



High-Protein, Low-Carb
**ITALIAN
MEATBALLS**

CLASSIC FLAVOR. CLEAN INGREDIENTS.
BUILT FOR YOUR HEALTH.



RECIPE HIGHLIGHTS



HIGH PROTEIN
28–32g of protein
per 4 meatballs



LOW CARB
Only 3–5g net carbs
per 4 meatballs



GLUTEN-FREE
No breadcrumbs—
made with almond flour



GLP-1 FRIENDLY
High protein, low carb, and
satisfying for lasting fullness

INGREDIENTS (MAKES ~16 MEATBALLS)

- 1 lb lean ground beef (90–93%)
- 1 lb ground turkey (or chicken for leaner option)
- 1/2 cup grated Parmesan cheese
- 2 large eggs
- 1/3 cup almond flour (low-carb binder)
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil (for cooking)

INSTRUCTIONS

- 1 In a large bowl, combine all ingredients until just mixed. *Do not overmix.*
- 2 Form into golf ball-sized meatballs (about 1.5 inches).
- 3 For best flavor: Heat olive oil in a large skillet over medium heat and sear meatballs 2–3 minutes per side. *Optional but recommended.*
- 4 Transfer to a baking sheet or finish in the skillet.
- 5 Bake at 400°F for 10–12 minutes, or until internal temperature reaches 165°F.
- 6 Serve with low-sugar marinara or your favorite low-carb side.

NUTRITION (PER 4 MEATBALLS)

CALORIES	280
PROTEIN	28–32g
FAT	14–18g
NET CARBS	3–5g
FIBER	1–2g

SERVING IDEAS



Zucchini Noodles
A low-carb classic.



Spaghetti Squash
A fiber-rich alternative.



Marinara Sauce
Use no-sugar-added sauce
for fewer carbs.



Keep it Simple
Enjoy with a side salad
or roasted vegetables.

WHY THIS RECIPE WORKS

- ✓ Almond flour replaces breadcrumbs to keep carbs low.
- ✓ Dual-protein blend delivers a complete amino acid profile.
- ✓ High protein + healthy fats support satiety and lean muscle.
- ✓ Perfect for GLP-1 patients, blood sugar management, and weight loss.

GLP-1 ELIGIBILITY GUIDELINES

You may be eligible for GLP-1 therapy if:

- BMI ≥ 30
- BMI ≥ 27 with a weight-related condition such as hypertension, type 2 diabetes, sleep apnea, or high cholesterol.



SCHEDULE A CONSULTATION WITH DR. WHYNOT TO LEARN MORE.

ICD-10 CODING REFERENCES

Commonly used codes for obesity and weight management:

- ✓ **Z68.34** – Body mass index (BMI) 34.0–34.9, adult
- ✓ **Z68.35** – Body mass index (BMI) 35.0–35.9, adult
- ✓ **E66.01** – Morbid (severe) obesity due to excess calories
- ✓ **E66.09** – Other obesity due to excess calories



NUTRITION IS MEDICINE.

Small choices today lead to life-changing results tomorrow.

