

Clean Eating Recipes

Minty Watermelon Cooler

🕒 10 min 🍽️ 4 servings

Per serving: 49 Kcal 1g Protein 0g Fat 12g Carbs

Ingredients

- **Mint leaves**, 1/4 cup (11.7 g)
- **Lime juice**, 1 tablespoon (15 g)
- **Water**, 1 cup (236.8 g)
- **Watermelon**, 4 cups (608 g)
- **Ice cubes**, 2 cups (473.2 g)



Instructions

In a blender, combine the watermelon, mint leaves, and lime juice.

Blend until smooth and well combined.

Pour the mixture into a pitcher.

Add the water and stir well.

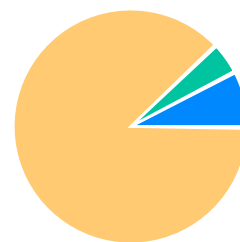
Fill glasses with ice cubes and pour the watermelon mixture over the ice.

Garnish with extra mint leaves, if desired.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	194.4	14.5	48.6
Protein [g]	4.2	0.3	1.1
Fat [g]	1	0.1	0.3
Carbs [g]	48.9	3.6	12.2
Fiber [g]	3.4	0.3	0.9
Net Carbs [g]	45.5	3.4	11.4



8 % Protein 4 % Fat 88 %
Carbs

Lemon Herb Zucchini Chips

🕒 20 min 🍽️ 4 servings

Per serving: 81 Kcal 1g Protein 7g Fat 4g Carbs

Ingredients

- Lemon juice, 1 t (14.9 g)
- Rosemary, 1 serving (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 servings (28 g)
- Zucchini, 2 medium (392 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 425°F (220°C).

Slice the zucchinis into thin rounds, about 1/8 inch thick.

In a large bowl, combine olive oil, lemon juice, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Add the zucchini slices to the bowl and toss until they are evenly coated with the herb mixture.

Arrange the zucchini slices in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for 10 minutes.

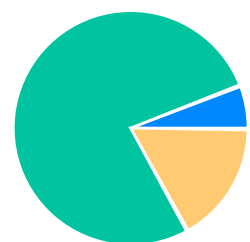
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

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

Enjoy as a healthy snack or side dish!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	321.8	73.2	80.5
Protein [g]	4.9	1.1	1.2
Fat [g]	29.4	6.7	7.4
Carbs [g]	14.2	3.2	3.6
Fiber [g]	4.5	1	1.1
Net Carbs [g]	9.7	2.2	2.4



6 % Protein 78 % Fat 17 % Carbs

Grilled Pesto Chicken Wraps

🕒 30 min 🍽️ 4 servings

Per serving: 431 Kcal 21g Protein 27g Fat 28g Carbs

Ingredients

- Basil leaves, 1 cup (24 g)
- Parmesan cheese, 1/2 cup (48.2 g)
- Olive oil, 1/4 cup (51.9 g)
- Garlic, 3 clove (9 g)
- Pine nuts, 1/4 cup (35.2 g)
- Baby spinach leaves, 1 cup (30.1 g)
- Chicken breasts, 1 small breast (225 g)
- Salt and pepper, 1 tsp (2 g)
- Tortillas, 4 piece (168 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/2 cup (80 g)



Instructions

Preheat the grill to medium-high heat.

In a food processor, combine the basil, garlic, pine nuts, Parmesan cheese, olive oil, salt, and pepper. Blend until smooth to make the pesto sauce.

Season the chicken breasts with salt and pepper. Grill 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.

Warm the whole wheat tortillas on the grill for about 30 seconds on each side.

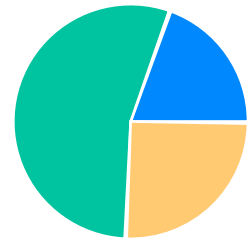
Spread a spoonful of pesto sauce onto each tortilla. Top with baby spinach leaves, cherry tomatoes, sliced red onion, and grilled chicken slices.

Roll up the tortillas tightly to form wraps. Cut in half diagonally, if desired.

Serve the grilled pesto chicken wraps immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1724.7	209.7	431.2
Protein [g]	85.7	10.4	21.4
Fat [g]	106.9	13	26.7
Carbs [g]	111.6	13.6	27.9
Fiber [g]	16.1	2	4
Net Carbs [g]	95.5	11.6	23.9



20 % Protein 55 % Fat 25 %
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.

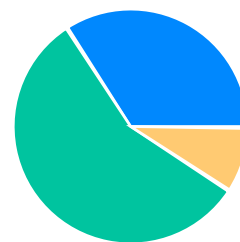
Remove from the oven and let them cool for a few minutes.

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.

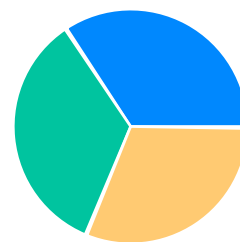
Push the vegetables to one side of the sheet pan and place the salmon fillets on the other side. Brush the remaining herb mixture over the salmon.

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

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.

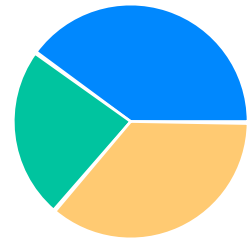
Return the sheet pan to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.

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