

DINNER

Slow-Cooked Duck



Servings: 4 Prep Time: 10 minutes Cook Time: 6–8 hours

Ingredients

- 4 duck legs
- 6 garlic cloves, peeled
- 1 cup low-sodium chicken broth
- 4 cups chopped kale, collard greens, or turnip greens
- 1 teaspoon dried thyme
- Salt and black pepper, to taste (optional)

Directions

1. Place the duck legs in the bottom of a slow cooker.
2. Add the garlic cloves, chicken broth, dried thyme, and season with salt and pepper if desired.
3. Cover and cook on Low for 6–8 hours or High for 4–5 hours, until the duck is very tender and easily pulls away from the bone.
4. During the last 30 minutes of cooking, stir in the chopped greens.
5. Cover and continue cooking until the greens are wilted and tender.
6. Carefully remove the duck legs and serve with the greens and a spoonful of the flavorful cooking broth. If desired, skim excess fat from the broth before serving.

Nutrition (Per Serving)

- **Calories:** 510
- **Protein:** 36 g
- **Carbohydrates:** 5 g
- **Fiber:** 2 g
- **Total Fat:** 39 g
- **Saturated Fat:** 11 g
- **Cholesterol:** 145 mg
- **Sodium:** 260 mg (*varies depending on the broth used*)

Serving Suggestions

- Garnish with fresh parsley or thyme.
- Serve with roasted cauliflower, mashed cauliflower, or steamed green beans.
- Finish with a squeeze of fresh lemon juice to brighten the rich duck flavor.
- For crispier skin, place the cooked duck legs under the broiler for **3–5 minutes** before serving.

Lemon Herb Yellow tail with Roasted Vegetables



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

Ingredients

- 4 yellow tail fillets (about 6 oz each)
- 2 cups broccoli florets
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- Juice of 1 lemon
- Salt and pepper, to taste

Directions

1. Preheat the oven to **400°F (200°C)**.
2. Line a baking sheet with parchment paper or lightly grease it.
3. Arrange the broccoli, zucchini, and bell pepper around the edges of the baking sheet.
4. Place the yellow tail fillets in the center.
5. Drizzle the lemon juice evenly over the fish and vegetables. Season everything with salt and pepper.
6. Toss the vegetables gently to coat them with the lemon juice and seasoning.
7. Bake for **15–18 minutes**, or until the fish flakes easily with a fork and reaches an internal temperature of **145°F (63°C)**.
8. If you'd like the vegetables to be more browned, broil for the last **2–3 minutes**.
9. Serve immediately with the roasted vegetables and spoon any pan juices over the fish.

Nutrition (Per Serving)

- **Calories:** 295
- **Protein:** 37 g
- **Carbohydrates:** 8 g

- **Fiber:** 3 g
- **Total Fat:** 12 g
- **Saturated Fat:** 2 g
- **Cholesterol:** 80 mg
- **Sodium:** 180 mg (will vary based on salt added)

Serving Suggestions

- Garnish with fresh parsley, dill, or chives.
- Add lemon wedges for extra brightness.
- Pair with a side salad or cauliflower rice for a light, low-carbohydrate meal.
- For additional healthy fats, serve with sliced avocado.

Air Fryer Mahi Mahi



Servings: 4 Prep Time: 10 minutes Cook Time: 7–8 minutes

Ingredients

- 4 mahi mahi fillets (4–6 ounces each)
- 1 tablespoon butter, melted
- ½ teaspoon smoked paprika
- ½ tablespoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Preheat the air fryer to 400°F (200°C) for 3–5 minutes.
2. Pat the mahi mahi fillets dry with paper towels.
3. Melt the butter and brush it evenly over both sides of each fillet.
4. In a small bowl, whisk together the smoked paprika, garlic powder, onion powder, salt, and black pepper.
5. Sprinkle the seasoning mixture evenly over both sides of the fish, gently pressing it into the fillets.
6. Lightly grease the air fryer basket with cooking spray or a small amount of oil.
7. Arrange the fillets in a single layer, leaving space between each piece for proper air circulation.
8. Air fry for 7–8 minutes, flipping the fillets halfway through cooking. The fish is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C).
9. Serve immediately with fresh lemon wedges.

Nutrition (Per Serving)

- **Calories:** 235
- **Protein:** 33 g

- **Carbohydrates:** 1 g
- **Fiber:** 0 g
- **Total Fat:** 10 g
- **Saturated Fat:** 3.5 g
- **Cholesterol:** 105 mg
- **Sodium:** 410 mg

Serving Suggestions

- Serve with roasted asparagus, steamed broccoli, or sautéed zucchini.
- Pair with cauliflower rice or a fresh cucumber and tomato salad.
- Garnish with chopped fresh parsley and a squeeze of lemon juice for added freshness.
- For extra flavor, serve with a side of homemade mango salsa or avocado slices.

Garlic Butter Zucchini Shrimp



Servings: 4 Prep Time: 10 minutes Cook Time: 10 minutes

Ingredients

- 1 pound shrimp, peeled and deveined
- 2 medium zucchini, sliced into half-moons
- 4 tablespoons butter
- 4 cloves garlic, minced
- Salt and black pepper, to taste
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh lemon juice (optional)

Directions

1. Heat a large skillet over medium heat and melt the butter.
2. Add the minced garlic and cook for 30–60 seconds, stirring frequently until fragrant.
3. Add the sliced zucchini and sauté for 3–4 minutes, stirring occasionally, until just tender but still slightly crisp.
4. Push the zucchini to one side of the skillet and add the shrimp.
5. Season the shrimp with salt and black pepper.
6. Cook the shrimp for 2–3 minutes per side, or until they are pink, opaque, and cooked through.
7. Stir the shrimp and zucchini together. If desired, add the fresh lemon juice and cook for another 30 seconds.
8. Sprinkle with chopped fresh parsley and serve immediately.

Nutrition (Per Serving)

- **Calories:** 245
- **Protein:** 25 g
- **Carbohydrates:** 5 g
- **Fiber:** 1 g
- **Sugars:** 3 g
- **Total Fat:** 15 g
- **Saturated Fat:** 9 g
- **Cholesterol:** 220 mg

- **Sodium:** 390 mg (*varies with added salt*)

Serving Suggestions

- Serve with steamed broccoli, roasted asparagus, or cauliflower rice for a complete low-carbohydrate meal.
- Garnish with extra fresh parsley, grated lemon zest, or a sprinkle of red pepper flakes for a little heat.

Mussels with Mushrooms and Spinach

Cook Time: 10 minutes Total Time: 20 minutes Servings: 4

Ingredients

- 2 lbs. mussels, cleaned and debearded



- 2 cups mushrooms, sliced
- 3 cups fresh spinach
- 1 cup low-sodium vegetable or seafood broth
- 1 shallot, finely diced
- 2 cloves garlic, minced
- Juice of 1 lemon

Directions

1. In a large pot, combine the shallot, garlic, mushrooms, and broth. Simmer for about 5 minutes, or until the mushrooms begin to soften.
2. Add the mussels and cover the pot. Steam for 5–7 minutes, or until the mussels open.
3. Add the spinach and gently stir. Cook for 1–2 minutes, or until the spinach is wilted.
4. Remove from the heat and stir in the fresh lemon juice.
5. Discard any mussels that remain closed after cooking.
6. Serve immediately with the mushrooms, spinach, and lemon broth.

Nutrition Information

Approximate per serving:

- Calories: 220
- Protein: 29 g
- Fat: 5 g
- Carbohydrates: 7 g

Serving Suggestions

- Serve in shallow bowls with the mussels, mushrooms, and spinach arranged around the center.
- Spoon the lemon broth over the mussels just before serving.
- Serve with steamed broccoli, roasted cauliflower, or sautéed greens for a complete meal.
- For additional texture, sprinkle with a small amount of chopped parsley, toasted sesame seeds, or pumpkin seeds.
- Serve with a side of fresh lemon wedges for extra brightness.

- For a lighter meal, serve over a bed of fresh spinach or watercress.

Steamed Mussels



Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 4

Ingredients

- 3 pounds mussels, cleaned and debearded
- 3 tablespoons butter
- 4 large garlic cloves, minced
- 1 large shallot or small red onion, halved and thinly sliced
- Kosher salt, to taste
- 1 teaspoon Italian seasoning
- ½–1 teaspoon red pepper flakes or Aleppo pepper
- 1 cup chicken or vegetable broth
- ½ cup dry white wine
- 3 tablespoons fresh parsley, chopped
- Lemon wedges, for serving

Directions

1. Rinse the mussels under cold running water, scrubbing them with a brush until the water runs clear. Remove the “beards” by pulling them firmly with your fingers or using a small knife. Discard any mussels that are cracked, remain open, or do not close when gently tapped.
2. In a large Dutch oven or 6-quart pot, melt the butter over medium-high heat.
3. Add the garlic and shallot. Season with salt, Italian seasoning, and red pepper flakes or Aleppo pepper. Cook for 2–3 minutes, stirring frequently, until fragrant. Do not allow the garlic to brown.
4. Add the mussels and gently stir to coat them with the garlic and shallot mixture.
5. Pour in the broth and white wine. Cover the pot and steam over medium-high heat for 5–6 minutes, or until the mussels open. Carefully stir once during cooking.
6. Remove the pot from the heat as soon as the mussels have opened. Stir in the fresh parsley.
7. Discard any mussels that remain closed after cooking.
8. Transfer the mussels and broth to serving bowls. Serve immediately with lemon wedges.

• Nutrition Information

Approximate per serving:

- Calories: 173
- Protein: 15 g
- Fat: 8 g
- Carbohydrates: 9 g

Serving Suggestions

- Serve in wide, shallow bowls with plenty of the garlic-herb broth.
- Add fresh lemon wedges for brightness.
- Serve with crusty whole-grain bread for soaking up the broth.

- For a lighter meal, serve alongside steamed spinach, broccoli, or roasted cauliflower.
- Garnish with additional fresh parsley and a sprinkle of red pepper flakes.
- Pair with a simple green salad with lemon dressing for a complete meal.

TURKEY AND BRUSSEL SPROUT SKILLET



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 20–25 minutes

Ingredients

- 1 tablespoon butter
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 2 cups Brussels sprouts, halved
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- ¼ cup low-sodium chicken broth
- 1 tablespoon fresh lemon juice

Directions

1. Melt the butter in a large skillet over medium heat.
2. Add the diced onion and minced garlic. Sauté for 2–3 minutes, until the onion becomes translucent and fragrant.
3. Add the ground turkey, breaking it apart with a spatula. Cook for 5–7 minutes, stirring occasionally, until the turkey is browned and cooked through.
4. Add the halved Brussels sprouts, salt, black pepper, and red pepper flakes. Stir well and cook for about 5 minutes, allowing the Brussels sprouts to begin to soften and brown.
5. Pour in the chicken broth. Stir, cover the skillet, and simmer for 5–7 minutes, or until the Brussels sprouts are tender.
6. Remove the lid and stir in the fresh lemon juice. Taste and adjust the seasoning if needed.
7. Serve hot.

Nutrition Information

- Calories: 227 kcal
- Protein: 21 g
- Carbohydrates: 7 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 650 mg

*Sodium will vary depending on the chicken broth, turkey, and amount of salt used.

Serving Suggestion

Serve the turkey and Brussels sprouts skillet with roasted cauliflower, a fresh green salad, or steamed vegetables for a complete meal.

Mediterranean turkey burger



Prep Time: 15 minutes Cook Time: 12–14 minutes Total Time: 27–29 minutes
Servings: 4

Ingredients

- 1 lb. ground turkey
- 20 g (about ¼ cup) green onion, chopped
- 35 g (about ¼ cup) pitted Kalamata olives, sliced or chopped
- 2 oz. (57 g) feta cheese, crumbled
- 1 oz. (30 g) Gruyère cheese, shredded
- 1 tbsp. fresh Italian parsley, finely chopped
(or 1 tsp. dried parsley)
- 1 tbsp. fresh dill, finely chopped
(or 1 tsp. dried dill)
- 1 tsp. horseradish
- 3 tsp. Dijon mustard
- 1 large egg
- ¼ tsp. kosher salt
- ¼ tsp. cracked black pepper

Directions

1. Combine the ground turkey, green onion, Kalamata olives, feta cheese, Gruyère cheese, parsley, dill, horseradish, Dijon mustard, egg, salt, and black pepper in a medium bowl. Mix until well combined.
2. Form the mixture into 4 patties, approximately 1 inch thick.
3. Preheat the grill to medium-high heat, approximately 450°F (230°C).
4. Grill the turkey burgers for 6–7 minutes per side, or until cooked through and the internal temperature reaches 165°F (74°C).
5. Remove from the grill and let rest for a few minutes.

Nutrition

Estimated per serving (1 turkey burger):

Calories: 238 kcal

Protein: 33 g

Carbohydrates: 2 g

Fat: 9 g

Serving suggestion: Pair with grilled zucchini, Brussels sprouts, asparagus, cauliflower, or a fresh green salad.

Cajun Scallops with Zucchini

Prep Time: 10 minutes

Cook Time: 12–15 minutes

Total Time: 22–25 minutes

Servings: 4

- **Ingredients**

- 1½ lbs. scallops
- 2 zucchinis, sliced
- 2 tbsp. olive oil
- 2 tsp. Cajun seasoning
- 2 cloves garlic, minced

- **Directions**

1. Season the scallops evenly with Cajun seasoning.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the zucchini and cook until lightly browned and tender-crisp.
3. Remove the zucchini from the skillet and set aside.
4. Add the remaining 1 tablespoon of olive oil and garlic to the skillet. Add the scallops and sear for approximately 2 minutes per side, until golden brown and cooked through.
5. Return the zucchini to the skillet and gently toss together with the scallops. Serve immediately.

- **Nutrition Per Serving**

- Calories: 265 kcal
- Protein: 32 g
- Carbohydrates: 8 g
- Fat: 12 g
- Fiber: 2 g
- Serving Suggestion: Serve with steamed asparagus, roasted cauliflower, or a fresh green salad.

GARLIC HERB SCALLOPS WITH CAULIFLOWER RICE



Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes Servings: 4

Ingredients

- 1½ lbs. scallops, patted dry
- 4 cups cauliflower rice
- 3 cloves garlic, minced
- 1 tbsp. fresh parsley, chopped
- 1 tsp. fresh thyme leaves
- Juice of 1 lemon
- 2 tbsp. avocado oil
- ¼ tsp. salt
- ¼ tsp. black pepper

Directions

1. Heat 1 tablespoon of avocado oil in a large skillet over medium heat. Add the cauliflower rice and garlic. Cook for 5–7 minutes, stirring occasionally, until the cauliflower is tender.
2. Stir in the parsley and thyme. Season with salt and black pepper. Remove the cauliflower rice from the skillet and keep warm.
3. Pat the scallops dry and season lightly with salt and black pepper.
4. Heat the remaining tablespoon of avocado oil over medium-high heat. Add the scallops in a single layer and sear for approximately 2–3 minutes per side, until golden brown and cooked through.
5. Divide the cauliflower rice among four plates and place the scallops on top.
6. Drizzle with fresh lemon juice and serve immediately.

Nutrition Per Serving

- Calories: 275 kcal
- Protein: 35 g
- Carbohydrates: 9 g
- Fat: 12 g
- Fiber: 3 g

Serving Suggestion

Serve with roasted asparagus, sautéed spinach, or steamed broccoli for an additional vegetable side.

Chicken Fajita Bowl



Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes Servings: 4

Ingredients

- 2 lbs. chicken strips
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 4 cups cauliflower rice
- 1 avocado, sliced
- Salt and black pepper, to taste
- 1 tbsp. olive oil or avocado oil, for cooking
- 4 cups cauliflower rice
- 1 avocado, sliced
- Salt and black pepper, to taste
- 1 tbsp. olive oil or avocado oil, for cooking

Directions

1. Season the chicken strips with chili powder, cumin, salt, and black pepper.
2. Heat the oil in a large skillet over medium-high heat. Add the chicken and cook for 6–8 minutes, stirring occasionally, until browned and cooked through.
3. Add the sliced bell peppers and onion. Cook for 5–7 minutes, stirring occasionally, until the vegetables are tender-crisp.
4. While the chicken and vegetables are cooking, prepare the cauliflower rice in a separate skillet. Cook for 5–7 minutes, until tender.
5. Divide the cauliflower rice among four bowls.
6. Top each bowl with the chicken, peppers, and onions.
7. Add sliced avocado just before serving.

Nutrition

- Calories: 390
- Protein: 48 g
- Carbohydrates: 18 g
- Fat: 16 g

Serving Suggestion -For additional flavor, finish with fresh lime juice, chopped cilantro, or sliced green onion. Serve with a side of sautéed greens or a fresh lettuce salad.

Rosemary Garlic Chicken



Prep Time: 10 minutes **Cook Time:** 30 minutes **Total Time:** 40 minutes **Servings:** 4

Ingredients

- 2 lbs. chicken breasts
- 4 cups Brussels sprouts, trimmed and halved
- 3 cloves garlic, minced
- 1 tbsp. fresh rosemary, chopped
(or 1 tsp. dried rosemary)
- Zest of 1 lemon
- 2 tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper

Directions

1. Preheat the oven to 400°F.
2. Place the chicken breasts and halved Brussels sprouts on a large baking sheet or roasting pan.
3. Season the chicken with rosemary, minced garlic, lemon zest, salt, and black pepper.
4. Drizzle the olive oil over the chicken and Brussels sprouts and toss the Brussels sprouts to coat evenly.
5. Roast for approximately 30 minutes, or until the chicken reaches an internal temperature of 165°F and the Brussels sprouts are tender and lightly browned.
6. Remove from the oven and let the chicken rest for 5 minutes before slicing.
7. Serve the roasted chicken with the Brussels sprouts.

Nutrition

- Calories 445kcal
- Protein 60 g
- Carbohydrates 12g
- Fat 19 g
- Fiber 5 g

Serving Suggestion

Serve with cauliflower rice, sautéed spinach, or a fresh green salad. A squeeze of fresh lemon over the finished dish adds brightness without additional calories.

Mediterranean Chicken with Olives & Artichokes



Prep Time: 10 minutes **Cook Time:** 25–30 minutes **Total Time:** 35–40 minutes **Servings:** 4

Ingredients

- 2 lbs. chicken thighs or chicken breast
- 1 cup artichoke hearts, quartered
- ½ cup olives, pitted
- 2 cups fresh spinach
- 3 cloves garlic, minced
- 1 tsp. dried thyme
- Zest of 1 lemon
- ½ cup low-sodium chicken broth
- ½ tsp. salt, or to taste
- ¼ tsp. black pepper

Directions

1. Season the chicken with salt and black pepper.
2. Heat a large skillet over medium-high heat. Add the chicken and brown for 3–4 minutes per side.
3. Add the minced garlic, artichoke hearts, olives, thyme, and lemon zest.
4. Pour in the chicken broth and bring to a gentle simmer.
5. Cover and simmer for 15–20 minutes, or until the chicken reaches an internal temperature of 165°F and is cooked through.
6. Remove the lid and stir in the fresh spinach. Cook for 1–2 minutes, just until the spinach wilts.
7. Serve the chicken with the artichokes, olives, and spinach spooned over the top.

Nutrition Per Serving

- Calories 390 kcal
- Protein 46 g
- Carbohydrates 9 g
- Fat 18 g
- Fiber 18 g

Serving Suggestion

Serve with cauliflower rice, roasted Brussels sprouts, zucchini, or a fresh lettuce salad. A squeeze of fresh lemon juice over the chicken just before serving adds extra Mediterranean flavor.