



Bariatric Maintenance Meal Plan



[Sheri Burke](#)

<http://international-patient-facilitators.com>

Hi Folks. I hope you enjoy this easy bariatric meal plan. The calories may seem "low" -even though the protein count is high.





























I find that MOST of us under-calculate the portion sizes we consume. This is why this "maintenance plan" may seem like it's lower in calories. We often under-calculate by 30%.






















This enables me to call this a "maintenance meal plan".

Healthy Hugs,

Your Bariatric Nutritionist RHN

Sheri Burke

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter Mocha Chia Pudding	 Sheri's Nut & Seed Granola	 Sheri's Nut & Seed Granola	 Grain-Free Coconut Almond Porridge	 Grain-Free Coconut Almond Porridge	 Sheri's Ham & Cheese Egg Cups	 Cottage Cheese Breakfast Bowl
Lunch	 Sheri's Avocado & Steak Salad	 Sheri's One Pan Shrimp Fajitas	 Steak & Green Onions	 Cumin Chicken Skewers	 Baked Cod with Green Beans & Carrots	 Coconut Chicken Strips	 One Pan Steak Fajitas
Dinner	 Sheri's One Pan Shrimp Fajitas	 Steak & Green Onions	 Cumin Chicken Skewers	 Baked Cod with Green Beans & Carrots	 Coconut Chicken Strips	 One Pan Steak Fajitas	 Shish Tawouk
Snack 3	 Sheri's Peanut Butter & Blueberry Frozen Yogurt...	 Sheri's Peanut Butter & Blueberry Frozen Yogurt...	 Prosciutto Arugula Salad Rolls	 Dill Pickles with Cheese & Almonds	 Raspberry Avocado Ice Cream	 Clementines & Macadamia Nuts	 Sheri's Keto Mini Quick Bread

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  52%	Fat  58%	Fat  57%	Fat  52%	Fat  54%	Fat  58%	Fat  55%
Carbs  19%	Carbs  17%	Carbs  12%	Carbs  15%	Carbs  17%	Carbs  15%	Carbs  14%
Protein  29%	Protein  25%	Protein  31%	Protein  33%	Protein  29%	Protein  27%	Protein  31%
Calories 975	Calories 922	Calories 960	Calories 1137	Calories 1163	Calories 1054	Calories 866
Fat 59g	Fat 61g	Fat 61g	Fat 68g	Fat 74g	Fat 71g	Fat 54g
Carbs 49g	Carbs 40g	Carbs 30g	Carbs 44g	Carbs 53g	Carbs 40g	Carbs 30g
Fiber 20g	Fiber 8g	Fiber 8g	Fiber 20g	Fiber 28g	Fiber 12g	Fiber 6g
Sugar 14g	Sugar 18g	Sugar 16g	Sugar 13g	Sugar 13g	Sugar 18g	Sugar 14g
Protein 74g	Protein 58g	Protein 74g	Protein 97g	Protein 87g	Protein 74g	Protein 69g

Fruits

- 1 Avocado
- 1 cup Blueberries
- 1 Clementines
- 2 tsps Lemon Juice
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 1/4 Pear
- 1/2 cup Raspberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 2 tsps Coffee

Seeds, Nuts & Spices

- 2 1/4 cups Almonds
- 1 tbsp Chia Seeds
- 1 tbsp Chili Powder
- 1 tbsp Cinnamon
- 3/4 tsp Cumin
- 2 tsps Cumin Seed
- 2 tsps Fennel Seed
- 2 tsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 2/3 cup Hemp Seeds
- 1/4 cup Macadamia Nuts
- 1/2 tsp Paprika
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 cups Sunflower Seeds
- 1 1/3 tsps Taco Seasoning
- 1 1/2 tsps Tawook Spice Blend
- 1/4 tsp Turmeric
- 2 cups Walnuts

Vegetables

- 1 cup Arugula
- 2 Carrot
- 1 tsp Chives
- 2 tsps Cilantro
- 1/4 Cucumber
- 2 cups Green Beans
- 1/2 Green Bell Pepper
- 8 stalks Green Onion
- 1 head Iceberg Lettuce
- 1 Orange Bell Pepper
- 3 1/2 Red Bell Pepper
- 2/3 cup Red Onion
- 4 leaves Romaine
- 1 Sweet Onion
- 3/4 Tomato

Boxed & Canned

- 1 tsp Tomato Paste

Baking

- 1 cup Almond Flour
- 1/2 tsp Baking Powder
- 1 tsp Cacao Powder
- 1/4 cup Coconut Sugar
- 2 1/2 tsps Stevia Powder
- 2 1/8 cups Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1/2 oz Cheddar Cheese
- 2 1/2 lbs Chicken Breast
- 2 Cod Fillet
- 2 3/4 lbs Flank Steak
- 2 tsps Goat Cheese
- 1/2 oz Mozzarella Cheese
- 1 1/2 ozs Prosciutto
- 6 ozs Shrimp
- 1/2 oz Sliced Ham

Condiments & Oils

- 2 tsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 oz Baby Pickles
- 1/3 cup Coconut Oil
- 1/4 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Soy Sauce
- 2 tsps Sriracha

Cold

- 1/2 cup Cottage Cheese
- 4 Egg
- 3 1/8 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 8 Barbecue Skewers
- 1/2 cup Dry Sherry
- 1/2 oz Vanilla Protein Powder



Peanut Butter Mocha Chia Pudding

1 serving

3 hours 10 minutes

Ingredients

- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Coffee (brewed drip or espresso)
- 1 tsp Cacao Powder
- 1 tbsp Chia Seeds
- 1 tsp All Natural Peanut Butter
- 1/2 oz Vanilla Protein Powder (if desired)
- 1/4 tsp Stevia Powder (to taste)

Nutrition

Amount per serving	
Calories	168
Fat	9g
Carbs	9g
Fiber	6g
Sugar	1g
Protein	16g

Directions

- 1 Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into a bowl or jar and refrigerate overnight or for a minimum of three hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add cinnamon and/or banana.

Additional Toppings: Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

Make it Vegan: Omit the collagen powder.

No Stevia: Use maple syrup, raw honey, dates, or coconut sugar to taste.



Sheri's Nut & Seed Granola

11 servings

10 minutes

Ingredients

- 1 cup Almonds
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/3 cup Unsweetened Shredded Coconut
- 1/3 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	274
Fat	25g
Carbs	8g
Fiber	4g
Sugar	1g
Protein	8g

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is 1/3 cup.

Nut-Free: Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

More Flavor: Add two tbsps of cacao powder to the mixture before baking.



Grain-Free Coconut Almond Porridge

1 serving
10 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	353
Fat	31g
Carbs	15g
Fiber	9g
Sugar	2g
Protein	10g

Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Place into a bowl and enjoy!

Notes

No Rice Milk: Use an alternative milk of your choice.

Likes it Sweet: Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers: Refrigerate in an airtight container up to 3 to 5 days.

Serving Size: One serving is equal to approximately 1 cup of porridge.



Sheri's Ham & Cheese Egg Cups

6 servings

20 minutes

Ingredients

- 1/2 oz Sliced Ham (one slice per egg cup)
- 1/2 oz Cheddar Cheese (shredded)
- 1 Egg (large)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Chives (chopped)
- 1/2 Tomato (sliced)

Nutrition

Amount per serving	
Calories	163
Fat	11g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g

Directions

- 1 Preheat the oven to 400°F (205°C). Grease or line a muffin tray or use a silicone muffin tray.
- 2 Line each cup with a slice of ham and top with cheese. Crack one egg into each ham cup and season with salt and pepper.
- 3 Bake in the oven until the eggs are cooked through, about 12 to 15 minutes
- 4 Top with chives and serve with the sliced tomato. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one egg cup and half of a tomato.

Additional Toppings: Hot sauce and/or other fresh herbs.



Cottage Cheese Breakfast Bowl

1 serving
15 minutes

Ingredients

- 1 Egg
- 1/4 Cucumber (sliced)
- 1/2 cup Cottage Cheese

Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	7g
Fiber	0g
Sugar	4g
Protein	18g

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Top the cottage cheese with the egg halves and cucumber slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

More Flavor: Add sea salt, black pepper, everything bagel seasoning, or a dash of tamari.

Additional Toppings: Sautéed mushrooms, zucchini, or chopped bacon.



Sheri's Avocado & Steak Salad

1 serving
30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 4 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 4 leaves Romaine (chopped)
- 1/4 Tomato (quartered)
- 2 tsps Red Onion (thinly sliced)
- 1 1/2 tsps Lime Juice
- 1/4 tsp Dijon Mustard
- 1/2 Avocado (cubed)
- 2 tsps Cilantro (roughly torn)

Nutrition

Amount per serving	
Calories	443
Fat	31g
Carbs	16g
Fiber	10g
Sugar	3g
Protein	28g

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers: Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.



Sheri's One Pan Shrimp Fajitas

1 serving
20 minutes

Ingredients

- 3 ozs Shrimp (deveined, peeled, tails removed)
- 1/4 Red Bell Pepper (thinly sliced)
- 1/4 Green Bell Pepper (thinly sliced)
- 1/4 cup Red Onion (thinly sliced)
- 2 1/4 tsps Extra Virgin Olive Oil
- 2 tsps Taco Seasoning
- 1/4 Lime (juiced)

Nutrition

Amount per serving	
Calories	214
Fat	11g
Carbs	13g
Fiber	3g
Sugar	5g
Protein	19g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place the shrimp, peppers, and onion on a large baking sheet. Season with oil and taco seasoning and mix until the shrimp and veggies are well coated. Arrange into a single layer.
- 3 Bake for six to eight minutes or until the shrimp are cooked through.
- 4 Remove the pan from the oven and turn the oven to broil. Remove the shrimp from the pan and set aside. Broil the peppers and onions for three to four minutes or until slightly charred.
- 5 Add the shrimp back to the pan and drizzle with lime juice. Season with salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add red pepper flakes or cayenne to taste.

Serve it With: Tortillas, rice, cauliflower rice, lettuce, salsa, avocado, cilantro and/or sour cream.

No Taco Seasoning: Use a combination of chili powder, cumin, garlic powder, onion powder, oregano, and salt.



Steak & Green Onions

4 servings

20 minutes

Ingredients

- 12 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Dry Sherry
- 1/4 cup Soy Sauce
- 2 tbsps Coconut Sugar
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Sriracha
- 4 stalks Green Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	284
Fat	17g
Carbs	8g
Fiber	0g
Sugar	7g
Protein	20g

Directions

- 1 Season the steak with salt and pepper.
- 2 In a large bowl, whisk together 2/3 of the oil, dry sherry, soy sauce, coconut sugar, apple cider vinegar, and sriracha. Pour 1/3 of the marinade into a small bowl and set aside to save for later. Add the steak to the marinade in the large bowl.
- 3 In a pan, heat the remaining oil on medium-high heat. Add the green onions and sauté until tender, about two minutes. Remove from heat.
- 4 In the same pan, reduce the heat to medium-low, and add the steak. Cook for about three to four minutes per side, or until your desired doneness. Remove from heat and rest for five minutes.
- 5 Slice the steak and serve with reserved marinade and green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Top with sesame seeds.



Cumin Chicken Skewers

2 servings

20 minutes

Ingredients

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g

Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals two skewers.

More Flavor: Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings: Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil: Use olive oil, butter, or ghee instead.



Baked Cod with Green Beans & Carrots

1 serving

35 minutes

Ingredients

- 1 Carrot (large, peeled and thinly sliced)
- 1 cup Green Beans (trimmed)
- 1 tsp Coconut Oil (melted, divided)
- 1/3 tsp Sea Salt (divided)
- 1/4 tsp Paprika
- 1/8 tsp Turmeric
- 1/8 tsp Cumin
- 1/8 tsp Ground Ginger
- 1 Cod Fillet

Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	44g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillet in the center of the baking sheet. Add the fillet and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices. Serve with lime or lemon wedges.

No Cod Fillets: Use another white fish instead.

Vegetables: Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

Fillet Size: One cod fillet is equal to 4 ounces.



Coconut Chicken Strips

2 servings

35 minutes

Ingredients

- 1/2 cup Unsweetened Shredded Coconut
- 1/2 Egg
- Sea Salt & Black Pepper
- 8 ozs Chicken Breast (cut into strips)
- 2 tbsps Almond Flour

Nutrition

Amount per serving	
Calories	327
Fat	21g
Carbs	7g
Fiber	3g
Sugar	2g
Protein	30g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the shredded coconut to a bowl and in a separate bowl, whisk the egg. Season the coconut and egg with salt and pepper to taste.
- 2 Sprinkle each side of the chicken strips with almond flour and pat down to stick. One at a time, dip each chicken strip in the whisked egg, shaking off any excess, then in the coconut, shaking off any excess. Place on the prepared baking sheet. Repeat with the remaining chicken strips. Discard any leftover egg and coconut.
- 3 Bake for 24 to 26 minutes, flipping halfway through, or until the chicken is golden brown and cooked through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size: One serving is approximately two chicken strips.

More Flavor: Season the coconut and egg with dried herbs and spices.

Additional Toppings: Serve with your favorite dipping sauce.



One Pan Steak Fajitas

2 servings

20 minutes

Ingredients

- 1 1/2 tsp Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Orange Bell Pepper (medium, sliced)
- 1/2 Sweet Onion (medium, sliced)
- 8 ozs Flank Steak (sliced)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 head Iceberg Lettuce (small, leaves pulled apart)

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	27g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three fajitas.

More Flavor: Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

Additional Toppings: Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.



Shish Tawouk

2 servings

1 hour 20 minutes

Ingredients

- 3 1/3 ozs Chicken Breast (boneless, skinless, cubed)
- 2 2/3 tbsps Plain Greek Yogurt
- 2 tsps Lemon Juice
- 1 tsp Tomato Paste
- 1 1/2 tsps Tawook Spice Blend
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	75
Fat	2g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g

Directions

- 1 In a large bowl, combine all ingredients until well incorporated. Cover and refrigerate for at least one hour.
- 2 Slide the marinated chicken onto skewers.
- 3 Grill the skewers over medium-high heat for 10 to 15 minutes, or until cooked through. Flip halfway through for even cooking. Remove from the grill and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one skewer with 6 to 8 pieces of chicken.

More Flavor: Add garlic and/or olive oil to the marinade.

No Greek Yogurt: Use plain yogurt instead.

Serve it With: Toun (garlic sauce), pita, rice, mixed greens or roasted vegetables.



Sheri's Peanut Butter & Blueberry Frozen Yogurt Bark

4 servings
4 hours 5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 tsp Stevia Powder
- 3 tbsps All Natural Peanut Butter
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	150
Fat	8g
Carbs	11g
Fiber	1g
Sugar	5g
Protein	11g

Directions

- 1 Line a baking sheet with parchment paper and mix the yogurt and stevia together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

Serving Size: One serving is equal to approximately 1/2 cup.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add chocolate chips or melted chocolate.

No Honey: Use maple syrup instead.

No Blueberries: Use other berries or banana instead.



Prosciutto Arugula Salad Rolls

1 serving
15 minutes

Ingredients

- 1 cup Arugula
- 1/4 Pear (stem and seeds removed, sliced)
- 2 tbsps Goat Cheese (crumbled)
- 1 1/2 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	156
Fat	9g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	13g

Directions

- 1 Divide the arugula, sliced pear and goat cheese evenly among the prosciutto slices.
- 2 Tightly roll them into wraps and enjoy!

Notes

No Arugula: Use baby spinach or mixed greens instead.

Salad Lover: Instead of making wraps, turn it into a salad. Combine all ingredients in a large bowl and drizzle with your choice of oil or dressing.

Dairy-Free: Use a nut-based cheese instead of goat cheese.

Storage: Refrigerate in an airtight container up to 3 days.



Dill Pickles with Cheese & Almonds

1 serving

5 minutes

Ingredients

1/2 oz Mozzarella Cheese (sliced)

1 oz Baby Pickles

1/4 cup Almonds

Nutrition

Amount per serving	
Calories	248
Fat	20g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	10g

Directions

- 1 Serve and enjoy!

Notes

Leftovers: Refrigerate the cheese and pickles in an airtight container for up to five days.

Dairy-Free: Use hummus or a vegan cheese instead.

Nut-Free: Use seeds or another vegetable instead of almonds.



Raspberry Avocado Ice Cream

1 serving

5 minutes

Ingredients

- 1/2 Avocado
- 1/2 cup Raspberries (frozen)
- 1/4 tsp Stevia Powder

Nutrition

Amount per serving	
Calories	193
Fat	15g
Carbs	17g
Fiber	11g
Sugar	3g
Protein	3g

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.



Clementines & Macadamia Nuts

1 serving

5 minutes

Ingredients

- 1/4 cup Macadamia Nuts
- 1 Clementines (peeled and sectioned)

Nutrition

Amount per serving	
Calories	275
Fat	25g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	3g

Directions

- 1 Divide the macadamia nuts and clementines onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

No Macadamia Nuts: Use almonds or walnuts instead.



Sheri's Keto Mini Quick Bread

1 serving

10 minutes

Ingredients

- 1 tbsp Avocado Oil (plus extra for greasing)
- 1 Egg
- 3 tbsps Almond Flour
- 1/2 tsp Baking Powder

Nutrition

Amount per serving	
Calories	316
Fat	29g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	11g

Directions

- 1 Add a couple drops of oil to a round ramekin to grease the bottom and sides.
- 2 In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
- 3 Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
- 4 Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
- 5 Bread can be served as is or toasted. Enjoy!

Notes

Leftovers: Store in an airtight container for up to one day. Freeze for up to two months.

More Flavor: For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

How to Serve: Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

Thinner Slices: Cut into 3 or 4 slices instead.

Ramekin: A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

Oven-Baked: Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

Serving Size: One serving is equal to one piece of bread.