

Butter-Fried Beef & Mushrooms Bowl

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Beef & Egg Skillet Bake

Chicken Carbonara

Beef & Mushroom Melt

Crispy Cod with Egg

Braised Chicken with Mushroom Sauce

Baked Fish

Poached Cod

Salmon Alfredo Bowl

Salmon & Egg Scramble

Fish Salad Bowl

Creamy Halibut Bowl

Pan-Fried Fish with Avocado Sauce

Butter-Fried Beef & Mushrooms Bowl

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Mushrooms (sliced)
Salt, pepper, garlic powder,
thyme (optional).

DIRECTIONS

1. In a hot skillet, melt a generous amount of butter.
2. Add sliced mushrooms and sauté until golden and slightly crispy.
3. Push mushrooms to the side and add ground beef.
4. Cook until browned, seasoning with salt, pepper, and a pinch of thyme or garlic powder.
5. Stir mushrooms and beef together and serve hot.

Optional: Spoon over a small bed of leafy greens for texture and freshness.

Avocado Beef Lettuce Wraps

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Avocado
Leafy greens (like romaine
or butter lettuce)
Chili powder, cumin, salt,
pepper.

DIRECTIONS

1. Cook ground beef in butter until browned and crumbled.
2. Add spices to taste.
3. Slice avocado and set aside.
4. Use large leafy greens as wraps - spoon beef into each leaf, add avocado slices on top.
5. Wrap and eat like small tacos.

Optional: Add a few sautéed mushrooms if you want more depth of flavor.

Beef Noodle Stir-Fry

Prep time: <5 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Shirataki noodles (drained
and rinsed well)
Mushrooms
Leafy greens (like spinach or
kale)
Salt, pepper, paprika, or
your favorite spice mix

DIRECTIONS

1. Cook ground beef in butter until almost browned.
2. Add sliced mushrooms and cook until tender.
3. Add leafy greens and let them wilt slightly.
4. Toss in rinsed and drained shirataki noodles.
5. Season with salt, pepper, and a bit of paprika or your favorite seasoning.
6. Stir everything together until heated through and serve hot.

Beef & Avocado Mash

Prep time: <1 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Avocado
Salt, pepper, onion powder
(optional).

DIRECTIONS

1. Brown ground beef in butter, seasoning with salt, pepper, and a touch of onion powder if desired.
2. While the beef cooks, mash avocado in a bowl with a little salt.
3. Plate the mashed avocado as a base and spoon the buttery ground beef on top.
4. Drizzle any remaining pan butter over everything for extra richness.

Optional: Top with a small pinch of chili flakes for heat.

Beef & Greens Skillet

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Leafy greens (spinach, kale,
or arugula)
Garlic powder, salt, black
pepper.

DIRECTIONS

1. Sauté ground beef in butter with garlic powder, salt, and pepper.
2. Once mostly cooked, add a few handfuls of leafy greens directly into the skillet.
3. Let the greens wilt and soak up the beefy flavor.
4. Stir well and serve hot.

Optional: Add a few chopped mushrooms for texture.

Beef Ramen Bowl

Prep time: <5 min

Cook time: <12 min

INGREDIENTS

Butter
Ground beef
Shirataki noodles (rinsed
and drained)
Mushrooms
Leafy greens
Ginger powder, garlic
powder, salt, pepper.

DIRECTIONS

1. In a deep pan, cook ground beef with butter, garlic, and ginger powder.
2. Add sliced mushrooms and cook until soft.
3. Toss in shirataki noodles and mix well.
4. Add chopped leafy greens, stir until wilted.
5. Season with salt and pepper to taste.
6. Serve in a bowl.

Beef Stuffed Mushrooms

Prep time: <5 min

Cook time: <20 min

INGREDIENTS

Butter
Ground beef
Mushrooms (large caps like portobello or big button)
Salt, pepper, paprika, garlic powder.

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Remove stems from mushrooms and hollow them slightly to create space for filling.
3. Sauté ground beef in butter with garlic powder, salt, pepper, and paprika.
4. Stuff the mushroom caps with the seasoned beef.
5. Bake for 15–20 minutes, until the mushrooms are tender and the tops are slightly browned.

Optional: Serve with sliced avocado on the side.

Avocado Beef Boats

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Avocado (halved and pitted)
Chili flakes, cumin, salt, pepper.

DIRECTIONS

1. Cook ground beef in butter, seasoning with cumin, chili flakes, salt, and pepper.
2. Scoop a little extra flesh from the avocado halves to make more room.
3. Spoon the spicy beef mixture into the avocado "boats."
4. Serve immediately while warm.

Optional: Top with a few sautéed mushroom slices.

Beef Pasta Bowl

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Shirataki noodles (rinsed
and drained)
Leafy greens (spinach or
arugula)
Oregano, basil, rosemary,
marjoram, garlic powder,
salt.

DIRECTIONS

1. Cook ground beef in butter with seasoning, and salt.
2. Add in shirataki noodles and stir to coat with the beef and butter mixture.
3. Toss in a handful of leafy greens until just wilted.
4. Serve hot for a pasta-like comfort dish.

Chicken Skillet with Poached Eggs

Prep time: <3 min

Cook time: <12 min

INGREDIENTS

Butter
Chicken breast (sliced thin)
Mushrooms (sliced)
Eggs
Vinegar
Salt, pepper, thyme or garlic
powder.

DIRECTIONS

1. In a skillet, melt butter and sauté mushrooms until golden.
2. Add thin slices of chicken breast and cook until fully done.
3. In a separate pot, poach eggs in simmering water (vinegar in the water).
4. Season chicken and mushrooms with salt, pepper, and thyme or garlic.
5. Plate the chicken-mushroom mix and top with the soft poached egg.

Optional: Serve on a bed of sautéed leafy greens.

Beef & Avocado Egg Bowl

Prep time: <1 min

Cook time: <10 min

INGREDIENTS

Butter
Ground beef
Eggs
Avocado
Chili powder, salt, pepper,
cumin (optional).

DIRECTIONS

1. Brown ground beef in butter, season with chili powder, salt, and pepper.
2. In a separate pan, fry or scramble 2 eggs in butter.
3. Slice avocado and layer everything in a bowl: ground beef, eggs, and avocado.

Optional: Pour melted butter over the top.

Chicken Noodle Stir-Fry

Prep time: <1 min

Cook time: <10 min

INGREDIENTS

Butter
Chicken breast (cubed)
Shirataki noodles (rinsed
and drained)
Leafy greens (kale)
Garlic, ginger, salt, pepper.

DIRECTIONS

1. In a skillet, cook the chicken cubes in butter with garlic, ginger, salt, and pepper.
2. Add rinsed shirataki noodles and leafy greens to the pan.
3. Sauté until greens wilt and everything is well mixed.

Optional: Crack eggs into the pan and stir until cooked through for a richer stir-fry feel.

Egg-Stuffed Beef with Avocado

Prep time: <1 min

Cook time: <12 min

INGREDIENTS

Butter
Ground beef
Eggs
Avocado
Salt, pepper, paprika.

DIRECTIONS

1. Form two thick beef patties and press a shallow indentation in the center of one.
2. Crack an egg into the indentation, then place the second patty on top and seal the edges.
3. Carefully cook the stuffed burger in a buttered pan over medium heat, flipping gently once browned.
4. Serve with sliced avocado on the side.

Chicken & Egg Salad Bowl

Prep time: <10 min

Cook time: <12 min

INGREDIENTS

Butter
Chicken breast (grilled or
pan-cooked)
Eggs (boiled)
Leafy greens
Salt, pepper, lemon juice.

DIRECTIONS

1. Cook chicken breast and slice thinly.
2. Boil eggs, peel, and cut into halves or quarters.
3. Arrange leafy greens in a bowl, add chicken and eggs.
4. Melt butter and drizzle over the top as a warm dressing.
5. Season with salt, pepper and a splash of lemon juice.

Optional: Add a few avocado slices.

Chicken & Egg Noodle Soup

Prep time: <5 min

Cook time: <15 min

INGREDIENTS

Butter
Chicken breast (thinly sliced)
Eggs
Shirataki noodles
Leafy greens
Mushrooms
Ginger powder, garlic
powder, salt, pepper.

DIRECTIONS

1. In a skillet or deep pan with water, cook the chicken breast with butter and spices until done.
2. Add shirataki noodles.
3. Crack in eggs and stir until it cooks into ribbons (like in egg drop soup).
4. Stir in a handful of leafy greens and mushrooms for texture.
5. Cook until warmed through and serve hot.

Basted Chicken with Egg

Prep time: <1 min

Cook time: <10 min

INGREDIENTS

Butter
Chicken breast
Egg
Leafy greens
Salt, pepper, garlic powder.

DIRECTIONS

1. Season and cook the chicken breast in butter until golden and cooked through.
2. In the same pan, fry eggs to your liking (sunny side up works great).
3. Wilt a handful of leafy greens in the remaining butter.
4. Plate the chicken, top with the egg, and serve with the buttery greens on the side.

Optional: Add a dash of paprika for color and taste.

Beef & Noodle Scramble

Prep time: <3 min**Cook time: <10 min**

INGREDIENTS

Butter
Ground beef
Eggs
Shirataki noodles
Garlic powder, onion
powder, salt, pepper.

DIRECTIONS

1. Rinse and drain shirataki noodles, pat dry with paper towels.
2. Brown ground beef in butter with garlic and onion powder.
3. Add shirataki noodles and stir to coat in the beef fat.
4. Crack eggs into the pan and scramble everything together until the egg is cooked.
5. Season to taste and serve hot.

Cheese-Stuffed Chicken

Prep time: <5 min**Cook time: <30 min**

INGREDIENTS

Butter
Chicken breast
Mushrooms (finely chopped)
Cheese (any kind, like
mozzarella, gouda, or
cheddar)
Garlic powder, salt, pepper.

DIRECTIONS

1. Sauté chopped mushrooms in butter until soft and browned.
2. Mix in shredded cheese and season with garlic, salt, and pepper.
3. Slice a pocket into the chicken breast and stuff it with the mushroom-cheese mixture.
4. Secure with toothpicks and pan-fry or bake until golden and cooked through.
5. Drizzle with a bit of cream or melted butter before serving.

Beef & Egg Skillet Bake

Prep time: <5 min

Cook time: <30 min

INGREDIENTS

Butter
Ground beef
Eggs
Cheese (cheddar,
mozzarella)
Smoked paprika,
garlic powder, salt,
pepper.

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a skillet, brown ground beef in butter with garlic powder, salt, pepper, and smoked paprika.
3. Crack eggs over the beef.
4. Sprinkle generously with shredded cheese.
5. Transfer the skillet to the oven and bake until eggs are set and cheese is golden and bubbly (about 10–12 minutes).

Optional: Serve with a dollop of sour cream or sliced avocado on top.

Chicken Carbonara

Prep time: <5 min

Cook time: <15 min

INGREDIENTS

Butter
Chicken breast (sliced)
Egg
Shirataki noodles
Grated cheese (like
Parmesan or Pecorino)
Salt, white pepper.

DIRECTIONS

1. Cook sliced chicken breast in butter until golden and set aside.
2. Rinse and dry shirataki noodles, then sauté in the same pan to absorb flavor.
3. In a bowl, whisk eggs with a handful of grated cheese and a pinch of pepper.
4. Remove pan from heat, quickly stir in the egg-cheese mixture to coat the noodles (the residual heat will lightly cook the egg into a creamy sauce).
5. Stir in the chicken and serve immediately.

Beef & Mushroom Melt

Prep time: <5 min**Cook time: <12 min**

INGREDIENTS

Butter
Ground beef
Mushrooms (sliced)
Cheese (mozzarella
or gouda)
Salt, pepper, garlic
powder.

DIRECTIONS

1. In a skillet, cook ground beef in butter until browned.
2. Add sliced mushrooms and cook until soft and golden.
3. Season with salt, pepper, and garlic powder.
4. Sprinkle cheese over the top, cover the skillet, and let it melt.
5. Serve hot, optionally over a small handful of wilted greens.

Optional: Add a spoonful of sour cream on top for extra richness.

Braised Chicken with Mushroom Sauce

Prep time: <5 min**Cook time: <12 min**

INGREDIENTS

Butter
Chicken breast
Mushrooms (sliced)
Cream
Salt, pepper, thyme.

DIRECTIONS

1. Sear chicken breast in butter until golden and nearly cooked through.
2. Add sliced mushrooms to the pan and sauté until softened.
3. Pour in a splash of cream, season with salt, pepper, and thyme.
4. Simmer gently for a few minutes until chicken is tender and sauce is creamy.
5. Serve hot with optional sautéed leafy greens on the side.

Noodle Alfredo with Beef or Fish

Prep time: <5 min

Cook time: <12 min

INGREDIENTS

Butter
Ground beef or flaked
fish
Shirataki noodles
Cream
Cheese (grated
Parmesan or similar)
Garlic powder, salt,
pepper

DIRECTIONS

1. Rinse and dry shirataki noodles well.
2. In a pan, cook your ground beef or fish until fully cooked. Set aside.
3. In the same pan, melt butter and stir in cream and cheese to make a quick Alfredo-style sauce.
4. Add shirataki noodles and stir to coat.
5. Mix in the beef or fish, season to taste, and serve warm.

Pan-Seared Fish with Sour Cream Sauce

Prep time: <3 min

Cook time: <12 min

INGREDIENTS

Butter
Fish fillet (like salmon,
cod, or mackerel)
Sour cream
Leafy greens
Dill, lemon zest, salt,
pepper.

DIRECTIONS

1. Pan-sear the fish in butter until golden and flaky.
2. In a small bowl, mix sour cream with a pinch of dill, salt, pepper, and a little lemon zest.
3. Wilt leafy greens in the same pan with a bit of leftover butter.
4. Plate fish over greens and spoon the sour cream sauce on top.

Crispy Cod with Egg

Prep time: <3 min

Cook time: <10 min

INGREDIENTS

Butter
Cod fillet
Leafy greens
(spinach, chard, etc.)
Egg
Salt, pepper, paprika.

DIRECTIONS

1. Season cod with salt and pepper (add a dash of paprika if desired).
2. Sear cod in a hot pan with butter until golden and crisp on the outside and flaky inside.
3. In the same pan, crack eggs and fry sunny-side up.
4. Quickly sauté leafy greens in butter just until wilted.
5. Plate the cod with the eggs on top and greens on the side.

Baked Fish

Prep time: <5 min

Cook time: <30 min

INGREDIENTS

Butter
Fish (cod, salmon, halibut)
Leafy greens (chard)
Cream
Cheese (Parmesan, cheddar, or your favorite)
Salt, pepper, garlic powder.

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Lightly sauté greens in butter until wilted, then place them in a baking dish.
3. Lay fish fillets on top of the greens, season with salt, pepper, and garlic powder.
4. Pour cream over the fish and sprinkle generously with grated cheese.
5. Bake for 15–20 minutes or until the fish flakes easily and the top is golden and bubbly.

Poached Cod

Prep time: <5 min

Cook time: <20 min

INGREDIENTS

Butter
Cod fillets
Avocado
Sour cream
Mushrooms
Salt, pepper, lemon
juice or dill.

DIRECTIONS

1. Gently poach cod in simmering salted water until it flakes easily (about 8–10 minutes).
2. Sauté mushrooms in butter and set aside.
3. Mash avocado with sour cream, salt, pepper, and optional dill or lemon juice to create a creamy topping.
4. Plate the cod, top with avocado cream, and serve with buttered mushrooms on the side.

Salmon Alfredo Bowl

Prep time: <15 min

Cook time: <10 min

INGREDIENTS

Butter
Salmon (cooked and flaked)
Cream
Leafy greens
Shirataki noodles (rinsed
and dried)
Cheese (Parmesan or cream
cheese)
Salt, pepper, garlic powder.

DIRECTIONS

1. Sauté shirataki noodles in butter for 2–3 minutes.
 2. Stir in cream and cheese to create a thick Alfredo-style sauce.
 3. Add flaked salmon and season with salt, pepper, and garlic powder.
- Optional: Stir in chopped leafy greens until wilted.

Salmon & Egg Scramble

Prep time: <15 min

Cook time: <10 min

INGREDIENTS

Butter
Salmon (cooked and flaked)
Eggs
Cream cheese or soft cheese
Salt, pepper, chives.

DIRECTIONS

1. In a bowl, whisk eggs with a pinch of salt and pepper.
2. In a pan, melt butter and pour in the eggs.
3. Gently scramble the eggs until just about set.
4. Stir in flaked salmon and small chunks of cream cheese.
5. Mix gently until creamy and just warmed through.
6. Top with chopped chives.

Fish Salad Bowl

Prep time: <5 min

Cook time: <20 min

INGREDIENTS

Fish (like salmon or tuna, cooked and flaked)
Avocado
Sour cream or cream
Leafy greens
Salt, pepper, dill or lemon zest

DIRECTIONS

1. In a bowl, mash avocado and mix with sour cream or a small splash of cream.
2. Stir in flaked cooked fish and season with salt, pepper, and dill or zest if desired.
3. Serve over a bed of fresh leafy greens.

Creamy Halibut Bowl

Prep time: <5 min

Cook time: <10 min

INGREDIENTS

Butter
Halibut (cubed)
Mushrooms (sliced)
Cream
Salt, pepper, garlic
powder

DIRECTIONS

1. Sauté mushrooms in butter until browned.
2. Add cubed halibut and cook gently until opaque and tender.
3. Pour in cream and simmer for a few minutes until slightly thickened.
4. Season with salt, pepper, and garlic powder.

Pan-Fried Fish with Avocado Sauce

Prep time: <5 min

Cook time: <12 min

INGREDIENTS

Butter
Fish fillet (like cod, trout, or
salmon)
Avocado
Sour cream or cream
Lemon zest, salt, pepper,
dill.

DIRECTIONS

1. Pan-fry fish in butter until golden and flaky.
2. In a bowl, mash avocado and mix with sour cream (or cream), a bit of lemon zest, salt, pepper, and dill.
3. Serve the fish hot with a generous dollop of creamy avocado sauce on top.

