

Recipe N1



Ingredients

- 1 cup button mushrooms, halved
- 1 cup baby spinach
- ½ teaspoon garlic powder
- 2 large eggs, boiled
- 1 cup French beans, diced
- 4 tablespoons white wine vinegar
- 1 tablespoon maple syrup
- 4 tablespoons olive oil
- A handful of cilantro for garnish
- Salt to taste
- ½ teaspoon black pepper powder

Description

1. Heat a pan and add a tablespoon of olive oil.
2. Add the garlic powder and cook for 10 seconds.
3. Add in the mushrooms and stir-fry for about a minute.
4. Bring a cup of water to a boil.
5. Add a teaspoon of salt to the boiling water.
6. Add the French beans and cook for two minutes.
7. Transfer the French beans to a bowl containing cold water and after a minute, drain the water, and transfer the beans to a bowl.
8. Add in the spinach and cooked mushroom.
9. Dice the boiled eggs and toss into the bowl.
10. Toss in the baby spinach.
11. Prepare the dressing by whisking olive oil, white wine vinegar, cilantro, salt, and pepper.
12. Drizzle the dressing on top, and your lunch is ready.

Recipe N2



Ingredients

- 10-12 medium-sized broccoli florets (chopped)
- 1 stalk of leek (chopped)
- 2 cloves of garlic (chopped)
- 1 cup chicken or vegetable stock
- 1 tablespoon butter
- ¼ cup fresh cream
- Salt to taste
- 1/2 teaspoon black pepper
- A handful of cilantro

Description

1. Add the butter to a soup pot.
2. Just when it melts, toss in the chopped garlic and sauté until it turns slightly brown.

3. Add the chopped leek and cook until the leek becomes soft.
4. Add the cream and the broccoli.
5. Season with salt and pepper. Cover and cook for about 5-8 minutes.
6. Take the soup pot off the flame.
7. Use a hand blender to blend the soup into a thick and creamy consistency.
8. Garnish with cilantro and enjoy a delicious low-carb, keto-friendly soup.

Drink N1



Ingredients

- 1 grapefruit
- 1/2 inch cinnamon bark
- A pinch of black salt

Description

1. In a glass of water, add the cinnamon bark and let it soak overnight.
2. Scoop out the juicy grapefruit and toss it into a blender. Give it a spin.
3. Add the blended grapefruit to the cinnamon water.
4. Add a pinch of black salt and stir well.