

ALMOND LOW CARB HUMMUS



Serves: 2 cups

INGREDIENTS

- ½ cup water
- ½ cup olive oil and/or grapeseed oil
- ½ cup raw almonds
- ¼ cup lemon juice
- 1 clove garlic or more to taste
- 2 tsp. bragg liquid aminos or low sodium soy sauce
- ¼ tsp. cumin
- ½ tsp. chili powder
- ¼ tsp. coriander
- ¼ tsp. paprika

INSTRUCTIONS

1. Toss all ingredients into a high power blender, like a Blendtec, nutribullet, or a food processor. Blend for 2-3 minutes till smooth.
2. Enjoy with veggies or low-carb pita/lavash chips. Best served chilled.
3. Store in fridge in airtight container.

Nutrition Information

Serving size: ¼ cup

Calories: 168 Kcal, Fat: 18gms, Carbohydrates: 2gms, Fiber: 1 gm,

Protein: 2gms

EASY EGG WRAPS



These Easy Egg Wraps are perfect for a low-carb, high-protein snack. Make several ahead of time and fill with things like turkey, avocado, cheese, hummus and more.

INGREDIENTS

- Eggs (mix it with Proti VLC egg mix for 14 gms additional protein)
- Optional fillings: turkey, avocado, cheese, hummus, fruit, yogurt, etc
- Optional seasonings: salt, pepper, paprika, cayenne pepper, basil, oregano, etc

INSTRUCTIONS

1. Heat a small skillet over medium heat. Grease with butter or oil.
2. In a bowl, crack one egg and mix well with a fork.
3. Pour into a hot pan and tilt pan to spread egg into a large circle on the bottom of the pan.
4. Let cook 30 seconds. (Sprinkle with seasonings if desired)
5. Carefully flip with a large spatula and let cook another 30 seconds.
6. Remove from pan and repeat with as many eggs as desired.
7. Let egg wraps cool slightly (or fully), top as desired with fillings, roll and serve warm or cold.

Nutrition Information

Serving size: 1

Calories: 160, Fat: 7gms, Carbohydrates: 6gms, Fiber: 3 gm, Protein: 20gms

CARAMEL APPLE PROTEIN POPSICLES



SERVINGS: 4 POPSICLES

INGREDIENTS

- 1 cup Premier Protein Caramel Shake/Fast Track Shakes
- 1 cup unsweetened applesauce
- 1/2 teaspoon cinnamon

INSTRUCTIONS

1. Add Premier Protein Caramel Shake, unsweetened applesauce and cinnamon to a bowl and mix well.
2. Pour into popsicle trays and freeze for 4-6 hours
3. Serve drizzled with Caramel Sauce for a truly decadent experience.

Nutrition Information

Serving size: 1

Calories: 57, Fat: 1gms, Carbohydrates: 8gms, Fiber: 2 gm, Protein: 6gms

Stuffed Mushrooms

Serves 2

1 package HealthWise Beef Bouillon Soup
2 oz. low-fat Swiss cheese, grated
8 medium-sized mushrooms

1. Preheat oven to 400°.
 2. Clean mushrooms and separate stems. Chop stems and mix with Swiss cheese.
 3. Make mushroom cups by scooping out the remaining mushroom caps.
 4. Place mixture in each mushroom cup. Sprinkle beef soup and a small amount of water over each mushroom.
 5. Bake 5 to 10 minutes.
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Nutrition Per	Calories 102	Fiber 1 g
Serving	Fat 2 g	Protein 18 g
	Carbohydrates 4 g	

Strawberry Almond Meringue Cookies

Makes 10

1 package HealthWise California Strawberry Shake/Pudding
3 egg whites
1 tsp. almond extract

1. Preheat oven to 350°.
2. Prepare baking sheet by spraying with no-stick cooking spray.
3. Beat egg whites until dry and stiff.
4. Add shake mix and almond extract. Mix thoroughly without over mixing.
5. Drop by teaspoonful onto baking sheet.
6. Bake at 350° for 5 minutes.



Nutrition Per	Calories 141	Fiber 0 g
(Cookie) Serving	Fat 0.3 g	Protein 26 g
	Carbohydrates 8 g	

Lite Lemon Puffs

Serves 6

1 package HealthWise French Vanilla Shake/Pudding
1 package HealthWise Lemonade Fruit Drink
1 egg

1. Preheat oven to 350 °.
 2. Mix all ingredients to a doughy consistency.
 3. Form 6 dough balls.
 4. Bake at 350 ° for 10 minutes.
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Nutrition Per	Calories 32	Fiber 0 g
Serving	Fat 1 g	Protein 6 g
	Carbohydrates 1 g	

SAVORY HIGH PROTEIN CHEESE WAFFLES



Makes 6 waffles.

INGREDIENTS:

1 cup processed, raw cauliflower (should resemble coarse crumbs)
1 cup processed mozzarella shredded cheese
1/3 cup Parmesan cheese/shredded
2 eggs
1 tsp garlic powder
1/2 tsp Italian Herb
1/2 tsp pepper
1 Packet Fast Track Chicken Bouillon
fresh parsley, optional
sun-dried tomatoes, optional

INSTRUCTIONS:

Heat waffle maker until ready. Add ¼ cups batter on the griddle. Set the timer for 4-6 minutes, peeking after minute four. If the waffle maker sticks, let it cook slightly longer. Remove once cooked. Allow to cool on a plate. Refrigerate remaining.

Nutritional Information per waffle: Calories: 135, Carbohydrates: 3g, Fiber: .8g, Net Carbohydrates: 2.2g, Protein: 14.2g, Fat: 8.5g

MINUTE LASAGNA ROLL



This simple two minute dish is easy to eat at any bariatric stage, contains high quality high protein, is low/no carb and TASTES LIKE LASAGNA!.

INGREDIENTS

- one large egg
- a teaspoon of olive oil
- ¼ cup part skim ricotta
- 1 tablespoon Parmesan cheese
- Tomato Basil Pasta Sauce (For added protein use Fast Track Cream of Tomato Soup)
- sea salt and black pepper

INSTRUCTIONS

1. Scramble an egg in a bowl with a teaspoon of water. Pour the olive oil into a hot, 6-inch nonstick frying pan and add the egg. Quickly lift the pan and roll it around so the entire bottom is thinly coated in egg. Cook 30 to 35 seconds until surface looks nearly dry. Carefully lift the corner and flip. Move to plate, smear ricotta in a thick line across center of crepe, sprinkle with parmesan and roll up. Add a couple big spoonfuls of tomato sauce to your hot pan and let it sizzle. Pour over your lasagna roll.

Nutrition Information

Serving size: 1 roll up

Calories: 288 Fat: 13gms, Carbohydrates: 12gms, Fiber: 0 gm, Protein: 30gms

GREEK "NO BREAD" TURKEY ROLL UPS



INGREDIENTS

- 1 slice deli turkey breast
- 1 tablespoon garlic flavored hummus (Use Almond Hummus)
- 1 tablespoon crumbled feta cheese
- 1 slice tomato, chopped up
- 3 pitted greek olives, chopped
- 1 - 2 baby spinach leaves, torn into smaller pieces

INSTRUCTIONS

1. Lay turkey breast out and spread hummus over the top. Sprinkle the rest of the ingredients over top and then roll up the turkey breast. Cut in half and eat.

These can be made 1-2 days ahead of time and stored in the refrigerator in an airtight container.

Nutrition Information

Serving size: 1 roll up

Calories: 141 Fat: 5gms, Carbohydrates: 6gms, Fiber: 1 gm, Protein: 15gms

HAM, SWISS, AND SPINACH ROLL UPS



Serves: 1

INGREDIENTS

- 1 slice uncured organic deli ham (or use any ham you wish)
- 1 tablespoon hummus
- ½ slice swiss cheese
- 4-5 baby spinach leaves

INSTRUCTIONS

1. Spread hummus onto the slice of ham. Top that with swiss cheese and spinach leaves. Roll up and enjoy.

Notes

These can be made 1-2 days ahead of time.

Nutrition Information

Serving size: 1 roll up

Calories: 94 Kcal, Fat: 5 gms, Carbohydrates: 3 gms, Fiber: 1 gm, Protein: 9 gms

AVOCADO AND GREEK YOGURT CHICKEN SALAD (NO MAYO)



Serves: 4

INGREDIENTS

- 1 ripe avocado, removed from skin
- ½ cup plain Greek yogurt
- ½ teaspoon garlic granulated garlic
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ ground pepper
- 2 cups finely chopped or shredded cooked chicken
- ½ red onion, chopped
- 1 small lime

INSTRUCTIONS

1. In a medium bowl mash together avocado and greek yogurt until smooth.
2. Stir in garlic, onion powder, salt, and pepper.
3. Add chicken and red onion to avocado mixture and stir until all ingredients are combined.
4. Squeeze in half the juice from the lime. Give it a taste, squeeze in the rest of the lime if needed. I used all of the lime juice.
5. Serve in a wrap, in a pita, or anyway you typically enjoy chicken salad.

This recipe can be made up to 3 days ahead of time and stored in the refrigerator.

Nutrition Information: Serving size: ¾ cup
Calories: 140 Kcal, Fat: 6 gms, Fiber: 3 gms, Protein: 17 gms

EGG SALAD (NO MAYONNAISE)



Serves: 1

INGREDIENTS

- 2 hardboiled eggs
- 2 tablespoons plain greek yogurt
- 1-2 teaspoons dill relish
- ¼ teaspoon onion powder
- ¼ teaspoon granulated garlic
- ⅛ teaspoon dried mustard powder
- sliced green onion

INSTRUCTIONS

1. In a medium bowl, using a fork, mash together all the ingredients (except the green onion) until smooth. Sprinkle green onion on top.

This recipe can be made 1-2 days ahead of time and store in an airtight container in the refrigerator. Having the hardboiled eggs made ahead of time makes this recipe come together in less than 7 minutes.

Nutrition Information

Serving size: 1 recipe

Calories: 143 Kcal, Fat: 8 gms, Carbohydrates: 2 gms, Protein: 15 gms

CHEESY PORTABELLA PIZZAS



Serves 4

INGREDIENTS

1. 4 portabella mushrooms, stems pulled out
2. 1/2 cup reduced fat Mozzarella
3. 2 oz Cabot extra sharp light Cheddar, shredded
4. 2 Tbsp Parmesan Cheese
5. 1/2 cup tomato sauce (for added protein use Fast Track Cream of Tomato Soup)
6. 1/2 tsp olive oil
7. 1/2 tsp oregano
8. 1/2 tsp garlic powder

INSTRUCTIONS

Heat oven to 400* lay out a sheet of tin foil in a pan with sides (so juices don't leak) then spread olive oil around on the tin foil (just enough so the caps don't stick)

Spoon about 2 Tbsp tomato sauce into each cap, sprinkle with Mozzarella, then Parmesan, then Cheddar, then spices

Bake 25 minutes until cheese is melty

Nutrition per cap: 130 calories, 7g fat, 9 g carbs, 12g protein

ZUCCHINI LASAGNA



INGREDIENTS

- 1 Thinly sliced Zucchini or Chinese Eggplant
- 1 cup part skim ricotta
- ¼ tsp pinch Italian herb seasoning
- ¼ tsp garlic powder
- ½ cup mozzarella and Parmesan cheese
- Tomato Basil Pasta Sauce (For added protein use 1 packet Fast Track Cream of Tomato Soup)
- Salt and black pepper

INSTRUCTIONS

Preheat oven to 350 F

In a bowl, mix ricotta cheese, garlic powder and herbs. Mix well and keep it aside.

Meanwhile, slice zucchini into thin slices; add lightly salt and set aside or 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.

Spray oil in muffin tin. Arrange sliced zucchini or eggplant in single layer. Spread ricotta mixture. Pour the sauce. Repeat layers. Sprinkle cheese on top and bake for 15-20 mins, or until cheese is melted and bubbly. Let it sit for 5 mins before serving.

Nutrition Facts: 106 calories, 6g fat, carbs 5g, 10g protein

Aquafaba



Aquafaba: The biggest benefits of aquafaba are that it's plant-based, naturally gluten-free, low in calories, and can mimic the consistency of ingredients like eggs and dairy for those who choose or need to avoid them.

Aquafaba ([/ˌɑːkwəfɑːbə/](#)) is the name for the viscous water in which legume seeds such as chickpeas have been cooked.

Due to its ability to mimic functional properties of egg whites in cooking, aquafaba can be used as a direct replacement for them in some cases, including meringues and marshmallows. Its composition makes it especially suitable for use by people with dietary, ethical, or religious reasons to avoid eggs.

The most common use of aquafaba is as a replacement for egg white. It is composed of carbohydrates, proteins, and other soluble plant solids which have migrated from the seeds to the water during the cooking process. This unique combination of ingredients gives it a wide spectrum of emulsifying, foaming, binding, gelatinizing and thickening properties.

The general recommendation for use is to replace one medium egg white with 30 ml (2 tablespoons) of aquafaba in a recipe, or to replace one medium whole egg with 45 mL (3 Tbsp)

The simplest way to use it is to decant the liquid from canned or boxed legumes such as white beans or chickpeas. Alternatively, it can be made by boiling, steaming, pressure cooking, or microwaving pulses in water until they are cooked.