

## Vegetarian Recipes

### Spinach and Lentil Salad

🕒 15 min 🍽️ 4 servings

*Per serving:* 107 Kcal 6g Protein 4g Fat 14g Carbs

#### Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Cucumber**, 1/4 cup (34.7 g)
- **Baby spinach leaves**, 2 cup (60 g)
- **Lentils**, 1 cup (198 g)
- **Cherry tomatoes**, 1/2 cup (74.5 g)
- **Onion**, 1/2 large (75 g)
- **Parsley**, 2 tablespoons (8 g)
- **Extra virgin olive oil**, 1 tablespoon (14 g)
- **Ground cumin**, 1/2 teaspoon (1 g)
- **Salt**, 1 tsp (6 g)
- **Black Pepper**, 1/4 tsp, ground (0.6 g)



#### Instructions

In a large bowl, combine the baby spinach, cooked lentils, cherry tomatoes, red onion, cucumber, and parsley.

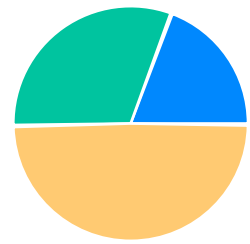
In a small bowl, whisk together the lemon juice, olive oil, cumin, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Serve immediately or refrigerate for later use.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	429.5	85.6	107.4
Protein [g]	21.9	4.4	5.5
Fat [g]	15.6	3.1	3.9
Carbs [g]	56.2	11.2	14.1
Fiber [g]	19.6	3.9	4.9
Net Carbs [g]	36.6	7.3	9.2



19 % Protein 31 % Fat 50 %  
Carbs

# Mezze Platter with Pita Bread, Hummus, and Vegetables

🕒 25 min    🍽️ 4 servings

*Per serving:* 441 Kcal 12g Protein 24g Fat 49g Carbs

## Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olives**, 1/2 cup (64.9 g)
- **Carrot**, 1 portion (61 g)
- **Cucumber**, 1 cucumber (300 g)
- **Olive oil**, 1/4 cup (56.3 g)
- **Garlic**, 2 portion (6 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Hummus**, 1 cup (246 g)
- **Pita breads**, 4 pita bread (224 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

Preheat the oven to 350°F (175°C).

Cut the pita breads into wedges and place them on a baking sheet. Drizzle with olive oil and sprinkle with salt. Bake for about 10 minutes or until crispy.

In a small bowl, mix together the olive oil, lemon juice, minced garlic, cumin, paprika, salt, and pepper to make a dressing.

Arrange the sliced cucumber, red bell pepper, carrot, cherry tomatoes, and olives on a serving platter.

Pour the dressing over the vegetables and toss to coat.

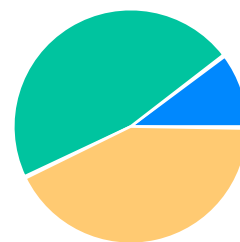
Place the hummus in a separate bowl.

Serve the crispy pita bread, hummus, and dressed vegetables together on a platter.

Enjoy your mezze platter with pita bread, hummus, and vegetables!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1763.2	139.7	440.8
Protein [g]	46.5	3.7	11.6
Fat [g]	94.5	7.5	23.6
Carbs [g]	193.9	15.4	48.5
Fiber [g]	30.3	2.4	7.6
Net Carbs [g]	163.6	13	40.9



10 % Protein 47 % Fat 43 %  
Carbs

# Egg Shakshuka

🕒 35 min    🍽️ 4 servings

*Per serving:* 165 Kcal 7g Protein 12g Fat 10g Carbs

## Ingredients

- Eggs, 4 medium (176 g)
- Ground cayenne pepper, 1/2 teaspoon (1 g)
- Ground paprika, 1 teaspoon (2 g)
- Olive oil, 2 tablespoons (27 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Canned tomatoes, 14 ounces (421.7 g)
- Garlic, 2 portion (6 g)
- Bell pepper, 1 portion (119.1 g)
- Ground cumin, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)
- Parsley, 2 tablespoons (8 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add chopped onion and red bell pepper. Sauté until softened, about 5 minutes.

Add minced garlic, ground cumin, ground paprika, and ground cayenne pepper. Cook for another 1-2 minutes.

Pour in the diced tomatoes with their juices. Season with salt and pepper to taste. Stir well to combine all the ingredients.

Reduce the heat to low and let the sauce simmer for about 10 minutes, or until it thickens slightly.

Using a spoon, create small wells in the sauce and crack the eggs into each well.

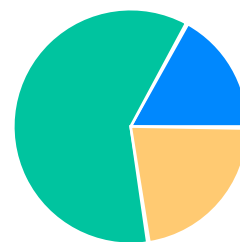
Cover the skillet and cook for about 5-7 minutes, or until the eggs are cooked to your liking.

Garnish with chopped fresh parsley.

Serve the shakshuka hot with crusty bread or pita.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	660.8	75.5	165.2
Protein [g]	29.2	3.3	7.3
Fat [g]	46.2	5.3	11.6
Carbs [g]	38.4	4.4	9.6
Fiber [g]	13.9	1.6	3.5
Net Carbs [g]	24.5	2.8	6.1



17 % Protein 61 % Fat 22 %  
Carbs

# Vegan Strawberry Basil Lemonade Cooler

🕒 10 min 🍽️ 4 servings

Per serving: 15 Kcal 0g Protein 0g Fat 6g Carbs

## Ingredients

- Basil leaves, 1/4 cup (6.2 g)
- Strawberries, 1 cup, whole (144 g)
- Lemon juice, 1/4 cup (63.6 g)
- Water, 4 cups (946.4 g)
- Keto-friendly sweetener, 1 tablespoon (10 g)
- Ice cubes, 1 cup (236.6 g)



## Instructions

In a blender, combine the strawberries, basil leaves, and 1 cup of water. Blend until smooth.

Strain the mixture through a fine-mesh sieve into a pitcher to remove any solids.

Add the remaining water, lemon juice, and keto-friendly sweetener to the pitcher. Stir well to combine.

Taste and adjust the sweetness if needed by adding more sweetener.

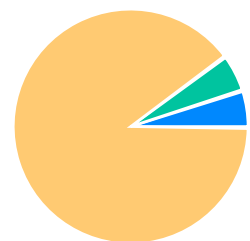
When ready to serve, fill glasses with ice cubes and pour the strawberry basil lemonade over the ice.

Garnish with fresh basil leaves and additional sliced strawberries if desired.

Enjoy your refreshing keto vegan Strawberry Basil Lemonade Cooler!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	61.5	4.4	15.4
Protein [g]	1.4	0.1	0.4
Fat [g]	0.5	0	0.2
Carbs [g]	25.6	1.8	6.4
Fiber [g]	3.2	0.2	0.8
Net Carbs [g]	22.4	1.6	5.6



5 % Protein 5 % Fat 90 % Carbs

# Sheet-Pan Chili-Lime White Fish with Potatoes and Broccoli

🕒 22 min    🍽️ 4 servings

*Per serving:* 381 Kcal 40g 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)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.4 g)
- **White Fish**, 4 fillet (680 g)
- **Broccoli**, 2 cups (264 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 broccoli 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.

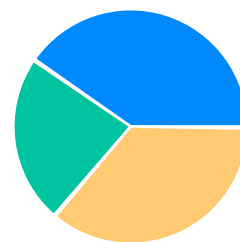
Garnish with fresh cilantro before serving.

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



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1523.2	90.1	380.8
Protein [g]	158.6	9.4	39.7
Fat [g]	40.5	2.4	10.1
Carbs [g]	141.1	8.3	35.3
Fiber [g]	22.1	1.3	5.5
Net Carbs [g]	119	7	29.8



41 % Protein 23 % Fat 36 %  
Carbs

# Garlicky White Beans and Spinach Pasta

🕒 15 min 🍽️ 4 servings

Per serving: 289 Kcal 11g Protein 4g Fat 51g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Beans, 1 cup (179 g)
- Pasta, 4 serving (216 g)
- Salt and pepper, 1 tsp (2 g)
- Spinach leaves, 2 cup (60 g)



## Instructions

Cook the pasta according to package instructions until al dente. Drain and set aside.

In a large skillet, heat olive oil over medium heat.

Add minced garlic and sauté for about 1-2 minutes until fragrant.

Add white beans to the skillet and cook for another 2-3 minutes, stirring occasionally.

Add fresh spinach leaves to the skillet and cook until wilted, about 2 minutes.

Season with salt and pepper to taste.

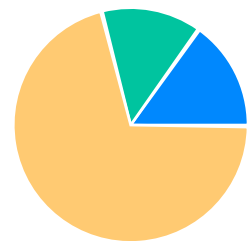
Add the cooked pasta to the skillet and toss everything together until well combined.

Cook for an additional 1-2 minutes to heat the pasta through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1156.4	239.7	289.1
Protein [g]	43.6	9	10.9
Fat [g]	17.6	3.6	4.4
Carbs [g]	205.4	42.6	51.4
Fiber [g]	17.1	3.5	4.3
Net Carbs [g]	188.3	39	47.1



15% Protein 14% Fat 71% Carbs



# Cauliflower Tofu Leek Soup

🕒 15 min 🍽️ 4 servings

Per serving: 103 Kcal 8g Protein 3g Fat 14g Carbs

## Ingredients

- Vegetable broth, 4 cups (783.3 g)
- Cauliflower, 1 medium head (575 g)
- Leek, 1 cup (89 g)
- Tofu, 200 g (200 g)
- Salt and pepper, 4 serving (2 g)



## Instructions

In a large pot, heat some oil over medium heat.

Add the leek and sauté for 2-3 minutes until softened.

Add the cauliflower florets and tofu to the pot and cook for another 2 minutes.

Pour in the vegetable broth and bring to a boil.

Reduce the heat to low, cover the pot, and simmer for 10 minutes until the cauliflower is tender.

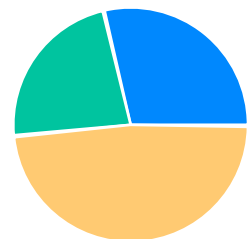
Using an immersion blender or regular blender, puree the soup until smooth and creamy.

Season with salt and pepper to taste.

Serve hot and garnish with additional tofu or leek slices if desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	413	25	103.3
Protein [g]	32	1.9	8
Fat [g]	11.2	0.7	2.8
Carbs [g]	53.8	3.3	13.5
Fiber [g]	14.7	0.9	3.7
Net Carbs [g]	39.1	2.4	9.8



29 % Protein 23 % Fat 48 % Carbs



# Shopping List

## Fruits and Fruit Juices

- Lemon juice, 1 tablespoons (15 g)
- Lime juice, 1/2 tablespoon (7.5 g)
- Olives, 1/7 cup (16.2 g)
- Strawberries, 1/3 cup, whole (36 g)
- Lemon juice, 0 cup (15.9 g)

## Vegetables and Vegetable Products

- Cucumber, 0 cup (8.7 g)
- Baby spinach leaves, 1/2 cup (15.1 g)
- Cherry tomatoes, 1/2 cup (74.7 g)
- Onion, 1/7 large (18.8 g)
- Parsley, 1 tablespoons (4 g)
- Onion, 1/3 medium (2-1/2" dia) (27.5 g)
- Canned tomatoes, 3 1/2 ounces (105.6 g)
- Garlic, 1 portion (3 g)
- Bell pepper, 1/2 portion (59.6 g)
- Cauliflower, 1/4 medium head (143.6 g)
- Leek, 1/4 cup (22.2 g)
- Garlic, 1 clove (3 g)
- Spinach leaves, 1/2 cup (15 g)
- Potatoes, 1 potato small (1-3/4" to 2-1/2" dia) (170.1 g)
- Cilantro, 1 tablespoon (0.5 g)
- Broccoli, 1/2 cups (66.1 g)
- Carrot, 1/3 portion (15.3 g)
- Cucumber, 1/3 cucumber (75.1 g)

## Legumes and Legume Products

- Lentils, 1/3 cup (49.7 g)
- Tofu, 50 g (50 g)
- Beans, 1/3 cup (44.9 g)
- Hummus, 1/3 cup (61.6 g)

## Fats and Oils

- Extra virgin olive oil, 1/3 tablespoon (3.5 g)
- Olive oil, 1 1/3 tablespoon (16.9 g)
- Olive oil, 0 cup (14.1 g)

## **Spices and Herbs**

- Ground cumin, 3/4 teaspoon (1.5 g)
- Salt, 1/3 tsp (1.5 g)
- Black Pepper, 0 tsp, ground (0.1 g)
- Ground cayenne pepper, 1/7 teaspoon (0.2 g)
- Ground paprika, 1/3 teaspoon (0.5 g)
- Salt and pepper, 1 1/3 tsp (2.5 g)
- Salt and pepper, 1 serving (0.5 g)
- Chili powder, 1/3 teaspoon (0.5 g)
- Garlic powder, 1/7 teaspoon (0.4 g)
- Paprika, 1/3 teaspoon (0.5 g)
- Basil leaves, 0 cup (1.5 g)

## **Dairy and Egg Products**

- Eggs, 1 medium (44.1 g)

## **Soups, Sauces, and Gravies**

- Vegetable broth, 1 cups (195.7 g)

## **Cereal Grains and Pasta**

- Pasta, 1 serving (54.2 g)

## **Finfish and Shellfish Products**

- White Fish, 1 fillet (170.1 g)

## **Baked Products**

- Pita breads, 1 pita bread (56.1 g)

## **Beverages**

- Water, 1 cups (236.8 g)

## **Health Foods**

- Keto-friendly sweetener, 1/3 tablespoon (2.5 g)

## **Frozen**

- Ice cubes, 1/3 cup (59.2 g)