



RediCareControl^{DTx} Lunch Pack



2024

Queries: info@controldtx.com

Chicken, Bacon, Avocado Salad



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 9 grams **Fat:** 49 grams **Protein:** 41 grams

Ingredients:

- 1 medium avocado
- 1 small chicken breast
- 1 bacon rasher (unsmoked)
- 1 yellow pepper
- 80g mixed salad leaves
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

Instructions:

1. Cook chicken and bacon, then slice.
2. Prepare salad with avocado slices and peppers.
3. Top salad with chicken, bacon, and dressing.



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Egg Bhurji



Serves:4



Prep Time 10 mins



Cook Time: 5 mins

Carbohydrates: 5 grams **Fat:** 8 grams **Protein:** 7 grams

Ingredients:

- 1 serrano chili, chopped
- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 tbsp mushrooms, chopped
- 1 tsp grated ginger
- 22g broccoli florets, chopped
- 1 tomato, chopped
- 4 large eggs
- 2 tbsp chopped oregano
- 1 tsp coriander powder
- ½ tsp salt
- ½ tsp turmeric powder
- ¼ tsp Kashmiri red chili powder
- ¼ tsp Pav Bhaji masala

Instructions:

- 1.Heat olive oil in a frying pan over medium-high heat. Add chili, onion, mushrooms, and ginger. Sauté for 3 minutes until softened.
- 2.Add broccoli, tomato, and all the spices. Sauté for 2 more minutes.
- 3.Beat the eggs and add to the pan. Scramble the eggs, cooking until desired consistency.
- 4.Garnish with chopped oregano and enjoy.



Seafood Chowder



Serves:1



Prep Time 5 mins



Cook Time: 20 mins

Carbohydrates: 9 grams **Fat:** 27 grams **Protein:** 19 grams

Ingredients:

- 95g seafood mix
- 50g cauliflower, chopped
- 1 tsp coconut oil
- 10g onion, chopped
- ½ clove garlic, minced
- 15g celery, chopped
- 40ml vegetable stock
- 40ml cream
- 35g sour cream
- ½ tbsp fresh parsley, chopped

Instructions:

1. Sauté onion and garlic in coconut oil over medium heat for 2-3 minutes.
2. Add cauliflower and celery, sauté for another 2 minutes.
3. Pour in vegetable stock and reserved seafood juice, bring to a boil, then simmer for 5-8 minutes until cauliflower is tender.
4. Stir in cream, sour cream, and seafood. Heat through for 5 minutes.
5. Garnish with parsley and serve.



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Pecan Salad



Serves: 8



Prep Time 10 mins



Cook Time: 5 mins

Carbohydrates: 6 grams Fat: 25 grams Protein: 19 grams

Ingredients:

- 8 slices prosciutto
- 3 avocados, quartered
- $\frac{1}{3}$ cup lime juice
- $\frac{1}{4}$ cup olive oil
- $\frac{2}{3}$ cup toasted pecans

Instructions:

1. Fry prosciutto until crispy, then break into pieces.
2. Toss avocados with lime juice and olive oil.
3. Arrange avocados on a plate, top with prosciutto and pecans, then serve.



Cheese & Bacon Soup



Serves: 4



Prep Time 5 mins



Cook Time: 15 mins

Carbohydrates: 7 grams Fat: 27 grams Protein: 37 grams

Ingredients:

- 6 bacon rashers, cooked and crumbled
- 3 tbsp butter
- 2 leeks, chopped
- 2 cups mushrooms, sliced
- 1½ cups cauliflower, chopped
- 1 liter chicken stock
- ½ cup water
- 70g blue cheese

Instructions:

1. Cook bacon until crispy, then set aside.
2. Melt butter in a pot, sauté leeks, mushrooms, and cauliflower until tender.
3. Add chicken stock and water, bring to a boil, then simmer for 10 minutes.
4. Blend the soup until smooth, then stir in blue cheese until melted.
5. Serve with crispy bacon bits on top.



Homemade Pizza



Serves:2



Prep Time 15 mins



Cook Time: 15 mins

Carbohydrates: 4 grams **Fat:** 46 grams **Protein:** 32 grams

Ingredients:

- 360g shredded mozzarella cheese
- 175g almond flour
- 120g cream cheese
- 1 egg
- 125ml tomato sauce
- 225g pepperoni slices

Instructions:

1. Preheat the oven to 180°C and line a baking tray with greaseproof paper.
2. Mix cream cheese, shredded mozzarella, almond flour, and egg. Flatten the mixture on the baking tray to form a pizza base.
3. Bake the base for 10 minutes.
4. Remove from the oven, spread tomato sauce on the base, and top with more cheese and pepperoni slices.
5. Bake for an additional 10 minutes until the cheese is melted.

Crustless Quiche



Serves:6



Prep Time 15 mins



Cook Time: 40 mins

Carbohydrates: 5 grams Fat: 12 grams Protein: 20 grams

Ingredients:

- 250g ham, chopped
- 90g steamed broccoli, chopped
- 120g grated Swiss cheese
- 5 large eggs
- 80g milk

Instructions:

1. Spread ham and broccoli in a greased baking dish.
2. Whisk eggs, milk, and seasoning, pour over ham and broccoli.
3. Top with cheese and bake at 180°C for 35-40 minutes until set.



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Broccoli Cheddar Soup



Serves: 4



Prep Time 10 mins



Cook Time: 15 mins

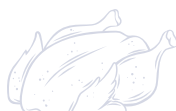
Carbohydrates: 6 grams Fat: 14 grams Protein: 7 grams

Ingredients:

- 650g broccoli, chopped
- 250ml heavy cream
- 250ml chicken broth
- 120g grated cheddar cheese
- 2 tsp butter

Instructions:

1. Simmer broccoli in chicken broth for 5 minutes.
2. Add cream and cheese, stirring until melted.
3. Blend to your desired consistency and serve.



Ham & Mushroom Soup



Serves: 4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 5 grams Fat: 15 grams Protein: 18 grams

Ingredients:

- 200g ham, diced
- 250g mushrooms, sliced
- 1 onion, chopped
- 2 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter

Instructions:

1. Sauté onions and mushrooms in butter until soft.
2. Add ham and chicken broth, bring to a boil, then simmer for 10 minutes.
3. Stir in cream, simmer for 5 more minutes, and serve.



Meatball Soup



Serves:2



Prep Time 10 mins



Cook Time: 40 mins

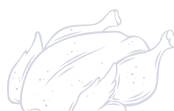
Carbohydrates: 2 grams **Fat:** 5 grams **Protein:** 18 grams

Ingredients:

- 1½ lb minced beef
- 1 large courgette, spiralized
- 1 medium tomato, diced
- 1 shallot, chopped
- 30 oz beef stock
- 1 egg
- 45g Parmesan cheese
- 6 garlic cloves, minced

Instructions:

1. Mix minced beef, Parmesan, garlic, and egg to form meatballs.
2. Brown meatballs in a pan and set aside.
3. Add courgette, tomato, shallot, and stock to a slow cooker. Add browned meatballs and cook on low for 6 hours.



Gut Healing Bone Broth



Serves: N/A



Prep Time 10 mins



Cook Time: 12–24 hours

Carbohydrates: 0 grams **Fat:** 5 grams **Protein:** 8 grams

Ingredients:

- 1 kg beef or chicken bones (with marrow)
- 2 tbsp apple cider vinegar
- 1 onion, chopped
- 2 garlic cloves, smashed
- 2 carrots, chopped
- 2 celery stalks, chopped
- Water (enough to cover bones)

Instructions:

1. Add bones, vegetables, and vinegar to a large pot. Cover with water.
2. Bring to a boil, then reduce heat and simmer for 12–24 hours.
3. Strain the broth, discard solids, and store the liquid.



Keto Mushroom Soup



Serves: 4



Prep Time 5 mins



Cook Time: 25 mins

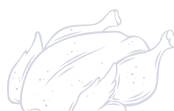
Carbohydrates: 6 grams Fat: 29 grams Protein: 6 grams

Ingredients:

- 380g mushrooms, sliced
- 120g onion, chopped
- 1 clove garlic, minced
- 380ml chicken stock
- 120ml heavy cream
- 110g cream cheese
- 2 tbsp olive oil

Instructions:

1. Sauté onions and garlic in olive oil until soft.
2. Add mushrooms and cook for 5 minutes.
3. Pour in chicken stock and simmer for 10 minutes.
4. Stir in cream and cream cheese, then blend until smooth. Simmer for another 5 minutes and serve.



Broccoli Soup



Serves:1



Prep Time 10 mins



Cook Time: 15 mins

Carbohydrates: 6 grams **Fat:** 29 grams **Protein:** 6 grams

Ingredients:

- 650g broccoli florets
- 650g cauliflower florets
- 250ml heavy cream
- 250ml chicken broth
- 120g grated cheese
- 2 tsp butter

Instructions:

1. Simmer broccoli and cauliflower in chicken broth for 5 minutes.
2. Add cream and cheese, stirring until the cheese melts.
3. Blend to your desired consistency, simmer for another 5–8 minutes, and serve.



Kale & Mushroom Soup



Serves:4



Prep Time 10 mins



Cook Time: 20 mins

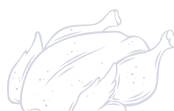
Carbohydrates: 7 grams Fat: 15 grams Protein: 6 grams

Ingredients:

- 250g mushrooms, sliced
- 150g kale, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 750ml vegetable broth
- 200ml heavy cream
- 2 tbsp olive oil

Instructions:

1. Sauté onions, garlic, and mushrooms in olive oil until soft.
2. Add kale and cook until wilted.
3. Pour in vegetable broth and simmer for 10 minutes.
4. Stir in cream and cook for another 5 minutes. Blend to your desired consistency and serve.



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Tuna Melt



Serves: 2



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 3 grams **Fat:** 25 grams **Protein:** 30 grams

Ingredients:

- 1 can tuna (in water), drained
- 2 tbsp mayonnaise
- 1 tbsp mustard (optional)
- 4 slices cheese (cheddar or your choice)
- 2 low-carb bread slices
- 1 tbsp butter

Instructions:

1. Mix tuna, mayonnaise, and mustard in a bowl.
2. Spread tuna mixture on bread slices, top with cheese.
3. Heat butter in a pan, and grill sandwiches for 2-3 minutes on each side until golden and cheese is melted.



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Egg and Chorizo Bake



Serves:4



Prep Time 10 mins



Cook Time: 25 mins

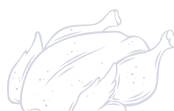
Carbohydrates: 4 grams **Fat:** 28 grams **Protein:** 20 grams

Ingredients:

- 6 eggs
- 150g chorizo, sliced
- 100g shredded cheddar cheese
- 1 small onion, chopped
- 1 tbsp olive oil

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Sauté chorizo and onions in olive oil until browned.
3. Whisk eggs in a bowl, then mix in cheese, chorizo, and onions.
4. Pour the mixture into a greased baking dish and bake for 20-25 minutes until set.



Prawn Courgetti



Serves:2



Prep Time 10 mins



Cook Time: 10 mins

Carbohydrates: 8 grams **Fat:** 12 grams **Protein:** 25 grams

Ingredients:

- 300g king prawns, peeled and deveined
- 2 courgettes (zucchini), spiralized into courgetti
- 2 garlic cloves, minced
- 1 can chopped tomatoes (400g)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Fresh parsley for garnish

Instructions:

1. Heat olive oil in a pan and sauté garlic until fragrant.
2. Add the chopped tomatoes and simmer for 5 minutes.
3. Stir in the prawns and cook for 3-4 minutes until pink and cooked through.
4. Add courgetti and toss with the sauce. Cook for 2 minutes until just tender.
5. Drizzle with lemon juice and garnish with fresh parsley before serving.

Pesto & Walnut Salmon



Serves: 2



Prep Time 10 mins



Cook Time: 15 mins

Carbohydrates: 5 grams **Fat:** 18 grams **Protein:** 28 grams

Ingredients:

- 2 salmon fillets
- 2 tbsp pesto (store-bought or homemade)
- ¼ cup walnuts, finely chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 180°C (350°F).
2. Brush the salmon fillets with olive oil and season with salt and pepper.
3. Spread pesto over the top of each salmon fillet, then sprinkle with chopped walnuts.
4. Bake for 12–15 minutes until the salmon is cooked through and the crust is golden.
5. Serve with a side of vegetables or salad.



Easy Beef Hash



Serves:2



Prep Time 5 mins



Cook Time: 20 mins

Carbohydrates: 3 grams **Fat:** 35 grams **Protein:** 30 grams

Ingredients:

- 220g minced beef
- 30g minced onions
- 600g spinach
- 2 eggs
- 2 tbsp butter
- Salt and pepper to taste

Instructions:

1. In a pan, melt butter and sauté the onions until soft.
2. Add the minced beef and cook until browned.
3. Stir in the spinach and cook until wilted.
4. Crack the eggs into the pan and scramble them into the beef mixture. Season with salt and pepper.

