



Garlic Herb Roasted Salmon

Best roasted salmon recipe ever!
Made with butter, garlic, herb,
lemon and dinner is ready in 20
mins. (4 Servings)



PREP TIME

8 minutes

COOK TIME

9-12 minutes

TOTAL TIME

20 minutes

INGREDIENTS

4 - 4 oz salmon fillets (thawed)
3 tablespoon melted butter
4 cloves garlic, finely minced
1 tablespoon chopped fresh Italian parsley leaves
1/8 teaspoon salt
1 pinch cayenne pepper, (optional)
1 teaspoon lemon juice
3 dashes ground black pepper
lemon wedges

INSTRUCTIONS

1. Preheat oven to 425F.
 2. Combine the melted butter, garlic, parsley, salt, cayenne pepper (if using), lemon juice and black pepper together. Stir to combine well.
 3. Arrange the salmon on a baking sheet lined with parchment paper. Spoon the garlic herb mixture onto the salmon, coat well on the top and sides of the salmon.
 4. Bake for 9-12 minutes (or until internal temp 145F). Dish out and serve immediately with lemon wedges
- Shared and adapted from Pinterest: Rasa Malasia recipes..

1 Serving = 206 Calories (22 g Protein, 0 Carb, 9 g Fat)



Parmesan Roasted Cauliflower Recipe

Roasting vegetables makes them SO good for you! Bonus: this is coated in parmesan and herbs for a delicious twist . (4 Servings)



PREP TIME

10 minutes

COOK TIME

30 minutes

TOTAL TIME

40 minutes

INGREDIENTS

- 1 head cauliflower (or a 12 oz bag of frozen cauliflower)
- 1 tablespoon olive oil or Vegetable Oil Spray
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 cup grated parmesan cheese

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Use parchment paper to line the cooking sheet. Prepare the cauliflower by cutting it from the stem and cutting it into florets like you would broccoli. (or just spread slightly thawed frozen cauliflower onto the sheet).
3. Toss the cauliflower with the olive oil, spices, and parmesan. Place it on the prepared cookie sheet.
4. Bake for about 30 minutes, stirring once or twice during roasting, until they're golden brown.

Shared and adapted from Pinterest: Crazy for Crust recipes..

1 Serving = 96 Calories (5g Protein, 8g Carb, 6g Fat)



Simple Spinach Salad

Spinach salad with a simple dressing made from lemon juice & olive oil topped with cheese, walnuts, and cracked black pepper. (4 Servings)



PREP TIME

3 minutes

COOK TIME

5 minutes

TOTAL TIME

8 minutes

INGREDIENTS

5.5 oz baby spinach

1 tablespoon lemon juice

3 tablespoons olive oil

1/3 cup grated parmesan or Romano cheese

2 tablespoons diced walnuts (or choice of nuts)

fresh ground black pepper

INSTRUCTIONS

1. Optional: To toast the walnuts (or nuts)*. Add nuts to a small ungreased skillet over medium heat. Let the diced nuts warm up, stirring occasionally until they just begin to darken and become fragrant, this usually takes about 5-6 minutes. Remove the skillet from the heat, give the nuts a little shake, and let the nuts rest on the warm skillet 2-3 more minutes to finish toasting until ready to add to the salad.

2. Meanwhile add the spinach to a large bowl and drizzle with lemon juice and olive oil.

3. Toss the spinach to coat in the lemon juice and olive oil. Add cheese, nuts, and a dash of freshly cracked pepper. Toss again and serve immediately.

Shared and adapted from Pinterest: Schmidity Wife

1 Serving = 154 Calories (4g Protein, 7g Carb, 15g Fat)



Cinnamon Swirl Protein Cake

With this Cinnamon Swirl Protein Cake, you can have cake for breakfast! It's a tasty, high-protein treat that will make you excited to get out of bed in the morning.

(1 Serving)



PREP TIME

5 minutes

COOK TIME

25 minutes

TOTAL TIME

30 minutes

INGREDIENTS

- ¼ cup oats
- 1 egg white
- 1 scoop vanilla protein powder
- 2 tsp. Stevia
- ½ tbsp. cinnamon
- ⅓ Cup water
- 1/4 banana

INSTRUCTIONS

1. Preheat the oven to 325 F (165 C)
2. Blend the oats, egg white, and water until the consistency is smooth (I use a Nutribullet)
3. Pour the mixture into a bowl. Whisk it together with the protein powder and 1 tsp. Stevia. The mixture should be like thick pancake batter.
4. Pour half of the batter into a small (about 4.5 inches across) nonstick pan and sprinkle with two-thirds of the cinnamon plus 1 tsp. Stevia. Pour the remaining batter and sprinkle with the rest of the cinnamon.
5. Pull a knife through the batter a few times to slightly mix in the cinnamon and Stevia.
6. Bake for 25 minutes and let it rest for a few minutes before serving.

Shared and adapted from Diabetes Strong Recipes

1 Serving = 239 Calories (31g Protein, 23.5g Carb, 1.9 Fat)