



Healthy **RECIPES**



RECIPES



HOMEMADE CHICKEN NUGGETS

MAKES 2 SERVINGS

3g carb, 24g protein, 311 calories

2 boneless, skinless chicken breasts

2 Tbsp olive oil

½ cup flour (or ½ cup almond flour if gluten free)

½ tsp salt

1 Tbsp Italian seasoning

½ tsp pepper

Preheat oven to 400°F. In bowl, stir together the flour, and spices. Cut chicken up into 1 inch thick pieces, trimming off and discarding any excess fat. Toss chicken with the olive oil and then place each piece in the bowl with the flour and spices, making sure each piece is well coated. Place on a baking sheet lined with parchment paper. Bake for 20 minutes, then turn on the broiler and place under broiler for an additional 3-4 minutes to make the outside crispy. Serve immediately with mustard or a hot sauce if desired.

A row of fresh, ripe strawberries with green stems and leaves, positioned at the top of the page.

RECIPES



STRAWBERRY BANANA YOGURT

MAKES 2 SERVINGS

28g carb, 25g protein, 210 calories

- 2 cup plain Greek non-fat yogurt
- ½ cup sliced strawberries
- ½ cup sliced banana
- 1 tsp honey or sweetener if desired

Combine all ingredients and mix well. Let sit for a few hours in the refrigerator for the flavors to meld.



RECIPES



OVEN BAKED POTATO CHIPS

MAKES 6 SERVINGS

12g carb, 12g protein, 116 calories

2 medium Yukon Gold or Idaho potatoes peeled
and thinly sliced (*a mandolin works best*)

Seasonings as desired

(*salt, pepper, cumin, chile powder, dried dill... etc.*)

3 Tbsp vegetable oil (*such as olive, canola or corn*)

Preheat oven to 400°F. Slice potatoes into a bowl and immediately toss them with the oil. Season lightly and place on a baking sheet in a single layer. Bake 12-15 minutes or until golden brown. Season again if desired. Transfer to a rack to cool and become crispy.