



15 High Protein Low Carb Recipes

1. Creamy Garlic Chicken with Zoodles

Ingredients:

- 2 medium chicken breasts, sliced
- 2 zucchinis, spiralized
- 3 cloves garlic, minced
- 1/2 cup almond milk or heavy cream
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: 2 tbsp grated Parmesan, parsley for garnish

Instructions: Season chicken and sear in olive oil. Add garlic and cook for 1 minute. Stir in almond milk and simmer. Toss in zoodles and cook 2 minutes.

2. Spicy Shrimp Cauliflower Rice Bowl

Ingredients:

- 1 lb shrimp, peeled
- 2 cups cauliflower rice
- 2 green onions, chopped
- 2 eggs, scrambled
- 1 tbsp sesame oil
- 2 tbsp olive oil
- 1/2 tsp cayenne pepper
- 1 clove garlic, minced
- Lime juice and sesame seeds for garnish



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Instructions: Sauté shrimp with garlic, cayenne, and olive oil. Stir-fry cauliflower rice with egg, green onions, and sesame oil. Combine and garnish.

3. Baked Turkey Meatballs with Spinach

Ingredients:

- 1 lb ground turkey
- 1 cup spinach, chopped
- 2 cloves garlic, minced
- 1/4 cup almond flour
- 1 egg
- Salt and pepper to taste
- 1/2 cup low-carb tomato sauce

Instructions: Mix all ingredients (except tomato sauce), roll into balls, and bake at 375°F for 20 minutes. Toss with tomato sauce.

4. Keto Egg Muffins

Ingredients:

- 6 eggs
- 1/2 cup diced bell peppers
- 1/2 cup spinach, chopped
- 1/2 cup shredded cheese
- 1/3 cup cooked sausage or turkey bacon

Instructions: Mix all ingredients, pour into muffin tin, and bake at 375°F for 20-25 minutes.



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5. Beef Stir Fry with Green Beans

Ingredients:

- 1/2 lb flank steak, sliced thin
- 2 cups green beans
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 2 tbsp soy sauce or coconut aminos
- 1 tbsp olive oil
- 1 tsp rice vinegar

Instructions: Sear steak with garlic and soy sauce. Add green beans and mushrooms, stir-fry until tender. Serve over cauliflower rice.

6. Tofu and Broccoli in Peanut Sauce

Ingredients:

- 1 block firm tofu, cubed
- 2 cups broccoli florets
- 2 tbsp peanut butter
- 1 tbsp soy sauce or tamari
- 1 tbsp lime juice
- 1 tsp sesame oil
- 1 tbsp olive oil

Instructions: Pan-fry tofu until golden. Steam or sauté broccoli. Mix peanut sauce ingredients and toss everything together. Garnish with crushed peanuts.



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7. Air Fryer Salmon with Garlic Butter

Ingredients:

- 2 salmon fillets
- 2 cloves garlic, minced
- 1 tbsp butter
- 1/2 tsp paprika
- 1 tsp lemon zest
- Salt and pepper to taste

Instructions: Rub salmon with seasoning. Air fry at 400°F for 10 minutes. Melt butter with garlic and drizzle over salmon. Serve with roasted cauliflower.

8. Cheesy Stuffed Bell Peppers

Ingredients:

- 4 bell peppers, halved
- 1 lb ground turkey
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 cup cauliflower rice
- 1/2 cup tomato paste
- 1/2 cup shredded cheese

Instructions: Cook turkey with onion and garlic. Mix in cauliflower rice and tomato paste. Stuff peppers, top with cheese, and bake at 375°F for 25 minutes.



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9. Chicken Bacon Ranch Lettuce Wraps

Ingredients:

- 2 grilled chicken breasts, sliced
- 4 strips turkey bacon, cooked
- 1/4 cup ranch dressing
- Lettuce leaves (romaine or butter)
- 1 avocado, sliced

Instructions: Layer chicken, bacon, avocado, and ranch into lettuce leaves. Roll or fold and serve cold or slightly warm.

10. Zucchini Lasagna Roll-Ups

Ingredients:

- 2 zucchinis, sliced thin lengthwise
- 1/2 cup ricotta cheese
- 1/2 cup cooked ground beef
- 1/2 cup spinach, chopped
- 1/2 cup marinara sauce
- 1/4 cup shredded mozzarella

Instructions: Spread ricotta, beef, and spinach on zucchini slices. Roll and place in baking dish. Top with sauce and cheese, bake at 375°F for 20 minutes.

11. Sausage & Cauliflower Hash

Ingredients:



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- 1/2 lb Italian sausage
- 2 cups cauliflower florets, chopped
- 1/2 bell pepper, diced
- 1/2 onion, diced
- 1 egg (optional, for topping)
- Salt, pepper, and chili flakes

Instructions: Cook sausage and vegetables until browned. Optional: top with a fried or poached egg.

12. Buffalo Chicken Bowls

Ingredients:

- 1 cup shredded cooked chicken
- 2 tbsp buffalo hot sauce
- 2 cups shredded lettuce
- 1/4 cup Greek yogurt or ranch
- 2 celery stalks, chopped

Instructions: Toss chicken in buffalo sauce. Serve over lettuce with yogurt and celery.

13. Greek Turkey Burgers with Feta

Ingredients:

- 1 lb ground turkey
- 1/2 cup crumbled feta
- 1 tsp oregano
- 2 cloves garlic, minced



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- Lettuce leaves for serving
- Cucumber yogurt sauce

Instructions: Mix turkey, feta, oregano, and garlic. Form patties and grill. Serve in lettuce with cucumber yogurt sauce.

14. Baked Cod with Lemon & Capers

Ingredients:

- 2 cod fillets
- 1 tbsp olive oil
- 1 tbsp capers
- 1 tsp lemon zest
- Salt and pepper to taste

Instructions: Place cod in a baking dish. Top with oil, lemon zest, and capers. Bake at 375°F for 15-20 minutes until flaky.

15. Low Carb Chili (No Beans)

Ingredients:

- 1 lb ground beef
- 1 cup diced tomatoes
- 1/2 cup chopped bell peppers
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 tbsp chili powder



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- 1 tsp cumin
- Salt and pepper to taste

Instructions: Cook beef with vegetables and spices. Simmer for 30 minutes until thick. Serve hot.