

Nightshade-Free Recipes

Chicken and Green Beans Stirfry

🕒 25 min 🍽️ 4 servings

Per serving: 273 Kcal 29g Protein 14g Fat 8g Carbs

Ingredients

- **Butter**, 1 tablespoon (14 g)
- **Salt**, 1 teaspoon (5 g)
- **Chicken breasts**, 2 portion (429.4 g)
- **Green beans**, 1 lb (453.6 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Pepper**, 1/2 teaspoon (1 g)
- **Parmesan Cheese**, 1/4 cup (24.3 g)



Instructions

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

Add the chicken strips to the skillet and cook until browned and cooked through, about 5-7 minutes. Remove the chicken from the skillet and set aside.

In the same skillet, melt the lactose-free butter over medium heat.

Add the green beans to the skillet and sauté until crisp-tender, about 5 minutes.

Return the cooked chicken to the skillet and toss to combine with the green beans.

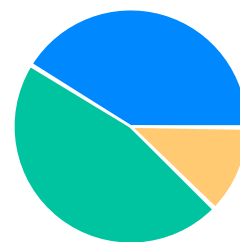
Sprinkle the lactose-free Parmesan cheese over the chicken and green beans. Season with salt and pepper to taste.

Continue cooking for an additional 2-3 minutes, until the cheese is melted and the dish is heated through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1092.5	114.5	273.1
Protein [g]	113.8	11.9	28.5
Fat [g]	56.9	6	14.2
Carbs [g]	33	3.5	8.3
Fiber [g]	12.5	1.3	3.1
Net Carbs [g]	20.5	2.1	5.1



41 % Protein 47 % Fat 12 %
Carbs

Beef and Broccoli with Mushroom

🕒 25 min 🍽️ 4 servings

Per serving: 399 Kcal 21g Protein 30g Fat 11g Carbs

Ingredients

- **Apple cider vinegar**, 1 t (14.9 g)
- **Olive oil**, 2 servings (28 g)
- **Ginger**, 1 tablespoon (7 g)
- **Garlic**, 2 portion (6 g)
- **Honey**, 1 tbsp (21 g)
- **Beef**, 16 oz (453.6 g)
- **Broccoli florets**, 2 cups (182 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Sesame seeds (For Garnish)**, 1 teaspoon (2 g)
- **Mushrooms, shiitake, raw**, 2 piece whole (38 g)



Instructions

In a bowl, whisk together coconut aminos, apple cider vinegar, honey (if using), minced garlic, grated ginger, salt, and pepper. Set aside.

Heat olive oil in a large skillet over medium-high heat.

Add the sliced beef to the skillet and cook until browned, about 2-3 minutes per side.

Remove the beef from the skillet and set aside.

In the same skillet, add the broccoli florets, and mushroom and sauté for 3-4 minutes, or until tender-crisp.

Return the beef to the skillet with the broccoli.

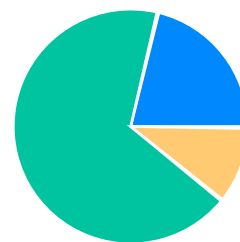
Pour the sauce mixture over the beef and broccoli.

Stir well to coat everything evenly and cook for an additional 2-3 minutes, until the sauce thickens slightly.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1597.4	203.6	399.4
Protein [g]	84.8	10.8	21.2
Fat [g]	120.7	15.4	30.2
Carbs [g]	41.8	5.3	10.5
Fiber [g]	6.2	0.8	1.6
Net Carbs [g]	35.6	4.5	8.9



21 % Protein 68 % Fat 11 %
Carbs

Tempeh Buddha Bowl

🕒 30 min 🍽️ 4 servings

Per serving: 465 Kcal 22g Protein 23g Fat 47g Carbs

Ingredients

- Carrots, 1/2 cup (61.5 g)
- Broccoli, 1/2 cup (42.3 g)
- Green onions, 1 tbsp chopped (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Sesame oil, 1 tablespoon (14 g)
- Water, 2 cups (472.8 g)
- Tempeh, 8 oz (228 g)
- Soy sauce, 2 tablespoon (38 g)
- Sesame seeds, 1 tablespoon (8 g)
- Maple syrup, 2 tablespoons (40 g)
- Quinoa, 1 cup (170 g)
- Rice vinegar, 2 tablespoons (32 g)
- Edamame, 1/2 cup (74 g)
- Salt and pepper, 1 tsp (2 g)
- Avocado, 1 cup (150 g)



Instructions

In a saucepan, bring water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15-20 minutes or until all water is absorbed. Fluff with a fork.

In a small bowl, whisk together soy sauce, maple syrup, rice vinegar, and sesame oil to make the marinade.

Place tempeh cubes in a shallow dish and pour the marinade over them. Let it sit for 10 minutes to marinate.

Meanwhile, heat olive oil in a large skillet over medium heat. Add mixed vegetables and sauté for 5-7 minutes until they are tender-crisp. Season with salt and pepper.

Push the vegetables to one side of the skillet and add the marinated tempeh cubes. Cook for 3-4 minutes on each side until they are golden brown and crispy.

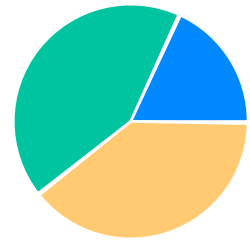
Divide cooked quinoa among serving bowls. Top with sautéed vegetables and tempeh cubes.

Garnish with avocado slices, sesame seeds, and chopped green onions if desired.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1860.4	137.6	465.1
Protein [g]	87.6	6.5	21.9
Fat [g]	91.3	6.8	22.8
Carbs [g]	189.4	14	47.4
Fiber [g]	29.2	2.2	7.3
Net Carbs [g]	160.2	11.8	40.1



18 % Protein 43 % Fat 39 %
Carbs

Sesame Salmon Rice Bowls

🕒 30 min 🍽️ 2 servings

Per serving: 527 Kcal 41g Protein 20g Fat 44g Carbs

Ingredients

- Carrots, 1/2 cup chopped (64 g)
- Broccoli, 1/2 cups (44 g)
- Green onions, 1/4 cup (24 g)
- Ginger, 1 tablespoon (7 g)
- Sesame oil, 1 tablespoon (14 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 1/4 cup (55.8 g)
- Sesame seeds, 1 tablespoon (8 g)
- Honey, 1 tbsp (21 g)
- Salmon, 2 fillet (340 g)
- Rice, 1 cups (185 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together soy sauce, sesame oil, honey, minced garlic, and grated ginger.

Place the salmon fillets in a baking dish and pour the marinade over them. Let it marinate for 10 minutes.

Bake the salmon in the preheated oven for 12-15 minutes or until cooked through.

While the salmon is cooking, prepare the rice according to package instructions.

In a skillet, sauté the steamed broccoli and sliced carrots for 5 minutes or until tender.

To assemble the bowls, divide the cooked rice among serving bowls.

Top each bowl with a cooked salmon fillet and sautéed vegetables.

Garnish with sliced green onions and sprinkle sesame seeds over the top.

Serve the sesame salmon rice bowls immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1053.6	137	526.8
Protein [g]	82.6	10.7	41.3
Fat [g]	40.5	5.3	20.3
Carbs [g]	88.4	11.5	44.2
Fiber [g]	6	0.8	3
Net Carbs [g]	82.4	10.7	41.2



31 % Protein 35 % Fat 34 %
Carbs

Peaches Granola Yogurt

🕒 10 min 🍽️ 2 servings

Per serving: 267 Kcal 16g Protein 10g Fat 28g Carbs

Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Peach, 1 medium (2-2/3" dia) (150 g)

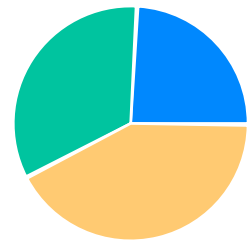


Instructions

Peel and slice peach into bite size pieces. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of peach on top of the yogurt. Sprinkle the granola evenly over the peach. Repeat the layers until all the ingredients are used, ending with a final layer of peach. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	533.4	121.8	266.7
Protein [g]	32.4	7.4	16.2
Fat [g]	20	4.6	10
Carbs [g]	56.8	13	28.4
Fiber [g]	7.8	1.8	3.9
Net Carbs [g]	49	11.2	24.5



24 % Protein 33 % Fat 42 % Carbs