



A PREVIEW FROM THE UPCOMING COOKBOOK BY KIM HOWERTON

# Protein *Prioritized*

MINI

— *Kim Howerton* —

# Welcome,

*“With the right approach you don't have to sacrifice one for the other.”*

Thanks for signing up to receive a preview of some recipes from my upcoming cookbook.

Keeping my diet higher protein and lower carb has been a huge help in my quest to manage my weight, both in losing and maintaining my 135 lb weight loss, while still enjoying delicious food. If you know me, you know how important I find it to embrace both great food and great health. With the right approach you don't have to sacrifice one for the other.

## A FEW NOTES ON THE RECIPES

**Abbreviations.** T means US Tablespoon. tsp is teaspoon. C means cup. All eggs are large.

**Measurements.** I sometimes use grams and sometimes ounces when using a food scale. Call it a quirk.

**Macros.** Each recipe has calculated macros to help you decide if it fits your parameters. Keep in mind these will shift with specific ingredients and brands. Totals list carbs with fiber in parentheses, but do not include sweeteners since those vary. Serving sizes are listed per recipe.

I hope you enjoy this sample, and I hope to hear from you soon. You can always reach me at [kim@kimhowerton.com](mailto:kim@kimhowerton.com).

Warmly,

***Kim***



# Pumpkin Pancakes

I actually prefer the denser texture of low-carb pancakes over traditional. These pumpkin ones are fabulous topped with Greek yogurt and a drizzle of sugar-free syrup. They are a great make-ahead recipe, so make multiple batches.

## PER SERVING

MAKES 1 SERVING

CALORIES	FAT	CARBS / FIBER	PROTEIN
330	17g	9g / 2g	38g

Macros before toppings.

## INGREDIENTS

- 70 g pumpkin puree
- 15 g dairy protein powder (PEScience or Keto Chow, pumpkin pie or snickerdoodle preferred, vanilla works)
- 2 whole eggs plus 1 white
- 14 g ground pork rinds (almond flour works)
- 1/2 tsp cinnamon or pumpkin pie spice (skip if using a highly flavored protein powder)
- 3/4 tsp baking powder
- A few drops stevia glycerite or a small amount of sweetener to taste
- Coconut spray for cooking (butter or other spray is fine)

### To top

- Greek yogurt mixed with a bit of sweetener
- Optional: sugar-free syrup (RxSugar allulose-based is great)

## DIRECTIONS

1. Combine everything in a bowl and beat together with a fork. It will be lumpy. Let sit 5 minutes, then beat again until mostly smooth.
2. Heat your pan or griddle with a little butter, coconut oil, or avocado oil spray. Any size pancake works. The batter will be a bit thicker than normal pancakes.
3. Cook on medium to medium-high for 3 to 4 minutes. Test to see if the top is set enough to flip without falling apart, then cook the other side 2 to 3 minutes.
4. Continue until all finished and top as desired.
5. These keep just fine in the fridge. Make a double batch and reheat 15 to 25 seconds in the microwave. Warm, do not overcook or they dry out.

## NOTE

Use a dairy protein (whey plus casein blend). Pure whey, beef, or egg protein will not give you the right consistency.



## Protein Focaccia

A super versatile bread, and easier than making a loaf. Use it as a sandwich or burger bun, slice it for soup or salad, or smear with cream cheese and ripe tomato for an ex-bagel moment. Swap the spices and protein powder flavor to go sweet. Add parm and cheddar for cheese bread.

### PER SERVING

CALORIES FAT

110 3g

### MAKES 6 SQUARES

CARBS PROTEIN

2g 8g

### INGREDIENTS

- 60 g egg white protein (Keto Chow or Judee's are good options)
- 285 ml water
- Pinch of cream of tartar
- 1/2 tsp salt
- 55 g PEScience Select Multipurpose Blend protein powder
- 1/2 tsp Italian seasoning, or 1 to 2 tsp minced fresh rosemary
- 1/4 tsp onion powder
- 1/8 tsp garlic powder
- 3 beaten eggs
- Optional: 20 g allulose (highly recommended, without it the surface stays sticky)

### DIRECTIONS

1. Combine the egg white protein, water, cream of tartar, and salt in a stand mixer bowl. Start slow, then once it froths turn to high. Beat to stiff peaks, 4 to 6 minutes.
2. Slow to medium and add the dairy protein powder and spices. Return to high for 20 to 30 seconds, then add the beaten whole eggs. Mix another 10 to 20 seconds until fully incorporated.
3. Spread in a parchment-lined 9 by 13 inch pan. Bake at 325°F for 22 to 24 minutes. It will fall slightly while cooling. Cool completely before slicing.
4. Slice into 6 squares and store.
5. To use as a bun, slice a piece in half horizontally. Store in a sealed container in the fridge, good for several days.

### NOTE

Protein powder must be a whey and casein blend or a dairy protein. Just whey will not work. The PEScience blend is unflavored, so it is perfect in either direction.



# Cobb Salad

Anyone who has dined with me knows I love a good Cobb. Here is my home version. Adjust ingredients to suit your taste. The Greek yogurt honey mustard dressing here is swap-friendly.

## PER SERVING

CALORIES FAT

413

25g

## MAKES 2 SERVINGS

CARBS /  
FIBER

10g / 5g

PROTEIN  
36g

## INGREDIENTS

### Salad

- 4 cups romaine or similar, chopped
- 1 hard-boiled egg, sliced or chopped
- 6 T chopped tomato
- 2 oz avocado, sliced or cubed
- 1 oz crumbled blue cheese
- 2 cooked slices bacon, crumbled
- 5 oz cooked and cubed chicken breast
- Salt and pepper to taste

### Greek yogurt honey mustard

- 1/4 C Greek yogurt (whole milk recommended, 2% is fine)
- 1 T Dijon mustard
- 1 T yellow mustard
- Juice of 1/2 lemon
- 1 tsp olive oil
- 1/2 tsp sweetener of choice, more if you like it sweeter

## DIRECTIONS

1. Chop all ingredients as listed. Lay out lettuce in the bowl, then arrange each ingredient in a neat grouping on top.
2. Whisk all dressing ingredients together. Taste and add salt if needed. Drizzle over the salad.



## BBQ Chicken Pizza

I am a complete fool for a good BBQ pizza. The flavor combination of sweet, savory, and salty is a whole-family favorite. This crust can be topped with anything you want, so traditional tomato sauce, cheese, and pepperoni are always a hit.

### PER SERVING

CALORIES FAT

453

25g

### MAKES 3 SERVINGS

CARBS PROTEIN

7g

48g

### INGREDIENTS

#### *Crust*

- 8 oz ground chicken breast (raw)
- 3.5 oz part-skim mozzarella, grated
- 1 oz parmesan
- 1 egg white
- Generous pinch each of salt, onion powder, garlic powder (Italian seasoning optional)
- Optional: 1/2 oz pork panko or ground pork rinds

#### *Toppings*

- 4 oz fully cooked chicken breast, cubed or shredded
- 3 oz gouda or mozzarella, shredded
- 1 oz sliced red onion
- Bunch cilantro, amount to taste
- 6 T no-sugar BBQ sauce (Primal Kitchen, G Hughes, or similar)

### NOTE

If you have leftovers or prep the crust ahead, it loses its crispness in the fridge. To crisp it back up, bake at 350°F for 10 minutes. Reheat in the oven, not the microwave.

### DIRECTIONS

1. Make the crust. Mix all crust ingredients together thoroughly (I use my hands), then plop onto a parchment-lined baking sheet. Do not skip the parchment.
2. With clean, slightly wet hands, flatten into a thin circle (or divide into three for individual crusts). A rectangle is fine too. It's your pizza.
3. Bake at 400°F for 20 minutes. Using a spatula, separate from the parchment and flip, reusing the original parchment. Bake another 10 minutes, then remove from oven and turn the oven down to 350°F.
4. Spread most of the BBQ sauce on the crust. Top with half the chicken and onion.
5. Cover with the cheese, then add the remaining chicken and onion. Drizzle on the remaining BBQ sauce.
6. Mince some cilantro and sprinkle on top. Bake at 350°F for 10 to 20 minutes, until the cheese is melted and the onion is softened.
7. Top with a bit more fresh cilantro before serving.



## Broccoli Beef

A super simple, nutrient-dense meal. I serve this over seasoned cauliflower rice, but it's good on its own too. It preps well, travels well, and is an all-around easy dinner or lunch.

### PER SERVING

CALORIES FAT

350 17g

### MAKES 2 SERVINGS

CARBS /  
FIBER

10g / 3g

PROTEIN  
42g

### INGREDIENTS

- 8 oz flank steak
- 4 T tamari or coconut aminos
- 1 to 2 garlic cloves, minced
- Generous pinch dried ginger
- 1 to 2 drops stevia or a pinch of sweetener (optional)
- 1/8 tsp baking soda
- 1 T ghee or preferred oil
- 8 oz broccoli, cut into bite-size florets
- To serve: cauliflower rice

### DIRECTIONS

1. In a bowl, mix tamari, garlic, ginger, sweetener if using, and baking soda. Toss with the steak and let sit 30 minutes. For deeper flavor, marinate up to overnight in the fridge.
2. Heat a pan with ghee or oil. Pull the beef out of the marinade, reserving the marinade. Cook the beef until browned, flip, brown the other side, and remove from pan. Let rest 5 minutes, then slice on the bias into large bite-size pieces.
3. Add the reserved marinade to the pan and bring to a simmer. Add the broccoli and cook just a few minutes to keep it slightly crisp. Return the beef to the pan to warm through, then remove from heat.
4. Serve with cauliflower rice.



## Clafoutis

As a nerd, I must point out this custard is technically a flaugnarde since it's made with berries instead of cherries. No one calls them that, so we're calling it a clafoutis (clo-foot-ee). A lovely fruit-filled custard that could not be easier. Totally reasonable as breakfast too, just scale up the serving.

### PER SERVING

CALORIES FAT

110 5g

CARBS /  
FIBER

5g / 2g

SERVES 6

PROTEIN

13g

### INGREDIENTS

- 4 to 8 oz fresh berries (blackberries, raspberries, boysenberries recommended; pitted cherries or sliced plums if you're more liberal with carbs; avoid strawberries, they make it runny)
- 1 tsp softened butter for the pan
- 6 oz plain Greek yogurt or Skyr
- 1/2 C milk (lactose-free like Fairlife, almond, cashew, or a combination of cream and nut milk for richness)
- 32 g casein-and-whey protein powder (PEScience White Chocolate Macadamia Nut is great, vanilla works)
- 1 T coconut flour (add 1 more for cakier instead of custardy)
- 30 g sweetener (erythritol or erythritol blend recommended; allulose will taste fine but over-brown the surface). Skip if you don't need it.
- 1/2 tsp vanilla extract
- Either 1 T lemon juice or 1/2 tsp almond extract (almond is traditional; lemon is great with berries)

### DIRECTIONS

1. Butter a 9 inch ceramic or glass pie pan. You can also make individual ramekins and reduce the cook time.
2. Wash, dry, and spread the berries across the pan.
3. Put all other ingredients in a blender and blend for 1 minute. Pour over the berries. Batter should not go higher than three-quarters of the pan, it will briefly puff up.
4. Bake at 350°F for 23 to 25 minutes. Cool to room temperature before serving, which is the best serving temperature.
5. If serving leftovers from the fridge, leave out for 30 minutes to bring back to room temperature. I cut these slices large, so 6 servings per pan.



# Chocolate Cake

This cake uses one of my favorite stealth ingredients: pumpkin. You can't taste it and it improves both texture and nutrition. I keep servings of pumpkin in the freezer so I don't have to open a fresh can when I only need a bit.

## PER SERVING

SERVES 9

CALORIES FAT

CARBS / PROTEIN

FIBER

104

4g

5g / 2g

14g

## INGREDIENTS

### *Cake — dry*

- 65 g PEScience Chocolate Cupcake protein powder (Keto Chow Chocolate or Mocha work)
- 4 T cocoa powder (Dutched)
- 1 tsp baking powder
- Pinch of cream of tartar
- Optional: 1 to 2 T sweetener for extra sweetness
- 1 tsp espresso powder

### *Cake — wet*

- 4 whole eggs, separated
- 170 g plain Greek yogurt
- 100 g pumpkin puree
- 8 drops stevia glycerite
- 1 T almond milk or similar

### *Frosting*

- 20 g protein powder
- 2 T cocoa powder
- 150 g plain Greek yogurt
- 6 drops stevia glycerite or a pinch of sweetener
- 1 T almond milk or similar

## DIRECTIONS

1. **Cake.** Mix all dry ingredients (except cream of tartar) together in a bowl.
2. Separate the eggs. Put the whites in a mixer bowl and add the cream of tartar.
3. Add the remaining wet ingredients to the dry and mix well. It will seem too thick at first. Keep mixing until it becomes the texture of fudgy brownie batter.
4. Beat the whites to firm peaks and fold into the batter until fully incorporated, keeping as much fluff as possible.
5. Grease an 8 by 8 inch square or 8 inch round pan. Pour in the batter. Bake at 325°F for 22 to 24 minutes. Do not overcook or it will be dry. Cool completely.
6. **Frosting.** Mix all frosting ingredients in a large bowl until it becomes frosting-like. It will seem too dry at first. Keep mixing. Do not add more milk unless you're absolutely positive you need it.
7. Remove the cooled cake from the pan, cover with frosting, slice, and serve.