



# FITNESS FOOD COOK BOOK

LUKE EISENBERG

400 DELICIOUS AND HEALTHY RECIPE  
IDEAS FROM THE VITALITY KITCHEN

**Fitness Food Cookbook:  
400 Delicious And Healthy  
Recipe Ideas From The Vitality  
Kitchen**

**Reproduction, translation, further processing or  
similar actions for commercial purposes as well as  
resale or other publications are not permitted  
without the written consent of the author.**

**Copyright © 2018 - Luke Eisenberg**

**ISBN: 9783752894028**

**All rights reserved.**

## **Low Carb Kitchen - delicious low-carb recipe ideas**

[Chicken Chilli pan, boiling pan with spicy yoghurt sauce](#)

[Sauerbraten of chicken with cranberries and pumpernickel](#)

[Roulades on Moroccan style with sultanas and almonds](#)

[Mustard eggs with spinach and tarragon](#)

[Spicy chicken curry with ginger and tomatoes](#)

[Asparagus and tomato salad with shrimps and dill](#)

[Roast beef rolls with pumpkin curd and Chinese cabbage](#)

[Fish fillets with almond crust on melted cherry tomatoes](#)

[Fried plaice fillets with crab, spinach and crispy croutons](#)

[Grilled zucchini flowers with pecorino and chili](#)

[Marinated mozzarella with olives and dried tomatoes](#)

[Marinated Clams with chilli pepper and parsley](#)

[Mushrooms in balsamic vinegar with garlic and parsley](#)

[Sardines Venetian style with onions and sultanas](#)

[Feiner fennel salad with thinly sliced salami](#)

[Marinated green olives with fennel and orange](#)

[Braised chicken in red wine with shallots, mushrooms and herbs](#)

[Salmon and cucumber frying pan with dill and anise liqueur](#)

[Stuffed turkey rolls with celery and apple salad with avocado](#)

[Chicken cutlets with roasted tomatoes and Marsala](#)

[Monkfish cutlets with yellow tomatoes](#)

[Calamari Skillet with baby aubergines](#)

[Mexican pumpkin seed sauce with coriander](#)

[Stuffed chicken breast with ricotta and tarragon](#)

[Grilled salmon trout with mint pesto](#)  
[marinated Grilled pork with chili and orange](#)  
[Tuna tartare grilled with capers and dried tomatoes](#)  
[Halibut parcels with fennel and potatoes](#)  
[Shrimp on cucumber and orange salad with orange-lime sauce](#)  
[Tamarind quail with peaches and lettuce](#)  
[Grilled slices of veal liver with raspberry vinegar glaze and fine herbs](#)  
[Clear asparagus soup with egg custard](#)  
[Asparagus classically prepared with Hollandaise](#)  
[Easy Hollandaise \(based on yoghurt\)](#)  
[Cabbage in soy cream with red pepper seasoning](#)  
[Spicy spinach with onions, garlic and soy cream](#)  
[Cauliflower Polish style with egg, lemon and breadcrumbs](#)  
[Baked mushrooms with rosemary and parmesan](#)  
[Steamed broccoli with sesame, honey and soy sauce](#)  
[Chanterelles pan with mustard and chives](#)  
[Red mullet in foil with Asian vegetables](#)  
[Steamed cod with mustard sauce](#)  
[Baked salmon trout from the lemon salt crust](#)  
[Peter Fish cooked on a bed of tomatoes in the oven](#)  
[Saithe in Parma Coat on courgettes](#)  
[Fish Fillet packet Mediterranean style](#)  
[Fried perch fillets with creamy horseradish sauce](#)  
[Fine Zander and white sausages with refined Curry](#)  
[Orange Ketchup](#)  
[Fried mackerel fillets with red wine sauce on roasted beetroot leaves](#)

[Panfried salmon steak with tarragon salsa Verde](#)  
[Green fish curry with tilapia, Romanesco and coconut milk](#)  
[Brathering Asian style with ginger, star anise and chilli](#)  
[Zander with sauerkraut and mushroom and white wine sauce](#)  
[Salmon fillet on tomatoes with black olives and basil](#)  
[Baked trout with spicy avocado corn salad](#)  
[Ling on caraway cabbage with dill and sour cream](#)  
[Sauerfleisch Monkfish with Aquavit, dill and mustard seeds](#)  
[Loach stew with onions and peppers](#)  
[Sesame fish sticks with spicy cucumber salad](#)  
[Redfish with basil foam and broad beans](#)  
[Monkfish with braised peppers](#)  
[Salmon on colorful bean salad with three kinds of beans and dried tomatoes](#)  
[Greek tuna salad with olives and caper vinaigrette](#)  
[Crispy prawns in breadcrumbs crust on avocado carpaccio](#)  
[Grandmother's roast veal with red wine and vegetables](#)  
[Veal fillet Sicilian style on oranges and grapefruit salad](#)  
[Veal stuffed cabbage with capers, garlic and cumin](#)  
[Stuffed veal chop with Roquefort](#)  
[Veal cutlets from the frying pan with sage and lemon sauce](#)  
[Veal goulash with sauerkraut and potatoes](#)  
[Styrian veal rolls with pumpkin seeds and pepper sauce](#)  
[Small veal loin steaks and tuna with fennel and carrots](#)



Veal meatballs with oyster mushrooms  
Steamed veal fillet steaks with mangetout and chervil  
Stuffed veal escalope with mango and mozzarella  
Veal meatballs Koenigsberg style with yoghurt dip  
Stuffed veal steak with smoked ham and goat Gouda  
Veal meatloaf with peppers and herb quark  
Baked veal cutlets with aubergine and mozzarella  
Veal ragout with morels and crayfish tails  
Beef curry with potatoes, coconut and peanuts  
Rump steak with tomatoes and arugula  
Roast beef with remoulade Almond and Watercress  
Turkish beef skewers with pointed peppers and yoghurt  
Moroccan beef stew with chickpeas and sultanas  
Sharp steak salad with Chinese cabbage and papaya  
Beef with green asparagus  
Asian beef from the wok with peppers and sprouts  
Beef shiitake wok with carrots and Thai basil  
Belgian beef stew with beer and onions  
Beef tenderloin in herb seasoning coat with beetroot vegetables  
Roast beef fillet with mushrooms and Madeira sauce  
Chicken breast on orange slices with leek and green pepper  
Asian chicken skewers with Chinese cabbage  
Chicken in foil with Thai flavors  
Chicken breast cooked in foil with fennel, celery and white wine  
Italian films chicken with tomatoes, capers and oregano

[Chicken fillet in foil with artichokes, tomatoes and zucchini](#)

[Chicken and broccoli in a wok with walnuts and oyster sauce](#)

[Chicken, Chinese style with celery, bean sprouts and garlic](#)

### **Martim Kitchen - delicious recipe ideas with seafood**

[Fried plaice fillets with crab, spinach and crispy croutons](#)

[Shrimp fried rice with crunchy vegetables and cashew nuts](#)

[Marinated Clams with chilli pepper and parsley](#)

[Korean pancakes with carrot and pak choi](#)

[Calamari Skillet with baby aubergines](#)

[Asia cannelloni steamed salmon with shrimp filling on lemongrass and lime](#)

[Shrimp ravioli with coconut curry sauce](#)

[Herb pasta rags with shrimp and yellow tomatoes](#)

[Shrimp on cucumber and orange salad with orange-lime sauce](#)

[Shrimp pizza with artichoke hearts and yellow tomatoes](#)

[Shrimp in sweet and spicy glaze with China-Cole Slaw](#)

[Scallops on truffled mashed beans with cherry tomatoes](#)

[Lukewarm seafood salad with potatoes, cauliflower, arugula and capers](#)

[Crispy prawns in breadcrumbs crust on avocado carpaccio](#)

[Creole stew with chicken drumsticks, okra and shrimp](#)

[Iced melon and cucumber soup with shrimps](#)

[Shrimp Sushi in glass with mango and cucumber](#)

[Shrimp balls with plum chilli sauce](#)

[Steamed shrimp dumplings with crunchy wok vegetables](#)

[Shrimp noodle soup with crisp sugar snap peas](#)

[Shrimp sour with peppers and mango](#)

[Deep-fried prawns with spicy pineapple salsa](#)

[Lobsters and coconut soup with tomatoes, ginger and chilli](#)

[Creole lobster stew with okra, spinach and coconut](#)

[Arab Calamari Skillet with homemade harissa](#)

[Stuffed chicken wings with prawns on mango salad](#)

[Goa prawn stew with toasted coconut and coriander](#)

[Baked lobster with mixed salad](#)

[Shrimp skewers on salad with lime-ginger sauce and sesame](#)

[Greek squid salad with cucumber and peppers](#)

[served oysters with Parsley Salsa Verde in shell](#)

[Ginger soup with shrimp, carrots and pumpkin](#)

[Lobster papaya salad with avocado](#)

[Chicory and prawn salad with asparagus, grapefruit and poppy vinaigrette](#)

[Hummer in Weingelée with frothy vanilla cream](#)

[Crab salad tower with apple and curry hip](#)

[Clear lobster soup with leeks and tomatoes](#)

[Scallops between wonton sheets with spinach, sundried tomatoes and peppers](#)

[Mediterranean shrimp pan with chili, tomatoes, capers and arugula](#)

[Crayfish tails in carrots and celery and mustard seeds](#)

[Shrimp and vegetable salad with mustard dressing](#)

[Shrimp salad with melon wedges](#)



[Crispy onion with colorful grapes and feta cheese](#)  
[Crispy Tarte with wasabi, shrimp and leeks](#)  
[Seafood pizza with fennel and orange](#)  
[Shrimp rolls with sprouts and ginger](#)  
[Fried scallops with lemon and ginger](#)  
[Apple-onion couscous with grilled shrimps](#)  
[Shrimp and vegetable stew with two tomatoes](#)  
[Seafood salad with tomatoes and olives](#)  
[Mushroom potatoes with arugula and lemon Scampi](#)  
[Lukewarm asparagus salad with shrimp](#)  
[Auburn fried scallops with fennel and onions](#)  
[Crab soup with peas and fresh dill](#)  
[Leipzig style with crabmeat and morels](#)  
[Grilled squid tubes with herb stuffing](#)  
[Crab vinaigrette with radishes and cucumber](#)  
[Steamed mussels with fennel and white wine](#)  
[Seafood paella with saffron and vegetables](#)  
[Crab risotto with zucchini](#)  
[Prawn soup with mushrooms and lemongrass](#)  
[Potato and avocado salad with shrimps](#)  
[Lukewarm pasta and cucumber salad with fried prawns](#)  
[Seafood Skillet with Zuckerschote](#)  
[Farfalle with avocado sauce and fried shrimps](#)  
[Asian fondue with meat, fish, shrimp, vegetables and dips](#)  
[Mediterranean lobster with black noodles](#)  
[Lentils and shrimp stew with smoked tofu and chilli](#)  
[Escarole melon salad with tomato-mint salsa and shrimp](#)

[Shrimp pan with mangetout, peas and tomatoes](#)  
[Potato dish with shrimp and sorrel](#)  
[Scallop soup Thai style](#)  
[Risotto with pumpkin and shrimps](#)  
[Deep-fried squid \(calamari fritti\)](#)  
[Hummer with delicate dough sheets](#)  
[Fried prawns with spicy pumpkin sauce](#)  
[Scallops with sprouts](#)  
[Fish and shellfish ragout](#)  
[Seafood with egg noodles](#)  
[Shrimp with mashed potatoes](#)  
[Rice noodles \(Orzo\) with shrimps, lemon and Parmesan](#)  
[Spanish paella with seafood](#)  
[Shrimp on skewers with chili herb dip](#)  
[Fried rice with vegetables and crabmeat](#)  
[Fish and seafood gratin en croute](#)  
[Lemon Shrimp skewers grilled](#)  
[Crabmeat and shrimp](#)  
[Soup with mussels](#)  
[Squid with sheep's cheese from the grill](#)  
[Scallops grilled with vegetables and mango salad](#)  
[Shrimp cocktail with avocado](#)  
[Garnelenspieße grilled](#)  
[oysters au gratin](#)  
[Calamari soup with capers and celery](#)  
[Shrimp with broccoli](#)  
[Red prawn curry](#)  
[Octopus salad with lotus root and celery](#)

[Sharp shrimp with white asparagus](#)

[Paella Frutti di Mare](#)

[Red prawn curry with mangetout](#)

## **Vegetarian Kitchen - delicious vegetarian recipe ideas**

[Spaghetti with Mushroom Bolognese and fennel](#)

[Bean Pasta with rocket](#)

[Spaghetti with herb and soy cream and smoked](#)

[Spicy mozzarella pasta with sun dried tomatoes, oregano and pine nuts](#)

[Lentils and vegetable Bolognese pasta](#)

[Arugula penne with cherry tomatoes and garlic](#)

[Green Bean Pasta with pesto and pine nuts](#)

[Braised Artichokes in citrus-basil-Sud](#)

[Baked mushrooms with rosemary and parmesan](#)

[Steamed broccoli with sesame, honey and soy sauce](#)

[Aubergine lasagne with spinach and tomatoes](#)

[Quinoa with leeks and fennel](#)

[Pasta with tomato sauce and smoked](#)

[Black bean soup with pepper tofu](#)

[Eggplant Casserole with tomatoes, parmesan and mozzarella](#)

[Broccoli Tofu wok with peppers and cashew nuts](#)

[Pickled cauliflower with lemon grass, ginger and star anise](#)

[Pound vegetable relish with mustard](#)

[Baked cheese noodles with herbs, onions and mountain cheese](#)

[Spicy pea beans-pinto with pine nuts and mint](#)

[Gnocchi alla Romana baked with artichokes and tomatoes](#)

[Romanesco kohlrabi ragout with curry and coconut sauce](#)

[Mushroom pancake with cottage cheese and marjoram](#)

[Tofu stew with peppers, potatoes and tomatoes](#)

[Breaded eggplant cutlet with vegetables and tofu ragout and chive oil](#)

[Potato and sheep's cheese pancakes with stewed peppers](#)

[served Fried tofu with cabbage and mushrooms in pancakes](#)

[Indian carrot salad with yogurt, mustard seeds and mint](#)

[Vegetable tortillas with smoked tofu](#)

[Salad of white beans with ham](#)

[Mixed salad with vegetables and feta cheese](#)

[Onion soup with roasted onions, fennel and tomatoes](#)

[Mixed vegetable salad with apple and yoghurt sauce](#)

[White asparagus in paper package with carrots and ginger](#)

[Indonesian salad with egg rolls, peanuts and coriander](#)

[Clear kale soup with chickpeas and tomatoes](#)

[Japanese noodle salad with tofu and radish](#)

[Buttermilk wholemeal pancakes with cottage cheese and berries](#)

[Broccoli and leeks with spicy yogurt dip](#)

[Marinated green beans with peanuts](#)

[Potato and radish salad with Sprossenmix](#)

[Pumpkin stew with green beans](#)

[Cream of carrot soup with flaked almonds](#)

[Beetroot salad with herb quark](#)  
[Peppers and savoy cabbage with lemon thyme](#)  
[Millet and vegetable pan, boiling pan with minted yoghurt sauce](#)  
[Sharp salsify with radicchio salad](#)  
[Vegetable Relish on celery with olive](#)  
[Lukewarm mushroom salad with dandelion](#)  
[Blackberry and nectarine salad with Quark](#)  
[Braised cucumber vegetables with Parmesan](#)  
[Mangold and carrots with Minzquark](#)  
[Marinated tofu with fennel and tomatoes](#)  
[Pureed parsnips soup with shrimps](#)  
[Beans and pear salad with sunflower seeds](#)  
[Roasted pumpkin slices with tomato and lentil vegetable](#)  
[Mushroom vegetables on chickpea puree with leeks](#)  
[stripes mangetout salad with papaya](#)  
[Baked rosemary potatoes with mushroom vegetables](#)  
[Stuffed eggplant with tomato sauce](#)  
[Vegetable rice pudding with chive yogurt](#)  
[Colorful vegetables gratin with Vollkornstreusel](#)  
[Kohlrabi noodle gratin with peas and courgettes](#)  
[Vegetarian stuffed cabbage with millet, tomatoes and feta cheese](#)  
[Vegetable stew with pearl barley Kassler-](#)  
[Vegetable tart with almonds](#)  
[Green chickpea soup with scrambled egg crostini](#)  
[Dumplings on vegetables with chives and pumpkin seeds](#)  
[Fried cabbage with parsley quark](#)

[Breaded feta cheese with lemon cabbage](#)  
[Savoy lasagna with tomato sauce](#)  
[Spelt pancakes with tomatoes and courgettes](#)  
[Chilli polenta soup with feta](#)  
[Gratinated polenta corners on spinach](#)  
[Gratinated zucchini with Quinoafüllung and mango sauce](#)  
[Quark dumplings on peppers with green pepper](#)  
[Wholemeal pasta with green sauce and parmesan](#)  
[Wholemeal spaghetti with pumpkin sauce and daikon cress](#)  
[Pizza Primavera with broccoli, peas and tomatoes](#)  
[Asian fried noodles with bean sprouts and egg](#)  
[Farfalle pasta with cabbage in a creamy Parmesan sauce](#)  
[Gorgonzola and spinach pasta with pink pepper berries](#)  
[Fried mung bean sprouts from the wok](#)  
[Indian vegetable curry with pineapple](#)  
[Fried tofu and mushrooms in lettuce leaf](#)  
[Baked potato wedges with vegetables and quark dip](#)  
[Tofu and vegetable curry with mango and almonds](#)  
[Tofu and cucumber salad with a sweet-sour Pesto](#)  
[Gorgonzola pasta with savoy strips](#)  
[Courgette and tomato gratin with Manchego](#)  
[Fast Maize cakes with herb cream cheese](#)  
[Ginger chili carrot with Camembert and Limburger cheese](#)  
[Carrots and kohlrabi gratin with herb quark](#)  
[Green Vegetable Pasta with spinach, asparagus and peas](#)  
[Tofu Cutlets with yoghurt dip](#)



[Radish sprouts salad with Limburger cheese](#)

[Baked feta parcels with rosemary and tomatoes](#)

[Brussels sprouts pasta with parsley pesto](#)

[Fettuccine with asparagus puree and feta cheese](#)

[Vegetable omelet with tomatoes and peppers](#)

## **Vegan Kitchen - delicious vegan recipe ideas**

### salads

[salad Kunterbunt](#)

[hearty potato salad](#)

[Mixed vegetable salad](#)

[Creamy Cucumber Salad](#)

[Carrots and kohlrabi salad](#)

[Moroccan carrot salad](#)

[Zucchini and pumpkin salad with tofu](#)

[Pomegranate macadamia nut salad leaves](#)

### Soup

[potato soup](#)

[Fine pea soup](#)

[Carrots - cream soup](#)

[Fiery Chili Chowder](#)

[Creamy asparagus stew](#)

[Pumpkin soup Cucurbita](#)

### entrees

[hamburger](#)

[Rührtofu](#)

[spinach Pizza](#)

[Pizza Salamito](#)

[Italian Pizza](#)

[Leek Pineapple Pizza](#)

[Spaghetti Aglio Olio](#)

[Spaghetti carbonara](#)

[Spaghetti with radicchio](#)

[Spaghetti al pesto](#)

[Delicious Creamy Pasta](#)

[Indian-inspired curry](#)

[Fruity Indian rice dish](#)

[Chinese coconut curry](#)

[plum dumplings](#)

[Hearty goulash](#)

[Hearty Kale Pot](#)

[Hearty sauerkraut on mashed potato](#)

[Potato gnocchi with sage and rosemary](#)

[Seitan in mushroom cream sauce](#)

[Pasta bake with cheese crust](#)

[Carrot and potato pancakes](#)

[Tyrolean Krautfleckerln](#)

[Doughnuts with vegetables \(tofu\) filling](#)

[Stuffed Spinach Bags](#)

[pumpkin Swirl](#)

[vegans Tarte](#)

[vegetable skewers](#)

[Vegan Lasagna](#)

[Apfelrotkohl](#)

[Basic recipes and accompaniments](#)

[Colorful rice](#)

[Waffledough](#)

[Heller pizza base dough](#)

[Sharp mango chutney](#)

[Fast Gemüsepfanne](#)

[vegetable balls](#)

[Tofu Tzatziki](#)

### [Bread & rolls](#)

[Sesame wholemeal bread](#)

[Pumpkin Bread](#)

[Ciabatta bread](#)

[Sweet buns](#)

### [Spreads & Snacks](#)

[Mushroom spread](#)

[Misobutter](#)

[Toast Hawaii](#)

[Vegan sushi rolls](#)

### [Dressing, Sauces & Dips](#)

[Fruity curry sauce with tofu](#)

[Orange dressing](#)

[apple dressing](#)

[Creamy mustard dressing](#)

[Lopino dip](#)

### [Pies, cakes & muffins](#)

[butter cake](#)

[poppy cuts](#)

[Almond and orange cake](#)

[Plums baked cakes](#)

[Chocolate cherry cake](#)

[Mocha Nut Cake](#)

[Phenomenal Easter cake](#)

[Carrots Spelt Muffins](#)

[Blueberry and coconut muffins](#)

[Banana Muffins](#)

### [Desserts & Sweet Goodies](#)

[Chocolate mousse](#)

[Red fruit jelly](#)

[Orange dream - vanilla pudding with orange segments](#)

[Coconut macaroons with dark chocolate](#)

[Chocolate coconut confection "Bounty"](#)

[Choco](#)

[Buckwheat pancakes](#)

[Vanilla Cream Swirls](#)

[Tofu Poppy Swirl](#)

[Vanilla cream slices](#)

[Apfeltaschen](#)

[vanilla biscuits](#)

[chestnuts heart](#)

[truffle](#)

[Rumkugeln](#)

### [Drinks & ice](#)

[Coco Kiss](#)

[vitamin drink](#)

[Holler syrup](#)

[Feuriger cocoa](#)

[Ginger Spice Tea](#)

[iced coffee](#)

[Hot love](#)

[banana Split](#)

[Banana and coconut ice](#)

[Chocolate and orange ice](#)

[Fruity Mango ice](#)

# **Low Carb Kitchen - delicious low-carb recipe ideas**

## **Chicken Chilli pan, boiling pan with spicy yoghurt sauce**

Chicken with fresh peppers and paprika as hearty stew has beneficial effects: It is rich in protein and helps build muscles, the blood sugar level is kept constant and increases the body's defenses by a lot of vitamin C and phytochemicals.

### **Serves 4 meals**

2 chicken legs (so about 350 grams)

1 double chicken breast on the bone (so about 500 grams)

1 teaspoon cumin

2 cloves of garlic

1 organic lemon

1 tablespoon paprika (rose sharply)

2 tablespoons paprika (noble sweet)

2 large red peppers (so about 500 grams)

3 onions



2 tablespoons oil  
400 milliliters chicken stock  
350 grams of yogurt (3.5% fat)  
1 tablespoon tomato paste  
3 tablespoons flour  
20 cherry tomatoes  
Salt and freshly ground pepper

### **The preparation sequence**

Clean chicken legs in water, pat dry and cut through the joint.

Clean chicken breast in water, pat dry and cut bone along and then crosswise into two halves. Caraway with little salt in a mortar.

Peel and mince garlic. Rinse lemon in hot water, dry and grate the peel finely. Cumin salt, garlic, lemon zest and chili powder with a little water mix to a paste.

Chicken pieces mingle in a bowl with the paste, cover with cling film and leave in the fridge for 2 hours (marinate).

The peppers into quarters, remove the seeds, clean water and chop into bite size pieces. Peel the onions and chop finely.

Oil heat in a roasting pan. Chicken pieces fry around, take out.

Add the onions and peppers in the roasting pan and fry while stirring, until the onions are golden brown.

give chicken pieces back in the roasting pan, fill with the broth, bring to a boil, then heated, preheated oven at 200 °

C (with convection not recommended for gas: regulator to position 3) open on the 2nd level from below 30 minutes cooking, simmer; turn once.

Yogurt, tomato paste and flour with 100 milliliters of water Stir to a smooth cream. Clean tomatoes in water.

After 30 minutes Cooking tomatoes yogurt and tomatoes in roasting pan give, stir and continue roasting 15 minutes. Season chili pot with salt and pepper.

### **A bit of advice**

The thicken the sauce with yogurt and little flour instead of cream or sour cream makes them lighter and fresher. Something white bread for Auftunken the sauce - and the extra carbs provide even prolonged satiety.

*Per serving: 626 kcal*

## **Sauerbraten of chicken with cranberries and pumpernickel**

The muscular flesh of the chicken does fit: niacin, iron, B vitamins and zinc confer new powers and strengthen the immune system. Instead of the usual raisins like a Sauerbraten prepared chicken flavored with cranberries. The tart berries are anti-inflammatory in bladder problems.

### **Serves 4 meals**

4 sprigs parsley

100 milliliters of white wine vinegar  
200 milliliters of white wine or grape juice  
12 black peppercorns  
4 bay leaves  
1 carrot (so about 100 grams)  
2 onions  
1 stalk celery (so about 100 grams)  
2 double chicken breasts on the bone (so about 650 grams)  
2 tablespoons oil  
Salt and freshly ground pepper  
1 tablespoon flour  
400 milliliters chicken stock  
2 slices of pumpernickel (so around 85 grams)  
30 grams of dried cranberries  
2 tablespoons balsamic vinegar

### **The preparation sequence**

clean parsley in water. Heat white wine vinegar and white wine once, peppercorns, bay leaves and parsley stalks and cook 5 minutes. Let cool down.

Carrot and onion peel, clean celery, clean water and unthreading. Everything in so crushing to the 2 centimeter pieces.

Clean chicken breasts in water, pat dry, peel and cut with bone respectively longitudinally and transversely into two halves.

enter With the vegetables in a bowl and pour the cooled marinade. be covered one day with clingfilm in the fridge drag (marinate).

The next day, take chicken from marinade. Marinade pour through a sieve and collect. drain well vegetables.

Oil heat in a frying pan. The chicken breasts with salt and pepper and brown on each side for 1 minute.

Remove the meat from the skillet; the vegetables in the frying pan, sauté colorless stirring. Sprinkle flour over and stir.

Place vegetables in a roasting pan. Trapped marinade and pour chicken stock, add the meat, heat again over medium heat covered for 15-20 minutes cooking, simmer.

Pumpernickel crumble.

give pumpernickel crumbs, cranberries and balsamic vinegar in the roasting pan and continue cooking for 5 minutes. Season with salt and pepper.

### **A bit of advice**

Serve the protein-rich meat a carbohydrate side dish like potatoes, potato or bread dumplings. To make the festive food long lasting sick.

*Per serving: 415 kcal*

## **Roulades on Moroccan style with sultanas and almonds**

The protein-rich meat is a great way to meet the need for iron. If you like to eat dinner protein stresses corresponds these low carb meal to your wishes.

### **Serves 4 meals**

1 yellow pepper

30 grams sultanas

40 grams almonds (skinned)

2 tablespoons tomato paste

1 ½ teaspoons harissa

4 large thin slices of beef (as the so around 200 grams)

3 onions

2 cloves of garlic

2 tablespoons oil

2 tablespoons flour

425 grams of canned tomatoes

225 milliliters of dry sherry

Salt and black pepper

### **The preparation sequence**

The pepper into quarters, remove the seeds, clean water and chop into fine strips.

Sultanas and almonds mince separated.

Tomato paste and harissa mix to a paste.

give beef slices on work surface, brush them lightly salt and the tomato Harissa paste.

distribute sultanas and almonds on it. The peppers place transversely to the rolls.

Roll the rolls tight and stuck with toothpicks.

Peel the onions and garlic and finely shred.

The oil in a deep frying pan or in a Dutch oven heat. Dip the rolls in flour, shaking off excess flour and fry the rolls in hot oil all around, take out.

Add the onions and garlic to the skillet and sauté 1 minute.

give rolls back into the frying pan. Canned tomatoes and sherry and leave to heat up again.

Everything covered over medium heat simmer 70-80 minutes, while the roulades from time to contact.

When cooked, remove the meat rolls and season the sauce with salt and pepper. Good to: couscous.

### **A bit of advice**

When children eat with and you want to forego the sherry, replace the alcohol by vegetable broth.

*Per serving: 511 kcal*

## **Mustard eggs with spinach and tarragon**

Although this vegetarian classics contains a considerable amount of grease, but the calories are well spent. Because



eggs provide in addition to vitamins, minerals and omega-3 fatty acid abundant lecithin; of spinach contains a lot of folic acid. Both together ensure shiny hair, beautiful skin and strong nails, say some experts.

### **Ingredients for 2 meals**

4 eggs (M)

1 onion

2 stalks tarragon (may substitute 1 / 2 Teelöffel dried tarragon)

125 grams of young spinach

1 tablespoon oil

160 milliliters soy cream

2 tablespoons coarse mustard

Salt and freshly ground pepper

Tabasco

### **The preparation sequence**

anpiksen eggs, put in boiling water and cook soft as wax in 6-7 minutes. Peel onion and chop finely. clean tarragon in water, shake dry, pluck leaves and finely shred. clean spinach in cold water in water and drain well.

Oil heat in a frying pan and sauté the onions in it. Stir in soy cream and heat again.

the spinach to the sauce and cook for 2 minutes.

Stir in mustard and tarragon and season the sauce with salt, pepper and a few splashes of Tabasco.

Drain the eggs and discourage short. Peel eggs and warm in the mustard sauce. These potatoes fits.

### **A bit of advice**

Because free-range chickens eat a lot of green stuff, contain their eggs usually more bioactive plant compounds than that of animals without outlet. It is worthwhile to pay attention to quality.

*Per serving: 394 kcal*

## **Spicy chicken curry with ginger and tomatoes**

Thanks to its high content of good usable protein saturates chicken enjoyable without overloading with fat calories. Fresh ginger and the abundance of spices contained in the paste invigorating and stimulate digestion gently.

### **Ingredients for 2 meals**

350 grams of chicken breast

50 grams Tikka Masala Paste

3 tablespoons cream yoghurt

3 small red onions

1 piece of ginger root (so about 30 grams)

1 tablespoon oil

425 grams of canned tomatoes (drained)

1 tablespoon tomato paste

75 grams of soy cream

Salt and black pepper

Black cumin as desired

### **The preparation sequence**

Chicken breast fillet rinse and pat dry. First, in thick slices, then chop into cubes.

Tikka masala spice mix and cream yoghurt mix in a bowl, chicken cubes and blend it well. infuse Cover and refrigerate overnight (marinate).

Peel the onions and chop into wide strips. Ginger, peel and finely chop. Oil heat in a frying pan, fry the onions and ginger for 2-3 minutes. Chicken diced and continue to fry for 1 minute.

chop canned tomatoes little give with tomato paste and 125 milliliters of water in the frying pan, heat up again. Cover and cook over medium heat for 10 minutes.

When cooked, pour little soy cream to again briefly heat again. Season with salt and pepper. Preparing with remaining soy cream. sprinkle If desired Nigella about. These brown rice fits.

### **A bit of advice**

bring a green salad to the table: Thus, from the Curry a complete, easy low-carb eating.

*Per serving: 385 kcal*

# **Asparagus and tomato salad with shrimps and dill**

The combination of various beneficial nutrients such as protein, fiber, potassium, vitamin A and C and unsaturated fatty acids does Galle, eyes, gastrointestinal tract and the blood pressure well.

## **Ingredients for 2 meals**

- 1 lemon
- 1 red onion
- 1 bunch dill
- 200 grams of cherry tomato
- 150 grams prawns (ready to cook)
- 2 tablespoons olive oil
- 1 teaspoon agave syrup or honey
- Salt and black pepper
- 500 grams of white asparagus

## **The preparation sequence**

express lemon. Onion peel and chop into fine strips. clean Dill in water, shake dry and chop. Clean tomatoes in water and cut into two halves. lemon juice, onion, dill and tomatoes with shrimp, oil and agave syrup in a bowl. Add salt and pepper, and mix well.

Clean asparagus in water and peel thoroughly with a vegetable peeler. Woody ends from crushing and the