



Quick Recipe Finder

Below are all of the recipes in the Metabolic Cooking Resources to help you easily find the recipes you want.

METABOLIC COOKING

Recipe	Cookbook	Page	Calories	Protein	Carbs	Fat
Almond Butter Cup Oatmeal	Breakfast	Page 5	317	19	31	13
Almond Joy Smoothie	Smoothies	Page 9	215	24	5	11
Apple Oats Snack Bars	Snacks	Page 4	216	20	29.5	2
Asian Turkey Burgers	Chicken & Poultry	Page 4	175	38	3.5	1
Baked Eggplant & Red Pepper	Sides	Page 4	40	1.5	8.5	0
Beef Roast With Apples	Red Meat	Page 4	221	31.5	8	7
Blue Velvet Smoothie	Smoothies	Page 10	255	31	17	7
Breakfast Burrito	Breakfast	Page 7	294	26.5	24.5	10
Cajun-Style Sweet Potatoes	Sides	Page 10	185	2	28.5	7
Chicken Vindaloo	Chicken & Poultry	Page 6	118	23.5	2.5	1.5
Chocolate French Toasts	Breakfast	Page 4	269	39	21.5	3
Chocolate Peanut Butter Oat Muffins	Breakfast	Page 6	186	16	17	6
CTS (Cottage-Tuna-Salsa) Snack	Snacks	Page 8	304	36	4	16
Double Almond Cottage Cheese	Snacks	Page 9	158	16	5.5	8
Easy Meat Balls	Red Meat	Page 6	300	40.5	7.5	12
Feta-Spinach Salmon	Fish & Seafood	Page 6	258	31	2	14
Ginger Chick Peas	Sides	Page 11	124	6	20.5	2
Ginger Mustard Green Beans	Sides	Page 5	36	1	8	0
High Protein Vegetarian Spread	Vegetarian	Page 5	177	21.5	11.5	5
Hot Paprika Shrimp	Fish & Seafood	Page 4	185	23.5	2.5	9



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Kale Chips	Sides	Page 6	36	2	7	0
Key Lime Smoothie	Smoothies	Page 11	300	39	27	4
Krazy Kiwi Smoothie	Smoothies	Page 7	238	37.5	13	4
Metabolic "Fried" Chicken Fingers	Chicken & Poultry	Page 8	214	24	16	6
Metabolic Turkey Muffins	Chicken & Poultry	Page 7	183	31	8	3
Mexican Potato Salad	Sides	Page 12	138	4.5	30	0
Mexi-Turkey Eggs Skillet	Chicken & Poultry	Page 12	291	38.5	5	13
Mocha Snack Bites	Snacks	Page 5	210	20	28	2
Neopolitan Smoothie	Smoothies	Page 5	162	24	7.5	4
Noodless Shrimp Pad Thai	Fish & Seafood	Page 10	361	30.5	17	19
Orange Salmon Packets	Fish & Seafood	Page 7	200	25.5	2	10
PB & J Smoothie	Smoothies	Page 14	243	32	8.5	9
Peach Cream Smoothie	Smoothies	Page 12	236	30	15.5	6
Pepper Quiche	Vegetarian	Page 4	151	18	8.5	5
Pizza Omelette	Breakfast	Page 8	311	40.5	8	13
Quick and Easy Lemon Quinoa	Sides	Page 13	194	6	29	6
Quick and Easy Snack Ideas	Snacks	Pages 7 & 11				
Quick Protein Guacamole	Snacks	Page 10	173	15	8	9
Quinoa Burrito	Vegetarian	Page 9	356	21	50	8
Seafood Jambalaya	Fish & Seafood	Page 8	293	31	8.5	15



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Recipe	Cookbook	Page	Calories	Protein	Carbs	Fat
Shredded Beef	Red Meat	Page 5	201	32	2.5	7
Spanish Rice	Sides	Page 15	141	4	29	1
Spicy Peanut Tempeh Salad	Vegetarian	Page 10	287	21	17	15
Spicy Peppered Broccoli	Sides	Page 8	40	1	9	0
Spinach Egg Wrap	Breakfast	Page 9	302	28	25	10
Stir-Fried Scallops & Asparagus	Fish & Seafood	Page 9	248	22	8.5	14
Stuffed Peppers	Red Meat	Page 11	316	36.5	20	10
Sweet Pepper Beef Stir Fry	Red Meat	Page 8	312	36	10.5	14
Thai Beef Lettuce Wraps	Red Meat	Page 10	300	37	11	12
Turkey Chili	Chicken & Poultry	Page 10	190	25	18	2
Vegetarian Cakes	Vegetarian	Page 6	302	18.5	48	4
Vegetarian Frittata	Vegetarian	Page 8	324	35.5	14	14
Zucchini Oven Fries	Sides	Page 9	47	2	7.5	1