



CARB FREE AFTER 3pm DINNER RECIPES

- 1. 4oz lean protein** (chicken, turkey, fish) **& 2 cups veggies** (broccoli, cauliflower, asparagus, mushrooms, zucchini, squash, bell peppers & onions, Brussel sprouts or combo)
- 2. Ground turkey or chicken meatballs with zucchini noodles**
 - a. 1 package ground protein (chicken or turkey)
 - b. 1 egg
 - c. Spices – cumin is a must, and whatever else you like!
 - d. Optional: 1-2 cups of chopped up veggies
 - e. 1-2 zucchinis
 - f. Marinara sauce – homemade or low sugar/sodium jarred sauce

INSTRUCTIONS:

- i. Mix ground protein w/ egg, spices & veggies
- ii. Using a spiralizer (awesome tool and can use it with various veggies), turn the zucchini into noodles. You can eat them raw if you like the crunch or sauté with 1 TBSP olive oil or coconut oil to soften
- iii. Form mixture into small balls and bake in oven at 350F for 20-25 minutes
- iv. Top zucchini noodles w/ meatballs and sauce

3. Turkey or chicken meatballs with a side of roasted veggies

4. Turkey or chicken meatballs on top of a salad w/ mixed veggies

5. Lettuce Wraps

- a. Lean protein – chicken, fish, turkey (either ground or breasts)
- b. Romaine lettuce leaves (3-4 per serving)
- c. ½ cup black beans
- d. 1 cup sautéed bell peppers & onions
- e. 2-3 TBSP salsa
- f. ¼ avocado

INSTRUCTIONS:

- i. Assemble each wrap using a romaine leaf, add protein, black beans, veggies, avocado and top with salsa

6. Burrito Bowl

- a. Cauliflower rice (premade or steam cauliflower and pulse in food processor until rice consistency)
- b. Lean protein (chicken, turkey, or fish)
- c. Sautéed veggies
- d. Black beans or chickpeas
- e. Avocado
- f. Top with salsa!

7. Curry

- a. 1lb Chicken breast
- b. 1-2 cans unsweetened coconut milk
- c. 1 can chickpeas
- d. 1 bag frozen cauliflower
- e. Curry powder & garlic powder

INSTRUCTIONS:

- i. Sautee chicken breast in 1 TBSP olive oil, and add cans of unsweetened coconut milk
- ii. Add in 2-4 TBSP curry powder (adjust to taste), 1 TBSP garlic powder, 1 can chickpeas, 1 bag thawed cauliflower
- iii. Cook on stove top for 15-20 minutes until chicken is cooked through

8. Hearty Chili (with or without meat)

INGREDIENTS:

- a. 1lb ground chicken or ground turkey
- b. 2-3 cups chopped veggies (peppers, onions, mushrooms, zucchini, squash, broccoli, okra, whatever you like!)
- c. 1 14oz can diced tomatoes
- d. 1 large can of tomato sauce (low sodium)
- e. Chili powder, cumin, garlic powder, pepper
- f. 1 cup low sodium chicken broth

INSTRUCTIONS:

- i. Cook ground protein then combine everything into a big pot!
- ii. Add in spices to taste, can always top with hot sauce!
- iii. Cook for 15-20 minutes
- iv. Great for leftovers!!

9. Buffalo Chicken Casserole

- a. 1 rotisserie chicken
- b. 1 spaghetti squash
- c. 3 eggs
- d. 1 onion, diced
- e. 1 cup hot sauce
- f. ¼ cup ranch
- g. 1 tsp garlic powder
- h. ¼ tsp pepper
- i. Salt & pepper to taste

INSTRUCTIONS:

- i. Spray 13x9 pan and set oven to 400°F
- ii. Lightly cook vegetables and shred squash with a fork
- iii. Mix everything in a bowl; transfer to pan & bake for 30-35 minutes

10. Stir Fry

- a. Lean protein
- b. Mixed veggies of choice
- c. 2-3 TBSP soy sauce or liquid amino acids
- d. Riced cauliflower optional in place of rice

11. Almond Crusted Chicken & Brussels Sprouts

- a. 1 pound of chicken breast
- b. 1 cup sliced almonds
- c. bag of frozen or fresh Brussels sprouts
- d. salt & garlic powder

INSTRUCTIONS FOR BRUSSELS SPROUTS:

- i. Set oven to 400°F
- ii. Steam brussels sprouts until able to pierce with a fork
- iii. Drizzle 13x9 pan with olive oil
- iv. Cut brussels sprouts and lay in pan
- v. Sprinkle pink Himalayan rock salt & garlic evenly over sprouts & mix
- vi. Place in oven for 20 minutes

INSTRUCTIONS FOR CHICKEN:

- i. Set oven to 350°F
- ii. Slice chicken into long strips
- iii. Use blender to grind almonds
- iv. Coat chicken strips in egg, then roll in ground almonds
- v. Lay across a greased 13x9 pan
- vi. Place in oven for 15 minutes or until cooked

12. Crockpot, Seared, or Baked Chicken with a Vegetable (broccoli, peas, zoodles, etc.)

13. Shrimp or Salmon or Chicken Stir Fry

Sauté vegetables & protein – skip the rice!

(Leftovers could be used for lunch with brown rice)

If using soy sauce, get low-sodium or “liquid aminos”

14. Lettuce Wrapped Turkey Burgers (cheese on top or stuffed inside)

15. Stuffed Peppers (chicken or ground turkey with chopped up vegetables inside of a pepper)

16. Kabobs (zucchini, onion, peppers, chicken on a stick and baked for 20 minutes)

17. Fajitas (eat just the mix or put it in a piece of lettuce)

18. Baked Salmon & Asparagus

19. Stuffed Chicken

(putting cheese, jalapeno peppers, a bit of spinach, etc. inside of a chicken breast and then baking it is delicious)

Cook some veggies to have on the side!

20. Zucchini Lasagna

Replace lasagna noodles with zucchini sliced the long way.

Choose "no salt added" tomato sauces and paste

Pick the bland stuff & add your own seasoning to it.

Use low-fat cheeses and cottage cheese can replace ricotta.

21. (Cauliflower) Fried Rice

- a. 1 pack riced cauliflower
- b. 1/2 to 1 pack frozen mixed vegetables
- c. 3 TBSP low sodium soy sauce or liquid amino acids
- d. 1 TBSP sesame oil
- e. 1 lb meat (ground turkey or chicken)
- f. OPT: fried or scrambled egg

Beach Medical Charleston

contact@beachmedicalcharleston.com || (843) 225-3501
Facebook & Instagram: @BeachMedicalCharleston

Beach Medical Summerville

(843) 599-0306 || contact@beachmedicalsummerville.com
Facebook & Instagram: @BeachMedicalSummerville