



JULY 24–30, 2023 LOW CARB, HIGH PROTEIN ITALIAN –INSPIRED FAQs



Q1: Are there any substitutes for the ricotta cheese in the frittata and pancakes?

A1: Yes, you can use cottage cheese or a soft tofu as a substitute for ricotta cheese.

Q2: What kind of berries are recommended for the mixed berry snack?

A2: You can use any berries that you prefer or are in season. A common mix includes strawberries, blueberries, raspberries, and blackberries.

Q3: Can I substitute the prosciutto in the scrambled eggs?

A3: Yes, you can substitute the prosciutto with bacon, ham, or any other type of cured meat you prefer. You can also exclude it for a vegetarian option.

Q4: Is there a specific type of fish recommended for the grilled fish dinner?

A4: You can use any fish that you prefer for grilling. Salmon or halibut would work well, as would a firm white fish like cod or haddock.

Q5: Can I replace the Caesar dressing in the salad with something else?

A5: Yes, but the dressing must be low in sugar. An olive oil and lemon juice dressing could be a lighter substitute and your best bet.

Q6: What if I don't have a popsicle mold for the Lemonade Cucumber Spa Pops?

A6: If you don't have a popsicle mold, you can use small disposable cups with a popsicle stick or a plastic spoon as a handle.

Q7: Can I use regular flour instead of almond flour for the pancakes?

A7: No, you can replace the almond flour with coconut flour in a 2:1 ratio.

Q8: What type of protein powder is recommended for the green protein smoothie?

A8: Any type of protein powder can be used according to personal preference and dietary needs. Some common types include whey protein, soy protein, and pea protein.

Q9: How do I make zucchini noodles for the Shrimp Scampi?

A9: You can make zucchini noodles using a spiralizer or a peeler. If you don't have these tools, you can also use a knife to cut the zucchini into thin strips.

Q10: What type of meat is recommended for the meatballs?

A10: Ground beef, ground pork, or a mix of both can be used to make the meatballs. You could also use ground turkey or chicken for a leaner option.

Q11: Is there a vegan alternative for the Yogurt Greco?

A11: Yes, there are several non-dairy yogurts available made from almond milk, coconut milk, or soy milk that could be used as an alternative.

Q12: What can I substitute for the eggs in the breakfast dishes if I'm allergic or vegan?

A12: You can substitute eggs with tofu to make a tofu scramble or use a plant-based egg substitute available in the market for the frittata and pancakes.