



# BRAZILIAN MOUNJARO RECIPE – HEALTHY & DELICIOUS GUIDE



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# Table of Contents



- Introduction
- Health Benefits
- Ingredients & Equipment
- Step-by-Step Recipe
- Tips & FAQs
- Reader Story
- Serving Suggestions
- Conclusion

# Introduction

Have you ever wanted a meal that mixes flavor, health, and ease? This Brazilian Mounjaro Recipe gives you all three. Designed for people using Mounjaro or anyone choosing low-carb, nutrient-packed meals, this dish brings Brazil to your table with ease and flair.

## Health Benefits

- Low calorie, high flavor – lean protein + veggies + just a little healthy fat from coconut milk.
- Keeps you full – fiber and protein help manage hunger so you stay satisfied longer.
- Low sugar & carbs – supports Mounjaro and blood sugar control.

## Ingredients :

- Ingredients (Serves 2-3):
- 2 boneless chicken breasts or firm tofu
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 1 Tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt & pepper, to taste
- ½ cup light or regular coconut milk
- Juice of 1 lime
- Fresh cilantro (for garnish)

## Equipment :

- Large non-stick skillet
- Cutting board & sharp knife
- Measuring spoons & mixing spoon
- Small bowl (for lime juice mix)



# Step-by-Step Recipe

Prep time: 15 min

Cook time: 20–25 min

Total: ~35–40 min

## ⚡ Prep

- Slice chicken (or cube tofu), peppers, onion, mince garlic, juice lime.

### 1. Sauté Protein

- Heat oil, cook chicken or tofu 5–6 min until browned, set aside.

### 2. Sauté Veggies

- Cook sliced onions & peppers 4–5 min until soft.

### 3. Add Spices

- Stir in garlic, cumin, paprika, salt & pepper – cook 1 min.

### 4. Finish Cooking

- Return protein, pour in coconut milk & lime juice. Simmer 8–10 min.

### 5. Garnish & Serve

- Top with cilantro. Pair with cauliflower rice or greens.



## Tips :

- Portion wisely – keep to 1 cup.
- Use light coconut milk.
- Pref chop veggies before cooking.
- Store leftovers for 3 days or freeze for 2 weeks.

## FAQs :

- Vegan? Yes—use tofu/tempeh & more coconut milk.
- Spicy? Base is mild. Add chili if you like heat.
- Family-friendly? Mild, creamy, and colorful—kids love it.
- Freezer-safe? Yes, up to 2 weeks.
- Frequency? 1-2 times per week fits Mounjaro plans.
- Air fryer? Use it for crispy protein, then mix with sauce.



## Reader Story

“The Brazilian Mounjaro recipe was a hit! My family loved it—kids with rice, and me with broccoli. All of us enjoyed it, and it felt like a treat, not a diet.”

— Sarah, Texas

### Serving Suggestions

- Cauliflower rice
- Steamed broccoli or green beans
- Zoodles
- Mixed greens salad
- Rice or couscous for family preferences

## Conclusion

Eating healthy can be vibrant and satisfying. This Brazilian Mounjaro Recipe delivers in every way—taste, ease, nutrition, and satisfaction. Let’s cook with flavor and feel good about every bite!