



## HAM & SWISS CRUSTLESS QUICHE

### INGREDIENTS:

- 6 large eggs
- 1 cup heavy cream
- 1 cup shredded swiss cheese
- 1 cup of diced ham
- ½ cup organic whole milk
- Salt and pepper to taste.

### INSTRUCTIONS:

- Preheat oven to 350F.
- Grease a pie dish.
- In a mixing bowl, whisk together the eggs, heavy cream, milk, salt, and pepper.
- Stir in the shredded Swiss cheese and ham.
- Pour the mixture into the prepared dish and bake for 30-35 minutes, or until the center is set and the top is golden brown.

**QUINCY WELLNESS  
BODY CONTOURING**

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# BREAKFAST MUFFINS

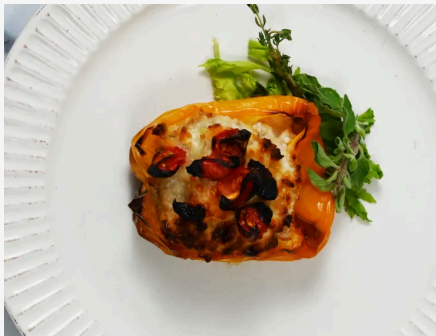


## INGREDIENTS

Olive oil cooking spray  
½ cup almond flour  
5 slices bacon cooked,  
chopped  
4 eggs large  
½ cup tomatillo salsa  
¼ cup green bell pepper  
diced, sautéed

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F / 175 degrees C. Grease 8 muffin cups with Olive oil cooking spray.
2. Olive oil cooking spray
3. In a bowl, combine ½ cup almond flour, 5 slices bacon, 4 eggs, ½ cup tomatillo salsa, and ¼ cup green bell pepper and mix well using a rubber spatula or whisk.
4. ½ cup almond flour, 5 slices bacon, 4 eggs, ½ cup tomatillo salsa, ¼ cup green bell pepper
5. Pour mixture into prepared muffin cups.
6. Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean—about 30 minutes.  
Let cool for 10 minutes before serving.



# ITALIAN STUFFED BELL PEPPERS

## INGREDIENTS

- 1 pound ground turkey
- 1 teaspoon garlic powder
- 1 pinch sea salt
- 1 pinch pepper
- 2 cups ricotta cheese
- 2 cups mozzarella cheese shredded
- 1 tablespoon olive oil
- 3 bell peppers halved, seeded
- ½ cup cherry tomatoes quartered

## INSTRUCTIONS

1. Preheat the oven to 400 degrees F / 204 degrees C.
2. In a bowl, season 1 pound ground turkey with 1 teaspoon garlic powder,
3. 1 pinch sea salt, and 1 pinch pepper.
4. 1 pound ground turkey, 1 teaspoon garlic powder, 1 pinch sea salt, 1 pinch pepper
5. Add 2 cups ricotta cheese and 2 cups mozzarella cheese to the mixture. Stir until well combined.
6. 2 cups ricotta cheese, 2 cups mozzarella cheese
7. Coat pan with 1 tablespoon olive oil and place halved bell peppers evenly on it. Season with salt and pepper.
8. 1 tablespoon olive oil
9. Fill peppers with turkey mixture and top with ½ cup cherry tomatoes.
10. 3 bell peppers, ½ cup cherry tomatoes
11. Bake for 45 minutes, or until thoroughly cooked. Enjoy!
- 12.



# ZUCCHINI LASAGNA

## INGREDIENTS

- 1 medium Zucchini, sliced lengthwise
- ½ lb ground beef, cooked & seasoned
- ¾ cup shredded mozzarella
- ½ cup cottage cheese
- ½ cup marinara

## INSTRUCTIONS

1. Layer ground beef, marinara, cottage cheese, mozzarella & your Zucchini slices twice. top with a little Marinara and Mozzarella.
2. Bake @375f for 30mins. take it out and enjoy
3. Pro tip: slice your zucchini as thinly as possible. you can also salt the slices heavily + pat dry between paper towels to remove moisture



# GARLIC LEMON HALIBUT

## INGREDIENTS

4 tablespoons butter divided  
2 tablespoons olive oil  
3 4-ounce halibut fillets  
1 pinch salt  
1 pinch pepper  
1 pound asparagus  
3 tablespoons garlic cloves minced  
1/4 teaspoon red pepper flakes  
1½ tablespoon lemon juice

## INSTRUCTIONS

- In a skillet over medium heat, melt half of butter with 2 tablespoons olive oil.
- 4 tablespoons butter, 2 tablespoons olive oil
- Add 3 4-ounce halibut fillets and season with 1 pinch salt and 1 pinch pepper. Cook until golden on both sides and done to taste inside; transfer to a plate.
- 3 4-ounce halibut fillets, 1 pinch salt, 1 pinch pepper
- To the same pan add 1 pound asparagus, add salt and pepper to taste, and cook until stalks are tender. Add 3 tablespoons garlic cloves, 1/4 teaspoon red pepper flakes, remainder of butter, and 1½ tablespoon lemon juice. Remove from heat.
- 1 pound asparagus, 3 tablespoons garlic cloves, 1/4 teaspoon red pepper flakes, 1½ tablespoon lemon juice
- Plate all ingredients and enjoy!



# SPAGHETTI

## INGREDIENTS

1 tablespoon extra virgin olive oil  
6 ounces grass-fed ground beef  
½ cup tomato sauce organic, low-carb  
8 ounces shirataki spaghetti noodles (one bag)  
¼ onion medium, sliced  
1 tablespoon butter  
Fresh parsley to taste chopped  
Parmesan cheese to taste grated  
Sea salt and pepper to taste

## INSTRUCTIONS

- 1.Heat a medium-sized pot over high heat. Add half the olive oil and 6 ounces grass-fed ground beef.
- 2.6 ounces grass-fed ground beef,1 tablespoon extra virgin olive oil
- 3.Once ground beef is cooked thoroughly, stir in ½ cup tomato sauce. Cook mixture for 2 to 5 minutes and remove from heat when done.
- 4.1 tablespoon extra virgin olive oil,6 ounces grass-fed ground beef
- 5.Drain 8 ounces shirataki spaghetti noodles.
- 6.8 ounces shirataki spaghetti noodles
- 7.Heat a medium-sized pan over medium-low heat.
- 8.Add the remaining olive oil and ¼ onion. Sauté for 5 minutes or until onions are slightly tender.
- 9.1 tablespoon extra virgin olive oil,¼ onion
- 10.Add shirataki noodles to onions and turn heat to medium-high. Sauté noodles 5 to 7 minutes, stirring continuously. Add salt to taste.
- 11.8 ounces shirataki spaghetti noodles,Sea salt and pepper to taste
- 12.Remove from heat and quickly add butter. Mix until butter is completely melted and thoroughly combined.
- 13.1 tablespoon butter
- 14.Plate noodles, top with sauce, and garnish with Fresh parsley to taste and grated Parmesan cheese to taste. Add Sea salt and pepper to taste.
- 15.Fresh parsley to taste,Sea salt and pepper to taste,Parmesan cheese to taste
- 16.Serve immediately.

# AVOCADO BACON CHICKEN SALAD

## INGREDIENTS

2 cups chicken cooked and chopped  
6 bacon cooked and crumbled  
1 avocado large, chopped  
 $\frac{3}{4}$  cups cheddar cheese shredded  
 $\frac{3}{4}$  cup scallions sliced  
 $\frac{3}{4}$  cups celery diced  
 $\frac{1}{4}$  cup Caesar dressing  
salt and pepper to taste



## INSTRUCTIONS

1. Toss 2 cups chicken, 6 bacon,  $\frac{3}{4}$  cups cheddar cheese, 1 avocado,  $\frac{3}{4}$  cup scallions,  $\frac{3}{4}$  cups celery, and  $\frac{1}{4}$  cup Caesar dressing together in a large salad bowl until well-mixed.
2. 2 cups chicken, 6 bacon, 1 avocado,  $\frac{3}{4}$  cups cheddar cheese,  $\frac{3}{4}$  cup scallions,  $\frac{3}{4}$  cups celery,  $\frac{1}{4}$  cup Caesar dressing
3. Season with salt and pepper to taste.
4. salt and pepper to taste



# TACO SALAD

## INGREDIENTS

3 ounces hamburger meat  
½ avocado medium  
2 tablespoons tomato diced  
2 tablespoons onion diced  
1 lime  
a sprig of cilantro  
½ teaspoon salt  
3 cups romaine lettuce  
¼ cup cheese shredded  
2 tablespoons sour cream

## INSTRUCTIONS

- 1.Begin by cooking 3 ounces hamburger meat on medium heat until fully cooked, which should take 10 to 15 minutes.
- 2.3 ounces hamburger meat
- 3.While meat is cooking, mash half of a medium avocado in a bowl using a whisk.
- 4.½ avocado
- 5.Mix diced 2 tablespoons tomato, 2 tablespoons onion, lime juice of 1 lime, a sprig of cilantro, and ½ teaspoon salt in a separate bowl.
- 6.2 tablespoons tomato, 2 tablespoons onion, 1 lime, a sprig of cilantro, ½ teaspoon salt
- 7.Once meat is cooked, set aside and let cool for a few minutes.
- 8.Fold half of tomato mixture into mashed avocado to make guacamole. Save remaining half to use as a topping for salad.
- 9.Build your salad with 3 cups romaine lettuce, cooked hamburger meat, shredded ¼ cup cheese, and guacamole in a large bowl.
- 10.3 cups romaine lettuce, ¼ cup cheese
- 11.Top salad with 2 tablespoons sour cream and remaining tomato mixture.
- 12.2 tablespoons sour cream
- 13.Garnish with cilantro and a squeeze of lime for added taste.
- 14.a sprig of cilantro



# STRAWBERRY CHEESECAKE

## INGREDIENTS

### FOR CHEESECAKE

- 1 tablespoon grass-fed butter
- $\frac{1}{4}$  cup almond flour
- 4 ounces full-fat cream cheese
- 1 egg large
- $1\frac{1}{2}$  tablespoon xylitol
- lemon juice splash

### FOR TOPPING

- 1 cup strawberries chopped
- $\frac{1}{2}$  tablespoon xylitol powdered
- 1 tablespoon lemon juice

## INSTRUCTIONS

1. Preheat oven to 350 degrees / 177 degrees C.
2. Place 1 tablespoon grass-fed butter in saucepan and melt on low heat.
3. 1 tablespoon grass-fed butter
4. In medium-sized bowl, combine melted butter and  $\frac{1}{4}$  cup almond flour until crumbly.
5.  $\frac{1}{4}$  cup almond flour
6. Divide mixture into three parts and press into bottom of individual cupcake molds to create crust.
7. Bake crusts for ten minutes or until crispy.
8. In separate mixing bowl, combine 4 ounces full-fat cream cheese, 1 egg,  $1\frac{1}{2}$  tablespoon xylitol, and lemon juice until well blended.
9. 4 ounces full-fat cream cheese, 1 egg,  $1\frac{1}{2}$  tablespoon xylitol, lemon juice
10. Pour cream cheese mixture on top of baked crusts, filling each mold about three-quarters full.
11. Bake for 15 to 20 minutes or until filling is set and no longer sticks to fork when poked.
12. Allow cheesecakes to cool, then place in refrigerator to set overnight. For quicker set time, place in freezer for at least an hour.
13. When ready to serve, combine 1 cup strawberries,  $\frac{1}{2}$  tablespoon xylitol, and 1 tablespoon lemon juice in saucepan and cook until strawberries have softened and mixture has thickened.
14. 1 cup strawberries,  $\frac{1}{2}$  tablespoon xylitol, 1 tablespoon lemon juice
15. Let strawberry topping cool and spoon over chilled cheesecake



# LEMON CREAM AND BLACKBERRY BOMBS

## INGREDIENTS

### For Blackberry Mixture

4 ounces cream cheese  
2 tablespoons butter  
½ teaspoon vanilla extract  
⅓ cup blackberries  
1 tablespoon erythritol  
stevia to taste about 2 to 3 drops

### For Lemon Cream

1 cup heavy whipping cream  
1 lemon zest  
1 tablespoon lemon juice  
¼ cup erythritol powdered

## INSTRUCTIONS

### FOR BLACKBERRY MIXTURE

1. Add 4 ounces cream cheese, 2 tablespoons butter, 1 tablespoon erythritol, ½ teaspoon vanilla extract, ⅓ cup blackberries and stevia to taste.
2. 4 ounces cream cheese, 2 tablespoons butter, ½ teaspoon vanilla extract, ⅓ cup blackberries, 1 tablespoon erythritol, stevia to taste
3. Mash berries and mix well.

### FOR WHIPPED TOPPING

1. In a blender or stand mixer, whip the 1 cup heavy whipping cream.
2. 1 cup heavy whipping cream
3. Add 1 lemon zest, 1 tablespoon lemon juice, and ¼ cup erythritol.
4. 1 lemon zest, 1 tablespoon lemon juice, ¼ cup erythritol
5. Gently fold into whipped cream.
6. Build your fat bombs.
7. Place in freezer for at least 10 minutes before serving.



# BROCCOLI CHEDDAR SOUP

## INGREDIENTS

- 2 tablespoons grass-fed butter
- $\frac{1}{4}$  cup onions
- 2 cups organic chicken broth
- $\frac{1}{4}$  cup heavy whipping cream
- 2 cups grass-fed cheddar cheese
- 1 teaspoon xanthan gum
- 1 cup broccoli

## INSTRUCTIONS

1. In a saucepot, melt 2 tablespoons grass-fed butter over medium heat. Add  $\frac{1}{4}$  cup onions and cook for ten minutes until translucent.
2. 2 tablespoons grass-fed butter,  $\frac{1}{4}$  cup onions
3. Add 2 cups organic chicken broth and let simmer for another 10 minutes.
4. 2 cups organic chicken broth
5. Blend broth and onion mixture until smooth using a heat-safe blender.
6. Return mixture to pot and add  $\frac{1}{4}$  cup heavy whipping cream and 2 cups grass-fed cheddar cheese. Whisk continuously to prevent burning.
7.  $\frac{1}{4}$  cup heavy whipping cream, 2 cups grass-fed cheddar cheese
8. Add 1 teaspoon xanthan gum over mixture and whisk until soup thickens.
9. 1 teaspoon xanthan gum
10. Cut 1 cup broccoli into small florets.
11. 1 cup broccoli
12. Bring a pot of salted water to a boil and add broccoli. Cook until soft, then drain.
13. Pulse cooked broccoli in food processor until finely chopped.
14. Add broccoli to soup mixture and cook for an additional five minutes.
15. Serve hot with your preferred side dishes, or enjoy by itself.



# CHICKEN TORTILLA SOUP

## INGREDIENTS

1 tablespoon olive oil  
1½ teaspoons onion chopped  
1½ tablespoons carrots chopped  
1½ tablespoons celery chopped  
1 tablespoon tomato paste  
1 teaspoon smoked paprika  
1 cup chicken broth organic  
3 ounces skinless chicken breasts shredded  
1 pinch salt  
1 pinch black pepper  
1 teaspoon scallion chopped  
1 avocado slice  
2 teaspoons cheddar cheese shredded  
1 teaspoon sour cream

## INSTRUCTIONS

1. In saucepan, heat 1 tablespoon olive oil over medium-to-low heat. Add 1½ teaspoons onion, 1½ tablespoons carrots, and 1½ tablespoons celery, and cook for 10 minutes.
2. 1 tablespoon olive oil, 1½ teaspoons onion, 1½ tablespoons carrots, 1½ tablespoons celery
3. Stir in 1 tablespoon tomato paste and 1 teaspoon smoked paprika and cook for additional five minutes.
4. 1 tablespoon tomato paste, 1 teaspoon smoked paprika
5. Incorporate 1 cup chicken broth and 3 ounces skinless chicken breasts. Simmer for 10 minutes.
6. 1 cup chicken broth, 3 ounces skinless chicken breasts
7. Season with 1 pinch salt and 1 pinch black pepper, and garnish with 1 teaspoon scallion.
8. 1 pinch salt, 1 pinch black pepper, 1 teaspoon scallion
9. Ladle soup into bowls and top with 1 avocado slice, 2 teaspoons cheddar cheese, and 1 teaspoon sour cream.
10. 1 avocado slice, 2 teaspoons cheddar cheese, 1 teaspoon sour cream
11. Serve with low-carb tortilla chips or keto crackers for added crunch.



# BAKED ZUCCHINI CHIPS

## INGREDIENTS

- 4 zucchini sliced into ½-inch rounds
- 3 tablespoons olive oil
- 1 pinch salt
- 1 pinch fresh ground pepper
- 1½ cups pork rinds chopped
- ½ cup Parmesan cheese grated
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder

## INSTRUCTIONS

- 1.Preheat oven to 450 degrees F / 232 degrees C.
- 2.Line a baking sheet with parchment and set aside.
- 3.In a large mixing bowl, combine 4 zucchini, 3 tablespoons olive oil, 1 pinch salt, and 1 pinch fresh ground pepper. Mix until well combined.
- 4.4 zucchini,3 tablespoons olive oil,1 pinch salt,1 pinch fresh ground pepper
- 5.In a separate bowl, combine 1½ cups pork rinds, ½ cup Parmesan cheese, 1 teaspoon dried oregano, and 1 teaspoon garlic powder.
- 6.1½ cups pork rinds,1 teaspoon dried oregano,1 teaspoon garlic powder,½ cup Parmesan cheese
- 7.Setting aside a third of the Parmesan mixture, pour the rest over zucchini slices. Toss to fully coat them.
- 8.Place the zucchini slices in a single layer on the baking sheet.
- 9.Top with the remaining Parmesan mixture.
- 10.Bake for 10 minutes. Rotate pan and continue to bake for 8 to 10 minutes more, or until chips are golden brown.
- 11.Remove from oven.
- 12.Serve with 1 cup full-fat plain yogurt (optional).
- 13.1 cup full-fat plain yogurt



# BROCCOLI CHEDDAR FRITTERS

## INGREDIENTS

½ cup almond flour  
½ tablespoon baking powder  
½ teaspoon garlic powder  
¼ cup cheddar cheese  
¼ cup half and half  
1 egg large  
½ cup onion diced  
1 cup broccoli steamed or boiled,  
blended in food processor  
2 cups avocado oil for frying  
Salt to taste

## INSTRUCTIONS

Combine ½ cup almond flour, ½ tablespoon baking powder, and ½ teaspoon garlic powder.

½ cup almond flour, ½ tablespoon baking powder, ½ teaspoon garlic powder

In a separate bowl, mix ¼ cup cheddar cheese, ¼ cup half and half, 1 egg, ½ cup onion, and 1 cup broccoli. Mix well.

¼ cup cheddar cheese, ¼ cup half and half, 1 egg, ½ cup onion, 1 cup broccoli

Add wet ingredients to dry ingredients.

Bring 2 cups avocado oil up to 350 degrees in a sauce pot or fryer.

2 cups avocado oil

Slowly drop in tablespoon-sized fritters. Cook each side for 2 to 3 minutes.

Remove from oil. Place on paper towel. Season with Salt to taste – immediately out of the oil. This will help to make sure that the salt sticks to fritters.

Salt to taste