



Food, Fitness,
& Beauty

Zucchini Potato Skins

MY ALL TIME FAVORITE
ZUCCHINI RECIPE!

What You Need

- 2 zucchini
- 3-4 slices cooked bacon
- 1/3 cup shredded cheddar cheese
- Light sour cream - optional

What to Do

- 01** Preheat oven to 400 degrees. Slice zucchini into 1 inch slices.
- 02** Scoop out the pulp and seeds with melon baller or spoon. Do them carefully so you do not put holes in it.
- 03** Put small amount of cheese in the zucchini. Chop up bacon, put on top of cheese. Add a little more cheese.
- 04** Bake for 10 minutes on 400 degrees. If you would like, add light sour cream. Enjoy.

Notes



Food, Fitness,
& Beauty

Zucchini Pizza Bites

OBSESSED WITH THESE
LITTLE DELICIOUS BITES OF
LOW CARB GOODNESS!

What You Need

- 2 zucchini
- 1/2 cup pizza sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- Oregano
- Mini turkey pepperoni
- Pam spray

What to Do

- 01** Preheat oven to 400 degrees. Clean and slice zucchini into inch slices.
- 02** Line a baking tray with foil (optional) and spray with Pam spray. Scoop out the middle (pulp and seeds) of zucchini with melon baller or spoon.
- 03** Be careful not to go all the way thru the zucchini. Fill little zucchini slices with pizza sauce. Add shredded mozzarella. Add a few mini pepperoni.
- 04** Top with oregano and sprinkle parmesan cheese. Bake for 10 minutes on 400 degrees.

Notes

You can make the zucchini as thick as you would like. I prefer mine to be about an inch thick.



Food, Fitness,
& Beauty

Greek Yogurt & Jello Bites

PROTEIN PACKED BITES FOR
AFTER BARIATRIC SURGERY
OR THE PERFECT SWEET
TREAT!

What You Need

- 2 small boxes of Sugar Free Jello (I used 3 oz boxes)
- 2 envelopes of Knox Gelatine
- 2 containers of Greek Yogurt (5.3 oz)
- 2 cups of boiling water
- 9 x 9 pan

Notes

Once you are past full liquid stage, you can add fruit and cottage cheese to this recipe for increased protein.

*Also you can top with whipped cream!

What to Do

- 01 Boil 2 cups of water on stovetop.
- 02 Pour Sugar Free Jello and Knox Gelatine in a large mixing bowl and stir very well to prevent clumping.
- 03 Carefully add in boiling water and stir completely for 2 minutes.
- 04 Once all the granules are dissolved and mixed, add in 2 containers of Greek Yogurt. Whisk until dissolved.
- 05 Carefully pour into 9 x 9 pan and put in the refrigerator for 2-3 hours or until it is set.
- 06 Remove from refrigerator, cut into small cubes and serve. This can be left out for a couple hours but needs to be refrigerated if left out longer.



Maddie 5088

Cheese Stuffed Meatballs

NEW AND IMPROVED
RECIPE! LOWER CARB!

What You Need

- 1 pound ground beef or turkey (93% or leaner)
- 2 eggs
- 4 cloves garlic (minced)
- 2 tablespoons basil
- 1 cup breadcrumbs (I used Pork King Good - made from Pork Rinds)
- 5 string cheese (cut in 4ths)
- 2 tablespoons olive oil
- 24 oz can of tomato sauce (I used low sugar)
- Shredded parmesan cheese

Notes

This would be great with spaghetti squash or edamame pasta (that I have found for a reasonable price at Aldi). You could also serve with regular pasta if you are not counting carbs!

*Maddie10 is discount code for PorkKingGood breadless crumbs!

What to Do

- 01** Put ground beef or turkey in bowl. Put basil and dice garlic. Add half of the basil and all of the garlic to the ground beef.
- 02** Whisk eggs and add to the ground beef or turkey. Add 1/2 cup of the breadcrumbs and mix well.
- 03** Flatten the patties into 2 inch wide patties and place string cheese in the middle. Form into balls, covering the string cheese completely.
- 04** It should make around 20 meatballs. Pour remaining 1/2 cup of breadcrumbs into a bowl. Roll each meatball into breadcrumbs.
- 05** Put olive oil in skillet to heat. Place meatballs in skillet and turn every 2ish minutes.
- 06** After 10 minutes, add tomato sauce and remaining basil. Simmer for 6-8 minutes. Serve with shredded parmesan cheese.





Food, Fitness,
& Beauty

Quick Apple Crisp

LOWER CARB, SWEET,
DELICIOUS!

What You Need

- 3 apples
- 1/2 stick of butter (equals 1/4 cup)
- 1/2 cup Swerve brown sugar
- 1 cup oats

What to Do

- 01** Chop up apples in small pieces (I prefer to leave the apple skin).
- 02** Melt butter in sauce pan. Add apples and cover on low. Let steam for about 10-12 minutes and stir occasionally.
- 03** Add Swerve brown sugar and stir. Add oats and stir.

Notes

You can also serve with cool whip or low sugar frozen yogurt.