

Low-Carb Mediterranean Meatball Lunch Bowls

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 9.6 g, Fiber: 2.6 g, **Net carbs: 7 g,**

Protein: 31.5 g, Fat: 32.4 g, Calories: 456 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 5 servings)

Meatballs:

- 500 g ground chicken *or* turkey (1.1 lb)
- 1 cup grated Parmesan cheese (90 g/ 3.2 oz)
- 1 large egg
- 1 clove garlic, minced
- fresh zest from 1 lemon
- 2 tsp dried Italian herbs *or* 2 tbsp any chopped herbs
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 tbsp ghee *or* duck fat (30 g/ 1.1 oz)

Lunch Bowls:

- 1 medium cucumber, peeled and sliced (250 g/ 8.8 oz)
- 1 1/4 cup cherry tomatoes *or* 2-3 regular tomatoes, chopped (188 g/ 6.6 oz)
- 1 large green bell pepper, sliced (164 g/ 5.8)
- 1 small red onion, sliced (60 g/ 2.1 oz)
- 1 large head green lettuce such as butter lettuce *or* romaine (250 g/ 8.8 oz)
- 3/4 cup homemade Tomato & Basil Dressing (3 tbsp/ 45 ml per serving)
- 5 tsp extra virgin olive oil (25 ml)

Instructions

1. In a bowl, mix all of the ingredients for the meatballs: ground chicken, grated Parmesan cheese, egg, minced garlic, lemon zest, herbs, salt and pepper.
2. Using your hands, create 25 small meatballs (about g/ oz each).
3. Heat a large skillet greased with ghee over a high heat. Once hot, reduce to medium-high and add the meatballs. Cook for about 2

minutes *or* until crisped up and turn on the other side using a fork. Cook for another 2 minutes *or* until cooked through.

When done, set aside.

4. Peel and slice the cucumber, halve the tomatoes and slice the green pepper. Peel and slice the onion.
5. To assemble the bowls, fold the lettuce leaves inside a 5 Tupperware containers *or* a bowl. Add the vegetables. If you're making this for meal prep, you can store the vegetables, meatballs and dressing separately in 3 containers and assemble the bowls before serving.
6. To serve, add the meatballs (5 into each bowl) and drizzle with the Tomato & Basil Dressing, 3 tablespoons per serving. Drizzle the meatballs with the olive oil. Eat immediately *or* refrigerate for up to a day.

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