]	2.1	0.5	0.4
Net Carbs [g]	8	1.9	1.3



34 % Protein 57 % Fat 9 %  
Carbs



# Sheet Pan Salmon, Brussels Sprouts, and Potato with Herbs

🕒 30 min    🍽️ 4 servings

*Per serving:* 467 Kcal 41g Protein 18g Fat 37g Carbs

## Ingredients

- **Onion powder**, 1/2 teaspoon (1 g)
- **Rosemary**, 1 serving (0.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Balsamic vinegar**, 1 tbsp (16 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Salmon**, 4 fillet (680 g)
- **Baby potatoes**, 1 1/4 pound (567 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

Preheat the oven to 425°F (220°C).

In a small bowl, mix together the olive oil, balsamic vinegar, dried thyme, dried rosemary, dried oregano, garlic powder, onion powder, salt, and pepper.

Place the Brussels sprouts and baby potatoes on a large sheet pan. Drizzle half of the herb mixture over the vegetables and toss to coat.

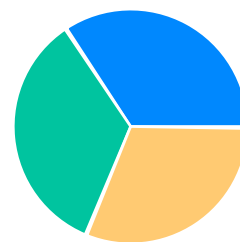
Push the vegetables to one side of the sheet pan and place the salmon fillets on the other side. Brush the remaining herb mixture over the salmon.

Bake in the preheated oven for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender.

Serve the sheet pan salmon, Brussels sprouts, and potato with herbs immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1866.6	106.6	466.7
Protein [g]	162.4	9.3	40.6
Fat [g]	72.2	4.1	18.1
Carbs [g]	146.3	8.4	36.6
Fiber [g]	31.3	1.8	7.8
Net Carbs [g]	115	6.6	28.8



34 % Protein 34 % Fat 31 %  
Carbs

# Lemon Basil Beef Skewers with Bell Peppers and Onions

🕒 20 min    🍽️ 2 servings

*Per serving:* 460 Kcal 62g Protein 16g Fat 20g Carbs

## Ingredients

- **Basil**, 1 small bunch (7.9 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Carrots**, 1 cup chopped (128 g)
- **Broccoli**, 1 cups (88 g)
- **Olive oil**, 2 teaspoons (8 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (6 g)
- **Bell peppers**, 1 medium (120 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Beef, sirloin steak, raw, lean**, 500 grams (500 g)



## Instructions

In a bowl, combine olive oil, lemon juice, minced garlic, chopped basil, salt, and pepper. Mix well.

Add the beef cubes to the marinade and toss to coat. Let it marinate for at least 10 minutes.

Preheat the grill or grill pan over medium-high heat.

Thread the marinated beef, bell peppers, and onions onto skewers, alternating between the ingredients.

Grill the skewers for about 8-10 minutes, turning occasionally, until the beef is cooked through and the vegetables are slightly charred.

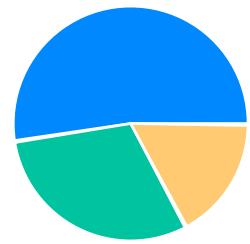
Remove from the grill and let them rest for a few minutes.

Serve the lemon basil chicken skewers with steamed carrots and broccoli.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	920.6	92.1	460.3
Protein [g]	124.3	12.4	62.2
Fat [g]	31.8	3.2	15.9
Carbs [g]	39.9	4	20
Fiber [g]	10.6	1.1	5.3
Net Carbs [g]	29.3	2.9	14.7



53 % Protein 30 % Fat 17 %  
Carbs

# Sheet-Pan Chili-Lime White Fish with Potatoes & Peppers

🕒 22 min    🍽️ 4 servings

*Per serving:* 374 Kcal 38g Protein 10g Fat 35g Carbs

## Ingredients

- **Chili powder**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- **Cilantro**, 4 tablespoon (2 g)
- **Lime juice**, 2 tablespoon (30.1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Red Bell pepper**, 1 portion (114.7 g)
- **Yellow Bell pepper**, 1 portion (119.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.4 g)
- **White Fish**, 4 fillet (680 g)



## Instructions

Preheat your oven to 425°F (220°C).

In a small bowl, combine the olive oil, lime juice, chili powder, garlic powder, salt, and pepper.

Place the sliced potatoes and peppers on a sheet pan. Drizzle half of the chili-lime mixture over the vegetables and toss to coat.

Bake in the preheated oven for 10 minutes.

Remove the sheet pan from the oven and push the vegetables to one side. Place the fish fillets on the other side of the pan.

Drizzle the remaining chili-lime mixture over the fish fillets. Season the fish with additional salt and pepper, if desired.

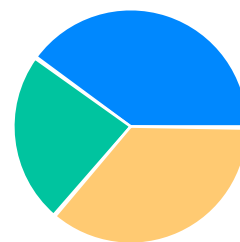
Return the sheet pan to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.

Garnish with fresh cilantro before serving.

Serve the Sheet-Pan Chili-Lime White Fish with Potatoes & Peppers hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1495.4	90.1	373.9
Protein [g]	153.5	9.2	38.4
Fat [g]	40.1	2.4	10
Carbs [g]	138	8.3	34.5
Fiber [g]	18.8	1.1	4.7
Net Carbs [g]	119.2	7.2	29.8



40 % Protein 24 % Fat 36 %  
Carbs

# Mango and Grilled Chicken Salad

🕒 15 min    🍽️ 2 servings

*Per serving:* 275 Kcal 26g Protein 9g Fat 23g Carbs

## Ingredients

- **Mango**, 1 1/2 cups (247.5 g)
- **Onion**, 1/2 medium (52.9 g)
- **Chicken breasts**, 2 portion (226 g)
- **Salad greens**, 2 cup (80 g)
- **Balsamic vinaigrette**, 2 tablespoons (30 g)



## Instructions

Preheat grill to medium-high heat.

Season the chicken breasts with salt and pepper.

Grill the chicken for 6-8 minutes per side, or until cooked through.

Remove the chicken from the grill and let it rest for a few minutes.

Slice the chicken into thin strips.

In a large bowl, combine the mango, red onion, and mixed salad greens.

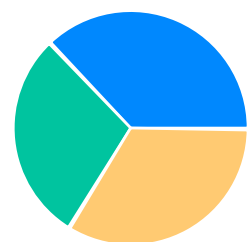
Drizzle the balsamic vinaigrette over the salad and toss to coat.

Divide the salad onto plates and top with the sliced grilled chicken.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	550.1	86.4	275.1
Protein [g]	51.6	8.1	25.8
Fat [g]	17.9	2.8	9
Carbs [g]	46.6	7.3	23.3
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	41.7	6.6	20.9



37% Protein 29% Fat 34% Carbs

