

BEEF ZUCCHINI BOATS

Beef zucchini boats are a great way to stick to a healthy diet—like the 8-Day Jumpstart—while thoroughly enjoying what you get to eat!

With plenty of flavor, fresh crunch from nutrient-rich zucchini, and protein-packed lean beef, this may just be our favorite zucchini recipe to date.

But don't just take our word for it—try these easy-to-make diet-approved beef zucchini boats for yourself!

INGREDIENTS:

- 3 zucchinis, halved lengthwise
- 2 tbsp olive oil
- kosher salt
- freshly ground black pepper
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 lb. lean ground beef
- ½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp paprika
- ½ C red bell pepper, diced
- freshly chopped cilantro, for garnish

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	309	15g	37g	8g



DIRECTIONS:

Preheat the oven to 350° F.

Scoop out the inside of the zucchini, and set aside in a small bowl.

Place zucchini boats into bottom of 9"x13" baking dish, drizzle with 1 tablespoon olive oil, and season with salt and pepper.

Bake for 10 minutes until zucchini softens.

Heat remaining olive oil in a large skillet over medium heat. Add onion and zucchini innards and cook for 5 minutes.

Stir in garlic and cook for another minute.

Add ground beef and brown for about 8 minutes, then drain any fat.

Stir in chili powder, cumin, paprika, and salt and pepper to taste.

Spoon beef mixture into zucchini and bake for 15 minutes.

Garnish with cilantro and serve.

LOW CARB BASIL CHICKEN AND VEGGIES

Chicken is good for weight loss because it's packed with protein, low in calories, and easy to prepare. When you throw some vegetables in the mix, it will make your mealtime feel complete.

INGREDIENTS:

- 16 oz skinless chicken breast
- 1 red pepper
- 8 oz white mushrooms, raw
- 2 zucchini, chopped
- 8 oz basil, fresh
- 3 cloves garlic, raw
- 3 tbsp olive oil

SERVES	CALORIES	FAT	PROTEIN	CARBS
3	377	15g	42g	7g



DIRECTIONS:

Heat oil in a large skillet on high heat.

Sprinkle salt and pepper on the chicken before placing it in the skillet.

Cook chicken on one side and then turn the pieces over (about five minutes on each side).

Add the vegetables and stir.

When food is nearly cooked, push it to one side and add the garlic.

After about 30 seconds, stir all the ingredients together and add basil leaves.

Cook for another 30-60 seconds and serve.

CHICKEN FAJITA KEBABS

Don't think for one second that eating healthy means leaving behind your favorite flavors! Sure "Taco Tuesday" might need to look a little different, but with our Chicken Fajita Kebabs Recipe, you can enjoy the same rich and spicy flavors that you love and stick with your weight loss goals.

INGREDIENTS:

- 16 oz boneless skinless chicken breast, chopped into squares (3 medium breasts)
- 3 large bell peppers, chopped into squares (any color)
- 1 medium purple onion, chopped into squares
- 1 tbsp of olive oil
- 1 tbsp ground cumin
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 2 tsp paprika
- ¼ tsp sea salt
- ¼ tsp pepper
- 1 lime, cut into wedges
- fresh cilantro, chopped

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	301	13g	35g	13g



DIRECTIONS:

Preheat the grill or oven to 400° F.

Place pepper, onion, and olive oil in a medium-sized bowl and toss to coat. Set aside.

Place chicken in a separate bowl and set aside.

Mix together cumin, garlic, chili, paprika, salt, and pepper in a small bowl, pour half of the spice mixture into each bowl of vegetables and chicken. Toss until coated evenly.

Place peppers, onion, and chicken on eight skewers. Spray tin foil with cooking spray, and place kebabs on top. Grill for fifteen minutes rotating kebabs every five minutes until the chicken is cooked thoroughly.

Garnish with lime juice and cilantro and serve

TURKEY TACO LETTUCE WRAPS

These turkey taco lettuce wraps are delicious, light, and low in carbs. They can also pack a protein and healthy fat punch, making them a great way to stave off hunger on a keto diet!

INGREDIENTS:

- 1 tbsp olive oil
- ¾ C chopped yellow onion
- 1.3 lbs 99% lean ground turkey
- 2 minced garlic cloves
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp paprika
- salt and freshly ground black pepper, to taste
- romaine lettuce leaves

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	222	6g	34g	5g



DIRECTIONS:

Heat your skillet or pan over medium heat and add the olive oil.

Add the turkey, cooking until the meat starts to brown—about 10-15 minutes.

In a separate bowl, mix together the chili powder, cumin, paprika, minced garlic, salt, and black pepper.

Add this seasoning and the chopped onion to the turkey, and cook for another 10 minutes.

Let the turkey mixture cool a bit before wrapping in lettuce leaves and serve with extra toppings.

BEANLESS BEEF CHILI

When the temperatures start to dip, nothing quite hits the spot like a nice warm bowl of chili. But if you're trying to live a low-carb lifestyle, chili might seem off-limits. Not anymore. This beanless beef chili is one of the Xyngular low carb recipes that are short on carbs, but big on taste.

INGREDIENTS:

- 2 lbs. ground beef (about 95% lean)
- 1 green bell pepper, medium (2-3 inches long)
- 1 onion, raw medium (about 2-inch diameter)
- 3 garlic cloves, raw
- 3 tbsp ground cumin
- ¼ tsp black pepper
- 1½ tsp chili powder
- 28 oz can Del Monte diced tomatoes, no salt added

SERVES	CALORIES	FAT	PROTEIN	CARBS
6	229	6g	30g	12g



DIRECTIONS:

Chop bell pepper and onion.

Mince garlic cloves.

Put all ingredients into a crockpot and cook on low for 8-10 hours (If using a pressure cooker, add necessary water and cook for 12-17 minutes).

Serve right away, or divide 6 equal portions into containers and place in the fridge or freezer for meals later in the week.

SPINACH SALAD

When used as the foundation for a salad, spinach becomes the springboard for so many other healthy ingredients, like the ones found in our spinach salad recipe. Packed with eggs, broccoli, cauliflower, cucumber, and almonds, our healthy spinach salad recipe feels light while filling you up with a delicious and satisfying meal.

INGREDIENTS:

- 11 oz baby spinach
- 4 hard-boiled eggs, sliced
- 1 C broccoli, chopped into small florets
- 2 C cauliflower, chopped into small florets
- 1 cucumber, sliced
- 2 tbsp unsalted toasted almonds

DRESSING:

- 1/3 C extra virgin olive oil
- 3 tbsp apple cider vinegar
- 2 tbsp Dijon mustard
- 2 tbsp low sodium soy sauce

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	284	24g	11g	12g



DIRECTIONS:

Combine spinach, eggs, broccoli, cucumbers, cauliflower, and almonds in a large bowl. Set aside.

Combine olive oil, apple cider vinegar, Dijon mustard, and soy sauce in a separate bowl. Mix until well combined.

Pour dressing over salad and toss to coat evenly.

Serve immediately.

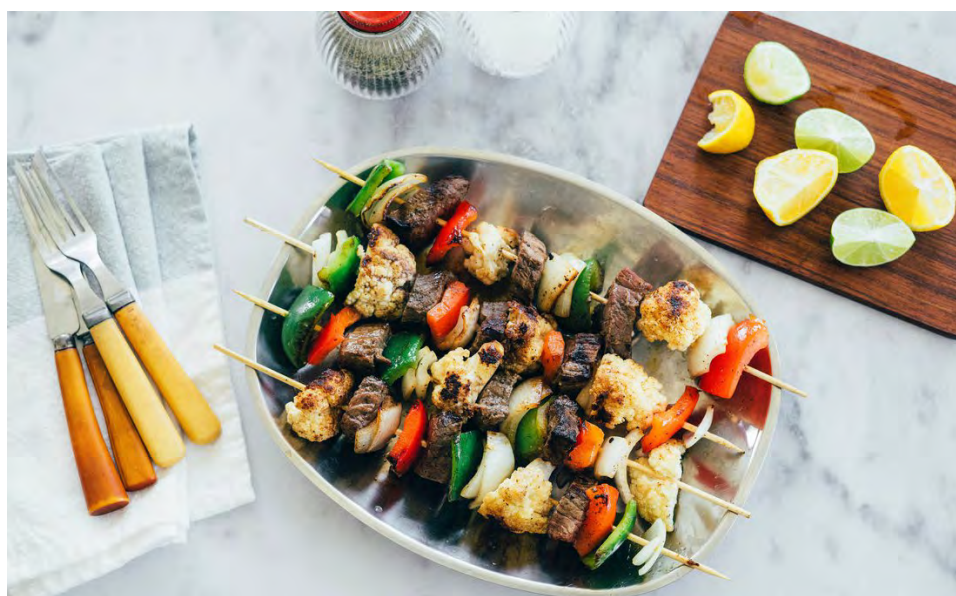
GRILLED STEAK SKEWERS

There's something about cooking on the grill that's simply beautiful. The char on nice juicy veggies and perfectly cooked meat covered in grill marks make this delicious grilled steak skewers one of our all-time favorite Xyngular meals—sure to leave you full and satisfied, itching for the next time you can make them!

INGREDIENTS:

- ½ red bell pepper
- ½ orange bell pepper
- ½ green bell pepper
- ½ head of cauliflower
- ½ yellow onion
- 1 lb boneless round steak
- 8 wooden skewers
- 1 tbsp olive oil
- salt and pepper to taste
- 1 tbsp fresh lemon juice
- 1 tbsp fresh lime juice

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	254	14g	26g	7g



DIRECTIONS:

Slice red, orange and green bell pepper halves into large bite-sized pieces. Cut cauliflower head into large florets and cut onion into large pieces, keeping several layers together.

Cut steak into 1"-thick pieces so they are similar in size to the vegetables. Thread the vegetables and steak onto the skewers, alternating pepper colors, cauliflower, onion, and meat. Brush skewers with olive oil and season with salt and pepper.

Heat grill or grill pan over medium-high heat (about 400° F). Grill skewers for 3-4 minutes per side, rotating so the meat is browned on all sides and vegetables are charred.

(Note: The USDA recommends cooking beef to 145° F. But keep in mind that a medium-rare steak is done at about 130-135° F, and meat will continue to rise in temperature as it rests after being removed from the grill.)

Remove grilled steak skewers from heat and place on a serving plate. Squeeze lemon and lime juice on top to taste, and serve hot.

SHEET PAN VEGETABLES WITH SAUSAGE

This recipe could not be easier! It's one of those glorious "one-pan dinners" that will make you feel practically unstoppable as you whip up a quick, healthy dinner for a crowd. This Sheet Pan Vegetables with Sausage is a great weeknight dinner, and the leftovers do not disappoint!

INGREDIENTS:

- 2 C zucchini, peeled and cubed
- 2 C asparagus, cut into 2-inch pieces
- 2 C broccoli florets
- 1 large red onion, sliced
- 2 tbsp extra-virgin olive oil
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper
- 8 Italian turkey sausages, cut into ½ inch slices
- 1 tsp red pepper flakes, optional

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	489	26g	36g	27g



DIRECTIONS:

Preheat the oven to 400° F.

Line a baking sheet with parchment paper. Place zucchini, asparagus, broccoli, and onion in a bowl, and toss with olive oil. Spread out in one layer on a baking sheet. Season with salt and pepper.

Roast vegetables for 15 to 20 minutes.

Remove the baking sheet from the oven and turn the vegetables. Add sliced sausage to cooked vegetables. Roast an additional ten minutes, until just browned.

Remove the sheet pan from the oven and top with roasted red pepper flakes.

Serve immediately.

LOW CARB SEARED TUNA SALAD WITH BALSAMIC DRESSING

Looking to mix up your salad game? How about a fresh bed of crunchy romaine and snow peas topped with a thick tuna steak and homemade low-carb balsamic dressing! Look no further than this incredible seared tuna salad to end your salad burnout!

INGREDIENTS:

Balsamic Dressing

- 3 tbsp balsamic vinegar
- 1 garlic clove, crushed to a paste
- ½ C olive oil
- Salt and freshly ground pepper

Salad

- 4 (6-ounce) tuna steaks, approximately 1.5 inches thick
- sea salt and freshly ground pepper
- 1 tbsp olive oil
- 4 C romaine lettuce, roughly chopped
- ½ C snow peas

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	180	8g	22g	8g



DIRECTIONS:

Combine vinegar, garlic, oil, salt, and pepper in a bowl. Whisk until thick and emulsified. Set aside.

Season both sides of tuna with salt and pepper.

Heat oil over medium-high heat in a large frying pan. When smoking hot, add tuna and cook for 1 to 1.5 minutes. Flip and cook for another 1 to 1.5 minutes.

Remove tuna from the pan and rest for 5 minutes.

Thinly slice the tuna on an angle, against the grain to ensure a tender bite.

Toss lettuce and snow peas with the balsamic dressing made previously. Season the salad with salt and pepper and top with seared tuna.

PAN COOKED CHICKEN WITH GREEN BEANS AND ALMONDS

Without further ado, let's get prepped for some of the best, juiciest, most flavorful pan-cooked chicken of your life with our easy pan-seared chicken with green beans and almonds recipe!

INGREDIENTS:

- 1 tbsp olive oil, divided
- 4 medium chicken breasts, boneless and skinless
- salt and pepper
- 1 onion, chopped
- 2 cloves garlic, minced
- pinch red chili flakes
- 1 tsp fresh thyme, minced
- 1 tsp fresh tarragon, minced
- ¾ C low-sodium chicken broth
- 1 tbsp chickpea flour (optional)
- 1 tsp fresh lemon juice
- 2 C green beans, ends trimmed and sliced in half
- ¼ C slivered almonds, toasted

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	395	13g	58g	7g



DIRECTIONS:

Preheat the oven to 350° F. When hot, toast slivered almonds for about five minutes, or until fragrant and golden. Set aside.

Heat 1/2 tablespoon of the oil in a large skillet with high sides over medium-high heat. Season chicken with salt and pepper and cook 5 to 7 minutes per side until browned. Ensure meat has reached a temperature of 165° F with a meat thermometer. Remove onto a plate and tent with foil to keep warm.

Add remaining 1/2 tablespoon of oil to the skillet. Add onion and cook until translucent, about 5 minutes. Season with salt and pepper to taste. Add garlic, red chili flakes, thyme, and tarragon and cook until fragrant, about 1 minute.

Nestle chicken pieces back into the pan and pour in any accumulated juices from the plate. Add chicken broth and gently stir to combine. Increase heat to a simmer and cook to reduce sauce, about 10 to 12 minutes. Slowly whisk in chickpea flour to thicken, if needed.

When there are just 2 to 3 minutes left of cooking time, add green beans to the skillet in an even layer and cook until bright green and still crunchy. Season with salt and pepper and add lemon juice, to taste.

Serve chicken and green beans sprinkled with toasted slivered almonds and enjoy!

CRAB AVOCADO RECIPE (KETO)

Avocados aren't just for guacamole! Take advantage of this healthy fat wonder for a delicious and light meal that might even satisfy your guacamole cravings. Cilantro, serrano peppers, and pepper jack give this keto recipe a delicious extra kick!

INGREDIENTS:

- 3 medium avocados, halved
- 1/3 C mayonnaise
- 1 tbsp lemon juice
- 8 oz fresh lump crab meat
- 2 tbsp fresh cilantro, coarsely chopped
- 2 tbsp serrano pepper, minced
- 1/2 tbsp capers, drained
- 1/4 tsp black pepper
- 1/2 C pepper jack cheese, shredded
- 1/4 teaspoon paprika
- 1 lemon, cut into wedges

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	417	35g	20g	10g



DIRECTIONS:

Scoop two avocado halves into a large bowl and mash lightly with a fork. Mix in mayonnaise and lemon juice until well blended. Mix in crab, cilantro, serrano pepper, capers, and pepper.

Spoon mixture into remaining avocado halves. Place on a baking pan. Sprinkle with cheese and paprika.

Broil for five minutes.

SHRIMP SALAD RECIPE (KETO)

We've got a delicious, keto salad option for seafood lovers that will make you look forward to dinner all day long! Garlic, parmesan cheese, and crumbled bacon add incredible flavor to this delicious dish. Serve it for lunch or as a fabulous side salad for your next dinner party!

INGREDIENTS:

- 2 tbsp butter
- 1 lb uncooked shrimp, peeled and deveined
- 3 garlic cloves, minced
- dash of kosher salt and pepper
- 10 oz fresh baby spinach
- 4 slices of bacon, crumbled
- 1 C shredded parmesan cheese
- ¼ C sliced toasted almond, unsalted
- 2 lemons, halved

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	339	19g	43g	7g



DIRECTIONS:

In a large skillet cook shrimp and garlic in butter for 3-4 minutes until shrimp turn pink. Add salt and pepper and remove from the heat.

To serve, toss spinach with shrimp, bacon, parmesan cheese, and almonds. Dress with freshly squeezed lemon juice.

HOT CHICKEN WINGS (KETO)

Take your wings to the next level with this Keto Hot Chicken Wings recipe! This keto hot chicken wings recipe is a great option for you AFTER your 8-Day Jumpstart or if you're looking for a tasty keto recipe.

INGREDIENTS:

- 1.5 lb chicken wings
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 tbsp paprika
- 1 tsp cumin
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- 1 tsp black pepper

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	365	25g	29g	4g



DIRECTIONS:

For best results wear plastic or rubber gloves to mix ingredients.

Place chicken wings in a large bowl and rub olive oil evenly into each piece.

Combine all seasonings and mix evenly. Pour half of the seasoning mix over the chicken wings and rub it in. Flip wings and sprinkle the remaining season mix onto the wings and rub it in.

Place the seasoned wings on the rack of a roasting pan. Bake at 350° F for 30 minutes. Flip each wing halfway through the roasting process.

For extra crispy skin, broil on low for an additional ten minutes prior to serving.

SWEET POTATO KALE CURRY (LOW CARB)

If you're ready for a healthy vegetarian meal that comes together quickly and tastes absolutely delicious, you'll love our sweet potato kale curry recipe. Spoiler alert: it reheats marvelously if you're looking for a great lunch or meal prep option.

INGREDIENTS:

- 1½ tsp avocado oil
- 1 tsp cumin seeds
- 1 ¼ C onion, finely chopped
- 1 C tomato, finely chopped
- 2 tsp fresh ginger, grated
- 1⅓ tsp fresh garlic, grated
- ½ tsp turmeric powder
- ¾ tsp chili powder
- 1½ tsp coriander powder
- ½ tsp garam masala
- ½ C unsweetened coconut milk
- 2½ C water
- 1 C sweet potato, diced
- 3 C kale
- ¼ tsp kosher salt

SERVES	CALORIES	FAT	PROTEIN	CARBS
2	230	3g	7g	46g



DIRECTIONS:

Heat oil in a stockpot. Once hot, add cumin seeds. Cook for three minutes and add onions.

Turn heat to low and stir until onions are brown and caramelized.

Add grated ginger and garlic and cook for two minutes.

Add tomato and cook for five minutes.

Turn heat to low, add the turmeric, chili, and coriander, and fry on low heat for three minutes, constantly stirring.

Add one cup of water, increase heat back to medium, and let the spices boil in the water.

Cook until most of the water is absorbed, and add sweet potato, kale, and salt, and stir for three minutes. Add the remaining water, cover, and let it cook for thirteen minutes or until the sweet potatoes are cooked.

Add coconut milk and garam masala (optional) to the stockpot and let sit for five more minutes.

Take off heat and serve immediately.

TROPICAL CHICKEN KEBABS (LOW CARB)

Every time you make this tropical chicken kebabs recipe, the pineapple, coconut, and ginger flavors will give you a taste of paradise—without the baggage fees, jetlag, and sunburns, of course. Plus, this recipe is the perfect follow-up to the Xyngular 8-Day Jumpstart program.

INGREDIENTS:

- 16 oz raw chicken breast, cubed in about 1-inch pieces
- 1 C red bell peppers, chopped
- 1 C yellow sweet onions, chopped
- 4 oz fresh pineapple, cubed
- 1 tbsp coconut aminos
- ½ tbsp honey
- 1 tsp rice vinegar
- ½ tsp garlic, minced
- ½ tsp ginger, ground
- 2 tbsp unsweetened shredded coconut
- 4 C cauliflower rice
- ¾ C unsweetened coconut milk
- salt and pepper to taste
- 4 wooden skewers

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	361	29g	21g	19g



DIRECTIONS:

Soak skewers in water for an hour before cooking.

Preheat the oven to a broil.

Cook cauliflower rice on the stovetop using coconut milk and a pinch of salt.

Measure out four ounces of chicken, ¼ cup peppers, ¼ cup onions, and one-ounce pineapple for each kebab. Skewer them and place them on a greased broiler pan.

Combine coconut aminos, honey, olive oil, rice vinegar, minced garlic, and ground ginger together in a small bowl.

Baste each kebab with the mixture and sprinkle with sea salt, pepper, and shredded coconut.

Broil for 10-15 minutes, flipping halfway through.

Enjoy warm over coconut cauliflower rice.

CILANTRO LIME CHICKEN WITH AVOCADO SALSA (LOW CARB)

This cilantro lime chicken has a bright flavor that will remind you of your favorite taco shop. Topping it off with avocado salsa is the treat your mouth has been craving. Chicken? Good. Lime and cilantro? Good. Avocado? Good. Cilantro lime chicken with avocado salsa? Amazing!

INGREDIENTS:

- 2 6 oz boneless, skinless chicken breast halves
- 1 tbsp fresh cilantro, minced
- 1¼ tbsp lime juice
- ¾ tbsp olive oil
- ½ C plum tomatoes, chopped
- 1 tbsp onion, diced
- 1½ avocado, peeled and diced
- ¼ tsp Kosher salt

SERVES	CALORIES	FAT	PROTEIN	CARBS
2	369	21g	39g	6g



DIRECTIONS:

Place chicken breasts between two pieces of saran wrap and tenderize with a meat mallet until each piece is approximately ½ inch thick.

Combine the cilantro, lime juice, and olive oil in a large bowl. Toss chicken breasts in the marinade and let stand for five minutes.

Remove chicken from marinade and discard the remaining marinade mixture.

Sprinkle chicken evenly with salt.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan and cook for approximately six minutes on each side, or until cooked through.

Prepare salsa by combining tomato, onion, lime juice, and salt in a medium bowl. Add avocado and stir gently to combine.

Spoon salsa over chicken and serve immediately.

MEXICAN PIZZA (LOW CARB)

Whether you've just completed the Xyngular 8-Day Jumpstart program, or are just looking to keep things low carb, this Mexican pizza recipe is a winner. What's a low-carb Mexican pizza, you ask? Think of it as an open-faced taco piled high with all your favorite Mexican ingredients. This Mexican pizza recipe is a real crowd-pleaser and a great variation from typical low-carb dishes.

INGREDIENTS:

- 4 brown rice tortillas
- 10 oz lean ground beef
- 3 tbsp taco seasoning
- 8 tbsp salsa
- 12 tbsp shredded low-fat mozzarella cheese
- 1 C diced tomatoes
- 4 tbsp green onion
- 4 tbsp nonfat greek yogurt (coconut milk yogurt for a dairy-free option)
- 4 C shredded romaine lettuce

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	347	8g	28g	37g



DIRECTIONS:

Preheat oven to 350° F.

Brown ground beef in a pan over medium heat. Add taco seasoning and mix thoroughly. Remove from heat.

Lay tortillas out flat on a baking sheet and spread 2 tbsp of salsa over the top of each one.

Add 3 tbsp cheese and 2 oz cooked ground beef to each tortilla. Bake for 10 minutes, or until cheese is melted.

Top each serving with 1 cup shredded lettuce, ¼ cup fresh tomatoes, 1 tbsp Greek yogurt, and 1 tbsp green onions.

MUSTARD CHICKEN AND VEGGIES (LOW CARB)

If you want my opinion, sheet pan vegetables are superior to all other vegetables. There's something about the crispy baked goodness of an oven-roasted vegetable recipe that really hits home. The mustard chicken and veggies recipe below combines a flavorful quick chicken marinade, with the perfect combination of roasted vegetables. It makes for a delicious dinner that is easy to make but tastes like you really know your way around the kitchen.

Gluten-Free | Dairy Free

INGREDIENTS:

- 16 oz chicken breast, cubed
- 12 oz sweet potatoes, diced
- 8 oz turnips, peeled and diced
- 8 oz carrots, peeled and diced
- 1 C red onion, cut into wedges
- 2 tbsp whole-grain mustard
- 1 tbsp coconut aminos
- 2 sprigs fresh thyme
- 3 tbsp olive oil
- salt and pepper to taste

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	388	14g	27g	37g



DIRECTIONS:

Preheat oven to 400° F.

Pat chicken dry with paper towels.

Combine the coconut aminos, pepper, and mustard in a bowl.

Add chicken and stir to coat evenly.

Place the sweet potatoes, turnips, carrots, onion, olive oil, thyme, salt, and pepper in a large sealable plastic bag.

Massage the mixture until well coated. Spread onto a roasting pan lined with foil.

Add chicken to the veggie pan. Roast until chicken is cooked through, and veggies are tender—about 30-40 minutes.

Divide veggies into 4 equal portions and serve with 2 oz of chicken.

SHEET PAN SAUSAGE AND VEGETABLES (LOW CARB)

Want a low-carb dinner option that comes together fast? Our low-carb Sheet Pan Sausage and Vegetables makes excellent use of a pile of vegetables from the fridge and some healthy turkey sausage. You won't believe how good low-carb can taste.

INGREDIENTS:

- 3 C cubed butternut squash
- 2½ C broccoli florets
- 1 large red bell pepper, cut into strips
- 1 large red onion, sliced
- 2 tbsp extra-virgin olive oil
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper
- 8 Italian turkey sausages, cut into ½ inch slices
- 1 tsp red pepper flakes, optional

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	489	26g	36g	27g



DIRECTIONS:

Preheat the oven to 400° F.

Line a baking sheet with parchment paper. Place butternut squash, broccoli, bell pepper, and onion in a bowl, and toss with olive oil. Spread out in one layer on a baking sheet. Season with salt and pepper.

Roast vegetables for 15 to 20 minutes.

Remove the baking sheet from the oven and turn the vegetables. Add sliced sausage to cooked vegetables. Roast an additional ten minutes, until just browned.

Remove the sheet pan from the oven and top with roasted red pepper flakes.

Serve immediately.

THAI GREEN CURRY (LOW CARB)

Bring your favorite restaurant flavors home! Thai Green Curry is a favorite takeout meal for so many in our community, we wanted to bring these rich flavors to your kitchen after completing your 8-Day Jumpstart. This vegetarian recipe is packed with flavor, fiber, and protein!

INGREDIENTS:

- 12 oz tofu, cubed
- 2 tbsp olive oil
- ½ tsp salt
- 2 sweet potatoes, peeled and cubed
- 4 tbsp green curry paste
- 2½ C unsweetened coconut milk
- 3 C broccoli florets
- 4 C cauliflower rice, cooked

SERVES	CALORIES	FAT	PROTEIN	CARBS
4	362	18g	13g	41g



DIRECTIONS:

In a large stockpot, heat olive oil over medium-high heat. Add the tofu and salt, and fry for ten minutes until golden brown. Pour cooked tofu on a separate plate and set aside.

Add sweet potatoes, coconut milk, and curry paste to the stockpot. Simmer for 10 minutes until the sweet potatoes are tender.

Add broccoli and the cooked tofu to the stockpot, and simmer for an additional 5 minutes.

Serve immediately with 1 cup cooked cauliflower rice.