

Wala Naouali

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I've been following a high-protein lifestyle for exactly 5 weeks and I'm so excited to share that I've lost 23.2 lbs!! 🎉
Every meal is built around lean protein first, which keeps me full longer, supports muscle, and helps control cravings.

high in protein, balanced, and designed to fuel your body while supporting fat loss. 💪

If you're thinking about going high-protein, this might be your sign.

Meal Plan is here : <https://ketosisguide.us/high-protein-meal-plan-for-busy.../>



Ingredients

- 1 cup small brown or green lentils, rinsed
- 2 medium yellow potatoes, peeled and diced
- 2 medium carrots, diced
- 2 medium tomatoes, chopped
- 1 medium yellow onion, diced
- 2–3 cloves garlic, minced
- 5 cups vegetable broth
- 2 cups fresh spinach or kale, chopped
- 2 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp paprika
- 1 bay leaf
- ½ tsp salt, or to taste
- ¼ tsp black pepper
- 1 tbsp fresh lemon juice
- 2 tbsp fresh parsley, chopped
- 4 slices crusty bread, toasted, for serving



Instructions

Sauté the aromatics: Heat olive oil in a large pot over medium heat. Add onion and carrots and cook for 4–5 minutes until softened. Add garlic and cook for another 30 seconds.

Add vegetables: Stir in the tomatoes, potatoes, oregano, cumin, paprika, salt, and black pepper.

Add lentils and broth: Add the rinsed lentils, vegetable broth, and bay leaf. Bring to a boil.

Simmer: Reduce the heat, cover partially, and simmer for 25–35 minutes, or until the lentils and potatoes are tender.

Add greens: Stir in the spinach or kale and cook for 3–5 minutes, until wilted and tender.

Finish: Remove the bay leaf. Stir in lemon juice and fresh parsley. Taste and adjust the seasoning.

Serve: Ladle into bowls and serve hot with a piece of toasted crusty bread on the side.



Mediterranean Tips

Add a pinch of red pepper flakes for gentle heat.

A drizzle of extra-virgin olive oil just before serving adds wonderful flavor.

For a thicker soup, mash a few potatoes and lentils against the side of the pot.

Use spinach for a softer texture or kale for a heartier soup.

Servings: 4–6

Approx. nutrition per serving without bread: 280–320 calories | 15–17g protein | 45–50g carbs | 7–9g fat | 14–16g fiber.

