



HEALTHY SUMMER GRILL RECIPES

FIRE UP THE GRILL WITH 20
OF OUR BEST RECIPES FOR
SUMMER FUN!





INTRODUCTION

CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

Congrats on picking up this month's edition of the recipe book for the V Shred Foodies Club!

This month we're taking things outside with 20 of our BEST summertime recipes you can make on the grill!

Some of them are low carb and keto-friendly, others are suitable for higher carb days.

From our Cajun Shrimp Foil Packets to our Low Carb Turkey Meatballs, you'll find a few recipes that are sure to become crowd favorites during those summer barbecues and events!

And while we recommend making these on an outdoor grill, you can always use an indoor grill or oven to prep your meats and veggies. We know these will be some of the easiest recipes you'll ever make 😊

Have fun, and don't forget to join our private FB Group to post your latest creations!

Share Your Recipes and Photos in the V Shred Foodies FB Group Here!



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GRILLED CAJUN SHRIMP FOIL PACKETS



182

CALORIES

7

FAT

9

CARBS

23

PROTEIN

4

SERVINGS

These foil packets are great for any indoor and outdoor grill, PLUS you can make them ahead of time so the flavors meld together before you add the heat! Use any mix of vegetables you like for an extra boost of nutrition.

INGREDIENTS

1 pound large shrimp, peeled and deveined
 2 tbsp Cajun seasoning
 2 tbsp olive oil
 1 bell pepper, sliced
 1 red onion, sliced
 1 zucchini, sliced
 2 cloves garlic, minced
 Salt and pepper, to taste
 Fresh parsley, for garnish
 Lemon wedges, for serving

INSTRUCTIONS

1. Preheat your grill to medium-high heat.
2. In a large bowl, combine the shrimp, Cajun seasoning, olive oil, minced garlic, salt, and pepper. Toss until the shrimp is well coated with the seasoning.
3. Cut four large pieces of aluminum foil, approximately 12x12 inches each.
4. Divide the bell pepper, red onion, and zucchini evenly among the foil sheets. Place the vegetables in the center of each foil sheet.
5. Top the vegetables with an equal amount of the seasoned shrimp.
6. Fold the sides of the foil over the shrimp and vegetables, sealing them tightly to form a packet. Make sure to leave a little room inside for the steam to circulate.
7. Place the foil packets on the preheated grill and cook for about 8-10 minutes, or until the shrimp is cooked through and opaque.
8. Carefully remove the foil packets from the grill using oven mitts or tongs.
9. Open the foil packets, garnish with fresh parsley, and serve with lemon wedges on the side.

GRILLED GREEK CHICKEN KEBABS

476

CALORIES

26

FAT

10

CARBS

51

PROTEIN

4

SERVINGS

Our take on a popular Greek dish is low in carbs and makes for the perfect lunch or dinner! Enjoy with cauliflower rice or brown rice as a side to make it a meal. We recommend you refrigerate these skewers overnight to really enhance the flavor.

INGREDIENTS

1.5 pounds boneless, skinless chicken breasts, cut into 1-inch cubes
 1/4 cup olive oil
 2 tbsp lemon juice
 2 cloves garlic, minced
 1 tsp dried oregano
 1 tsp dried basil
 1/2 tsp dried thyme
 1/2 tsp dried rosemary
 1/2 tsp salt
 1/4 tsp black pepper
 1 red bell pepper, cut into chunks
 1 green bell pepper, cut into chunks
 1 red onion, cut into chunks
 1 medium zucchini, sliced
 Wooden or metal skewers (if using wooden skewers, soak them in water for 30 minutes before grilling)

INSTRUCTIONS

1. In a bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, dried basil, dried thyme, dried rosemary, salt, and black pepper to make the marinade.
2. Place the chicken cubes in a zip-top bag or a shallow dish. Pour the marinade over the chicken, making sure each piece is well coated. Marinate in the refrigerator for at least 1 hour, or overnight for best flavor.
3. Preheat your grill to medium-high heat.
4. Thread the marinated chicken, bell peppers, red onion, and zucchini onto the skewers, alternating between the ingredients.
5. Place the kebabs on the preheated grill and cook for about 12-15 minutes, turning occasionally, or until the chicken is cooked through and the vegetables are tender.
6. Once cooked, remove the kebabs from the grill and let them rest for a few minutes.
7. Serve the Grilled Greek Chicken Kebabs hot, garnished with fresh herbs like parsley or basil if desired.

SPICY GRILLED SHRIMP SKEWERS

157

CALORIES

7

FAT

3

CARBS

22

PROTEIN

4

SERVINGS

Shrimp is one of the most versatile proteins you can cook with and is super easy to grill with! Try this simple recipe to create a spicy version of grilled shrimp and add your choice of cubed vegetables in between the shrimp if you like...

INGREDIENTS

1 lb (450g) large shrimp, peeled and deveined
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tsp paprika
 1/2 tsp cayenne pepper (adjust to your spice preference)
 1/2 tsp ground cumin
 1/2 tsp dried thyme
 Salt and pepper to taste
 Wooden or metal skewers

INSTRUCTIONS

1. In a bowl, mix together the olive oil, minced garlic, paprika, cayenne pepper, ground cumin, dried thyme, salt, and pepper to create the marinade.
2. Add the cleaned and deveined shrimp to the marinade, making sure they are well coated. Cover the bowl and refrigerate for at least 15-20 minutes to let the flavors infuse.
3. Preheat the grill to medium-high heat.
4. Thread the marinated shrimp onto the skewers, ensuring they are spaced evenly.
5. Place the shrimp skewers on the preheated grill and cook for 2-3 minutes per side or until the shrimp turns pink and is cooked through. Be careful not to overcook to keep them tender and juicy.
6. Once cooked, remove the skewers from the grill and serve immediately.

GRILLED STUFFED BELL PEPPERS WITH QUINOA



573

CALORIES

21

FAT

74

CARBS

26

PROTEIN

4

SERVINGS

One of the most satisfying meals you'll enjoy this summer (and beyond!). Stuffed bell peppers make for a dense meal any time of day. Just make sure not to overcook the peppers on the grill or they'll fall apart – you only want to char them with the heat and you're good to go!

INGREDIENTS

4 large bell peppers (any color), halved and seeds removed
 1 cup cooked quinoa
 1 can (15 oz) black beans, drained and rinsed
 1 cup diced tomatoes
 1 cup diced zucchini
 1 cup diced yellow squash
 1/2 cup diced red onion
 2 cloves garlic, minced
 1 tsp ground cumin
 1 tsp chili powder
 1/2 tsp smoked paprika
 1 cup shredded cheddar or Mexican blend cheese (optional)
 2 tbsp olive oil
 Salt and pepper to taste
 Fresh cilantro or parsley for garnish

INSTRUCTIONS

1. Preheat the grill to medium-high heat.
2. In a large mixing bowl, combine the cooked quinoa, black beans, diced tomatoes, diced zucchini, diced yellow squash, diced red onion, minced garlic, ground cumin, chili powder, smoked paprika, olive oil, salt, and pepper. Mix well until all the ingredients are evenly distributed.
3. Stuff each halved bell pepper with the quinoa mixture, pressing it gently to fill the cavity completely.
4. If using cheese, sprinkle the shredded cheese on top of each stuffed pepper.
5. Grease the grill grates lightly with some olive oil to prevent sticking.
6. Place the stuffed bell peppers on the preheated grill, cover, and cook for about 15-20 minutes or until the peppers are tender and slightly charred on the edges.
7. Remove the grilled stuffed bell peppers from the grill and let them cool slightly. Garnish with fresh cilantro or parsley before serving.

GRILLED PORTOBELLO MUSHROOM BURGERS

286

CALORIES

12

FAT

38

CARBS

7

PROTEIN

4

SERVINGS

A lot of people don't realize how filling Portobello mushrooms can be – they can even taste like meat! All you need are some oversized Portobello mushroom caps and a good marinade. Try these out this season for a break from your usual chicken, turkey burgers, and red meat.

INGREDIENTS

4 large Portobello mushroom caps
 4 whole-grain burger buns
 1/4 cup balsamic vinegar
 3 tbsp olive oil
 2 cloves garlic, minced
 1 tsp dried thyme
 Salt and pepper to taste
 Toppings of your choice (lettuce, tomato slices, avocado, onion, etc.)

INSTRUCTIONS

1. In a shallow dish, whisk together the balsamic vinegar, olive oil, minced garlic, dried thyme, salt, and pepper to create the marinade.
2. Clean the Portobello mushroom caps by gently wiping them with a damp cloth or paper towel to remove any dirt. Remove the stems if they haven't been removed already.
3. Place the mushroom caps in the marinade and let them sit for about 15-20 minutes, turning them occasionally to ensure even coating.
4. Preheat the grill to medium-high heat. Grease the grill grates lightly with some olive oil to prevent sticking.
5. Remove the marinated mushroom caps from the marinade and place them on the preheated grill. Reserve the marinade for later use.
6. Grill the Portobello mushrooms for about 4-5 minutes per side or until they are tender and have nice grill marks. While grilling the mushrooms, you can also toast the burger buns on the grill for added flavor.
7. Assemble the grilled Portobello mushroom burgers by placing each grilled mushroom cap on a toasted burger bun.
8. Add your desired toppings, such as lettuce, tomato slices, avocado, and onion. Drizzle a little of the reserved marinade over the toppings for extra flavor, if desired.
9. Serve the burgers immediately and enjoy!

BBQ GRILLED TURKEY BURGERS



476

CALORIES

15

FAT

50

CARBS

40

PROTEIN

4

SERVINGS

Turkey burgers never go out of style but it IS easy to get bored with them. That's why we want you to try this healthy take with a mix of spices and seasonings for extra flavor. We recommend a sugar-free or low-carb BBQ sauce to go with them!

INGREDIENTS

1 lb (450g) ground turkey
 1/4 cup breadcrumbs
 1/4 cup finely chopped onion
 2 cloves garlic, minced
 1 tbsp Worcestershire sauce
 1 tbsp low-sodium soy sauce
 1 tbsp Dijon mustard
 1 tsp smoked paprika
 1/2 tsp ground cumin
 Salt and pepper to taste
 4 whole-grain burger buns
 BBQ sauce (store-bought or homemade) for brushing

Optional toppings:

Lettuce leaves
 Tomato slices
 Red onion slices
 Avocado slices

INSTRUCTIONS

1. In a large mixing bowl, combine the ground turkey, breadcrumbs, finely chopped onion, minced garlic, Worcestershire sauce, soy sauce, Dijon mustard, smoked paprika, ground cumin, salt, and pepper.
2. Gently mix all the ingredients until well combined. Avoid over-mixing to keep the burgers tender.
3. Divide the mixture into 4 equal portions and shape them into burger patties, making sure they are evenly sized and flat.
4. Preheat the grill to medium-high heat.
5. Grease the grill grates lightly with some cooking oil or use non-stick cooking spray to prevent sticking.
6. Place the turkey burger patties on the preheated grill and cook for about 5-6 minutes per side, or until the internal temperature reaches 165°F (74°C) and the burgers are cooked through.
7. During the last few minutes of grilling, brush BBQ sauce on one side of each burger patty and let it caramelize slightly.
8. While the burgers are grilling, you can also toast the burger buns on the grill for a nice crunch.
9. Once the turkey burgers are fully cooked, remove them from the grill and let them rest for a minute.
10. Assemble the BBQ Grilled Turkey Burgers by placing each burger patty on a toasted bun.
11. Add your desired toppings, such as lettuce, tomato slices, red onion slices, and avocado. Serve the burgers hot and enjoy!

GRILLED SHRIMP AND AVOCADO SALAD



394

CALORIES

27

FAT

19

CARBS

26

PROTEIN

4

SERVINGS

This delicious summer salad is packed with healthy fats and protein. Make the marinade ahead of time and leave in the fridge overnight for maximum flavor. This is a zesty salad that turns into a light meal for those hot summer days!

INGREDIENTS

1 lb (450g) large shrimp, peeled and deveined
 2 ripe avocados, peeled, pitted, and diced
 1 cup cherry tomatoes, halved
 1/4 cup red onion, thinly sliced
 1/4 cup fresh cilantro, chopped
 2 tbsp olive oil
 2 tbsp fresh lime juice
 1 clove garlic, minced
 1/2 tsp ground cumin
 Salt and pepper to taste
 Mixed salad greens (spinach, arugula, or your choice)

INSTRUCTIONS

1. Preheat the grill to medium-high heat.
2. In a bowl, combine the olive oil, fresh lime juice, minced garlic, ground cumin, salt, and pepper to make the dressing.
3. Add the shrimp to the dressing and toss until the shrimp is well coated. Let it marinate for about 10 minutes.
4. While the shrimp is marinating, prepare the salad ingredients. In a large salad bowl, combine the diced avocado, halved cherry tomatoes, sliced red onion, and chopped cilantro. Toss gently to mix.
5. Grill the marinated shrimp on the preheated grill for about 2-3 minutes per side, or until they turn pink and are cooked through. Be careful not to overcook, as shrimp can become rubbery.
6. Once the shrimp is cooked, remove them from the grill and let them cool for a minute.
7. Add the grilled shrimp to the salad bowl with the avocado and tomato mixture.
8. Drizzle any remaining dressing over the salad and gently toss all the ingredients together until well combined.
9. Serve the Grilled Shrimp and Avocado Salad over a bed of mixed salad greens.

GRILLED TURKEY MEATBALLS

275

CALORIES

17

FAT

1.5

CARBS

33

PROTEIN

4

SERVINGS

Keep low carb days interesting with this simple turkey meatballs recipe! Enjoy these on their own as a protein, add them to salads, or try them with low-carb pasta or cauliflower rice to make a delicious meal.

INGREDIENTS

1 lb (450g) ground turkey
 1/4 cup almond flour
 1/4 cup grated Parmesan cheese
 1 large egg
 2 cloves garlic, minced
 2 tbsp fresh parsley, chopped
 1 tsp dried oregano
 1/2 tsp onion powder
 1/2 tsp paprika
 Salt and pepper to taste
 Olive oil (for brushing)

INSTRUCTIONS

1. In a large mixing bowl, combine the ground turkey, almond flour, grated Parmesan cheese, egg, minced garlic, chopped parsley, dried oregano, onion powder, paprika, salt, and pepper.
2. Gently mix all the ingredients until well combined. Avoid over-mixing to keep the meatballs tender.
3. Preheat the grill to medium-high heat.
4. While the grill is heating, shape the turkey mixture into meatballs, about 1.5 inches in diameter, and place them on a plate.
5. Once the grill is hot, grease the grill grates lightly with some olive oil or use non-stick cooking spray to prevent sticking.
6. Place the meatballs on the preheated grill, leaving some space between each meatball to cook evenly.
7. Grill the turkey meatballs for about 12-15 minutes, turning them occasionally to ensure all sides are cooked and they have a nice char.
8. Check the internal temperature of the meatballs with a meat thermometer, ensuring it reaches 165°F (74°C) to ensure they are fully cooked.
9. Once the meatballs are cooked through and have a slight crust on the outside, remove them from the grill and let them rest for a minute.
10. Serve the Low Carb Grilled Turkey Meatballs as an appetizer, with your favorite low-carb dipping sauce, or over a bed of mixed greens for a light and satisfying meal.

GRILLED SAUSAGE AND PEPPER SKEWERS

286

CALORIES

19

FAT

14

CARBS

18

PROTEIN

4

SERVINGS

Change things up with some grilled chicken or turkey sausage on the grill this season! Load up skewers with cubed sausage and veggies for a filling and nutritious meal. Serve with cauliflower rice, brown rice or low carb noodles for a complete meal.

INGREDIENTS

1 lb (450g) low-carb sausages (such as chicken or turkey sausages), cut into chunks
 1 red bell pepper, cut into chunks
 1 yellow bell pepper, cut into chunks
 1 green bell pepper, cut into chunks
 1 red onion, cut into chunks
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tsp dried oregano
 1 tsp dried thyme
 Salt and pepper to taste
 Wooden or metal skewers

INSTRUCTIONS

1. In a bowl, combine the olive oil, minced garlic, dried oregano, dried thyme, salt, and pepper.
2. Add the sausage chunks to the bowl and toss until well coated with the marinade. Cover the bowl and let it marinate in the refrigerator for at least 30 minutes.
3. Preheat the grill to medium-high heat.
4. Thread the marinated sausage chunks, red bell pepper, yellow bell pepper, green bell pepper, and red onion alternately onto the skewers.
5. Place the skewers on the preheated grill and cook for about 10-12 minutes, turning occasionally until the sausages are cooked through and the peppers and onions are slightly charred.
6. Serve the Low Carb Grilled Sausage and Pepper Skewers as a flavorful and satisfying low-carb meal. You can also pair them with a side salad or cauliflower rice for a complete low-carb dinner.

GRILLED PESTO SHRIMP SKEWERS



230

CALORIES

11

FAT

13

CARBS

23

PROTEIN

4

SERVINGS

Another take on shrimp skewers that will be a hit at your next summer gathering or family get-together. Using store-bought pesto will save you some time and these can be left in the fridge overnight until you're ready to fire up the grill!

INGREDIENTS

1 lb (450g) large shrimp, peeled and deveined
 1/4 cup prepared basil pesto (store-bought or homemade)
 2 tbsp olive oil
 2 cloves garlic, minced
 Zest of 1 lemon
 Salt and pepper to taste
 Wooden or metal skewers

INSTRUCTIONS

1. In a bowl, combine the basil pesto, olive oil, minced garlic, lemon zest, salt, and pepper to make the marinade.
2. Add the peeled and deveined shrimp to the marinade and toss until the shrimp are evenly coated. Cover the bowl and let it marinate in the refrigerator for at least 15-20 minutes to allow the flavors to infuse.
3. Preheat the grill to medium-high heat.
4. Thread the marinated shrimp onto the skewers, making sure they are spaced evenly.
5. Grease the grill grates lightly with some olive oil or use non-stick cooking spray to prevent sticking.
6. Place the shrimp skewers on the preheated grill and cook for about 2-3 minutes per side, or until the shrimp turn pink and are cooked through. Be careful not to overcook, as shrimp can become rubbery.
7. Once the shrimp are fully cooked, remove them from the grill and let them rest for a minute.
8. Serve the Grilled Pesto Shrimp Skewers as an appetizer, over a bed of salad greens, or with a side of roasted vegetables.

SPICY TURKEY ZUCCHINI BOATS

423

CALORIES

27

FAT

12

CARBS

41

PROTEIN

4

SERVINGS

Keep the carbs down but flavor high with these tasty zucchini boats! The turkey and veggie mix is full of nutrition and you can adjust the spices to your liking. Use the grill setting in the oven or bake directly on the rack to make the zucchini slightly crispy.

INGREDIENTS

4 medium zucchinis
1 lb (450g) ground turkey
1/2 cup diced bell peppers (any color you prefer)
1/2 cup diced tomatoes
1/4 cup diced red onion
2 cloves garlic, minced
1 tbsp olive oil
1 tsp chili powder (adjust to your spice preference)
1/2 tsp ground cumin
1/2 tsp paprika
Salt and pepper to taste
1 cup shredded cheddar or Mexican blend cheese
Fresh cilantro or parsley for garnish

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Cut each zucchini in half lengthwise and use a spoon to scoop out the center, creating a hollow "boat" shape. Leave about 1/4 inch of flesh around the edges to keep the boats sturdy.
3. Place the hollowed zucchini boats on a baking sheet lined with parchment paper or a lightly greased baking dish.
4. In a skillet over medium heat, add the olive oil and sauté the diced red onion and minced garlic until softened and fragrant.
5. Add the ground turkey to the skillet, breaking it up with a spatula. Cook until the turkey is browned and cooked through.
6. Stir in the diced bell peppers, diced tomatoes, chili powder, ground cumin, paprika, salt, and pepper. Cook for a few more minutes until the vegetables are tender and the flavors are well combined.
7. Fill each zucchini boat with the spicy turkey mixture, pressing it gently to pack it in.
8. Sprinkle shredded cheese over the top of each zucchini boat.
9. Bake the stuffed zucchini boats in the preheated oven for about 15-20 minutes or until the zucchini is tender and the cheese is melted and bubbly.
10. Once done, remove the zucchini boats from the oven and let them cool for a minute.
11. Garnish with fresh cilantro or parsley before serving.

GRILLED PORTOBELLO MUSHROOM CAPRESE SALAD



256

CALORIES

17

FAT

10

CARBS

18

PROTEIN

4

SERVINGS

Turn the traditional caprese salad into a full meal by adding Portobello mushrooms to the mix! A lot of people say Portobello mushrooms are a great meat substitute and this recipe proves it. Try and make this at the same time you serve it for maximum flavor!

INGREDIENTS

4 large Portobello mushroom caps
2 cups cherry tomatoes, halved
8 ounces fresh mozzarella, sliced
1/4 cup fresh basil leaves
2 tbsp balsamic glaze
2 tbsp olive oil
2 cloves garlic, minced
Salt and pepper to taste

INSTRUCTIONS

1. Preheat the grill to medium-high heat.
2. In a small bowl, whisk together the olive oil and minced garlic to make the marinade.
3. Clean the Portobello mushroom caps by gently wiping them with a damp cloth or paper towel to remove any dirt. Remove the stems if they haven't been removed already.
4. Brush both sides of the mushroom caps with the garlic-infused olive oil, and season with salt and pepper.
5. Grill the mushroom caps on the preheated grill for about 3-4 minutes per side, or until they are tender and have nice grill marks. Remove them from the grill and set aside.
6. In a large salad bowl, combine the halved cherry tomatoes, sliced fresh mozzarella, and fresh basil leaves.
7. Drizzle the balsamic glaze over the tomato and mozzarella mixture and gently toss to coat everything evenly.
8. Once the grilled Portobello mushroom caps have cooled slightly, place them on a serving platter.
9. Fill the mushroom caps with the Caprese salad mixture, piling it high.
10. Garnish with additional basil leaves and a drizzle of balsamic glaze, if desired.
11. Serve the Grilled Portobello Mushroom Caprese Salad as a flavorful and elegant appetizer or side dish.

GRILLED TURKEY AND VEGETABLE SKEWERS

229

CALORIES

9

FAT

16

CARBS

22

PROTEIN

4

SERVINGS

This simple but tasty recipe is relatively low in carbs and packed with protein. Add your choice of vegetables to add some variety to your plate. These can be served with low-carb pasta, cauliflower rice, brown rice, quinoa, or with a large salad to make a complete meal.

INGREDIENTS

1 lb (450g) turkey breast, cut into chunks
 1 red bell pepper, cut into chunks
 1 yellow bell pepper, cut into chunks
 1 zucchini, sliced
 1 red onion, cut into chunks
 Cherry tomatoes
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tsp dried oregano
 1 tsp dried thyme
 Salt and pepper to taste
 Wooden or metal skewers

INSTRUCTIONS

1. In a bowl, combine the olive oil, minced garlic, dried oregano, dried thyme, salt, and pepper.
2. Add the turkey breast chunks to the bowl and toss until well coated with the marinade. Cover the bowl and let it marinate in the refrigerator for at least 30 minutes.
3. If you are using wooden skewers, soak them in water for about 30 minutes to prevent them from burning on the grill.
4. Preheat the grill to medium-high heat.
5. Thread the marinated turkey chunks, red bell pepper, yellow bell pepper, zucchini slices, red onion chunks, and cherry tomatoes alternately onto the skewers.
6. Place the skewers on the preheated grill and cook for about 10-12 minutes, turning occasionally until the turkey is cooked through and the vegetables are slightly charred.
7. Serve the Grilled Turkey and Vegetable Skewers with a side of salad or quinoa for a complete and healthy meal.

GRILLED TERIYAKI SALMON BURGERS

247

CALORIES

14

FAT

7

CARBS

24

PROTEIN

4

SERVINGS

Give your average salmon burger a boost of flavor with some teriyaki and soy sauce! These Asian-inspired burgers are even tastier with some avocado. Enjoy them without a bun to keep things low carb.

INGREDIENTS

1 lb (450g) fresh salmon fillet, skin removed, and chopped into chunks
 1/4 cup breadcrumbs (you can use panko or gluten-free breadcrumbs for a low-carb option)
 1 tbsp low-sodium soy sauce
 1 tbsp teriyaki sauce (store-bought or homemade)
 1 tsp grated fresh ginger
 2 cloves garlic, minced
 1 green onion, finely chopped
 1 tbsp sesame oil
 1 tbsp olive oil
 Salt and pepper to taste
 Burger buns or lettuce leaves for serving

Optional toppings: sliced avocado, cucumber, lettuce, and extra teriyaki sauce for drizzling

INSTRUCTIONS

1. In a food processor, pulse the salmon chunks until coarsely ground, or chop them finely using a sharp knife. Make sure not to overprocess; you want some texture to remain.
2. In a large mixing bowl, combine the ground salmon with breadcrumbs, low-sodium soy sauce, teriyaki sauce, grated ginger, minced garlic, finely chopped green onion, sesame oil, salt, and pepper.
3. Mix all the ingredients until well combined. If the mixture seems too wet, you can add a little more breadcrumbs.
4. Divide the mixture into four equal portions and shape them into burger patties, ensuring they are evenly sized and flat.
5. Preheat the grill to medium-high heat.
6. Grease the grill grates lightly with olive oil to prevent sticking.
7. Place the salmon burger patties on the preheated grill and cook for about 4-5 minutes per side, or until they are cooked through and have nice grill marks.
8. If using burger buns, you can toast them on the grill for a minute or two until they are lightly browned.
9. Assemble the Grilled Teriyaki Salmon Burgers by placing each patty on a burger bun or lettuce leaf.
10. Add your preferred toppings, such as sliced avocado, cucumber, and lettuce.
11. Drizzle some extra teriyaki sauce over the toppings if desired.
12. Serve the burgers hot and enjoy!

GRILLED LEMON PEPPER SHRIMP TACOS



165

CALORIES

7

FAT

5

CARBS

22

PROTEIN

4

SERVINGS

It's not summer until you've had some shrimp tacos! This simple recipe is full of bold and zesty flavors. We recommend loading up your tacos with some sliced avocado, salsa, and lime juice to make it even more flavorful!

INGREDIENTS

1 lb (450g) large shrimp, peeled and deveined
 2 tbsp olive oil
 Zest of 1 lemon
 1 tbsp lemon juice
 1 tsp black pepper
 1/2 tsp salt
 1/2 tsp garlic powder
 1/2 tsp onion powder
 1/2 tsp dried oregano
 1/2 tsp paprika
 1/4 tsp cayenne pepper (optional for added heat)
 8 small flour or corn tortillas

Optional toppings: shredded lettuce, diced tomatoes, sliced avocado, chopped cilantro, lime wedges, and your favorite taco sauce or salsa

INSTRUCTIONS

1. In a bowl, combine the olive oil, lemon zest, lemon juice, black pepper, salt, garlic powder, onion powder, dried oregano, paprika, and cayenne pepper (if using) to make the marinade.
2. Add the peeled and deveined shrimp to the marinade, and toss until the shrimp is well coated. Cover the bowl and let it marinate in the refrigerator for about 15-20 minutes.
3. Preheat the grill to medium-high heat.
4. While the grill is heating, prepare your taco toppings, such as shredded lettuce, diced tomatoes, sliced avocado, chopped cilantro, and lime wedges.
5. Once the shrimp has finished marinating, thread them onto skewers for easy grilling. If using wooden skewers, soak them in water for about 30 minutes before threading to prevent them from burning on the grill.
6. Grease the grill grates lightly with some cooking oil or use non-stick cooking spray to prevent sticking.
7. Grill the shrimp skewers on the preheated grill for about 2-3 minutes per side, or until the shrimp turns pink and is cooked through.
8. During the last minute of grilling, you can warm the tortillas on the grill until they are slightly charred and pliable.
9. Once the shrimp is fully cooked, remove them from the grill and let them rest for a minute.
10. To assemble the Grilled Lemon Pepper Shrimp Tacos, place some grilled shrimp onto each warm tortilla.
11. Add your preferred toppings, such as shredded lettuce, diced tomatoes, sliced avocado, chopped cilantro, and a squeeze of lime juice.
12. Serve the tacos hot and enjoy!

GRILLED ZUCCHINI AND FETA STUFFED PEPPERS



162

CALORIES

11

FAT

13

CARBS

5

PROTEIN

4

SERVINGS

Another stuffed pepper recipe you won't be able to get enough of! This one is all vegetarian and also low in carbs. Plus you can prep them ahead of time, leave them in the fridge, then cook them up when it's meal time!

INGREDIENTS

4 large bell peppers (any color you prefer)
 1 medium zucchini, diced
 1/2 cup crumbled feta cheese
 1/4 cup diced red onion
 2 cloves garlic, minced
 2 tbsp olive oil
 1 tsp dried oregano
 1 tsp dried basil
 Salt and pepper to taste

INSTRUCTIONS

1. Preheat the grill to medium-high heat.
2. Cut the tops off the bell peppers and remove the seeds and membranes from the inside to create a hollow cavity.
3. In a skillet over medium heat, add 1 tbsp of olive oil. Sauté the diced zucchini, diced red onion, and minced garlic until they are tender and slightly caramelized. Season with dried oregano, dried basil, salt, and pepper to taste.
4. Once the zucchini mixture is cooked, remove it from the heat and let it cool slightly.
5. In a mixing bowl, combine the sautéed zucchini mixture with the crumbled feta cheese.
6. Stuff each bell pepper with the zucchini and feta mixture, pressing it gently to pack it in.
7. Brush the outside of each stuffed pepper with the remaining olive oil.
8. Place the stuffed peppers on the preheated grill and cook for about 10-15 minutes, turning occasionally, until the peppers are tender and have grill marks.
9. Once the peppers are cooked, remove them from the grill and let them cool for a minute before serving.

GRILLED HAWAIIAN CHICKEN KABOBS



484

CALORIES

20

FAT

24

CARBS

52

PROTEIN

4

SERVINGS

Bring a taste of Hawaii to the table with this simple but tasty take on classic chicken kabobs! It's the perfect balance of sweet and salty flavors and is perfect for medium carb days. Serve with a side of quinoa, brown rice, cauliflower rice, or with a big salad bowl to make it a complete meal.

INGREDIENTS

1.5 lbs (680g) boneless, skinless chicken breasts, cut into chunks
 1 cup pineapple chunks
 1 red bell pepper, cut into chunks
 1 green bell pepper, cut into chunks
 1 red onion, cut into chunks
 Wooden or metal skewers

For the Marinade:

1/2 cup pineapple juice
 1/4 cup soy sauce
 2 tbsp ketchup
 2 tbsp brown sugar
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tsp grated fresh ginger
 1/2 tsp onion powder
 Salt and pepper to taste

INSTRUCTIONS

1. In a bowl, whisk together all the marinade ingredients: pineapple juice, soy sauce, ketchup, brown sugar, olive oil, minced garlic, grated ginger, onion powder, salt, and pepper.
2. Place the chicken chunks in a resealable plastic bag or a shallow dish. Pour the marinade over the chicken, making sure it is evenly coated. Seal the bag or cover the dish and let it marinate in the refrigerator for at least 30 minutes, or preferably, 2-4 hours for maximum flavor.
3. If you're using wooden skewers, soak them in water for about 30 minutes to prevent them from burning on the grill.
4. Preheat the grill to medium-high heat.
5. Thread the marinated chicken chunks, pineapple chunks, red bell pepper, green bell pepper, and red onion alternately onto the skewers.
6. Place the kabobs on the preheated grill and cook for about 10-15 minutes, turning occasionally, until the chicken is cooked through and the vegetables are slightly charred.
7. Baste the kabobs with any leftover marinade during grilling for added flavor.
8. Once the kabobs are fully cooked, remove them from the grill and let them rest for a minute before serving.

GRILLED BBQ PORK RIBS

495

CALORIES

28

FAT

33

CARBS

27

PROTEIN

4

SERVINGS

Who knew pork ribs could be healthy? This recipe will put pork ribs back on your table and is super easy to prepare. Serve with your favorite sides and veggies to make it a complete meal!

INGREDIENTS

2 racks of pork ribs (baby back ribs or spare ribs)
 1 cup barbecue sauce (store-bought or homemade)
 1/4 cup apple cider vinegar
 2 tbsp brown sugar
 1 tbsp paprika
 1 tbsp garlic powder
 1 tbsp onion powder
 1 tbsp ground cumin
 1 tbsp chili powder
 Salt and pepper to taste

INSTRUCTIONS

1. Prepare the pork ribs by removing the membrane from the back of the ribs. This will help the marinade and flavors penetrate better.
2. In a bowl, mix together the barbecue sauce, apple cider vinegar, brown sugar, paprika, garlic powder, onion powder, ground cumin, chili powder, salt, and pepper to create the marinade.
3. Place the pork ribs in a large resealable plastic bag or a shallow dish. Pour the marinade over the ribs, making sure they are evenly coated. Seal the bag or cover the dish and let the ribs marinate in the refrigerator for at least 4 hours, or preferably, overnight, to enhance the flavor.
4. Preheat the grill to medium heat.
5. Remove the ribs from the marinade, reserving the marinade for basting.
6. Grease the grill grates lightly with some cooking oil or use non-stick cooking spray to prevent sticking.
7. Place the ribs on the preheated grill and cook for about 1.5 to 2 hours, turning occasionally to ensure even cooking. The cooking time may vary depending on the thickness of the ribs. They are done when the meat is tender and easily pulls away from the bones.
8. During the last 10-15 minutes of grilling, baste the ribs with the reserved marinade and let it caramelize slightly for added flavor.
9. Once the ribs are fully cooked and have a nice grill marks and caramelized glaze, remove them from the grill.
10. Let the ribs rest for a few minutes before cutting them into individual portions.

GRILLED COCONUT LIME SHRIMP SKEWERS



297

CALORIES

22

FAT

7

CARBS

23

PROTEIN

4

SERVINGS

This is perfect for summer but you'll want to enjoy this yummy low carb recipe in other seasons throughout the year! The coconut milk and spices make a zesty marinade and the flavor is fuller once it's grilled. Serve with a big salad bowl or with brown rice, quinoa, or cauliflower rice for a complete meal.

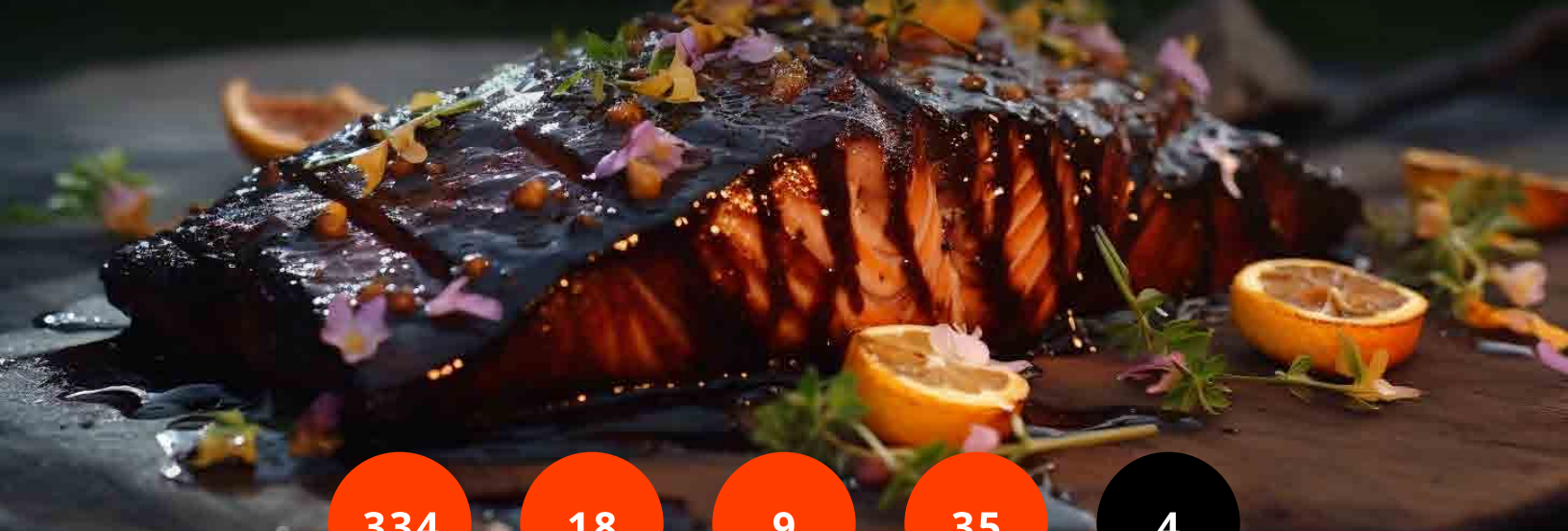
INGREDIENTS

1 lb (450g) large shrimp, peeled and deveined
 1 cup coconut milk (full-fat for a richer flavor)
 Zest and juice of 1 lime
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tbsp fresh cilantro, chopped
 1 tsp ground cumin
 1/2 tsp chili powder (adjust to your spice preference)
 Salt and pepper to taste
 Wooden or metal skewers

INSTRUCTIONS

1. In a bowl, combine the coconut milk, lime zest, lime juice, olive oil, minced garlic, chopped cilantro, ground cumin, chili powder, salt, and pepper to make the marinade.
2. Add the peeled and deveined shrimp to the marinade, and toss until the shrimp is well coated. Cover the bowl and let it marinate in the refrigerator for at least 30 minutes to allow the flavors to infuse.
3. If you're using wooden skewers, soak them in water for about 30 minutes to prevent them from burning on the grill.
4. Preheat the grill to medium-high heat.
5. Thread the marinated shrimp onto the skewers, leaving some space between each shrimp for even cooking.
6. Grease the grill grates lightly with some cooking oil or use non-stick cooking spray to prevent sticking.
7. Place the shrimp skewers on the preheated grill and cook for about 2-3 minutes per side, or until the shrimp turns pink and is cooked through. Be careful not to overcook, as shrimp can become rubbery.
8. Once the shrimp are fully cooked, remove them from the grill and let them rest for a minute before serving.

GRILLED BALSAMIC GLAZED SALMON



334

CALORIES

18

FAT

9

CARBS

35

PROTEIN

4

SERVINGS

One of the easiest salmon recipes you'll ever make and soon to become a new go-to when you want to boost your protein intake and keep the carb count low. Enjoy over a salad or with a side of cauliflower rice, brown rice, or quinoa to keep things healthy!

INGREDIENTS

4 salmon filets (about 6 ounces each)
 1/4 cup balsamic vinegar
 2 tbsp honey
 2 tbsp olive oil
 2 cloves garlic, minced
 1 tsp Dijon mustard
 Salt and pepper to taste
 Fresh parsley or basil for garnish (optional)

INSTRUCTIONS

1. In a bowl, whisk together the balsamic vinegar, honey, olive oil, minced garlic, Dijon mustard, salt, and pepper to make the balsamic glaze.
2. Place the salmon filets in a resealable plastic bag or a shallow dish. Pour half of the balsamic glaze over the salmon, reserving the other half for later. Make sure the salmon filets are well coated with the glaze. Seal the bag or cover the dish and let the salmon marinate in the refrigerator for about 30 minutes to 1 hour to enhance the flavor.
3. Preheat the grill to medium-high heat.
4. Grease the grill grates lightly with some cooking oil or use non-stick cooking spray to prevent sticking.
5. Remove the salmon filets from the marinade and discard the marinade.
6. Place the salmon filets on the preheated grill and cook for about 4-5 minutes per side, or until the salmon is cooked through and has nice grill marks. Baste the salmon occasionally with the reserved balsamic glaze during grilling for added flavor.
7. Once the salmon is fully cooked, remove it from the grill and let it rest for a minute before serving.
8. Garnish with fresh parsley or basil, if desired.



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