



EAT LIKE A
FU*KING

ADULT COOKBOOK



SWIPE
UP!

FORWARD:

"WELCOME TO A CULINARY JOURNEY WHERE SCIENCE AND SENSATION COLLIDE. IN THIS COOKBOOK, WE EXPLORE THE TANTALIZING REALM OF FLAVORS, WHERE BIOLOGY, METABOLISM, AND NEUROLOGY CONVERGE TO CREATE CULINARY ALCHEMY. PREPARE TO EMBARK ON A GUSTATORY ADVENTURE LIKE NO OTHER. FROM SIZZLING EXPERIMENTS IN THE KITCHEN TO THE DELIGHTFUL CHEMISTRY ON YOUR TASTE BUDS, EACH RECIPE IS A TESTAMENT TO THE EXTRAORDINARY CAPABILITIES OF THE HUMAN BODY AND THE ARTISTRY OF FOOD.

AS A METABOLIC SPECIALIST, I'VE DELVED DEEP INTO THE SCIENCE OF NOURISHMENT, BUT I'VE ALSO LEARNED THAT FOOD IS MORE THAN JUST SUSTENANCE; IT'S AN EXPRESSION OF CREATIVITY AND CULTURE. IN THESE PAGES, YOU'LL FIND DISHES THAT CELEBRATE THE SYNERGY OF INGREDIENTS AND TECHNIQUES, OFFERING A FUSION OF FLAVORS THAT WILL AWAKEN YOUR SENSES AND IGNITE YOUR PASSION FOR COOKING.

SO, GRAB YOUR APRON, FIRE UP THE STOVE, AND LET'S EMBARK ON THIS GASTRONOMIC JOURNEY TOGETHER. WHETHER YOU'RE A SEASONED CHEF OR A KITCHEN NOVICE, THERE'S SOMETHING HERE FOR EVERYONE. PREPARE TO ELEVATE YOUR CULINARY SKILLS AND EXPERIENCE THE MAGIC THAT HAPPENS WHEN YOU BLEND SCIENCE, ART, AND A DASH OF EDGINESS IN THE PURSUIT OF PALATE PERFECTION. LET THE CULINARY EXPERIMENTS BEGIN!"

-Adam Tristan

THIS COOKBOOK IS NOT JUST A COLLECTION OF RECIPES; IT'S A BOLD INVITATION TO EAT LIKE A FU*KING ADULT AND TAKE CONTROL OF YOUR HEALTH. WE UNDERSTAND THAT LIFE CAN BE HECTIC, AND MAKING THE RIGHT FOOD CHOICES ISN'T ALWAYS EASY. THAT'S WHY WE'VE CURATED A SELECTION OF MOUTHWATERING DISHES THAT NOT ONLY SATISFY YOUR TASTE BUDS BUT ALSO NOURISH YOUR BODY. BUT THIS COOKBOOK GOES BEYOND THE ORDINARY – IT'S A CULINARY JOURNEY INFUSED WITH SCIENCE AND FLAVOR, DESIGNED TO SUPPORT YOUR METABOLIC WELL-BEING. INSIDE THESE PAGES, YOU'LL DISCOVER NOT JUST RECIPES BUT A TREASURE TROVE OF SPICES AND INGREDIENTS STRATEGICALLY CHOSEN TO ASSIST WITH COMMON METABOLIC ISSUES SUCH AS INSULIN RESISTANCE, DIABETES, HIGH BLOOD PRESSURE, THYROIDITIS, AND MORE. WE BELIEVE THAT EATING WELL DOESN'T HAVE TO BE BORING OR COMPLICATED, AND OUR RECIPES ARE A TESTAMENT TO THAT

"HOWEVER, WE WANT TO EMPHASIZE THAT WHILE THE SPICES AND INGREDIENTS INCLUDED IN THIS COOKBOOK CAN BE BENEFICIAL FOR METABOLIC HEALTH, THE INFORMATION PROVIDED HERE IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. OUR GOAL IS TO EMPOWER YOU WITH KNOWLEDGE ABOUT HOW FOOD CAN IMPACT YOUR WELL-BEING, BUT IT'S CRUCIAL TO REMEMBER THAT INDIVIDUAL HEALTH NEEDS VARY. THEREFORE, BEFORE IMPLEMENTING ANY DIETARY CHANGES OR ADVICE FROM THIS COOKBOOK, WE STRONGLY RECOMMEND CONSULTING WITH YOUR HEALTHCARE PROVIDER. YOUR DOCTOR CAN PROVIDE PERSONALIZED GUIDANCE AND ENSURE THAT THE RECOMMENDATIONS ALIGN WITH YOUR SPECIFIC HEALTH REQUIREMENTS."

SO, WHETHER YOU'RE LOOKING TO MANAGE A SPECIFIC HEALTH CONCERN OR SIMPLY WANT TO ELEVATE YOUR CULINARY SKILLS, THIS COOKBOOK IS YOUR PARTNER ON THE JOURNEY TO BETTER EATING AND METABOLIC WELL-BEING. DIVE INTO THESE RECIPES, EXPERIMENT WITH SPICES THAT CAN BOOST YOUR HEALTH, AND RELISH IN THE PLEASURE OF MAKING INFORMED, DELICIOUS CHOICES. WE BELIEVE THAT FOOD SHOULD NOT ONLY FUEL YOUR BODY BUT ALSO INSPIRE YOUR TASTE BUDS AND IGNITE YOUR PASSION FOR COOKING. WELCOME TO A WORLD WHERE BEING A FU*KING ADULT MEANS TAKING CHARGE OF YOUR PLATE, SAVORING EACH BITE, AND CELEBRATING THE REMARKABLE CAPABILITIES OF THE HUMAN BODY. ENJOY THE FLAVORS, EMBRACE THE SCIENCE, AND REMEMBER, YOUR HEALTH IS YOUR MOST PRECIOUS ASSET – HANDLE IT WITH CARE AND SEEK PROFESSIONAL GUIDANCE WHEN NEEDED."

THIS COOKBOOK IS ONLY ADVICE AND
YOU SHOULD SEEK GUIDENCE FROM A
MEDICAL PROFESSIONAL OR YOUR
DOCTOR BEFORE STARTING ANY
HEALTH/NUTRITION PROGRAM..

WITH THAT SH* OUT OF THE WAY I
HOPE YOU LOVE IT!!

BREAKFAST RECIPES



"BREAKFAST: WHERE THE DAY'S
POTENTIAL MEETS THE POWER
OF A WELL-FUELED MORNING."

Serving size-4

Prep time: 10 mins

Cook Time 20 mins

Calories 142 per serving

Breakfast Broccoli Quiche



Ingredients

- 1 recipe mix gluten free flour pie crust
- 1 tbsp olive oil
- 2 cloves garlic (minced)
- 2 cups broccoli florets
- 1/4 cup water
- 5 large eggs
- 1/3 cup low fat cream
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 cup cheddar cheese

Directions

1. Bake the gluten free flour pie crust according to the package instructions.
2. The sauté the broccoli and garlic in the oil.
3. Take a large bowl, whisk together the eggs, cream, salt, and pepper, shredded cheese. Mix well.
4. Then arrange the broccoli in the pie crust. Pour the egg mixture over it, and top with cheese.
5. Bake it in the oven until cheese melts and egg become cooked.
6. Serve it for Breakfast. Enjoy!

Breakfast Burrito



Ingredients

- 4 large tortillas
- 1 cup fresh spinach
- 1.1 lbs. grilled chicken
- ½ cup cooked black beans, drained, and rinsed
- 1 roasted red bell pepper, thinly sliced
- 1 avocado, thinly sliced
- ⅓ cup pickled onions or chopped scallions
- 1 serrano or jalapeño pepper, thinly sliced
- Sea salt
- Lime wedges
- Salsa, for serving

Directions

1. First take low carb tortillas and spread spinach leaves on it.
2. Add grilled chicken, black beans, red peppers, avocado, pickled onions, and serrano. Season with a sprinkle of salt and a squeeze of lime.
3. Fold the tortilla over the filling.
4. Then wrap in foil, slice, and serve with salsa on the side. Cut it into half and serve.
5. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time 0 mins

Calories 140 per serving

Blueberry Breakfast Bowl



Ingredients

- 3/4 cup fresh blueberries
- 1/2 cup blackberries
- 3/4 cup milk
- 1 tbsp chia seeds
- 1/4 cup Greek yogurt
- pepitas for topping
- optional: stevia for sweetener

Directions

1. First take a blender, add the milk, frozen banana, fresh blueberries, fresh blackberries, chia seeds, and Greek yogurt.
2. Blend until very smooth.
3. Then pour the smoothie into a bowl.
4. Add fresh blueberries, fresh blackberries, pepitas and serve it for breakfast. Enjoy!

Breakfast Parfait



Ingredients

- 2 cups of mixed berries (strawberries, blueberries, raspberries)
- 1 cup Greek yogurt
- 1 cup granola
- Mint leaves for garnish
- almonds for garnish

Directions

1. Take dessert glasses and add the first layer of granola. After that add Greek yogurt.
2. In the next layer, add different types of berries in it and then again repeat layers by layers until dessert glass will become full.
3. Garnish berry parfaits glassed with corn flakes, berries, and mint leaves. Put it in the refrigerator for 5-6 hours. Serve it chilled. Enjoy!

Egg Stuffed Avocado



Ingredients

- 4 avocados
- 4 eggs
- Salt to taste
- Black pepper to taste
- ¼ cup pepperoni cubes
- 1 tbsp chopped green onion

Directions

1. First take avocados and cut them into half, remove seeds from it.
2. Then crack egg into avocados holes. Sprinkle salt and black pepper on it. Add pepperoni cubes and chopped green onions on the top.
3. Then grease the baking tray with oil. Then put these stuffed avocados on it and bake it in the oven for 10 minutes. Serve it hot. Enjoy!

Egg Breakfast Tacos



Ingredients

- 2 eggs
- 2 tbsp butter
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp red chili powder
- 1 tsp red chili flakes
- 2 tsp coriander leaves powder
- ¼ cup green pepper chopped
- 4-6 chopped bacon
- ¼ cup onion chopped
- ¼ cup carrot chopped
- ¼ cup tomato chopped
- ¼ cup cabbage chopped
- 4 low carb tacos

Directions

1. Take a bowl and beat eggs in it and then add salt, black pepper, coriander leaves, chili flakes and mix it very well.
2. Now add chopped onions, tomato, cabbage, green bell peppers, bacon, carrot in the egg mixture and mix it very well.
3. Now take a pan and add butter in the pan and pour beaten eggs mixture in it and cook it, then mix it well until it becomes scrambled.
4. Then fill the mixture in low carb tacos.
5. Serve it for Breakfast. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time 10 mins

Calories 168 per serving

Egg Shakashuka



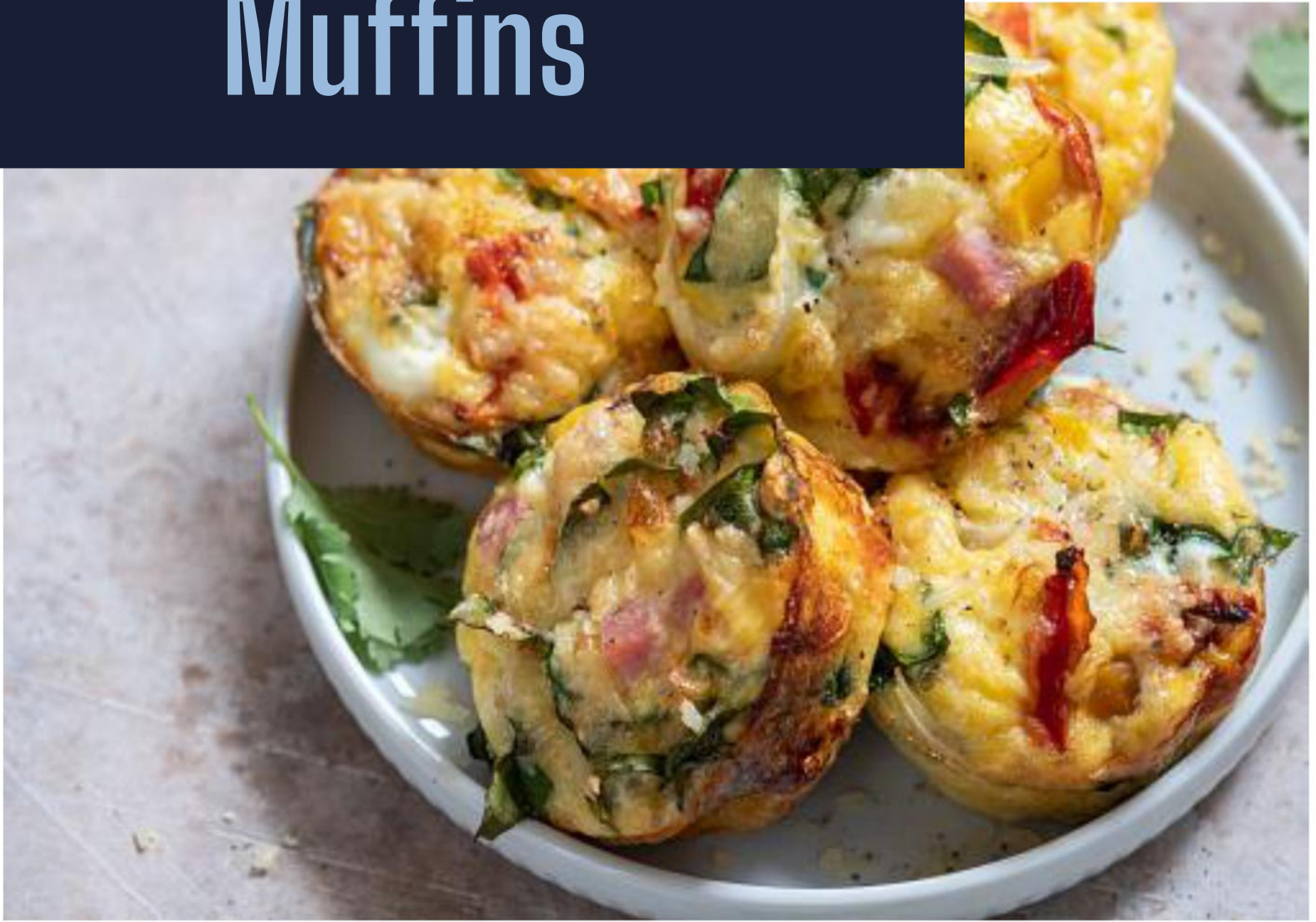
Ingredients

- 2 tablespoons olive oil
- 1 medium onion diced
- 2 teaspoons paprika
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper to taste

Directions

1. Take a pan and heat olive oil in it. Add the chopped onion and cook for 5 minutes or until the onion becomes translucent.
2. Then add spices and cook an additional minute. mix it very well.
3. Then pour the can of tomatoes and juice into the pan and break it with the help of spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Then take a large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking. Garnish it. Serve it hot. Enjoy!

Egg Muffins



Ingredients

- 4 eggs
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp red chili powder
- 1 tbsp red chili flakes
- 2 tsp coriander leaves powder
- ¼ cup kale chopped
- ¼ cup carrot chopped
- ¼ cup cabbage chopped
- 1 tsp baking powder

Directions

1. Take a bowl and beat eggs till it becomes foamy. Then add salt, black pepper, coriander leaves, chili flakes and baking powder and mix it very well.
2. Now add chopped kale, cabbage, carrot to the egg mixture and mix it very well.
3. Now take a cup cake mold and grease it with olive and then pour this mixture in it.
4. Bake it in the oven for 12 minutes at 150 c till it becomes fluffy and turn light golden in color. Serve this hot for breakfast.

Egg Frittata



Ingredients

- ½ cup onion diced
- 1 tsp minced garlic
- 2 cups vegetables of choice bell peppers, broccoli, zucchini, etc.
- 6 eggs
- ¼ cup milk
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ¼ tsp paprika
- 1 cup shredded Cheddar cheese

Directions

1. In a large bowl, whisk together eggs. Add milk, sea salt, pepper, paprika. Add cheese and stir to combine. Set it aside. In a cast iron skillet over medium heat, add onion and garlic until bacon just begins to brown.
2. Add vegetables, cover, and cook until vegetables are tender, stirring occasionally.
3. Turn heat down to medium, add egg mixture, and stir it into the vegetables in the skillet. Cook on medium heat for about 4-5 minutes, until the edges are set.
4. Transfer the frittata to the preheated oven. Bake for 7-10 minutes or until the top is lightly browned and set. Remove from oven, let cool for 10 minutes, serve. Enjoy!

LUNCH/SNACK RECIPES



"LUNCH AND SNACKS: THE
LITTLE BURSTS OF ENERGY THAT
KEEP US FUELED AND READY FOR
ANYTHING."

S THE POWER OF A WELL-
FUELED MORNING."

Stuffed Avocado



Ingredients

- 5-6 Avocados
- 2 tbsp butter
- 1 tsp salt
- black pepper
- lemon juice
- 1 tbsp red chili flakes
- 1 tbsp coriander leaves powder
- ¼ cup capsicum chopped
- ¼ cup onion chopped
- ¼ cup carrot chopped
- ¼ cup cherries tomato
- ¼ cup cabbage chopped
- ¼ cup grilled chicken

Directions

1. Take a pan and add some butter in it and then add salt, black pepper, coriander leaves, chili flakes and mix it very well.
2. Now add grilled chicken, chopped onions, tomato, cabbage, capsicum, carrot in the pan and mix it very well.
3. Now cut the avocado slices into half and make a hole in it and fill the avocados with the above prepared mixture.
4. Serve stuffed avocados as a snack.

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 153 per serving

Stuffed Avocado



Ingredients

- 4-6 avocado
- 2 eggs
- ½ cup breadcrumbs
- ½ cup flour
- salt to taste
- 1 tsp black pepper
- 2 tbsp oil

Directions

1. Cut avocado in slices and sprinkle it with salt and black pepper. Take another bowl and add flour in it and mix it very well.
2. Coat avocado fries with almond flour, eggs and then with breadcrumbs.
3. Heat oil in a pan and fry avocado fries until they become golden brown and crisp.
4. Serve avocado fries with mustard sauce.

Roasted Brussel Sprouts



Ingredients

- 1.1. lbs. brussels sprouts
- 1 tsp lemon juice
- salt to taste
- 1 tbsp. black pepper
- 1 tsp oregano
- 1 tsp thyme
- 1 tbsp. olive oil
- 1 tbsp. Mustard sauce

Directions

1. Take Brussels sprouts and wash them properly under water.
2. Take large bowl and add Brussels sprouts in it. Then add lemon juice, salt, black pepper, thyme, oregano, cannabis leaves powder in it and mix it very well.
3. Heat baking oven and grease oven dish with olive oil. Put the Brussels sprout in the baking dish and bake it in the oven for 15 minutes until it turns golden brown and becomes crisp. Serve it as a snack. You can serve it with mustard sauce. Enjoy!

Air Fried Popcorn Chicken



Ingredients

- 1 cup chicken cubes
- salt to taste
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp soya sauce
- 1 tsp chili sauce
- 1 tsp vinegar
- ½ cup flour
- 1 cup breadcrumbs

Directions

1. Take a large bowl and add chicken cubes in it. Add salt, black pepper, paprika, soya sauce, chili sauce, vinegar and mix it very well. Marinate it for 1 hour.
2. Take a small bowl and add some water and flour to it and make batter of it.
3. Now take chicken pieces and first coat them with flour batter and then with breadcrumbs.
4. Air fryer the popcorn chicken until it turns golden brown in color. Serve it hot with ketchup. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 15 mins

Calories 135 per serving

Stuffed Avocado



Ingredients

- 1 medium zucchini (cut lengthwise)
- 1/3 cup flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder

Directions

1. Preheat the oven to 425 degrees F. Line the baking tray with parchment paper.
2. Dry the zucchini strips properly.
3. In a large flat plate mix flour, black pepper, garlic powder, salt, and onion powder. Mix well with the fork.
4. Dip the zucchini strips in the flour mixture. Press properly to make sure it is completely coated. Repeat with other zucchini strips.
5. Place the zucchini strip on a prepared baking tray and bake for about 25-30 minutes. Sprinkle some parsley and serve hot. Enjoy!

Crispy Okra



Ingredients

- 1 lb. okra
- 1 tbsp butter
- 1 tbsp chopped garlic
- 1 tsp lemon juice
- salt to taste
- 1 tsp black pepper
- 1 tsp oregano
- 1 tbsp almond flour
- 1 tsp thyme

Directions

1. Take okra and wash them properly under water.
2. Take a large bowl and add okra in it. Then add lemon juice, salt, black pepper, thyme, flour, oregano in it and mix it very well.
3. Take a pan and add butter and chopped garlic in it and cook it for 1 minute. Add marinated okra to it and then put it into baking oven for 20 minutes.
4. Serve it. Enjoy!

Zucchini Chips



Ingredients

- 1 medium zucchini (cut into circles)
- 1/3 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder

Directions

1. Preheat the oven to 425 degrees F. Line the baking tray with parchment paper.
2. Dry the zucchini circles properly.
3. In a large flat plate mix flour, black pepper, garlic powder, salt, and onion powder. Mix well with the fork.
4. Dip the zucchini circles in the flour mixture. Press properly to make sure it is completely coated. Repeat with other zucchini strips.
5. Place the zucchini circles on a prepared baking tray and bake for about 25-30 minutes. Sprinkle some parsley and serve hot. Enjoy!

Guacamole Spread



Ingredients

- 3 mashed avocados
- 1 lime, juiced
- 1 teaspoon salt
- ½ cup diced onion
- 3 tbsp chopped fresh cilantro
- 2 tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (Optional)
- Nachos as required

Directions

1. Take a bowl, add avocados, lime juice, and salt in it and mix it very well.
2. Then add onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Mix it very well.
3. Serve it with nachos. Enjoy!

Mini Chicken Kabobs



Ingredients

- 400 g minced chicken
- 5-6 Spring Onions
- Small bunch of mint leaves
- 1 Egg
- Small bunch of cilantro
- 1 tsp Soy sauce
- 1 tsp Finely grated ginger
- 2 tsp Garlic paste
- Salt, to taste
- Sesame oil

Directions

1. Take a large mixing bowl, add all ingredients in it and mix it very well. Marinate it for at least 1 hour.
2. Take wooden skewers and make mini chicken kebabs on it.
3. Grill the mini chicken kebabs in the grilling oven until it become properly cooked and turns light golden in color.
4. Serve it. Enjoy!

DINNER RECIPES



"DINNER: THE DELICIOUS
EXPERIMENT THAT TURNS
INGREDIENTS INTO MEMORIES."

Stuffed Chicken Breast



Ingredients

- 4 chicken breasts
- Salt to taste
- Black pepper to taste
- 1 tsp paprika
- 1 tsp red chili powder

For the stuffing

- 1 tbsp oil
- ¼ cup mushrooms (chopped)
- 2-3 green chilies, chopped
- 1 tsp ginger (chopped)
- 1 onion (chopped)
- Salt to taste
- ¼ cup low fat cheese (grated)
- 2 cups steamed rice

Directions

1. Marinate chicken breasts with salt, black pepper, paprika and red chili powder. Put it aside for at least 1 hour.
2. In the meantime, heat oil in a pan and add the onions, green chilies and ginger, and sauté until color changes. Add mushrooms, salt, and sauté again. Then turn off the flame. Add cheese and set aside to cool.
3. Take marinated chicken breasts and make a hole in it, stuff each breast with the above prepared stuffing.
4. Put stuffed chicken breasts in a preheated oven at 180 c and cook it till it turns light golden in color. Serve it with steamed rice. Enjoy!

Chicken Quesadilla



Ingredients

- 1 pound chicken breasts strips
- 1 tablespoon oil
- 1/2 cup diced bell pepper
- 1/2 cup diced onion
- 1 medium jalapeno, diced
- 2 cloves garlic (minced)
- 1 tablespoon taco seasoning
- 2 cups shredded melting cheese
- 4 low carb tortillas

Directions

1. Heat oil in a pan. Add the chicken breasts and taco seasoning to the pan. Sautee 4-5 minutes then add the bell pepper, onion, and garlic, Sautee another 5 minutes and set aside.
2. To the same pan, add oil and a tortilla, top with a handful of shredded cheese, and 1/4th the chicken mixture.
3. Fold the tortilla and cook on both sides until crispy and golden.
4. Serve it hot. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 212 per serving

Zucchini Boats



Ingredients

- 1 tsp oregano
- 4 zucchinis
- 1 tbsp olive oil
- ¼ cup chopped onion
- ¼ cup chopped tomato
- ¼ cup capsicum
- 1 cup boiled and shredded chicken
- Salt and pepper to taste
- 1 tsp paprika
- 1 cup mozzarella cheese

Directions

1. First take zucchini and cut them into half and remove its inner coat properly and put it aside.
2. Now take a pan and put some olive oil in it and then add onion, chopped tomato, boiled chicken, capsicum and mix it very well. Now add salt, black pepper, paprika powder in it and mix it very well.
3. Take zucchini boats and fill it with above mixture and then put mozzarella cheese over it and sprinkle some oregano over it.
4. Preheat the oven for 15 mins and then baked these zucchini boats for 20 minutes until cheese melts and zucchini become properly cooked. Serve it hot for dinner.

Meat Stuffed Peppers



Ingredients

- 3. bell pepper (red, yellow, green)
- 1 lb. minced chicken
- ½ cup tomato sauce
- 3. garlic cloves (minced)
- salt to taste
- 1 tsp black pepper
- ¼ cup chopped mushrooms
- 1 tsp oil
- low fat cheese (optional)

Directions

1. Preheat the oven to 180 degrees.
2. Wash the bell pepper and dry. Cut the top of the bell pepper approximately 1 inch and reserve it to use as a lid. Also, cut the bottom of the peppers so they can stand on the tray easily.
3. Cook minced chicken, add salt, black pepper, and tomato sauce in oil; for 10 minutes. Add mushrooms to it and cook well.
4. Fill the peppers with this mixture tightly, sprinkle cheese and cover the peppers.
5. Place the pepper in a tray, cook for 20 minutes. Check the tenderness and serve it hot.

Serving size-4

Prep time: 10 mins

Cook Time: 10 mins

Calories 156 per serving

Stir Fry Beef



Ingredients

- 400 g beef strips
- milk to soak
- 1 tbsp ginger (sliced)
- 1 tbsp garlic (sliced)
- 1/2 tbsp Szechuan peppercorns
- 2–3 leeks (sliced)
- 1–2 finger chilis (thinly sliced)
- Salt to taste
- 1 tsp cornstarch
- 2 tbsp tamari sauce

Directions

1. First soak beef strips in milk overnight in the refrigerator. Wash off milk and cut into thin slices.
2. Season with salt and dredge in cornstarch. Heat oil in a pan.
3. Add Szechuan peppercorns and leeks.
4. Stir-fry for 3-4 minutes or until browned. Remove from heat and set aside on a plate nearby. Next, add garlic, ginger, and chilies.
5. Stir-fry together for a minute or so until fragrant.
6. Add chopped leeks and fry for 1-2 minutes or until soft. Again, add cooked beef and stir-fry together. Add tamari sauce, cook for a minute and serve it hot. Enjoy!

Prawn Tacos



Ingredients

- 1 tsp. ground turmeric
- 1 tsp. ground paprika
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- Salt to taste
- ground pepper to taste
- 1 lb. shrimp
- 1 tbsp butter
- 4 taco-size whole wheat tortillas

The Salsa:

- 1 avocado chopped
- 1/2 cup cherry tomatoes
- 3 tbsps. Lemon juice
- 2 garlic cloves minced
- 1 jalapeno minced
- 1/4 cup minced coriander
- 1 tbsp olive oil

Directions

1. In a bowl, add shrimps, turmeric, paprika, coriander, cumin, garlic powder, salt, and ground pepper in it and toss to combine.
2. Heat butter in a pan. Cook the shrimp for 3 minutes, until becomes golden brown in color and becomes properly cooked. Put it aside.
3. To prepare salsa, mix avocado, cherry tomatoes, lemon juice, garlic, jalapeno, coriander, and olive oil in a bowl and mix it very well.
4. Then take a taco, top it with prepared shrimps, and salsa salad. Serve it hot. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 257 per serving

Chicken Enchiladas



Ingredients

- 1 lb. chicken (cut into bite-size)
- 2 tbsp. olive oil
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 2 celeries (roughly chopped)
- 2 carrots (cut into rounds)
- 2 tbsp. tomato
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tbsp. parsley (fresh, chopped)
- 1 cup low fat mozzarella Cheese
- 4-5 low carb Tortilla

Directions

1. Heat the oil in a pan, add chicken chunks, season with salt and black pepper. Cook for about 10-15 minutes until meat is brown and tender.
2. Add garlic cloves, celery, carrots, tomato, parsley, onions in it and mix it very well.
3. Now take tortilla and add the chicken mixture in it and roll it. Now place these tortillas in the casserole dish and garnish it with cheese and sprinkle black pepper over it.
4. Preheat the oven to 180 c and then bake these chicken enchiladas in the oven for 20 minutes. Serve it hot for dinner. Enjoy!

Chicken Thighs with Broccoli



Ingredients

- 500 g boiled brown rice
- 100 g broccoli
- 4 chicken thighs (boneless)
- 1 tsp salt
- 1 tsp black pepper (ground)
- 1 tsp. garlic powder
- 1 tsp. coriander powder
- 1 tsp rosemary
- 1 tsp avocado oil
- 2 garlic cloves
- 1 onion (chopped)
- 1 tbsp parsley (chopped)

Directions

1. In a bowl, add avocado oil, salt, black pepper, garlic powder, coriander powder, rosemary, and mix. Rub this mixture to the chicken thighs and set aside for 1 hour.
2. Heat the oil in a pan, add onion and garlic in it and cook for 3 minutes until fragrant. Then add boiled rice and cook about 15-20 minutes until light brown. Garnish with parsley.
3. Greased the baking tray with oil, place marinade chicken thighs. Place broccoli to the tray season with salt and oil, drizzle some oil and roast in a preheated oven at 400 degrees F for 30 minutes.
4. Spread the boiled rice to the platter and lay down roasted broccoli and chicken thighs. Serve hot! Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 30 mins

Calories 256 per serving

Chicken Parmesan



Ingredients

- 4 chicken breasts
- ½ cup whole wheat flour paste
- ⅔ cup breadcrumbs
- ⅓ cup parmesan cheese grated
- 2 tablespoons parsley
- 4 tablespoons oil
- 1 cup marinara sauce
- 1 cup mozzarella cheese shredded
- ¼ cup Parmesan cheese shredded
- basil & parsley fresh, chopped
- low carb noodles (optional)

Directions

1. Combine breadcrumbs, grated parmesan, fresh parsley, salt, and pepper to taste in a bowl.
2. Dip chicken into flour batter and then into bread crumb mixture.
3. Heat oil in a pan and cook chicken, about 20 minutes per side or until golden.
4. Then place marinara sauce in the bottom of dish. Add browned chicken. Top each piece with a couple tablespoons of marinara sauce, mozzarella, and parmesan.
5. Bake 20-25 minutes or until golden. Sprinkle with fresh herbs and serve with noodles. Serve it hot. Enjoy!

Roasted Chicken and Vegetables



Ingredients

- 1 whole chicken without skin
- 1 tbsp paprika powder
- 1 tsp lemon juice
- ½ cup balsamic vinegar
- 1 tsp black pepper
- salt to taste
- 1 tbsp olive oil
- ¼ cup broccoli
- ¼ cup cauliflower
- ¼ cup kale
- ¼ cup carrot
- ¼ cup red cabbage
- 1 tsp garlic paste
- 1 tsp ginger paste

Directions

1. Take a large bowl and put whole chicken in it and marinate it with balsamic vinegar, salt, paprika, lemon juice, black pepper, ginger garlic paste and olive oil. Marinate it for 1 hour.
2. Take broccoli, cauliflower, kale, carrot, red cabbage in a bowl and sprinkle olive oil, salt, and black pepper over it.
1. Now take an oven dish and grease it with olive oil and then put whole balsamic chicken and vegetables in it and bake it in the oven for 40 minutes at 180 c until chicken cooks properly. Serve it hot. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 258 per serving

Spicy Garlic Shrimp with Rice



Ingredients

- 1.1 lbs. prawns
- 1 cup tomato paste
- ½ cup onion paste
- 1 tsp ginger garlic paste
- 1 tbsp coriander
- 1 tbsp red chili powder
- 1 tbsp turmeric powder
- 1 tbsp green chili
- ¼ cup peas
- 1 cup chicken broth
- salt to taste
- 2 tbsp red chili sauce
- olive oil 1 tbsp
- 1 tbsp garlic chopped
- 2 cups boiled brown rice

Directions

1. Take olive oil in the pan and add 1 tsp ginger garlic paste, onion paste and cook for 5 mins. Then add tomato paste and chicken broth and cook it for further 5 mins.
2. Wash the prawns properly with water and then add prawns in the above prepared mixture and cover the lid and cook for 5 mins. Add peas and cook again.
3. Then add salt, red chili powder, green chili, red chili sauce, turmeric powder and cook it further. Now add boiled brown rice to it, mix it very well. Enjoy!

Ground Turkey Pasta Bake



Ingredients

- 1-pound dried pasta
- 1 tbsp olive oil
- 1 onion chopped
- 1 pound ground turkey
- 1 tbsp Italian seasoning
- 1 teaspoon dried oregano
- pinch red pepper flakes
- 4 garlic cloves minced
- 1 cup sliced mushrooms
- 28 ounce can tomato
- 2 tbsp balsamic vinegar
- 2 cups baby spinach
- 1 cup mozzarella cheese
- fresh parsley for garnish
- kosher salt to taste
- black pepper to taste

Directions

1. Boil water in a pot. Add pasta and salt, and cook it for about 8-10 minutes, drain it.
2. Heat olive oil in a pan. Add onions and turkey. Sprinkle Italian seasoning, oregano, red pepper flakes, kosher salt, and black pepper on it and mix well. Cook for about 4 minutes,
3. Add garlic. Cook another 30-60 seconds.
4. Add mushrooms, crushed tomatoes, and balsamic vinegar. Bring mixture to a simmer for 5-7 minutes, then remove from the heat and add spinach. Add cooked pasta and stir well.
5. Add cheese on the top. Bake for 15-20 minutes, until cheese is fully melted. Garnish with fresh parsley or basil. Take out pasta in a platter and serve it hot. Enjoy!

Grilled Tenderloin with Vegetables



Ingredients

- 1 beef tenderloin
- 50 g fish sauce
- 2 tsp. rosemary (chopped)
- 1 tsp. salt
- 1 tsp. black pepper
- 2 garlic cloves (minced)
- 1 tsp. mustard (dried)
- 1 small eggplant (cut into slices)
- 1 onion (sliced)
- 2 tomatoes (round slices)
- 1 bell pepper (cut lengthwise)

Directions

1. In a large shallow bowl, add fish sauce, rosemary, garlic, mustard, salt, black pepper and mix with a fork.
2. Pour the marinade over both sides of the tenderloin. Gently coat with your hands. Refrigerate for about 6-12 hours.
3. Greased the baking tray with cooking spray. Spread the vegetables and place marinade tenderloin over them. Pour the remaining marinade over vegetables.
4. Bake for about 45-50 minutes, flip and check the doneness. If required, bake for another 10-15 minutes.
5. Transfer meat to the platter. Serve with baked vegetables.

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 268 per serving

Chicken Steak with Mushroom sauce



Ingredients

- 4 chicken steaks
- 500 g brown mushrooms
- 200 g cashew nuts
- 4 cloves of garlic
- 3 tsp balsamic vinegar
- 1 tsp salt
- A pinch of pepper
- 1 tsp herb mix
- 2 tbsp red palm oil
- 300 ml low fat cream
- 2 cups boiled whole wheat pasta

Directions

1. Heat oil in a pan, add garlic slices, mushrooms and let cook for 4-5 minutes.
2. Take a mixer and add cashew nuts and 300 ml of cream in it. Mix it until it becomes creamy and milky.
3. Add the balsamic vinegar and cashew milk to the mushrooms, bring to the boil.
4. Season with pepper and salt. Gently fry the chicken steaks in a little red palm oil.
5. When it is golden brown on both sides, place steak on platter and top mushroom sauce over it. Serve it with boiled pasta. Enjoy!

Hamburger



Ingredients

- 1 lb. minced meat
- salt to taste
- 1 tsp black pepper
- 1 tsp vinegar
- 1 chopped onion
- 1 tbsp butter
- 1 tbsp red chili sauce
- 1 cup onion rings
- 1 cup tomato rings
- ¼ cup jalapeno
- 6-8 lettuce leaves
- 1 tbsp chipotle sauce
- 4 low carb burger bun

Directions

1. Take a bowl and put minced meat and all spices and vegetables in it and mix it very well and forms patties of it.
2. Heat butter and shallow fry the burger patties over medium heat until golden brown and properly cooked.
3. Toss burger buns, Now take burger buns and spread sauce over it and then put burger patty, jalapenos, onion rings, lettuce and tomato rings and cover it with other side of burger bun.
4. Serve healthy ham burger hot.

Lemon Steamed Fish



Ingredients

- 2.2 lb. salmon fish
- salt to taste
- 2 tsp black pepper
- 2 tsp garlic paste
- 2 tsp ginger paste
- 4 tbsp lemon juice
- lemon slices

Directions

1. Take a deep pan and add some water to it, then place tray over it and boil the water for 10 minutes.
2. Take a bowl and add ginger and garlic paste, salt and black pepper, lemon juice and salmon and mix them well with spatula.
3. Now put this marinated salmon over the above boiling water and steam it for 15 minutes while covering the lid.
4. Now remove the lid and add lemon slices in it and steam it for further 5 minutes with covered lid. Take out the lemon and black pepper steamed fish in a platter and garnish it with lemon slices and serve it hot for lunch. Enjoy!

Shrimp Pesto Pasta



Ingredients

- 3/4 cup fresh arugula
- 1/2 cup fresh parsley
- 1/3 cup shelled pistachios
- 1 lb. shrimps
- 1/2 cup olive oil
- 1/4 cup shredded Parmesan cheese
- Salt and pepper to taste
- 2 cups boiled whole wheat spaghetti

Directions

1. In a blender add fresh arugula, parsley, shelled pistachios, olive oil, salt, black pepper, and parmesan cheese to it. Blend it all very well to form a smooth paste.
2. Then take half of paste and coat shrimps with it. Put it aside for marination for about 1 hour.
3. Now take a pan and add olive to it. Add marinated shrimp to it and cook for 10 minutes. Take it out in bowl and add left over paste and boiled spaghetti. Toss it well and serve. Enjoy!

Serving size-4

Prep time: 10 mins

Cook Time: 20 mins

Calories 256 per serving

Stir Fry Chicken



Ingredients

- 400 g chicken strips
- Fat free milk to soak
- 1 tbsp ginger (sliced)
- 1 tbsp garlic (sliced)
- 1/2 tbsp Szechuan peppercorns
- 2–3 green peppers (sliced)
- 1–2 red peppers (thinly sliced)
- 2 green onion
- 1 tbsp sesame seeds
- Salt to taste
- 1 tsp cornstarch
- 2 tbsp tamari sauce

Directions

1. First soak chicken strips in fat free milk overnight in the refrigerator. Wash off milk and cut into thin slices.
2. Season with salt and dredge in cornstarch. Heat oil in a pan. Add Szechuan peppercorns and chicken strips.
3. Stir-fry for 3-4 minutes or until browned. Remove from heat and set aside on a plate nearby. Next, add garlic, ginger, and chilies.
4. Stir-fry together until fragrant.
5. Add green and red peppers, and fry until soft. Again, add cooked chicken and green onion and stir-fry together. Add tamari sauce, sesame seeds, cook for a minute, and serve it. Enjoy!

Salmon with Mushroom spinach sauce



Ingredients

- 7 ounces' sockeye salmon fillet
- 3 tbsp. olive oil
- ½ cup heavy cream
- 5 mushrooms sliced
- 3 garlic cloves, minced
- 2 cup baby spinach
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp pepper

Directions

1. Wash sockeye salmon fish properly and marinate fish with salt, black pepper, and lemon juice for 30 minutes.
2. Heat grilling pan and grease it with olive oil. Cook fish for 10 minutes.
3. Now prepare the mushroom sauce. Take a pan and put it on low heat, add cream, mushroom, spinach salt and black pepper in it and cook it on low heat.
4. Serv salmon with mushroom and spinach sauce and enjoy.

SHAKE RECIPES



"PROTEIN SHAKES: WHERE
SCIENCE FUELS STRENGTH, ONE
SIP AT A TIME."

Chocolate PB Protein Shake



Ingredients

- 1 tbsp peanut butter
- 1 banana
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- Peanuts for garnish
- 2 scoops of protein powder

Directions

1. Add banana, peanut butter, protein powder, low-fat yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with peanuts and banana slices and serve it. Enjoy!

Fresh Strawberry Protein Shake



Ingredients

- ½ cup pomegranate juice
- Handful of fresh mint
- 2 cups strawberries
- 1 banana
- 1 cup low fat yogurt
- ½ cup ice
- 2 scoops of protein powder

Directions

1. Add pomegranate juice, protein powder, mint, strawberries, banana, low fat milk into the blender.
2. Blend until smooth. Pour into the glasses and top with mint. Serve.

Banana Protein Shake



Ingredients

- 1 cup banana cubes
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- 2 scoops of protein powder

Directions

1. Add banana cubes, low-fat yogurt, protein powder, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with banana slices and serve it.
4. Enjoy!

Fresh Pineapple Protein Shake



Ingredients

- 1 cup pineapple cubes
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- 2 scoops of protein powder

Directions

1. Add pineapples, protein powder, low-fat yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with pineapple slices and serve it.
4. Enjoy!

Chocolate Protein Shake with Chia Seeds



Ingredients

- 1 tbsp chocolate powder
- ¼ cup nuts
- 1 banana
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- Chia seeds for garnish
- 2 scoops of protein powder

Directions

1. Add chocolate powder, protein powder, nuts, banana, low-fat yogurt, ice cube and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with chia seeds and garnish it with banana slices and serve it. Enjoy!

Avocado Protein Smoothie



Ingredients

- 1 cup avocado cubes
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- 2 scoops of protein powder

Directions

1. Add avocados, protein powder, low-fat yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with avocados slices and serve it. Enjoy!

Almond Protein Shake



Ingredients

- ½ cup almonds
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- 2 scoops of protein powder

Directions

1. Add almonds, protein powder, low-fat yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with almond slices and serve it. Enjoy!

Cinamon Apple Protein Shake



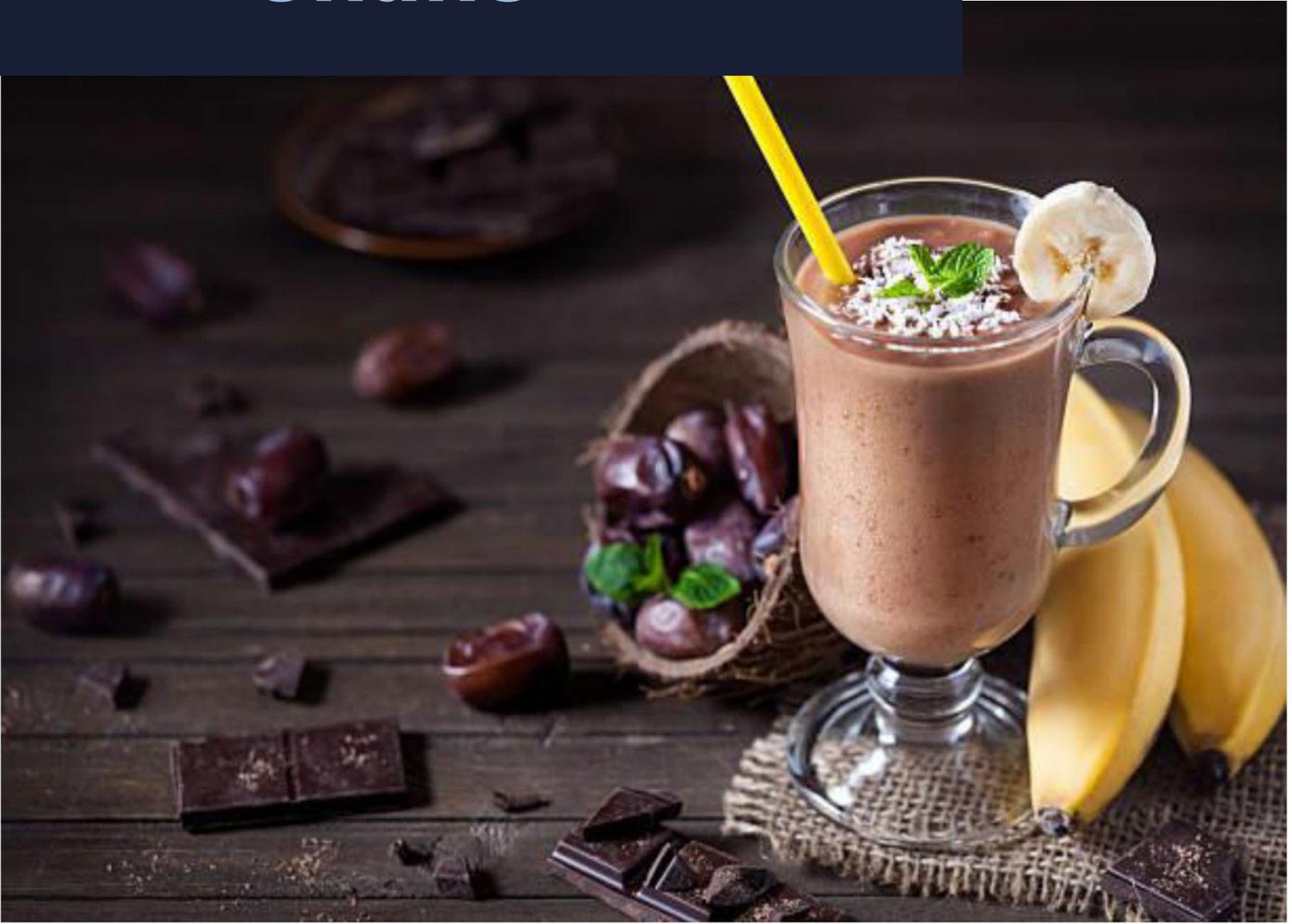
Ingredients

- 1 cup apple cubes
- 1 tsp cinnamon
- Mint leaves for garnish
- 1 cup fat free yogurt
- ½ cup ice
- ½ cup low fat milk
- 2 scoops of protein powder

Directions

1. Add apples, cinnamon, protein powder, fat free yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it and serve it.

Date Protein Shake



Ingredients

- ½ cup dates
- Mint leaves for garnish
- 1 cup low-fat yogurt
- ½ cup ice
- ½ cup skim milk
- 2 scoops of protein powder

Directions

1. Add dates, protein powder, low-fat yogurt, ice cubes and skim milk into the blender.
2. Blend until smooth.
3. Pour into the glasses and top with mint and garnish it with dates slices and serve it. Enjoy!

Stuffed Avocado



Ingredients

- 1 cup low fat yogurt
- 2 cup frozen blueberries
- 2 tablespoon freshly grated ginger
- Pinch of cinnamon
- 2/3 cup low fat milk
- 1 tsp honey
- ½ teaspoon vanilla bean paste
- 2 scoops of protein powder

Directions

1. In a blender, add yogurt and blueberries and puree them.
2. Now add freshly grated ginger and cinnamon and blend it out.
3. Now add low fat milk and blend it again. If the consistency is too thick, then add more low-fat milk until desired consistency is achieved.
4. Now add honey, protein powder, and vanilla bean paste and blend it out again until smooth. Now pour the smoothie into the glasses and garnish them with blueberries. Serve and enjoy.

METABOLIC SPICES



SPICES: THE REBELLIOUS ARTISTS OF THE CULINARY WORLD, PAINTING FLAVOR ON THE CANVAS OF YOUR TASTE BUDS WITH A FIERY PASSION, WHILE BEHIND THE SCENES, THEY WORK AS METABOLIC SUPERHEROES, BATTLING AGAINST THE CHAOS OF DISEASES WITH EVERY BITE.

High Blood pressure



- 1. Garlic:** Garlic contains allicin, which may help relax blood vessels and reduce blood pressure.
- 2. Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties that may contribute to lower blood pressure.
- 3. Cinnamon:** Cinnamon has been linked to improved blood vessel function and may help lower blood pressure.
- 4. Ginger:** Ginger may help relax blood vessels and improve blood circulation, potentially lowering blood pressure.
- 5. Basil:** Basil contains compounds like eugenol that may help lower blood pressure by relaxing blood vessels.

Remember that while these spices may offer potential benefits, they should not replace prescribed medications or medical advice for managing high blood pressure.

Consult with a healthcare professional for a comprehensive plan to address your specific health needs.

Additionally, individual responses to these spices may vary, so it's essential to monitor your blood pressure and consult with a healthcare provider when making significant dietary changes.

Thyroiditis

Graves/Hashimotos



- 1. Iodized Salt:** Iodized salt provides a direct source of iodine, which is essential for thyroid health. Adequate iodine intake is vital for the production of thyroid hormones.
- 2. Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory properties that may help reduce thyroid inflammation.
- 3. Ginger:** Ginger has anti-inflammatory and antioxidant properties that could assist in managing inflammation associated with thyroiditis.
- 4. Cinnamon:** Cinnamon may help regulate blood sugar levels, which can be important for individuals with thyroid issues.
- 5. Rosemary:** Rosemary contains rosmarinic acid, which has anti-inflammatory properties that may be beneficial for thyroid health.

It's crucial to maintain an adequate intake of iodine through iodized salt and other dietary sources to ensure proper thyroid function. However, if you suspect thyroiditis or any thyroid-related issues, it's essential to consult with a healthcare provider for a thorough assessment and appropriate treatment, as iodine alone may not address all aspects of thyroid health.

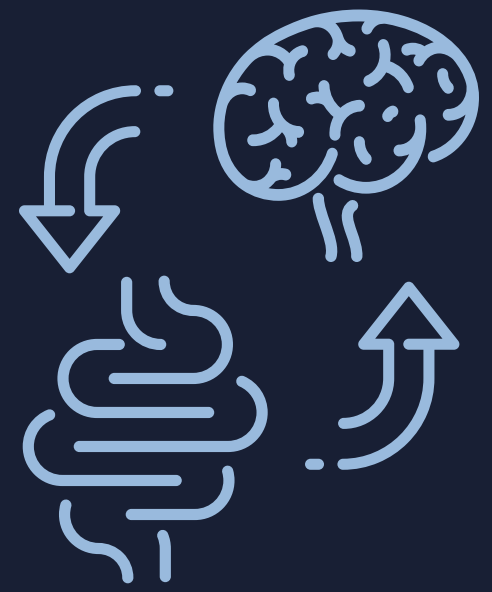
Insulin Resistance



- 1. Cinnamon:** Cinnamon may help improve insulin sensitivity and lower blood sugar levels. It contains compounds that mimic insulin's function.
- 2. Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties that may support better insulin sensitivity.
- 3. Ginger:** Ginger may help lower blood sugar levels and improve insulin sensitivity by increasing glucose uptake into cells.
- 4. Fenugreek:** Fenugreek seeds contain soluble fiber that can slow the absorption of carbohydrates, potentially leading to improved blood sugar control.
- 5. Cloves:** Cloves have compounds like eugenol, which may help enhance insulin function and reduce insulin resistance.

While these spices can be incorporated into a healthy diet to potentially support better blood sugar control and insulin sensitivity, it's essential to emphasize that they should not replace other critical aspects of diabetes management, such as medication or lifestyle changes. If you have insulin resistance or diabetes, consult with a healthcare provider or registered dietitian to develop a comprehensive plan tailored to your specific needs.

GUT HEALTH



- 1. Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory properties and may support a healthy gut by reducing inflammation.
- 2. Ginger:** Ginger has anti-inflammatory and anti-nausea properties that can soothe the digestive system and promote gut health.
- 3. Peppermint:** Peppermint can help relax the muscles of the gastrointestinal tract, reducing symptoms of irritable bowel syndrome (IBS) and aiding digestion.
- 4. Fennel Seeds:** Fennel seeds can relieve indigestion and bloating by relaxing the muscles in the gastrointestinal tract.
- 5. Cumin:** Cumin may help with digestion and reduce symptoms of indigestion due to its carminative properties.

Incorporating these spices into your diet can be a flavorful way to potentially enhance gut health. However, it's essential to maintain a balanced diet and overall healthy lifestyle practices for optimal gut health. Additionally, individual responses to spices can vary, so it's best to monitor how your body reacts and consult with a healthcare provider if you have specific gastrointestinal concerns or conditions.