30-DAY MEAL PLAN

LIGHT & DELICIOUS MEALS

45 easy, lighter, delicious recipes



Chef Hannah

A complete collection for lighter everyday cooking

Gluten-free and lactose-free recipe ideas



GRILLED CHICKEN WITH ROASTED VEGETABLES

Colorful, light, and full of flavor. Perfect for a balanced, easy meal.

320
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 2 chicken breast fillets
- 1 zucchini, sliced
- 1 carrot, cut into sticks
- 1/2 yellow bell pepper, sliced
- 1/2 red bell pepper, sliced
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1/2 lemon
- 1 tsp sweet paprika
- Salt and black pepper to taste
- Dried herbs to taste

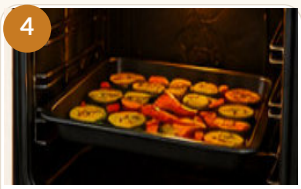
HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Season chicken with garlic, lemon, salt, pepper, and paprika.

2. 
Toss vegetables with olive oil, salt, and herbs.

3. 
Spread vegetables on a baking sheet.

4. 
Roast in an oven preheated to 200°C (392°F).

5. 
Heat a skillet and grill the chicken fillets.

6. 
Turn fillets to brown both sides.

7. 
Remove roasted vegetables and slice the chicken.

8. 
Plate everything and serve hot.

CHEF'S TIPS

- Add broccoli or red onion to the vegetables if desired.
- Let chicken rest for 2 minutes before slicing.
- Finish with parsley for freshness.

Enjoyed it? Save and share this recipe with someone who loves good food!



SPINACH AND CHERRY TOMATO OMELET

A light, practical, nutritious option any time of day.

245
KCAL
per serving

15 MIN
total prep time

INGREDIENTS

- 3 eggs
- 1 cup chopped spinach
- 6 cherry tomatoes, halved
- 1 tbsp chopped onion
- 1 tsp olive oil
- Salt to taste
- Black pepper to taste
- Oregano to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Crack the eggs into a bowl.

2. 
Whisk with salt, pepper, and oregano.

3. 
Mix in the spinach and onion.

4. 
Heat olive oil in a skillet.

5. 
Pour in the egg mixture and spread evenly.

6. 
Add cherry tomatoes on top.

7. 
Cook until set, then fold the omelet.

8. 
Serve while hot.

CHEF'S TIPS

- Add turmeric for extra color if desired.
- Cook over low heat for a tender omelet.
- Serve with a green salad.

Enjoyed it? Save and share this recipe with someone who loves good food!



SHREDDED CHICKEN AND AVOCADO SALAD

Refreshing and perfectly creamy for a light meal.

290
KCAL
per serving

20 MIN
total prep time

INGREDIENTS

- 1 cooked, shredded chicken breast
- 1/2 avocado, diced
- 1 cup chopped lettuce
- 1/2 cup cherry tomatoes
- 1/2 cucumber, sliced
- 2 tbsp sliced red onion
- Juice of 1/2 lemon
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Cook the chicken and shred thoroughly.

2. 
Wash and dry the lettuce.

3. 
Dice the avocado.

4. 
Slice cucumber and red onion.

5. 
Mix lemon juice, olive oil, salt, and pepper.

6. 
Arrange the lettuce on a plate.

7. 
Add chicken, avocado, and vegetables.

8. 
Drizzle with dressing and serve.

CHEF'S TIPS

- Add avocado last to preserve its color.
- For more crunch, add seeds.
- Serve chilled for extra freshness.

Enjoyed it? Save and share this recipe with someone who loves good food!



HERB-BAKED TILAPIA WITH GOLDEN POTATOES

Light, aromatic, and full of flavor for a balanced lunch.

315
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 2 tilapia fillets
- 2 small potatoes, diced
- 2 tbsp olive oil
- Juice of 1/2 lemon
- 2 garlic cloves, minced
- 1 tsp mixed herbs
- Salt to taste
- Black pepper to taste
- Parsley to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

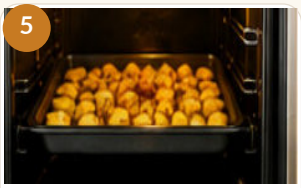
HOW TO MAKE IT

1. 
Season tilapia with lemon, garlic, salt, and pepper.

2. 
Cut potatoes into small cubes.

3. 
Toss potatoes with olive oil and herbs.

4. 
Spread potatoes on a baking sheet.

5. 
Place in an oven preheated to 200°C (392°F).

6. 
Add tilapia and bake until golden.

7. 
Remove when fish is tender.

8. 
Garnish with parsley and serve.

CHEF'S TIPS

- Add lemon slices for more aroma.
- Avoid overbaking so the fish stays moist.
- Serve with green salad for a complete meal.

Enjoyed it? Save and share this recipe with someone who loves good food!



GROUND BEEF-STUFFED ZUCCHINI

Homemade flavor, light and practical for everyday meals.

285
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 2 medium zucchinis
- 300 g ground beef
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tomato, chopped
- 2 tbsp homemade tomato sauce
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste
- Chopped parsley and scallions to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

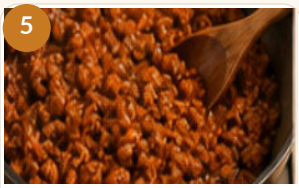
HOW TO MAKE IT

1. 
Cut zucchinis in half lengthwise.

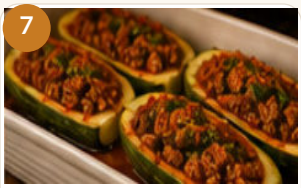
2. 
Carefully scoop out part of the flesh.

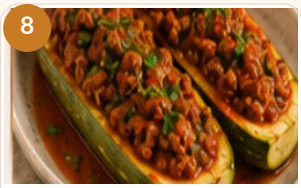
3. 
Sauté onion, garlic, and ground beef.

4. 
Add tomato, sauce, salt, and pepper.

5. 
Cook until excess liquid evaporates.

6. 
Fill zucchini halves with the beef.

7. 
Bake until zucchini is tender.

8. 
Garnish with fresh herbs and serve.

CHEF'S TIPS

- Chop zucchini flesh and mix it into the filling.
- Add paprika for extra flavor.
- Pair with salad to keep the meal light.

Enjoyed it? Save and share this recipe with someone who loves good food!



CINNAMON BANANA PANCAKES

Naturally sweet, fluffy, and ideal for a light breakfast.

210
KCAL
per serving

15 MIN
total prep time

INGREDIENTS

- 1 ripe banana
- 2 eggs
- 2 tbsp certified gluten-free oat flour
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp coconut oil or olive oil, for greasing

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT


1. Mash the banana well.


2. Add eggs and mix.


3. Stir in oat flour and cinnamon.


4. Add baking powder last.


5. Heat and lightly grease a skillet.


6. Pour in small portions of batter.


7. Flip when bubbles appear.


8. Serve with banana and cinnamon.

CHEF'S TIPS

- Use a very ripe banana for sweetness.
- Cook on low heat to brown evenly.
- Top with unsweetened peanut butter if desired.

Enjoyed it? Save and share this recipe with someone who loves good food!



CHICKEN AND OREGANO CREPIOCA

Light, tasty, and quick to prepare.

230
KCAL
per serving

12 MIN
total prep time

INGREDIENTS

- 1 egg
- 2 tbsp tapioca starch
- 3 tbsp shredded chicken
- 1 tbsp chopped tomato
- 1 tsp chopped onion
- 1 tsp olive oil
- Oregano to taste
- Salt and pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

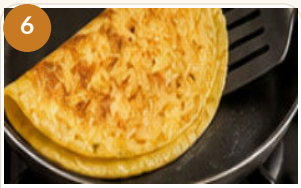
1. 
Mix egg, tapioca starch, and salt.

2. 
Heat a nonstick skillet.

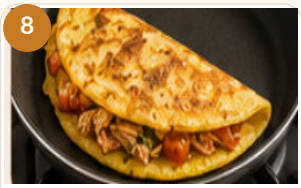
3. 
Pour batter into skillet and spread.

4. 
Sauté chicken with onion.

5. 
Add tomato and oregano to filling.

6. 
Flip the crepioca to set both sides.

7. 
Place filling on half of the crepioca.

8. 
Fold and serve hot.

CHEF'S TIPS

- Use pre-seasoned chicken for extra flavor.
- Keep the batter thin.
- Serve with leafy greens.

Enjoyed it? Save and share this recipe with someone who loves good food!



CREAMY PARSNIP AND GROUND BEEF BAKE

Creamy comfort food made with wholesome ingredients.

330
KCAL
per serving

40 MIN
total prep time

INGREDIENTS

- 400 g arracacha
- 300 g ground beef
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tomato, chopped
- 1 tbsp olive oil
- 2 tbsp cooking water
- Salt to taste
- Black pepper to taste
- Parsley to taste

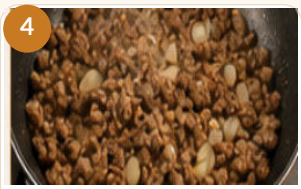
GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1. 
Peel and boil the arracacha until tender.

2. 
Mash it into a smooth purée.

3. 
Adjust purée with cooking water and salt.

4. 
Sauté onion, garlic, and ground beef.

5. 
Add tomato and seasonings.

6. 
Spread beef in a baking dish.

7. 
Cover with purée and smooth the top.

8. 
Bake until lightly golden and serve.

CHEF'S TIPS

- Season beef well to enhance flavor.
- Make a firm purée for easy layering.
- Finish with parsley for freshness.

Enjoyed it? Save and share this recipe with someone who loves good food!



CREAMY PUMPKIN AND GINGER SOUP

Comforting, smooth, and perfect for a lighter dinner.

180 KCAL per serving

30 MIN total prep time

INGREDIENTS

- 500 g pumpkin, diced
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1 tsp grated ginger
- 1 tbsp olive oil
- 500 ml water
- Salt to taste
- Black pepper to taste
- Parsley to garnish

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT



1. Sauté onion and garlic in olive oil.



2. Add diced pumpkin.



3. Stir in grated ginger.



4. Cover with water and cook.



5. Cook until pumpkin is very soft.



6. Blend until smooth and creamy.



7. Return to pot and adjust seasoning.



8. Serve garnished with parsley.

CHEF'S TIPS

- Add turmeric for a deeper golden color.
- Blend less for a rustic texture.
- Add shredded chicken for more protein.

Enjoyed it? Save and share this recipe with someone who loves good food!



WARM CHICKEN AND VEGETABLE SALAD

A colorful, flavorful, light meal for everyday eating.

275
KCAL
per serving

25 MIN
total prep time

INGREDIENTS

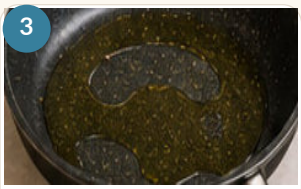
- 1 chicken breast fillet, cut into strips
- 1/2 zucchini, sliced
- 1/2 carrot, cut into strips
- 1/2 red bell pepper, sliced
- 1/2 red onion, cut into wedges
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste
- Herbs to taste
- Leafy greens to serve

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Season chicken with salt and pepper.

2. 
Cut vegetables into medium pieces.

3. 
Heat olive oil in a skillet.

4. 
Grill chicken until golden.

5. 
Set chicken aside and grill the vegetables.

6. 
Season vegetables with herbs.

7. 
Arrange leafy greens on a plate.

8. 
Add chicken and vegetables, serve warm.

CHEF'S TIPS

- Do not overcook vegetables, keep them crisp.
- Add lemon at the end for freshness.
- Serve immediately for warm-and-cool contrast.

Enjoyed it? Save and share this recipe with someone who loves good food!



CHICKEN IN MUSTARD AND HERB SAUCE

Creamy, aromatic, light, and easy to prepare.

235
KCAL
per serving

25 MIN
total prep time

INGREDIENTS

- 500 g chicken breast, sliced into strips
- 1 tbsp sugar-free mustard
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/3 cup dairy-free plant cream
- 1/2 cup water or homemade stock
- Mixed herbs to taste
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT



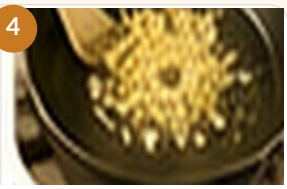
1 Season chicken with salt, pepper, and garlic.



2 Heat olive oil and brown chicken on both sides.



3 Remove chicken and set aside briefly.



4 Sauté the remaining garlic in the same skillet.



5 Stir in mustard over low heat.



6 Add plant-based cream and water.



7 Return chicken, simmer until sauce thickens.



8 Finish with herbs and serve hot.

CHEF'S TIPS

- Choose mustard without added sugar.
- Avoid boiling sauce too vigorously to keep it creamy.
- Excellent with brown rice or grilled vegetables.

Light, flavorful recipes for everyday life.



SWEET POTATO MASH WITH SHREDDED BEEF

Comforting, nutritious, and balanced for a light, complete meal.

280
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

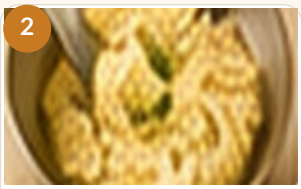
- 500 g sweet potatoes
- 300 g cooked, shredded beef
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 3 tbsp potato cooking water
- Chopped parsley and scallions to taste
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT



1. Boil sweet potatoes until very tender.



2. Drain and mash while still hot.



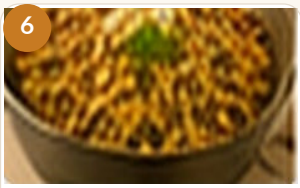
3. Adjust mash with cooking water and salt.



4. Sauté onion and garlic in olive oil.



5. Add shredded beef and stir well.



6. Season with salt, pepper, and herbs.



7. Place and smooth mash on a plate.



8. Top with shredded beef and serve.

CHEF'S TIPS

- Cook sweet potatoes until soft for a smooth mash.
- Use precooked beef to save time.
- Add leafy greens to complete the meal.

Light, flavorful recipes for everyday life.



GLUTEN-FREE BAKED KIBBEH WITH SALAD

Flavorful and moist inside, perfect for everyday lunches.

290
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

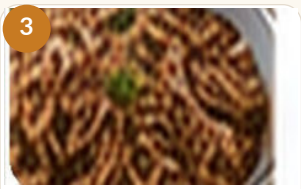
- 500 g lean ground beef
- 1 cup cooked, cooled quinoa
- 1/2 onion, finely chopped
- 2 garlic cloves, minced
- Chopped fresh mint to taste
- Juice of 1/2 lemon
- 1 tbsp olive oil
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1. 
Cook quinoa and cool completely.

2. 
Drain well to avoid excess moisture.

3. 
Combine beef, quinoa, onion, and garlic.

4. 
Mix in mint, lemon juice, salt, and pepper.

5. 
Spread mixture in a greased baking dish.

6. 
Score the top and brush with olive oil.

7. 
Bake until firm and lightly golden.

8. 
Serve with a fresh, colorful salad.

CHEF'S TIPS

- Quinoa replaces wheat to keep this gluten-free.
- Do not overbake, kibbeh should stay juicy.
- Lemon and mint add freshness.

Light, flavorful recipes for everyday life.



BAKED SALMON WITH BROCCOLI AND CARROTS

Colorful, nutritious, and delicious for a special light meal.

390
KCAL
per serving

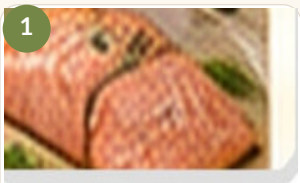
25 MIN
total prep time

INGREDIENTS

- 2 salmon portions
- 1 cup broccoli florets
- 1 carrot, thinly sliced
- 2 tbsp olive oil
- Juice of 1/2 lemon
- 1 garlic clove, minced
- Dried herbs to taste
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1. 
Season salmon with lemon, garlic, salt, and pepper.

2. 
Cut broccoli and carrots into similar sizes.

3. 
Toss vegetables with olive oil and herbs.

4. 
Spread vegetables on a baking sheet.

5. 
Place salmon among the vegetables.

6. 
Bake in a preheated oven at 200°C (392°F).

7. 
Remove when salmon is moist and tender.

8. 
Finish with herbs and serve immediately.

CHEF'S TIPS

- Avoid overbaking salmon so it stays moist.
- Slice carrots thinly so they cook evenly.
- Add fresh lemon to bring out the flavor.

Light, flavorful recipes for everyday life.



SAVORY EGG AND VEGETABLE MUFFINS

Easy, light, and great for breakfast, snacks, or lunchboxes.

175
KCAL
per serving

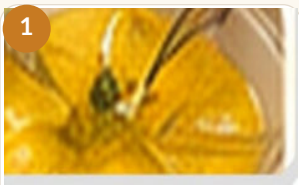
20 MIN
total prep time

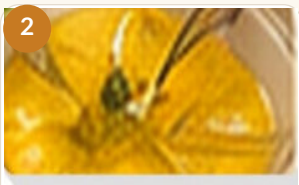
INGREDIENTS

- 4 eggs
- 1/3 cup grated carrot
- 1/3 cup chopped spinach
- 6 cherry tomatoes, chopped
- 2 tbsp chopped onion
- 1 tsp olive oil
- Oregano to taste
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

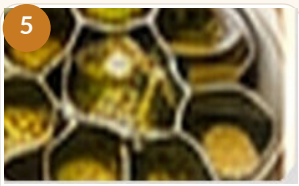
HOW TO MAKE IT

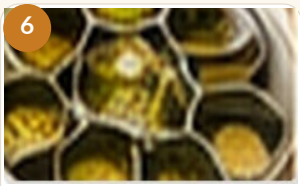
1. 
Crack eggs into a bowl.

2. 
Whisk with salt, pepper, and oregano.

3. 
Add carrot, spinach, tomatoes, and onion.

4. 
Lightly grease a muffin tin.

5. 
Divide mixture among the cups.

6. 
Do not fill to the brim.

7. 
Bake at 180°C (356°F) until set and golden.

8. 
Carefully unmold and serve.

CHEF'S TIPS

- Use whatever vegetables you have on hand.
- Wait 2 minutes before removing from the tin.
- Refrigerate for a quick snack.

Light, flavorful recipes for everyday life.



CAULIFLOWER RICE WITH DICED CHICKEN

A light, protein-rich, textured dish for lunch or dinner.

CAL

220
KCAL
per serving

25 MIN
total prep time

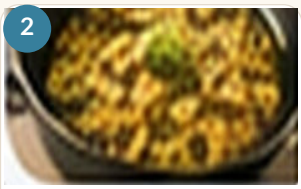
INGREDIENTS

- 1 medium cauliflower, grated
- 300 g chicken breast, diced
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- Chopped parsley and scallions to taste
- Salt and black pepper to taste
- Dried herbs to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

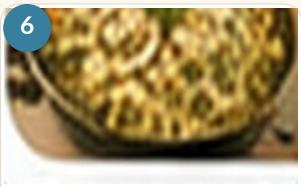
1. 
Grate or pulse cauliflower until rice-like.

2. 
Season chicken with salt, pepper, and herbs.

3. 
Heat oil and brown chicken.

4. 
Add onion and garlic, sauté.

5. 
Add riced cauliflower.

6. 
Stir and cook for a few minutes.

7. 
Adjust seasoning without letting it get watery.

8. 
Garnish with fresh herbs and serve.

CHEF'S TIPS

- Do not overcook cauliflower, preserve its texture.
- Dry cauliflower well before processing.
- Add diced vegetables for more color.

Light, flavorful recipes for everyday life.



BAKED EGGPLANT WITH GROUND BEEF

Juicy and flavorful with a golden dairy-free topping.

CAL

260
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 1 large eggplant
- 300 g lean ground beef
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 cup no-added-sugar tomato sauce
- 1 tbsp olive oil
- 1 tbsp nutritional yeast
- Salt, pepper, and oregano to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

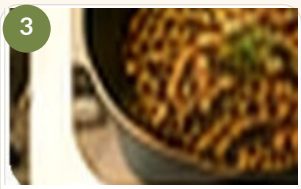
HOW TO MAKE IT

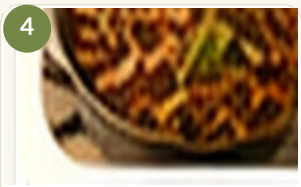
1

Slice eggplant or cut it in half.

2

Lightly grill to soften.

3

Sauté onion, garlic, and ground beef.

4

Add tomato sauce and season.

5

Layer eggplant with the meat mixture.

6

Sprinkle nutritional yeast on top.

7

Bake until bubbling and golden.

8

Finish with fresh herbs and serve.

CHEF'S TIPS

- Sprinkle eggplant with salt and pat dry first.
- Homemade sauce keeps the dish lighter.
- Nutritional yeast adds a savory, cheesy flavor.

Light, flavorful recipes for everyday life.



FLOURLESS CHICKEN PIE

Fluffy, protein-rich, and practical for a light meal or snack.

CAL

240
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 2 cups cooked, shredded chicken
- 3 eggs
- 1/2 cup unsweetened plant milk
- 1/2 small zucchini, grated
- 1 tbsp olive oil
- 1 tsp baking powder
- Chopped parsley and scallions to taste
- Salt and black pepper to taste

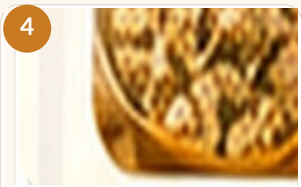
GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1. 
Preheat oven to 180°C (356°F).

2. 
Whisk eggs with plant-based milk.

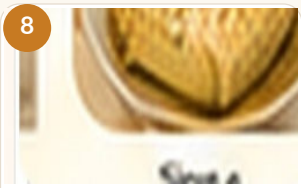
3. 
Stir in olive oil, salt, pepper, and herbs.

4. 
Add chicken and grated zucchini.

5. 
Gently fold in baking powder last.

6. 
Pour into a small greased baking dish.

7. 
Bake until risen, set, and golden.

8. 
Let cool slightly, slice, and serve.

CHEF'S TIPS

- Squeeze excess water from zucchini first.
- Freeze in individual portions if desired.
- Use well-seasoned chicken for more flavor.



LIGHT CHICKEN AND KALE POTATO SOUP

Warm, creamy, and nutritious for a comforting light dinner.

CAL

190
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 1 medium potato, diced
- 2 cups cooked, shredded chicken
- 2 cups finely sliced kale
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 700 ml water or homemade stock
- Salt and black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

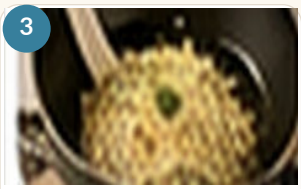
HOW TO MAKE IT

1

Boil potato until very tender.

2

Sauté onion and garlic in olive oil.

3

Add cooked potato and some stock.

4

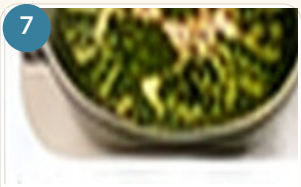
Blend until smooth and creamy.

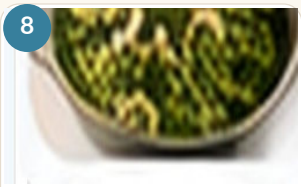
5

Return to pot and adjust salt.

6

Add shredded chicken.

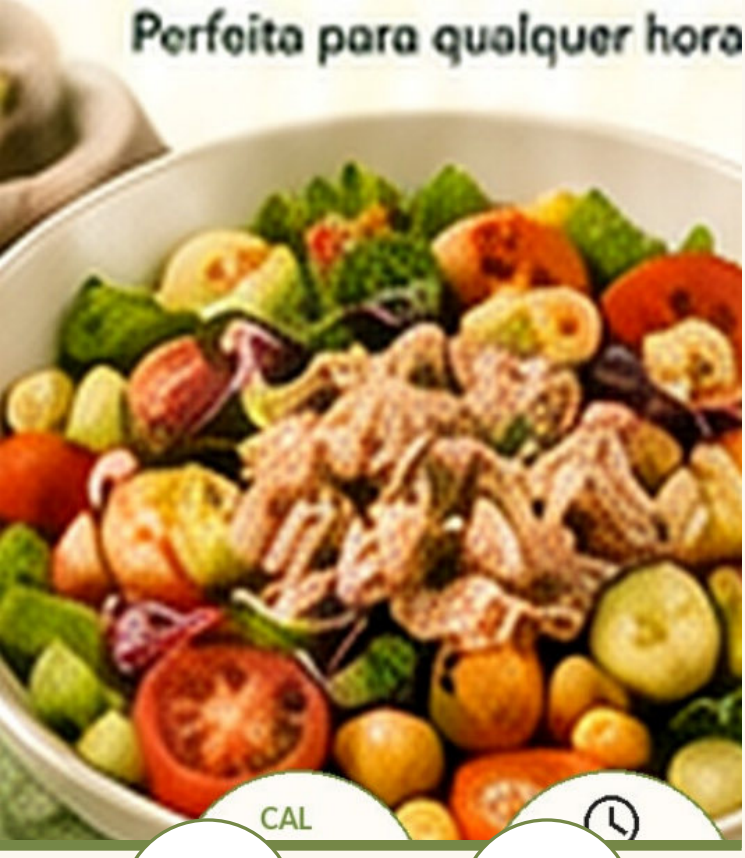
7

Stir in kale and cook briefly.

8

Serve hot with a drizzle of olive oil.

CHEF'S TIPS

- Slice kale thinly so it softens quickly.
- Do not overcook kale, retain its color.
- Use homemade stock without sugar or thickeners.

Light, flavorful recipes for everyday life.



COLORFUL TUNA AND CHICKPEA SALAD

Fresh, complete, and colorful for a quick balanced meal.

CAL

220
KCAL
per serving

20 MIN
total prep time

INGREDIENTS

- 1 can tuna in water, drained
- 1 cup cooked chickpeas
- 1/2 cucumber, sliced
- 8 cherry tomatoes, chopped
- 1/4 red onion, thinly sliced
- Leafy greens to taste
- Juice of 1/2 lemon and 1 tbsp olive oil
- Salt and herbs to taste

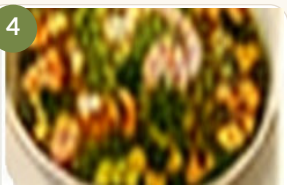
GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

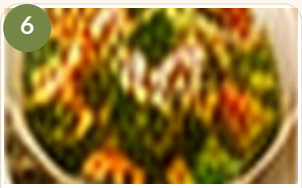

1. Drain tuna and chickpeas well.


2. Wash and dry the leafy greens.


3. Slice cucumber, tomatoes, and onion.


4. Place greens in a large bowl.


5. Add chickpeas and vegetables.


6. Add tuna in chunks.


7. Season with lemon, olive oil, salt, and herbs.


8. Toss gently and serve immediately.

CHEF'S TIPS

- Add the dressing only when ready to serve.
- Add grated carrot for color and crunch.
- Ideal for a packed, chilled lunch.

Light, flavorful recipes for everyday life.



LIGHT CHICKEN CURRY WITH VEGETABLES

Aromatic, colorful, and balanced for a flavorful light meal.

295 KCAL per serving

30 MIN total prep time

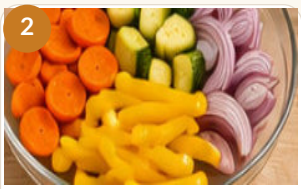
INGREDIENTS

- 1 chicken breast fillet, diced
- 1/2 carrot, thinly sliced
- 1/2 zucchini, diced
- 1/2 yellow bell pepper, cut into strips
- 1/4 onion, cut into wedges
- 1 tbsp olive oil
- 1 tsp curry powder
- 1 tsp turmeric
- 2 tbsp coconut milk
- Salt and black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

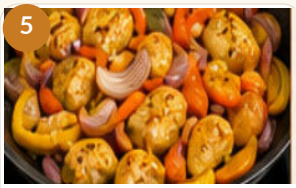
HOW TO MAKE IT

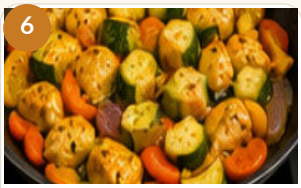
1. 
Season chicken with salt, pepper, and curry.

2. 
Cut vegetables into medium pieces.

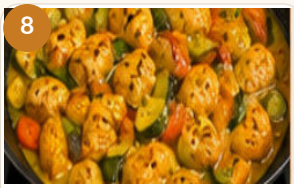
3. 
Heat olive oil in a skillet.

4. 
Brown chicken thoroughly.

5. 
Add onion, carrot, and bell pepper.

6. 
Add zucchini and turmeric.

7. 
Pour in coconut milk and mix.

8. 
Cook for another 2 minutes and serve.

CHEF'S TIPS

- Finish with fresh herbs for brightness.
- Serve with cauliflower rice if desired.
- Do not overcook zucchini, keep its texture.

Enjoyed it? Save and share this recipe with someone who loves good food!



ZUCCHINI FRITTERS WITH LACTOSE-FREE YOGURT SAUCE

Golden, light, and delicious without weighing you down.

210
KCAL
per serving

25 MIN
total prep time

INGREDIENTS

- 1 medium zucchini, grated
- 1 egg
- 2 tbsp certified gluten-free oat flour
- 1 tbsp chopped onion
- 1 tbsp chopped fresh herbs
- 1 tsp olive oil
- Salt and pepper to taste
- 3 tbsp lactose-free yogurt
- Juice of 1/2 lemon
- Oregano to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT


1. Grate zucchini and squeeze out excess water.


2. Mix zucchini, egg, onion, and fresh herbs.


3. Add flour, salt, and pepper.


4. Shape mixture into small patties.


5. Heat olive oil in a skillet.


6. Brown fritters on both sides.


7. Mix yogurt, lemon, and oregano for sauce.


8. Serve fritters topped with the sauce.

CHEF'S TIPS

- Bake the fritters instead of frying if preferred.
- Serve with a green salad for a complete meal.
- Squeeze zucchini thoroughly so patties hold together.

Enjoyed it? Save and share this recipe with someone who loves good food!



SAUTÉED GROUND BEEF WITH GREEN BEANS AND CARROTS

An easy, nutritious home-style lunch.

280 KCAL per serving

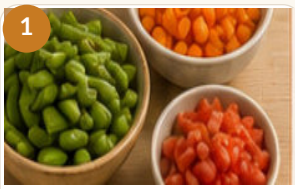
25 MIN total prep time

INGREDIENTS

- 300 g ground beef
- 1 cup chopped green beans
- 1/2 carrot, finely diced
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tomato, chopped
- 1 tbsp olive oil
- Salt and black pepper to taste
- Sweet paprika to taste
- Fresh parsley and scallions to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT



1. Chop green beans, carrot, and tomato.



2. Heat olive oil in a pan.



3. Sauté onion and garlic until fragrant.



4. Add ground beef and stir well.



5. Add tomato, green beans, and carrot.



6. Season with salt, pepper, and paprika.



7. Cook until vegetables are tender.



8. Finish with fresh herbs and serve.

CHEF'S TIPS

- Serve with cauliflower rice or salad.
- Do not overcook green beans, preserve their color.
- Add diced zucchini if you like.

Enjoyed it? Save and share this recipe with someone who loves good food!



LEMON-BAKED WHITE FISH FILLETS

Tender, light, and aromatic for a balanced meal.

260
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 2 white fish fillets
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1/2 onion, sliced
- 1/2 tomato, sliced
- Salt to taste
- Black pepper to taste
- Mixed herbs to taste
- Parsley to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

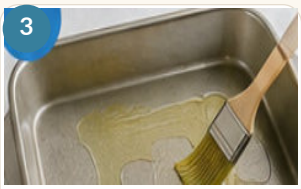
HOW TO MAKE IT

1

Season fish with lemon, garlic, salt, and pepper.

2

Let marinate for 10 minutes.

3

Grease a baking dish with olive oil.

4

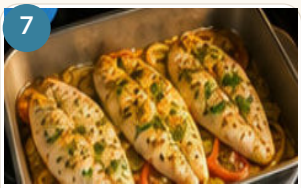
Arrange onion and tomato in the dish.

5

Place fish on top of vegetables.

6

Sprinkle with mixed herbs.

7

Bake until cooked and lightly golden.

8

Finish with parsley and serve.

CHEF'S TIPS

- Cover with foil during initial baking to prevent drying.
- Serve with salad or cooked vegetables.
- Lemon adds freshness and enhances flavor.

Enjoyed it? Save and share this recipe with someone who loves good food!



LACTOSE-FREE CAPRESE OMELET

Colorful, light, and perfect for a quick nutritious meal.

240 KCAL per serving

15 MIN total prep time

INGREDIENTS

- 3 eggs
- 1 tbsp lactose-free milk or plant milk
- 6 cherry tomatoes, halved
- 2 tbsp shredded lactose-free mozzarella
- 4 basil leaves
- 1 tsp olive oil
- Salt to taste
- Black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Crack eggs into a bowl.

2. 
Whisk with milk, salt, and pepper.

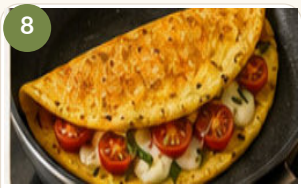
3. 
Halve cherry tomatoes.

4. 
Heat olive oil in a skillet.

5. 
Pour in eggs and spread evenly.

6. 
Add tomatoes and lactose-free mozzarella.

7. 
Cook until set, add basil.

8. 
Fold the omelet and serve hot.

CHEF'S TIPS

- Cook over low heat for a soft omelet.
- Add extra fresh basil to finish.
- Serve with a green salad.

Enjoyed it? Save and share this recipe with someone who loves good food!



CORN COUSCOUS WITH SCRAMBLED EGGS

Simple, delicious, and perfect for a light breakfast.

250
KCAL
per serving

20 MIN
total prep time

INGREDIENTS

- 1 cup coarse corn flakes for couscous (flocão)
- 1/2 cup water
- Pinch of salt
- 2 eggs
- 1 tsp olive oil
- 1 tbsp chopped onion
- Fresh herbs to taste
- Black pepper to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1

Mix corn flakes with water and salt.

2

Let hydrate for 5 minutes.

3

Place couscous in a steamer.

4

Steam until soft.

5

Heat olive oil in a skillet.

6

Briefly sauté onion.

7

Add eggs and scramble until cooked.

8

Serve couscous topped with eggs.

CHEF'S TIPS

- Finish with fresh herbs for flavor.
- Serve fresh tomato on the side.
- Do not let scrambled eggs dry out.

Enjoyed it? Save and share this recipe with someone who loves good food!



LIGHT CHICKEN FRICASSEE WITH CREAMY CORN

Comforting, creamy, and ideal for a lighter meal.

320
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 1 cooked, shredded chicken breast
- 1 cup corn kernels
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1/2 cup plant milk or lactose-free milk
- 1 tbsp olive oil
- 1 tbsp lactose-free cream cheese (optional)
- Salt to taste
- Black pepper to taste
- Fresh herbs to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Cook and shred the chicken.

2. 
Blend corn with plant milk until creamy.

3. 
Sauté onion and garlic in olive oil.

4. 
Add shredded chicken and season.

5. 
Pour in creamy corn mixture.

6. 
Stir until slightly thickened.

7. 
Adjust salt and add fresh herbs.

8. 
Serve while hot.

CHEF'S TIPS

- Use fresh corn for extra flavor if desired.
- Pair with a green salad or cooked vegetables.
- Stir often to prevent the cream from sticking.

Enjoyed it? Save and share this recipe with someone who loves good food!



ZUCCHINI LASAGNA WITH GROUND BEEF

Tasty comfort food in a lighter, homemade version.

340
KCAL
per serving

40 MIN
total prep time

INGREDIENTS

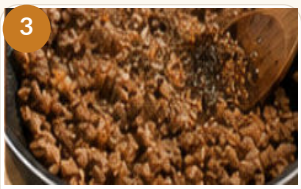
- 2 zucchinis, sliced lengthwise
- 300 g ground beef
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 tomato, chopped
- 3 tbsp tomato sauce
- 1 tbsp olive oil
- 3 tbsp shredded lactose-free cheese
- Salt and black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

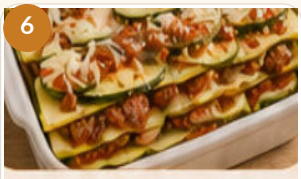
1. 
Slice zucchini into thin lengthwise strips.

2. 
Sauté onion, garlic, and ground beef.

3. 
Season with salt and pepper.

4. 
Add chopped tomato and tomato sauce.

5. 
Layer zucchini and meat filling.

6. 
Repeat layers until ingredients are used.

7. 
Finish with shredded lactose-free cheese.

8. 
Bake until golden on top and serve.

CHEF'S TIPS

- Grill zucchini briefly to remove excess moisture.
- Use homemade tomato sauce for lighter flavor.
- Serve with fresh leafy greens.

Enjoyed it? Save and share this recipe with someone who loves good food!



CREAMY ARRACACHA SOUP WITH SHREDDED CHICKEN

Cozy, nutritious, and delicate for a complete light meal.

230
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 500 g arracacha
- 1 small cooked, shredded chicken breast
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 700 ml water or homemade stock
- Salt to taste
- Black pepper to taste
- Nutmeg to taste
- Parsley to garnish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT


1. Peel and dice the arracacha.


2. Sauté onion and garlic in olive oil.


3. Add arracacha and stir.


4. Cover with water and cook until soft.


5. Blend arracacha into a smooth cream.


6. Return soup to pot.


7. Add shredded chicken and season.


8. Serve hot with parsley on top.

CHEF'S TIPS

- Add a little nutmeg for special flavor.
- Blend thoroughly for extra creaminess.
- Great on cold days for a comforting meal.

Enjoyed it? Save and share this recipe with someone who loves good food!



QUINOA SALAD WITH VEGETABLES AND CHICKEN

Fresh, colorful, balanced, and nutritious.

300 KCAL per serving

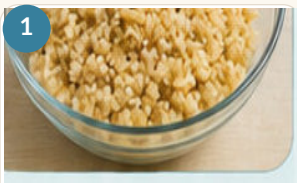
25 MIN total prep time

INGREDIENTS

- 1/2 cup cooked quinoa
- 1 grilled chicken breast fillet, diced
- 1/2 cucumber, diced
- 1/2 carrot, grated
- 1/2 cup cherry tomatoes
- 2 tbsp cooked corn
- Leafy greens to taste
- 1 tbsp olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

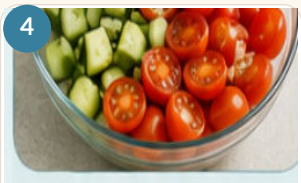
HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Cook quinoa and let cool.

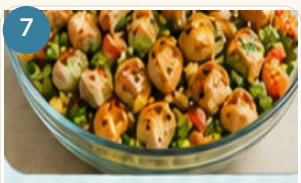
2. 
Season chicken with salt and pepper.

3. 
Grill chicken until golden.

4. 
Dice cucumber and cherry tomatoes.

5. 
Grate carrot and prepare the greens.

6. 
Mix quinoa, vegetables, and corn in a bowl.

7. 
Add chicken, dress with olive oil and lemon.

8. 
Serve the salad immediately.

CHEF'S TIPS

- Let quinoa cool so the grains stay separate.
- Add parsley or mint if desired.
- Great for a light packed lunch.

Enjoyed it? Save and share this recipe with someone who loves good food!



PAPRIKA CHICKEN WITH RED ONION

Juicy, fragrant, and flavorful for a light, satisfying meal.

290 KCAL per serving

30 MIN total prep time

INGREDIENTS

- 2 chicken breast fillets
- 1/2 red onion, cut into wedges
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp sweet paprika
- 1 garlic clove, minced
- Juice of 1/2 lemon
- Salt to taste
- Black pepper to taste
- Chopped parsley to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

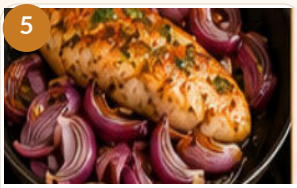
HOW TO MAKE IT

1. 
Season chicken with garlic, lemon, paprika, salt, and pepper.

2. 
Cut red onion into wedges.

3. 
Heat olive oil in a skillet.

4. 
Sear chicken on both sides.

5. 
Add the red onion.

6. 
Cook until golden and tender.

7. 
Finish with parsley.

8. 
Serve while hot.

CHEF'S TIPS

- Marinate chicken for 20 minutes for extra flavor.
- Red onion adds mild sweetness.
- Serve with brown rice or a green salad.

Enjoyed it? Save and share this recipe with someone who loves good food!



MEATBALLS IN HOMEMADE SAUCE WITH PUMPKIN PURÉE

Light, comforting home-style food with plenty of flavor.

320
KCAL
per serving

40 MIN
total prep time

INGREDIENTS

- 300 g ground beef
- 2 tbsp gluten-free oats
- 1 garlic clove, minced
- 1/4 onion, chopped
- 2 tbsp homemade tomato sauce
- 400 g cooked pumpkin
- 1 tsp olive oil
- Salt, pepper, and fresh herbs to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT

1. 
Boil pumpkin until tender.

2. 
Drain and mash into creamy purée.

3. 
Mix beef, garlic, onion, and oats in a bowl.

4. 
Shape into meatballs.

5. 
Heat a drizzle of olive oil, brown meatballs.

6. 
Add homemade tomato sauce, simmer 10 minutes.

7. 
Season pumpkin purée with salt, pepper, and olive oil.

8. 
Serve purée with meatballs on top or alongside.

CHEF'S TIPS

- Shape gently for soft, tender meatballs.
- Use a well-seasoned homemade tomato sauce.
- Blend pumpkin with a little olive oil for a creamier purée.

Enjoyed it? Save and share this recipe with someone who loves good food!



HOMEMADE BURGER PLATE WITH SALAD

Juicy, simple, and balanced for an easy light lunch.

310
KCAL
per serving

25 MIN
total prep time

INGREDIENTS

- 300 g ground beef
- 1 tbsp chopped onion
- 1 garlic clove, minced
- Salt to taste
- Black pepper to taste
- 1 tsp olive oil
- Lettuce, tomato, cucumber, and carrot for salad

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

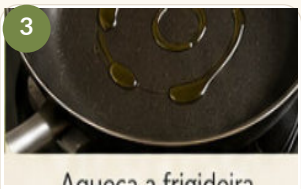
HOW TO MAKE IT



1. Mix beef, garlic, onion, and seasonings.



2. Form into a burger patty.



3. Heat olive oil in a skillet.



4. Cook burger until browned on one side.



5. Flip and finish cooking.



6. Wash and slice salad vegetables.



7. Plate the burger with salad alongside.



8. Serve the burger hot.

CHEF'S TIPS

- Do not press down on the burger while cooking.
- Use simple seasonings to bring out beef flavor.
- Add baked potatoes or brown rice for a fuller meal.

Enjoyed it? Save and share this recipe with someone who loves good food!



ALMOND-CRUSTED FISH WITH VEGETABLES

Light and gently crisp for a delicious, practical meal.

300 KCAL per serving

35 MIN total prep time

INGREDIENTS

- 2 white fish fillets
- 1 egg
- 3 tbsp almond flour
- 1/2 carrot
- 1/2 zucchini
- 1/2 bell pepper
- Olive oil to taste
- Juice of 1/2 lemon
- Salt to taste
- Black pepper to taste
- Fresh herbs (parsley, thyme, oregano)

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Season fish with lemon, salt, and pepper.

2. 
Dip fish in beaten egg.

3. 
Coat fish in almond flour.

4. 
Cut vegetables into medium pieces.

5. 
Roast or sauté vegetables until tender.

6. 
Brown fish in a skillet or air fryer.

7. 
Add fresh herbs to boost flavor.

8. 
Serve crisp fish with warm vegetables.

CHEF'S TIPS

- Chill the breaded fish for 10 minutes before cooking for extra crispness.
- Vary your herbs to change the flavor.
- Serve with green salad or brown rice.

Enjoyed it? Save and share this recipe with someone who loves good food!



CREAMY SCRAMBLED EGGS WITH SPINACH

Quick, nutritious, and delicious at any time of day.

220
KCAL
per serving

12 MIN
total prep time

INGREDIENTS

- 3 eggs
- 1 cup chopped spinach
- 1 tbsp chopped onion
- 1 tsp olive oil
- 1 tbsp lactose-free milk or plant milk (optional)
- Salt to taste
- Black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

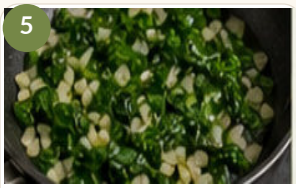
HOW TO MAKE IT

1. 
Crack eggs into a bowl.

2. 
Whisk lightly with salt and pepper.

3. 
Chop spinach.

4. 
Heat olive oil in a skillet.

5. 
Sauté onion and spinach.

6. 
Add beaten eggs.

7. 
Stir until soft and creamy.

8. 
Serve immediately.

CHEF'S TIPS

- Stir over low heat to keep eggs creamy.
- Add white cheese or cottage cheese for extra flavor and protein.
- Serve with toast or whole-grain bread.

Light, wholesome, and made with care for your day.



TAPIOCA FILLED WITH CHICKEN AND TOMATO

A tasty, light option for a quick snack or meal.

240
KCAL
per serving

15 MIN
total prep time

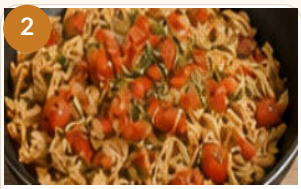
INGREDIENTS

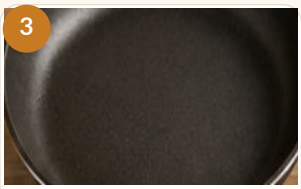
- 4 tbsp hydrated tapioca starch
- 3 tbsp shredded chicken
- 1 tbsp chopped tomato
- 1 tsp chopped onion
- Oregano to taste
- Olive oil to taste
- Salt to taste
- Black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Sauté onion in a little olive oil until translucent, add chicken.

2. 
Add tomato and oregano, season, and sauté 1 minute.

3. 
Heat a nonstick skillet over medium heat.

4. 
Spread tapioca starch evenly in the skillet.

5. 
Cook 2-3 minutes until it binds into a firm flatbread.

6. 
Quickly flip for 30 seconds only if necessary.

7. 
Place the chicken filling on half of the tapioca.

8. 
Fold carefully and serve hot.

CHEF'S TIPS

- Sift tapioca starch for a softer result.
- Add white cheese or mozzarella for a creamier filling.
- Serve with leafy greens or a drizzle of olive oil.

Enjoyed it? Save and share this recipe with someone who loves good food!



LIGHT VEGETABLE SOUFFLÉ

Delicate, colorful, and a delicious way to eat more vegetables.

210
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 2 eggs
- 1/2 cup grated carrot
- 1/2 cup grated zucchini, squeezed dry
- 2 tbsp lactose-free milk or plant milk
- 1 tbsp rice flour
- 1 tsp baking powder
- Salt, pepper, and fresh herbs to taste

GLUTEN-FREE | NO ADDED SUGAR | LACTOSE-FREE

HOW TO MAKE IT


1. Grate carrot and zucchini.


2. Squeeze zucchini well to remove excess water.


3. Whisk eggs with lactose-free or plant milk.


4. Mix in rice flour, salt, pepper, and herbs.


5. Add grated vegetables and mix well.


6. Gently fold in baking powder.


7. Pour into a greased individual baking dish.


8. Bake at 200°C (392°F) for 20-25 minutes, until puffed and golden.

CHEF'S TIPS

- Try broccoli, spinach, or bell pepper too.
- Do not open oven for the first 15 minutes.
- Serve immediately while fluffy and light.

Light, wholesome, and made with care for your day.



GROUND BEEF ROULADE STUFFED WITH VEGETABLES

Juicy and practical, great for a special light lunch.

340
KCAL
per serving

45 MIN
total prep time

INGREDIENTS

- 400 g ground beef
- 1 egg
- 2 tbsp gluten-free oats
- 1/2 carrot, grated
- 1/4 zucchini, grated and squeezed
- 2 tbsp chopped onion
- 1 garlic clove, minced
- Salt, pepper, and olive oil to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT



1. Mix beef, egg, oats, onion, garlic, salt, and pepper.



2. Spread meat mixture on parchment paper.



3. Spread grated carrot and squeezed zucchini over the surface.



4. Roll gently into a firm roulade.



5. Place roulade in a lightly greased or lined baking dish.



6. Brush with olive oil to help it brown.



7. Bake at 200°C (392°F) for 30-35 minutes until cooked.



8. Rest 5 minutes, remove paper, slice, and serve.

CHEF'S TIPS

- Add grated Minas cheese for a creamier filling if desired.
- Squeeze zucchini well to prevent excess moisture.
- Serve with fresh salad or sweet potato mash.

Enjoyed it? Save and share this recipe with someone who loves good food!



VEGETABLE SOUP WITH SHREDDED BEEF

Warm, nutritious, and comforting for a complete light meal.

250
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

- 150 g cooked, shredded beef
- 1 small potato
- 1 carrot
- 1/2 chayote squash
- 1/4 onion
- 1 garlic clove
- 1 tsp olive oil
- Water as needed
- Salt to taste
- Pepper to taste
- Fresh herbs to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Dice the vegetables into small cubes.

2. 
Heat oil and sauté onion and garlic until golden.

3. 
Add shredded beef and stir well.

4. 
Add vegetables and mix.

5. 
Cover with water.

6. 
Simmer until vegetables are tender.

7. 
Adjust salt, pepper, and seasonings.

8. 
Turn off heat, add fresh herbs, and serve hot.

CHEF'S TIPS

- Use homemade stock or natural herbs for more flavor.
- Mash some of the potato for a thicker soup.
- Serve with olive oil and whole-grain bread if desired.

Enjoyed it? Save and share this recipe with someone who loves good food!



LIGHT CHICKEN CAESAR SALAD

Fresh, just creamy enough, and ideal for a lighter lunch.

280 KCAL per serving

20 MIN total prep time

INGREDIENTS

- 1 grilled chicken breast fillet, sliced
- Romaine or leaf lettuce
- 2 tbsp lactose-free yogurt
- 1 tsp mustard
- Juice of 1/2 lemon
- 1 tsp olive oil
- Shavings of lactose-free cheese (optional)
- Salt to taste
- Black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Season chicken with salt, pepper, olive oil, and lemon.

2. 
Grill chicken over medium heat until golden on both sides.

3. 
Wash and thoroughly dry lettuce.

4. 
Whisk yogurt, mustard, lemon juice, and olive oil.

5. 
Cut grilled chicken into thin strips.

6. 
Arrange lettuce in a serving bowl.

7. 
Add chicken and drizzle with yogurt dressing.

8. 
Finish with cheese shavings, adjust salt, and serve.

CHEF'S TIPS

- Chill lettuce well for extra crunch.
- Add lemon zest to the dressing.
- Try cherry tomatoes or hearts of palm for color.

Enjoyed it? Save and share this recipe with someone who loves good food!



LIGHT CHICKEN STIR-FRY WITH VEGETABLES

Colorful, balanced, and flavorful for everyday meals.

310
KCAL
per serving

30 MIN
total prep time

INGREDIENTS

- 500 g chicken breast, cubed
- 2 cups broccoli florets
- 1 carrot, thinly sliced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 onion, cut into wedges
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 3 tbsp gluten-free tamari or soy sauce
- 1 tsp grated ginger
- 1 tsp cornstarch
- 1/2 cup water
- Salt and black pepper to taste
- Chopped scallions (optional)

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Dice chicken and season with salt and pepper.

2. 
Cut broccoli, carrot, bell peppers, and onion.

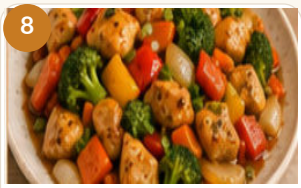
3. 
Mix tamari, ginger, cornstarch, and water.

4. 
Heat olive oil in a large skillet or wok.

5. 
Add chicken and brown for 5-7 minutes.

6. 
Add vegetables and sauté for 3 minutes.

7. 
Pour in sauce, stir and cook 2-3 minutes.

8. 
Serve immediately with scallions, if desired.

CHEF'S TIPS

- Cut ingredients into similar sizes for even cooking.
- Use high heat to keep vegetables crisp and colorful.
- Serve with brown rice or quinoa.

Enjoyed it? Save and share this recipe with someone who loves good food!



LIGHT LACTOSE-FREE CHICKEN STROGANOFF

Creamy, flavorful, and easy to make.

320 KCAL per serving

30 MIN total prep time

INGREDIENTS

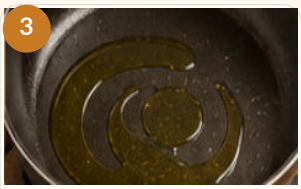
- 500 g chicken breast, cut into strips
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 200 g sliced mushrooms
- 1 cup tomato sauce
- 1/2 cup lactose-free cream or light plant cream
- 1 tbsp olive oil
- 1 tsp mustard
- 1 tsp sweet paprika
- Salt to taste
- Black pepper to taste
- Chopped parsley to finish

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Slice chicken and season with salt, pepper, paprika, and mustard.

2. 
Chop onion and garlic, slice mushrooms.

3. 
Heat olive oil in a large pot over medium heat.

4. 
Brown chicken in batches, set aside.

5. 
Sauté onion until translucent, then add garlic.

6. 
Add mushrooms and tomato sauce, stir.

7. 
Return chicken, add lactose-free cream, and simmer 3-5 minutes.

8. 
Finish with parsley and serve immediately.

CHEF'S TIPS

- Add 1 tbsp sugar-free ketchup to the sauce for a special touch.
- Serve with brown rice or sweet potato mash.
- Try oat or nut-based plant cream for a lighter variation.

Enjoyed it? Save and share this recipe with someone who loves good food!



BEEF STEW WITH PUMPKIN

Homemade, nourishing, and perfect for everyday meals.

330 KCAL per serving

45 MIN total prep time

INGREDIENTS

- 500 g beef chuck or lean round, cubed
- 400 g kabocha squash, cubed
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1 ripe tomato, chopped
- 1 tsp sweet paprika
- Chopped parsley and scallions to taste
- 2 cups water
- Salt and black pepper to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT



1. Cut beef into medium cubes.



2. Peel pumpkin if desired and dice.



3. Heat olive oil in a large pot.



4. Sear beef until browned on all sides.



5. Remove beef, sauté onion and garlic.



6. Add tomato, beef, and water, season.



7. Cover and simmer 25-30 minutes until tender.



8. Add pumpkin, cook another 10-15 minutes, then garnish.

CHEF'S TIPS

- Cut ingredients into similar-sized pieces.
- Marinate beef for 30 minutes for extra flavor.
- Serve with brown rice, sweet potato mash, or green salad.

Enjoyed it? Save and share this recipe with someone who loves good food!



SPINACH-STUFFED CHICKEN BREAST

Tender, light, and full of flavor for variety in your meal plan.

300
KCAL
per serving

35 MIN
total prep time

INGREDIENTS

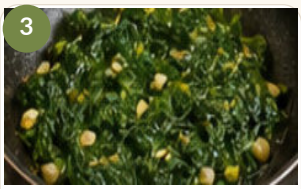
- 4 chicken breast fillets
- 2 cups chopped spinach leaves
- 1 garlic clove, minced
- 1/4 onion, chopped
- 3 tbsp grated lactose-free cheese or lactose-free cottage cheese
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste
- Nutmeg to taste (optional)
- Fresh parsley or thyme to taste

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Cut a pocket into each fillet without slicing through.

2. 
Season with salt, pepper, nutmeg, and half the garlic.

3. 
Sauté remaining garlic and onion in olive oil.

4. 
Mix sautéed spinach with cheese and adjust seasoning.

5. 
Stuff fillets with spinach-cheese mixture.

6. 
Secure fillets with toothpicks.

7. 
Brown fillets in a skillet on all sides.

8. 
Bake at 180°C (356°F) for 15-20 minutes until cooked.

CHEF'S TIPS

- Use well-drained lactose-free cottage cheese for creaminess.
- Serve with grilled vegetables or green salad.
- Remove toothpicks and rest chicken for 3 minutes before serving.

Enjoyed it? Save and share this recipe with someone who loves good food!



FLOURLESS LEEK AND CHICKEN QUICHE

Fluffy, nutritious, and practical for any time of day.

290 KCAL per serving

40 MIN total prep time

INGREDIENTS

- 3 eggs
- 2 cups cooked, shredded chicken
- 1 1/2 cups sliced leeks (white and light green parts)
- 1/2 onion, chopped
- 1 tbsp olive oil
- 1/2 cup plant milk or lactose-free milk
- 1/2 cup grated lactose-free mozzarella
- 2 tbsp rice flour or gluten-free oats (if needed)
- 1/2 tsp baking powder (optional)
- Salt and black pepper to taste
- Nutmeg to taste (optional)

HIGH IN PROTEIN | GLUTEN-FREE | LACTOSE-FREE

HOW TO MAKE IT

1. 
Wash leeks thoroughly and slice thinly.

2. 
Sauté leeks and onion in olive oil until soft, set aside.

3. 
Season shredded chicken with salt, pepper, and oil.

4. 
Whisk eggs with plant milk until smooth.

5. 
Add chicken, leeks, cheese, flour, salt, pepper, and nutmeg.

6. 
Gently fold in baking powder, then pour into greased pan.

7. 
Bake at 180°C (356°F) for about 30 minutes until set.

8. 
Cool slightly and serve in slices, warm or cold.

CHEF'S TIPS

- Use a well-melting lactose-free cheese for creaminess.
- For a lighter version, replace 3 eggs with 6 egg whites.
- Refrigerate up to 4 days or freeze slices up to 2 months.

Enjoyed it? Save and share this recipe with someone who loves good food!