

BECCA LUDLUM  
FROM MY CRAZY GOOD LIFE®

# HEALTHY LOW CARB RECIPES



DELICIOUS RECIPES UNDER 15G CARBS

# Low Carb Recipes

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My Crazy Good Life®

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# Easy Egg Scrambles

[View tips and more information here](#)

## *All American Egg Scramble*

1/4 cup of cooked and diced sweet potatoes  
1/4 cup of low sodium bacon, cooked and diced  
1 tbsp of cheddar cheese, shredded

## *Denver Egg Scramble*

1/4 cup of bell peppers and onions  
1/8 cup of low sodium ham, diced  
1/8 cup of cooked and diced sweet potatoes  
1 tbsp of shredded cheddar cheese

## *Meat Lovers/High Protein Egg Scramble*

1/4 cup of homemade turkey sausage  
1/8 cup of cooked and diced low sodium bacon  
1/8 cup of low sodium ham, diced

## *Veggie Lovers Egg Scramble*

1/8 cup mushrooms, diced  
1/8 cup of chopped broccoli and cauliflower  
1 tbsp of diced onion  
1/8 cup of diced bell peppers

## *Anti-inflammatory Egg Scramble*

1/8 cup of cooked and diced sweet potato  
1/8 cup of homemade turkey sausage  
1/8 cup of broccoli, chopped  
1 tbsp of onions, diced



## *Southwest Egg Scramble*

1/4 cup of diced poblano or Anaheim peppers  
1/8 cup of black beans  
1/8 cup of chopped bell peppers  
1/8 cup of chopped kale  
1/8 cup of homemade turkey sausage

1. Dice and assemble your ingredients, then place into zipper bags. If using a microwave safe container, add a little cooking spray first so they clean up easier.
2. Cover and store your cups in the fridge or freezer.
3. When you're ready to cook these, just add an egg (or two), and mix it all together.

4. Place the microwave safe mug, bowl, or mason jar into the microwave.
5. For two eggs: Place in microwave and cook for 1:30, stir if needed, then cook for another 1:30.  
For one egg: Place in microwave and cook for 1 minute, stir if needed, then cook for 1 more minute.

6. Add 30 seconds at a time if your scrambles aren't cooked through.

*Note: If freezing your vegetables to cook later, you'll want to thaw them first so you can mix the eggs in before cooking.*

### Nutrition Information (Per Serving)

These calculations are for just the cups, no fresh eggs or egg whites. Each egg will add 78 calories and 6g of protein. For each egg white add 17 calories and 3.6g of protein.

**All American:** 86 calories, 3g protein, 7g carbohydrates. 21 Day Fix: .5Y, 1R, 1 tbsp. B. Weight Watchers: 5 points.

**Denver:** 97 calories, 5g protein, 7g carbohydrates. 21 Day Fix: Increase ham to ¼ cup and sweet potato to ¼ cup for .25G, .3R, .5Y, 1 tbsp. B. Weight Watchers: 3 points.

**Meat Lovers/High Protein:** 86 calories, 14g protein, 1g carbohydrates. 21 Day Fix: .6R. Weight Watchers: 3 points.

**Veggie Lovers:** 20 calories, 1g protein, 4g carbohydrates. 21 Day Fix: Increase bell peppers to ¼ cup for .5G. Weight Watchers: 0 points.

**Anti-inflammatory:** 54 calories, 7g protein, 5g carbohydrates. 21 Day Fix: Increase sweet potato and sausage to ¼ cup for .5Y, .3R, .1G. Weight Watchers: 1 point.

**Southwest:** 109 calories, 16g protein, 9g carbohydrates. 21 Day Fix: Increase sausage to ¼ cup for .5G, .2Y, .3R. Weight Watchers: 0 points.



# Dairy Free Egg Bites

[View tips and more information here](#)

## Ingredients

**8 eggs**  
**3/4 cup of crumbled tofu**  
**1/4 cup of unsweetened almond milk**  
**1/2 tsp of onion powder**  
**1/2 tsp of pepper**  
**1 tsp of parsley**  
**1 tsp of dried dill**  
**14 slices turkey bacon, cut in half**



1. Fill a casserole dish with about 3 ½ cups of water and place on the bottom rack of the oven. Preheat the oven to 375°F. The water in the casserole dish will help get the steamed fluffy texture without a sous vide.
2. Lightly Spray a cupcake pan with olive oil and place two 1/2 pieces of turkey bacon slices crisscross in each cup, forming a bowl.
3. Combine the rest of the ingredients together in a blender. Blend until the smooth, about 30-60 seconds.
4. Fill each cup with the egg mixture and cover the pan with aluminum foil.
5. Place the egg bites on the top rack of the oven.
6. Cook the egg bites for 20 minutes. Be careful when opening the oven, there will be a lot of steam. Remove and let the egg bites cool for at least 5 minutes before removing from the pan.

**Meal Prep Tip:** These egg bites can be stored in the refrigerator for up to 1 week or in the freezer for up to a month. To reheat just pop in the microwave for 30 seconds - 1 minute.

## Nutrition Information (Per Serving)

Servings: 7

Calories: 204

Protein: 17g

Carbohydrates: 2g

21 Day Fix: 1.25R

Weight Watchers: 1 Freestyle Smart Point

# Healthy Copycat Starbucks Egg Bites

[View tips and more information here](#)

## Ingredients

6 eggs  
1 cup of cheddar cheese  
3/4 cup of cottage cheese  
3/4 cup of plain Greek yogurt  
1/2 cup of sun-dried tomatoes  
1/4 cup of chopped basil  
Salt, as desired



## Instant Pot Instructions:

1. Add eggs, cheddar cheese, cottage cheese, yogurt, and salt to a blender. Blend ingredients together for 30 seconds.
2. Grease two silicone food molds with olive oil or coconut oil. Sprinkle the sundried tomatoes and basil in the bottom of each cup. Fill each cup about 3/4 of the way full.
3. Cover the silicone molds tightly with foil. Add 2 cups of water to the Instant Pot insert and place the trivet on the bottom of the pan. Carefully stack the molds on top of the trivet slight off set so that the cups are not directly on top of each other.
4. Cook on high pressure using the steam function for 8 minutes. Let the pressure naturally release. This takes about 10 minutes.
5. Remove the silicone molds and let cool. The sous vide eggs rose a little while cooking but settled as it cooled.

Remove the foil and pop the sous vide eggs out of the mold. Store in an air tight container for up to 1 week in the refrigerator. Microwave for 30 seconds when ready to eat.

## Oven Instructions:

1. Add a casserole dish to bottom rack of oven, about ½ full of water.
2. Spray muffin pan generously with oil.
3. Pour egg bite mix into a muffin tin, bake egg bites at 375°F for 20 minutes.

## Nutrition Information (Per Serving)

Servings: 7

Calories: 170

Protein: 15g

Carbohydrates: 6g

21 Day Fix: .75R, .5B

Weight Watchers: 3 Freestyle Smart Points (when using low fat cottage cheese and Greek yogurt)

# Healthy Red Pepper Egg Bites

[View tips and more information here](#)

## Ingredients

- 6 eggs
- 2/3 cup of cheddar cheese
- 3/4 cup of plain Greek yogurt
- 3/4 cup of cottage cheese
- 2 cups of diced red bell peppers
- 1/3 cup of chopped green onions
- 14 slices of cooked and chopped turkey bacon
- 1 tsp of oil (avocado, coconut, or olive)



1. Grease the silicone egg bite molds with the oil so that the bites do not stick in the container.
2. Fill each cup of the silicone mold halfway with green onions, turkey bacon, and bell peppers.
3. In a blender mix together the eggs, cheese, Greek yogurt, and cottage cheese. Blend for 30 seconds.
4. Pour the egg mixture in the silicone mold. Fill each cup to about ¼" below the brim. Cover with foil.
5. Add 1 cup of water the bottom of the Instant Pot insert. Place a trivet on the bottom then stack both trays on top of the trivet. Rotate the top tray slightly to offset it so that the cups are not directly on top of each other.
6. Close the lid and turn the pressure valve to sealing. Cook on high pressure using the "Steam" function for 8 minutes. Let the pressure naturally release.

7. Turn off the Instant Pot and remove the bites.
8. Take off the foil and flip the tray upside down and cool until the egg bites can be removed from the silicone mold without sticking.

**Meal Prep Tip:** These egg bites can be stored in the refrigerator for up to 1 week or in the freezer for up to a month. To reheat just pop in the microwave for 30 seconds - 1 minute.

## Nutrition Information (Per Serving)

Servings: 8

Calories: 259

Protein: 20g

Carbohydrates: 5g

21 Day Fix: 1R, .25B, .3G

Weight Watchers: 4 Freestyle Smart Points

(when using low fat cottage cheese and fat free Greek yogurt)



# Healthy Starbucks Egg White Bites

[View tips and more information here](#)

## Ingredients

12 egg whites, or 1 1/4 cup  
3/4 cup of plain fat free Greek yogurt  
3/4 cup of 1% cottage cheese  
1 tsp of dried basil  
1 cup of shredded low-fat mozzarella cheese  
14 slices of uncooked turkey bacon  
1 cup of chopped spinach  
1 large tomato, diced, about 1/2 cup  
1 cup of diced bell peppers

1. Preheat the oven to 375°F.
2. Wrap the turkey bacon around the inside of each cup of a cupcake pan.
3. Mix the spinach, tomatoes, and bell peppers together in a bowl. Then spoon the vegetables each cup of the cupcake pan, about 3/4 of the way full.
4. Next blend together the egg whites, Greek yogurt, cottage cheese, mozzarella, and basil for 30 seconds.
5. Pour the egg mixture into each cup until full. Cover the pan with foil.
6. Place a baking tray full of water on the bottom rack of the oven. Then place the egg bites in the oven on the top rack.
7. Cook the egg bites for 20 minutes then remove and let the egg bites cool for at least 5 minutes before removing from the pan. Be careful opening the oven, there will be lots of steam. Enjoy!



**Meal Prep Tip:** These egg bites can be stored in the refrigerator for up to 1 week or in the freezer for up to a month. To reheat just pop in the microwave for 30 seconds - 1 minute.

## Nutrition Information (Per Serving)

Servings: 7

Calories: 224

Protein: 22g

Carbohydrates: 4g

21 Day Fix: 1R, .5B, .5G

Weight Watchers: 3 Freestyle Smart Points  
(when using 1% cottage cheese, part skim mozzarella, and fat free Greek yogurt)

# Zucchini and Sausage Breakfast Skillet

[View tips and more information here](#)

## Ingredients

- 1 tbsp of butter
- 3 eggs
- 3 cups of grated zucchini
- 1/2 cup of diced red bell pepper
- 1/4 cup of finely chopped onion
- 1/2 lb. of turkey sausage
- 1/3 cup of shredded cheese (as desired)



1. Preheat oven to 350°F.
2. Sauté the onion and zucchini in butter until onion is clear and zucchini is a little soft.
3. Dry excess water from zucchini and onion on a paper towel or in a colander.
4. Sauté the sausage until cooked.
5. Add the zucchini, onion, and sausage to a greased 8x8 pan.
6. Scramble the eggs and pour on top of the sausage in the pan.
7. Grate cheese on top, if desired.
8. Bake uncovered 35-40 minutes.

**Meal Prep Tip:** This healthy and protein packed recipe is perfect for meal prep and on-the-go breakfasts! Refrigerate or freeze and reheat when ready to eat in the morning.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 221

Protein: 19g

Carbohydrates: 6g

21 Day Fix: 1G, .25B, .75R

Weight Watchers: 5 Freestyle Smart Points

# Healthy Chorizo and Eggs Casserole

[View tips and more information here](#)

## *Turkey Chorizo Recipe*

1 lb. of ground turkey  
1 tsp of onion powder  
1 tsp of garlic salt  
4 tbsp of chili powder  
1 tbsp of cumin  
1 tbsp of ground coriander  
1 tbsp of oregano  
1 tsp of pepper  
2 tsp of paprika  
1/4 tsp of cinnamon  
1 tsp of crushed red pepper flakes  
1 tbsp of fennel seed  
1/4 cup of apple cider vinegar



## *Chorizo and Eggs Casserole*

1/2 lb. of turkey chorizo  
8 eggs  
1/4 cup of unsweetened almond milk  
1/2 tsp of pepper  
1 red bell pepper, chopped  
1 zucchini, chopped

Optional toppings:

Shredded cheese

Green onion

1. In a large bowl combine all of the turkey chorizo ingredients together and mix the seasoning into the raw ground turkey using either your hands or a stiff utensil.
2. Divide the chorizo in half and marinate in a plastic storage bag or container overnight in the refrigerator. This will keep in the refrigerator for 2-3 days, or you can freeze for later.
3. Chop the zucchini and bell pepper.
4. In a bowl whisk together the eggs, almond milk, pepper, and salt to taste.

5. Spray a large skillet with coconut oil and heat on high heat.
6. When the skillet is hot, add the chorizo, bell pepper, and zucchini. Cook the turkey chorizo all the way through, to an internal temperature of 165°F.
7. Reduce the heat to medium and pour the eggs over the chorizo and vegetables and scramble the mixture.
8. Remove from heat, garnish as desired, and serve hot.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 325

Protein: 41g

Carbohydrates: 13g

21 Day Fix: 1.25R, .5G

Weight Watchers: 1 Freestyle Smart Point

# Sweet Homemade Sausage

[View tips and more information here](#)

## Ingredients

1 lb. of ground turkey or chicken  
1 tsp of cinnamon  
1 tsp of nutmeg  
1/2 green apple, diced finely  
1/4 cup of bone broth  
2 tbsp of coconut oil (if frying)  
Optional: salt to taste



1. Add the meat, apple, broth, and spices to a large bowl.
2. Mix the ingredients together with your hands and form 12 small patties.
3. If frying, heat coconut oil in large pan and add sausage patties to hot oil. Cook on both sides until an internal temperature of 165°F is reached, about 5 minutes.
4. If baking, preheat the oven to 375°F and cook for about 25 minutes on a greased cookie pan, until an internal temperature of 165°F is reached.

**Meal Prep Tip:** This delicious recipe is healthier than store bought sausage and is great for meal prep. Refrigerate or freeze and reheat when ready to eat in the morning.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 206

Protein: 28g

Carbohydrates: 4g

21 Day Fix: 1R, 1 tsp

Weight Watchers: 0 Freestyle Smart Points (when baked)



# Savory Homemade Turkey Sausage

[View tips and more information here](#)

## Ingredients

1 lb. of ground turkey or chicken  
3 tsp of minced garlic  
1/3 cup of diced red onion  
1 tsp of ground cumin  
1/2 tsp of ground black pepper  
1/4 cup of bone broth  
Optional: salt to taste



1. Add the meat, garlic, onions, broth, and spices to a large bowl.
2. Mix the ingredients together with your hands and form 8 small patties.
3. Preheat the oven to 375°F and cook for about 25 minutes on a greased cookie pan, until an internal temperature of 165°F is reached.

**Meal Prep Tip:** This delicious recipe is healthier than store bought sausage and is great for meal prep. Refrigerate or freeze and reheat when ready to eat in the morning.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 141

Protein: 28g

Carbohydrates: 2g

21 Day Fix: 1R

Weight Watchers: 0 Freestyle Smart Points (when baked)



# Healthy Carne Asada

[View tips and more information here](#)

## Ingredients

1 ½ lb. of skirt steak

## Marinade

¼ cup of white vinegar

2 tbsp of low sodium coconut aminos  
or Tamari/Soy Sauce

1 tsp of garlic powder

2 tbsp of lime juice (about 1 lime)

2 tsp olive oil

1 orange, juiced

1 tbsp of chili powder

1 tsp of oregano

1 tsp of cumin

1 tsp of onion powder

Optional: salt to taste

12 Low carb tortillas

## Toppings

Diced onions

Cilantro



1. Dice the skirt steak.
2. Combine all the marinade ingredients in a large zippered bag or container with lid.
3. Add the diced to the container and mix to ensure it is completely covered by the marinade.
4. Place in the fridge for at least 1 hour, or overnight.
5. Coat a large skillet with olive/avocado oil and heat on high heat. When the pan is hot, scoop the meat into the skillet and dispose of the marinade.
6. Cook the meat until the desired doneness (a minimum internal temperature of at least 145°F. (approx. 5-8 minutes)
7. Remove the carne asada from the heat and warm your low carb tortillas on the hot skillet.
8. Chop the onions and cilantro.
9. Assemble your tacos and garnish as desired.

**Meal Prep Tip:** This versatile recipe is perfect for meal prep. Refrigerate or freeze until needed, then serve on top of salads, enchiladas, tacos, sandwiches, etc.

## Nutrition Information (Per Serving)

\*Nutrition information is calculated for meat and marinade only

Servings: 6

Calories: 270

Protein: 23g

Carbohydrates: 4g

21 Day Fix: 1R

Weight Watchers: 5 Freestyle Smart Points

# Apricot Chicken with Asparagus

[View tips and more information here](#)

## *Main Ingredients*

2 lbs. of chicken breasts  
1 bunch of asparagus  
1 red onion cut into 8 Pieces  
salt & pepper to taste

## *Apricot Sauce*

4 apricots, peeled & pitted  
1/2 tbsp of minced garlic  
1 tbsp of coconut aminos  
1/4 cup of fresh orange juice  
1 tbsp of apple cider vinegar



1. Preheat the oven to 400°F.
2. In a blender, combine all the ingredients for the apricot sauce. Blend for about 30 seconds until the sauce is smooth.
3. Arrange the chicken breasts on a baking sheet and sprinkle with salt and pepper.
4. Cover the chicken breast with 1/2 the apricot sauce, save the rest for later. Arrange the asparagus and onions on the baking sheet around the chicken.
5. Cook the chicken until the internal temperature reaches 165°F, about 15-20 minutes.
6. Remove the chicken from the oven and pour the remaining sauce over the chicken.
7. Switch the oven to broil and broil the chicken for 3-5 minutes or until the sauce thickens. Let the chicken rest for 5 minutes then serve.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 300

Protein: 49g

Carbohydrates: 9g

21 Day Fix: 1G, 1R, .5P

Weight Watchers: 0 Freestyle Smart Points

Notes: Serving is ¾ cup chicken breast and 1 cup vegetables

# BBQ Chicken Meatza

[View tips and more information here](#)

*For the crust*

2 lbs. of ground chicken  
1 tbsp of onion powder  
1 tbsp of garlic powder  
1 tbsp of smoked paprika  
1/2 cup of chopped cilantro  
1 egg

*For the pizza:*

1/2 cup of bacon, cooked and diced  
1/2 cup of cilantro, chopped  
1/2 cup of red onion, chopped  
1 cup of cheese shredded  
1/4 cup of jalapeños optional  
12 tbsp of BBQ sauce. Click here for my favorite [Homemade Low Carb BBQ Sauce Recipe](#)



1. Preheat your oven to 350°.
2. Make your crust by combining the ground chicken, egg, and spices into a bowl and mix well.
3. Place meat mixture on a greased pan or silpat mat.
4. Roll the mixture into a round "crust," making sure the thickness is consistent.
5. Place the crust in the oven and cook until the internal temperature reaches 165°F, about 15-20 minutes. Remove the pan from the oven and set your oven to broil.
6. Top your crust with BBQ sauce, red onions, bacon, cilantro, and cheese. Add sliced jalapeños if you're brave ;)
7. Place the meatza in the oven for 3-5 minutes, keeping a close eye on it to prevent burning. Serve.

## Nutrition Information (Per Serving)

Servings: 8

Calories: 293

Protein: 25g

Carbohydrates: 14g

21 Day Fix: 1.1R, .1G, .3B

Weight Watchers: 3 Freestyle Start Points

Notes: Nutrition is calculated using homemade BBQ sauce in the ingredient list.



# Buffalo Chicken Dip

[View tips and more information here](#)

## Ingredients

3/4 cup of cottage cheese  
3/4 cup of plain Greek yogurt  
1/2 tsp of garlic powder  
1/2 tsp of onion powder  
1/4 tsp of black pepper  
1/2 tsp of dried dill  
1/2 tsp of dried parsley

2 lbs. of frozen chicken breasts  
3/4 cup of Frank's Hot Sauce, (Not Buffalo sauce)  
Optional: Shredded cheddar cheese, goat cheese, and green onions



1. Boil your chicken for 15-20 minutes until the internal temperature reaches 165 °F. Drain the water and shred the chicken.
2. In a blender mix together the cottage cheese, Greek yogurt, and seasoning (garlic powder, onion powder, pepper, dill, and parsley) until smooth, about 1-2 minutes.
3. Mix in the Frank's hot sauce with the blended sauce and pour onto the shredded chicken. Garnish as desired (with goat cheese, shredded cheese, green onions, etc.)
4. Transfer the dip to an oven safe serving dish and top with shredded or goat cheese (as desired). Broil the dip for about 5 minutes until the top is golden. Remove the dip, cool for 5-10 minutes and top with green onions and serve.

**Meal Prep Tip:** This delicious dip is easily frozen and reheated. Make a wrap with it or dip your favorite vegetables in it for a healthy snack.

## Nutrition Information (Per Serving)

Servings: 8

Calories: 202

Protein: 31g

Carbohydrates: 2g

21 Day Fix: 1.25R, .25B

Weight Watchers: 2 Freestyle Smart Points (when using low fat cottage cheese and fat free Greek yogurt)

# Avocado Stuffed Chicken Breast with Bacon

[View tips and more information here](#)

## Ingredients

1 lb. of chicken breast, about 2 breasts  
1/2 avocado, sliced  
6 slices bacon, I prefer nitrate free and center cut  
BBQ spices optional

1. Slice a pocket into the side of your chicken breasts. But, don't cut them all the way through.
2. Stuff the chicken breast with 2-3 slices of avocado.
3. Sprinkle salt and pepper or your favorite spice on top. I like the Traeger Prime Rib spice for this recipe.
4. Wrap your chicken breast with 2-3 slices of bacon.

## In the oven:

1. Preheat your oven to 350°F and cook until the internal temperature reaches 165°F, about 50 minutes.
2. Remove from oven and cool for 5-10 minutes. Serve.

## On the grill:

1. Preheat your grill to 350°F or medium and cook until the internal temperature reaches 165°F, about 30 minutes.
2. Remove from oven and cool for 5-10 minutes. Serve.

**Meal Prep Tip:** Refrigerate after cooking. This delicious recipe is easily reheated for a healthy lunch or dinner.



## Nutrition Information (Per Serving)

Servings: 4

Calories: 307

Protein: 29g

Carbohydrates: 3g

21 Day Fix: 2 R, 1 B (when using 4 slices of turkey bacon, 5 ounces of Chicken and 1/3 C of avocado)

Weight Watchers: 2 Freestyle Smart Points (when using 4 slices of turkey bacon, 5 ounces of Chicken and 1/3 C of avocado)

Notes: Nutrition facts are for ½ piece of chicken, (about 4 ounces).



# Cauliflower Steaks with Chimichurri Sauce

[View tips and more information here](#)

## Ingredients

2 heads of cauliflower

½ cup of [homemade chimichurri sauce](#)

(see next page for recipe)

## To Grill

1. Clean and slice the cauliflower into 1-inch thick steaks. Note: you will have plenty of leftover cauliflower florets but will only get about 2 steaks per head. The remaining pieces can be made the same way. The nutrition information below is based on a single steak serving.
2. Brush the chimichurri sauce on all sides of the cauliflower steaks. If you'd rather not use the chimichurri sauce, you can use a simple seasoning with salt, black pepper, garlic, and olive oil.
3. Preheat your grill to 350° or medium.
4. Cook for 20-25 minutes per side. Probe the steaks periodically with a fork to test for doneness.
5. Remove from the grill and serve immediately.

## Oven roasting

1. Preheat oven to 350°F. Place cauliflower steaks in an oven safe dish or on a baking sheet.
2. Roast for 45 minutes to one hour, periodically probing with a fork to test for doneness.
3. Remove from oven and serve immediately.



## Nutrition Information (Per Serving)

Servings: 4

Calories: 36

Protein: 3g

Carbohydrates: 7g

21 Day Fix: 2G, count sauce separately

Weight Watchers: 4 Freestyle Smart Points

# Cilantro Chimichurri Sauce

[View tips and more information here](#)

## Ingredients

1/2 cup of fresh parsley  
3/4 cup of fresh cilantro  
1 tbsp of fresh garlic  
2 tsbp of minced shallots or onions  
1/3 cup of avocado oil or olive oil  
1/4 jalapeno (to taste)  
1 tsp of red pepper flakes  
1 tsp of dried oregano  
1/4 tsp of smoked paprika  
1 lime, juiced  
Optional: salt and pepper to taste



1. Dice cilantro, parsley leaves and sprigs, shallots, and jalapeños finely. Adjust the jalapeños to taste. Using a food processor or blender will help maintain consistency and saves preparation time.
2. Juice the lime and add garlic, oil, crushed red pepper, oregano, paprika, and salt and pepper.
3. Mix together all of the ingredients, and allow to sit in the fridge or on the counter for an hour or so before using. Apply liberally to your favorite meat, dish, or even cauliflower.

## Nutrition Information (Per Serving)

Servings: 6

Calories: 119

Protein: 1g

Carbohydrates: 3g

21 Day Fix: 3 teaspoons of oil

Weight Watchers: 4 Freestyle Smart Points

# Baked Blooming Onion

[View tips and more information here](#)

## Ingredients:

1 large onion, white or sweet  
1/4 cup of almond flour  
1 tsp of paprika  
1 tsp of garlic salt  
1/2 tsp of pepper  
2 eggs  
1 tbsp of water

For the sauce: (makes enough to fill the dip cup and refill a few times)

3/4 cup of Greek yogurt plain  
1 tbsp of hot sauce  
1 tsp of chili powder or cayenne pepper to make it spicy  
1/2 tsp of garlic salt



1. Preheat the oven to 400°F.
2. On a cutting board, cut about 1/2 inch off the top of the onion, leaving the root side intact.
3. Flip the onion so the flat side rests on the cutting board and the roots face up.
4. Slice the onion vertically, cutting from the root to the cutting board. You will want to leave about 1/3 of an inch between the root and where you slice to keep it all together. Your slices should be about a finger width thick.
5. Flip the onion back over so that the "petals" fan out. Cut out the center bud that sticks up out of the onion.
6. Place the bloomed onion in the center of a baking pan.
7. In a small bowl, mix together the eggs and water to make an egg wash. In another bowl, mix together the almond flour, garlic salt, paprika, and pepper.

8. Lightly sprinkle some of the almond flour mix over the onion, then drizzle the egg wash on the onion and use a brush to spread it out. Be sure to get in between each petal. Cover the onion with the remaining almond flour mix.

9. Bake the onion at 400°F for 20-25 minutes.

## To make the dip:

Mix the sauce ingredients in a small bowl. Place a (very) small bowl in the center of the onion and fill with the dip. Store the left-over dip in the fridge and refill the dip as needed.

## Nutrition Information (Per Serving)

Servings: 4

Calories: 118

Protein: 9g

Carbohydrates: 6g

21 Day Fix: .5B, .5G, .5R

Weight Watchers: 1 Freestyle Smart Point

# Southwest Egg Roll in a Bowl

[View tips and more information here](#)

## *Egg Roll Filling:*

1 tsp olive oil  
1 lb. chicken thighs, chopped  
1/2 red onion, diced  
1 tsp cumin  
1 tsp chipotle chili powder  
1 tsp oregano  
1/2 cup frozen corn  
1 red bell pepper, diced  
4 cups coleslaw mix  
1 4 oz can diced green chilis  
1 cup broccoli slaw (also called shredded broccoli stalk)  
1/2 cup cilantro, chopped

*Note: 1/2C black beans has been omitted from original recipe for this book*

## *Chipotle Ranch Dressing:*

3/4 cup plain Greek yogurt  
1 tsp garlic powder  
1/2 tsp onion powder  
1 tsp dried dill  
1 tsp dried parsley  
1 tsp chili powder  
1 tsp apple cider vinegar  
3 tbsp water

## *Toppings:*

Avocado  
Limes  
Jalapenos



1. Heat the oil in a skillet on medium-high. Add the chicken, onions, cumin, chili powder, and oregano to the skillet.
2. Cook until the chicken is browned.
3. Add the remaining eggroll ingredients to the skillet, except for the cilantro.
4. Cover the skillet and reduce the heat to medium. Cook the eggroll filling for 10-15 minutes. Remove the lid and mix in the cilantro.
5. Serve in a bowl topped with chipotle ranch dressing, avocados, jalapenos, and a lime wedge.

## Nutrition Information (Per Serving)

Servings: 6  
Calories: 264  
Protein: 17g  
Carbohydrates: 14g  
21 Day Fix: .3R, 1G, .3Y (dressing: 1/6 R)  
Weight Watchers: 3 Freestyle Smart Points (when using non-fat Greek yogurt)

## Dressing Directions:

Add all of the ingredients to a jar with a lid and shake well.

Keeps in the fridge for 2-3 days.



# Cauliflower Taco Bowl

[View tips and more information here](#)

## Ingredients:

- 2 cups cauliflower florets, frozen
- 1 ½ cups ground turkey (prepped and frozen)
- smoked paprika to taste

## Optional Toppings:

- 1 tomato, chopped
- 1 cup lettuce, chopped
- cilantro fresh, to taste
- 1/3 cup cheese, shredded



## Directions:

1. Thaw your cauliflower in the microwave according to package directions or in the air fryer for 15 minutes on 400°.
2. Cook ground turkey with taco seasoning or use prepped and frozen meat—that's what I always do!
3. Pour your cauliflower into a bowl, and sprinkle paprika onto the cauliflower.
4. Reheat 1.5 cups of the prepped and frozen taco meat and add to your bowl.
5. Top with your favorite additions—lettuce, cilantro, tomatoes—whatever you love!

## Nutrition Information (Per Serving)

Servings: 2

Calories: 306

Protein: 57g

Carbohydrates: 9g

21 Day Fix: 2G, 2R (before toppings)

Weight Watchers: 4 Freestyle Smart Points (When using 93% lean ground turkey)



# Crack Chicken

[View tips and more information here](#)

1 lb. chicken breast (frozen or thawed)  
4 oz. turkey bacon  
¼ cup cheddar cheese  
¾ cup cottage cheese  
¼ cup Greek yogurt  
1 tsp garlic  
1 tsp onion powder  
½ tsp pepper  
½ tsp parsley  
1 tsp fresh dill (or ½ tsp dried)



1. Place the chicken in the bottom of the Instant Pot. Add 1 cup water, then lock the lid into place and turn the pressure valve to seal.

2. Cook on high pressure for 12 minutes. When done, let the pressure release naturally. This will prevent the chicken from drying out.

3. While the chicken is cooking, cook the turkey bacon in the oven according to the package. Cut into cubes and set aside until ready to use.

4. Mix the cottage cheese, yogurt, garlic salt, onion powder, pepper, parsley, and dill together in a blender. Mix well until you have a ranch-like dressing. Set aside.

5. Drain and shred the chicken. Pour the dressing from the blender, turkey bacon, and cheddar cheese over the chicken. Mix well. You can turn the Instant Pot to sauté to help melt the cheese and warm up the chicken if your chicken has cooled.

Serve over naan or Ezekiel bread, inside mini bell peppers, on top of a salad, or as a vegetable dip!

## Nutrition Information (Per Serving)

Servings: 4

Calories: 256

Protein: 37g

Carbohydrates: 3g

21 Day Fix: 1.5 R, .25 B

Weight Watchers: 3 Freestyle Smart Points

(using low fat Greek yogurt and cottage cheese)