

# 310 Meal Prep

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healthy, quick & easy recipes for your day

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# CONTENTS





# 4

page

— BREAKFAST RECIPES —

- p. 06 spicy shrimp omelet
- p. 08 low carb egg & turkey sausage casserole
- p. 10 bell pepper eggs
- p. 12 prosciutto wrapped avocado
- p. 14 low carb bacon & egg muffins
- p. 16 low carb coconut flour porridge
- p. 18 low carb 310 protein cinnamon pancakes

# 20

page

— DINNER RECIPES —

- p. 22 white fish with lemon sauce over mashed cauliflower
- p. 24 salmon meatballs with dijon lemon sauce
- p. 26 low carb grilled chicken & peanut sauce
- p. 28 lemon garlic shrimp and zucchini noodles
- p. 30 blackened salmon with avocado salsa
- p. 32 taco stuffed peppers
- p. 34 zucchini noodles with cilantro pesto sauce
- p. 36 low carb tuna pickle boats
- p. 38 the green delight protein smoothie
- p. 40 zucchini chips



## BREAKFAST RECIPES





## Spicy Shrimp Omelet







## ingredients

---

egg	5
small shrimp	12
grape tomato	4
handful spinach	1
onion	1/4
olive oil	1/2 tbs
cayenne	1/4 tsp
Mr. Dash	

## directions

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Chop up onion and slice the grape tomatoes in half lengthwise.

Sautee onions 1/2 tbs olive oil and the cut grape tomatoes cut side down to roast a little.

When the onions are translucent throw in your spinach and let it wilt

Throw in the 15 shrimp non-tailed

You can make a scramble on low heat, or you can whisk the eggs in the bowl and pour it over to make a regular omelet. Either way while adding the eggs add the cayenne and Mrs. Dash for flavor into the mixture and or afterwards

To make the eggs our way, crack each one leaving room for all 6, or however many you're using. Then take a wooden spoon and jiggle the whites around so they grab everything underneath them a little better.

**Serving size: 1/2 of the recipe**

**Calories 200 per serving**

# Low Carb Egg & Turkey Sausage Casserole



## directions

---

In a greased skillet over medium-high heat, cook the minced garlic for about one minute, until fragrant.

Add the turkey sausage. Cook for about 10 minutes, breaking apart with a spatula, until browned.

Meanwhile, preheat the oven to 375 degrees F.

If using broccoli (or other veggies), blanch them in boiling water for about 5-7 minutes, until crisp tender. Then plunge into an ice bath to stop cooking, drain and pat dry.

In a large bowl, whisk together the eggs, coconut cream, half of the cheese, parsley, sea salt, and black pepper.

Grease the bottom of a glass or ceramic 8x8 in or 9x9 in casserole dish (I use this one). Arrange the crumbled sausage





## ingredients

---

turkey sausage	1/2 lb
minced garlic	5 cloves
large egg	12
coconut cream	1/2 cup
cheddar, swiss, monetary jack, american, provolone	1 cup
chopped parsley	2 tbsp
pink himalayan salt, sea salt, or original flavor Mrs. Dash	1/4 tsp
black pepper	1/4 tsp
broccoli	2 cups
peppers (red, yellow, green)	1 cup
onions	1/4 cup

evenly at the bottom of the casserole dish. (If you want to add any pre-cooked vegetables to your casserole, mix them with the sausage at this step.)

Pour the egg mixture over the turkey sausage. Sprinkle the remaining cheese on top.

Bake for approximately 30 minutes, until the eggs are set and cheese is melted.

**Serving size: 1/9 of the recipe**

**Calories 281 per serving**

## Bell Pepper Eggs





## ingredients

---

egg	6
bell pepper (sliced into rings)	1
himalayan pink salt	1/4 tsp
black peppers	1/4 tsp
chives (chopped)	2 tbsp
parsley (chopped)	2 tbsp

## directions

---

Heat a nonstick skillet over medium heat, and grease lightly with cooking spray. (Olive oil cooking spray)

Place a bell pepper ring in the skillet, then sauté for two minutes. Flip the ring, then crack an egg in the middle. Season with salt and pepper, then cook until the egg is cooked to your liking, 2 to 4 minutes.

Repeat with the other eggs, then garnish with chives and parsley.

**Serving size: 1/6 of the recipe**

**Calories 100 per serving**



# Prosciutto Wrapped Avocado Eggs

## ingredients

---

ripe avocado	2
egg	2
prosciutto slices	6
olive oil	2 tbsp
himalayan salt	to taste
& pepper	
chopped parsley	garnish
tomato slices	garnish

## directions

---

Boil in a medium pot of water at a gentle simmer.

Line a small bowl using food-safe plastic wrap and rub about a 1/2 tbs olive oil on it.

Crack one egg into the lined bowl, pull the sides of the plastic wrap together, and tie a knot. Place the wrapped egg in the simmering water for 3 minutes. Repeat with the other egg.

Remove the eggs from the water and lay on a plate. Cut the plastic wrap open and gently separate the eggs. flatten prosciutto slices.

Cut avocado in half remove outer skin. Scoop out the middle of the avocado to fit the poached egg. Carefully put the egg inside



and enclose with both sides of the avocado.

Wrap the sealed avocado tightly in prosciutto slices, two strips horizontally and one vertically. Repeat the steps for the other egg.

Pan Fry prosciutto-wrapped avocado in olive oil over medium heat for about 10 minutes. Turn frequently until the prosciutto is crispy all over.

Place on a paper towel to drain the excess oil before serving. Slice the stuffed avocado, sprinkle with salt, pepper and chopped parsley. Serve with tomato slices.

**Serving size: 1/2 of the recipe**

**Calories 280 per serving**









# Low Carb Bacon & Egg Muffins

## ingredients

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egg	8
himalayan salt	1/2 tsp
black pepper	1 tsp
garlic powder	1 cups
chopped spinach	2 cups
turkey bacon bit	4 strips
fresh herbs (basil, cilantro, or parsley)	2 tbsp
olive oil	1/2 tbsp

## directions

---

Chop up onion and slice the grape tomatoes in half lengthwise.

Sautee onions ½ tbs olive oil and the cut grape tomatoes cut side down to roast a little.

When the onions are translucent throw in your spinach and let it wilt

Throw in the 15 shrimp non-tailed

You can make a scramble on low heat, or you can whisk the eggs in the bowl and pour it over to make a regular omelet. Either way while adding the eggs add the cayenne and Mrs. Dash for flavor into the mixture and or afterwards

To make the eggs our way, crack each one leaving room for all 6, or however many you're using. Then take a wooden spoon and jiggle the whites around so they grab everything underneath them a little better.

**Serving size: 1/2 of the recipe**

**Calories 200 per serving**

# Low Carb Coconut Flour Porridge



## ingredients

---

coconut flour	2 tbsp
golden flax meal	2 tbsp
coconut milk	1 tbsp
water	3/4 cup
salt	pinch
egg, beaten	1
stevia	1 tspt

## directions

---

Beat egg and set it aside

In a small pot over medium heat, stir in coconut flour, golden flax meal and water. When it begins to simmer, reduce heat to medium-low and whisk until it thickens.

Remove the porridge from heat off stove and add the beaten egg, a small amount at a time, while whisking continuously.

Place back on the heat and whisk until the porridge thickens.

Remove from the heat and continue to whisk for about 30 seconds before adding the coconut cream and stevia.



Garnish with your favorite toppings. For example, cinnamon and nutmeg etc

**Serving size: 1 of the recipe**

**Calories 220 per serving**







# Low Carb 310 Protein Cinnamon Pancakes

## ingredients

---

egg	2
cinnamon	2 dashes
nutmeg	1 dash
310 vanilla chai/ vanilla protein powder	2 scoops 1 tsp
almond milk	1/3 cup
cooking spray	

## directions

---

Place a non-stick skillet on the stove over medium heat. Spray with cooking spray.

In a large bowl add the eggs, protein powder, and baking powder cinnamon and nutmeg mix with a whisk. Add almond milk a little at a time until batter is smooth and pourable. You may not need all the almond milk.

Using a 1/3 cup measure, pour out the batter into the skillet. I was able to make 3 at a time. They are ready to flip when bubbles start to form.

Low carb toppings nuts or nut butters, cottage cheese, Greek yogurt (low carb)

Makes about 6 pancakes, calories for one serving 3 pancakes around 190 calories not including toppings

**Serving size: 3/6 of the recipe**

**Calories 175 per serving**





DINNER RECIPES





## White Fish with Lemon Sauce over Mashed Cauliflower



## ingredients

---

### *White Fish & Lemon Sauce*

white fish	2 fillets
olive oil	1 tbs
himalayan salt	1 tsp
pepper	1/2 tsp
broccolini	1 bunch
garlic paste	1 tsp

### *Mashed Cauliflower*

medium head cauliflower	1
low fat cream cheese	1 tbsp
grated parmesan	1/4 cup
minced garlic	1/2 tsp
himalayan salt	1/8 tsp
ground black pepper	1/8 tsp
olive oi	1 tbsp

## directions

---

Set a stockpot of water to boil over high heat.

Cut cauliflower into small pieces (thumb size). Cook in boiling water for about 6 minutes, or until well done. Drain cauliflower and pat down until very dry between several layers of paper towels. Do this quickly to keep cauliflower hot.

Use an immersion blender, or food processor/blender to puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.

Directions White Fish and Lemon Sauce

Preheat oven to 220 degrees. Line a baking dish with baking paper.

Finely grate the rind of the lemon and cut half of it into small segments.

Pat dry fish then season with salt and pepper. Drizzle a little olive oil and half the lemon rind. Place in the oven and bake for 12 - 14 minutes until just falling apart and cooked through.

Steam the broccolini in the microwave until just tender (around 4 mins). Drain and set aside to dry.

Meanwhile, in a frying pan heat the lemon rind, garlic and olive oil cook for 2-3 minute. Stir in the lemon segments and steamed broccolini.

Serve the fish topped with broccolini and lemon sauce on a bed of cauliflower mash.  
(1/6 of recipe) 71 calories serving should be equivalent to fist size

**Serving size: 1/2 of the recipe white fish and 1/6 of Mashed cauliflower**

**Calories 260 per serving**



# Salmon Meatballs with Dijon Lemon Sauce



## directions

---

Preheat oven to 350 degrees

Sauté onions and garlic in olive oil until soft, over medium heat roughly 3 minutes. Set aside and allow to cool.

In a large bowl, combine remaining meatball ingredients with cooked onion mixture and mix well.

Form into meatballs about 20 bake in mini muffin pan. at 350 for 20-25 minutes or until cooked through as desired.

While meatballs are baking, make your cream sauce.

sauté garlic in olive oil in a large skillet over medium heat, until soft, 3 minutes.

Add lemon juice and Dijon mustard, coconut cream and water whisk and then simmer until desired thickness is achieved, stir frequently.



Remove cooked meatballs from the oven and place in the sauce. Garnish with chives.

Serve meatballs with cream sauce and Enjoy!

**Serving size: 1/4 of the recipe about 5 meat balls**

**Calories 375 per serving**

## ingredients

---

### *Salmon Meatballs*

olive oil	1 tbsp
chopped onion	1/3 cup
minced/pressed garlic	2 cloves
ground wild caught salmon	1 lb
dijon mustard	2 tbsp
fresh chives	1/4 cup
egg	1
coconut flour	1 tbsp
himalayan salt	1 tsp

### *Lemon Cream Sauce*

olive oil	2 tbsp
minced/pressed garlic	4 cloves
juiced & zested lemon	1 medium
dijon mustard	2 tbsp



## Low Carb Grilled Chicken & Peanut Sauce





## ingredients

---

### *Chicken*

lime juice	1 tbsp
fish sauce	1 tbsp
rice wine vinegar	1 tbsp
coconut amino	1 tbsp
avocado/olive oil	1 tbsp
minced ginger	1 tsp
minced garlic	1 tsp
ground coriander	1 tsp
cayenne pepper	1 tsp
skinless chicken wings	6

### *Peanut Sauce*

peanut butter	4 tbsp
minced ginger	1 tsp
minced garlic	1 tsp
chopped fresh jalapeno without seeds	1 tbsp
lime juice	1 tbsp
fish sauce (sugar free)	1 tbsp
rice wine vinegar (sugar free)	1 tbsp
water	1 tbsp
stevia	1 tbsp or less

## directions

---

Combine the lime juice, fish sauce, rice wine vinegar, soy sauce, avocado oil, ginger, garlic, cayenne pepper, ground coriander and sweetener in a large bowl and whisk together.

Add the chicken pieces and stir to coat the chicken thoroughly with the marinade.

Cover and refrigerate chicken in marinade for a minimum of one hour, up to 24 hours.

The chicken can be baked or sautéed rather than grilled if that is your preference. Bake for about 40 minutes at 400 degrees, or sauté over medium heat for about 5 minutes per side.

### **Directions for the Peanut Sauce:**

Combine all ingredients in a blender, or food processor and blend until smooth.

Serve over chicken.

Optional garnishes include shredded cabbage, chopped peanuts, chopped scallions and chopped cilantro.

**Serving size: 1/2 of the recipe 496 plus 375**

**Calories 435 per serving**



# Lemon Garlic Shrimp & Zucchini Noodles

## directions

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Wash and trim the ends of the zucchini. Make the zucchini pasta using a spiralizer or julienne peeler and set aside. If you don't have one you can make zucchini ribbons using an apple slicer. Make sure zucchini is dried. If doing ribbons leave out the center as much as possible.

Heat 2 tbs olive oil in a large skillet over medium-high heat. Add the shrimp in one layer and sprinkle with Himalayan salt and pepper. Slightly brown bottom of shrimp

## ingredients

---

medium raw shrimp,	16
peeled & de-tailed	
medium zucchini	3
olive oil	3 tbsp
chopped garlic	2 cloves
italian seasoning	1 tsp
red pepper flakes	1 pinch
lemon juice	1/2 lemon
chicken / vegetable	1/4 cup
stock (or white wine)	
hot sauce	to taste
salt & pepper	to taste
chopped parsley	garnish



Add the chopped garlic, Italian seasoning, and red pepper flakes and then stir the shrimp for another minute or two to cook the other side. Transfer the shrimp to a shallow plate.

In the same pan, add remaining olive oil, lemon juice, chicken or vegetable stock, and hot sauce to the pan. Bring the sauce to a simmer for 2-3 minutes, stirring regularly.

Stir in the zucchini noodles and cook until softened. If too watery allow simmer longer for thicker sauce. Add the shrimp back to the pan and stir for another minute. Serve immediately with lemon slices, extra parsley, and pepper.


**Serving size: 1/4 of the recipe**

**Calories 160 per serving**









# Blackened Salmon with Avocado Salsa

## ingredients

---

### *Blackened Salmon*

olive oil	1 tbsp
6-ounce salmon	2 pices
cajun seasoning	2 tsp

### *Lemon Cream Sauce*

diced avocado	1
diced cucumber	1 cup
diced green onion	1/4 cup
chopped cilantro	1 tbsp
lemon / lime juice	1 tbsp
salt	to taste
diced jalapeno without seeds	1/4 cup

## directions

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Heat the oil in a heavy bottom skillet over medium-high heat, add the salmon, seasoned with the Cajun seasoning, and cook until deeply golden brown to slightly blackened before flipping and repeating for the other side.

For the avocado salsa:

Mix all ingredients together

**Serving size: 1/2 of the recipe**

**Calories 310 per serving**

# Taco Stuffed Peppers



## ingredients

---

olive oil	2 tbsp	smoked paprika	1/2 tsp
chopped onion	2 tbsp	half bell pepper	3
minced garlic	1 tbsp	shredded cheddar	1/2 cup
ground turkey	3/4 cup	& monterey jack	
himalayan salt	pinch	shredded lettuce	1 cup
black pepper	1	pico de gallo	
chopped cilantro	1 tbspt	lime wedges	
chili powder	1 tbp		
ground cumin	1/2 tsp		





## directions

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Preheat oven to 375° and spray a large baking dish with cooking spray.

In a large skillet over medium heat, heat about 1 tbs olive oil.

Sautee onion until lightly tender. Stir in garlic and cook about 1 minute. Add ground turkey and cook until no longer pink, about 5 minutes. Drain fat.

Add chili powder, ground cumin, and paprika to mixture, then season with salt and pepper.

Drizzle bell peppers with olive oil and season with Himalayan salt and pepper. Place the peppers, cut side up, in the baking dish and spoon meat mixture into each pepper. Top with cheese and bake until the cheese is melted, and the peppers are crisp-tender, about 20 minutes.

Top each pepper with lettuce and serve with pico de gallo, hot sauce, and lime wedges.

**Serving size: 1/6 of the recipe**

**Calories 200 per serving**Garnish with your favorite toppings. For example, cinnamon and nutmeg etc.









# Cilantro Pesto Sauce

## Zucchini Noodles

### ingredients

---

#### *Cilantro Pesto*

walnuts	1/2 cup
olive oil	1/4 cup
water	1 oz
minced garlic	3 cloves
spinach	1 cup
cilantro	1/4 cup
himalayan salt	1 tsp

#### *Zucchini Noodles*

zucchini	2
olive oil	1 tbsp
minced garlic	3 cloves
garlic powder &	a dash
himalayan salt	

### directions

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#### **Directions for Cilantro Pesto:**

Add all ingredients into a food processor or blender and blend.

#### **Directions for Zucchini Noodles:**

sauté garlic and olive oil in medium heat

Using a handheld or electric spiralizer, spiralize zucchini into long strips if you don't have one you can make zucchini ribbons using an apple slicer don't keep the center with the seeds

Add zucchini pasta or ribbons to pan and coat with garlic powder and sea salt Sautee till soft

Add cilantro pesto sauce and any other seasoning and garnish for taste example nuts cilantro etc.

**Serving size: 1/2 of the recipe**

**Calories 460 per serving**



## Low Carb Tuna Pickle Boats





## ingredients

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dill pickle	5
albacore tuna	1 can
greek yogurt	1/4 cup
olive oil	1 tbs
dill	1 tbsp
salt & pepper	to taste

## directions

---

Cut the pickles length wise in half.

Using a spoon, remove all the seed scooping a boat for the tuna.

Drain your tuna, and put in a small bowl, add Greek yogurt, dill, salt & pepper. Mix with a fork.

Spoon the tuna into the boats. Garnish with dill.

**Serving size: 1/5 of the recipe**

**Calories 60 per serving**

# The Green Delight Protein Smoothie

## directions

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Add everything into blender till smooth

**Serving size: 1/2 of the recipe**

**Calories 275 per serving**

## ingredients

---

avocado	1/2 (3-4 oz)
chia seeds	2 tsp
water	1/4 cup
fat coconut milk	1/2 cup
almond milk	1/4 cup
almond butter	2 tbsp
grated ginger	1 tsp (1/2 in.)
turmeric	1/2 tsp
lemon / lime juice	1 tsp
crushed ice	1 cup
sugar-free sweetener	to taste













# Zucchini Chips

## directions

---

Preheat oven to 250 degrees

Slice zucchini and let sit on towel with salt to absorb moisture.

After fully dry place thin slices onto parchment paper over pan

Spray lightly with olive oil spray

Takes about one hour per side keep an eye out close to the one hour mark to prevent burning.

## ingredients

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zucchini	2
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olive oil	cooking spray
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