

Energy: 2000, Carbs: 40, Protein: 30, Fat: 30

📅 2023-03-31 👤 Diego Oliveira Sanchez 🧑🏻 Diego

MONDAY

Breakfast	Portobello Baked Eggs	1 serving (219 g)
	Banana	1 banana (119 g)
Lunch	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
Dinner	Panera Spicy Thai Salad	3 servings (3466 g)
Snack	Easy Sweet & Sour Prawns	1 serving (1329 g)

TUESDAY

Breakfast	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (322 g)
Lunch	Spanish Sardines Pasta	1 serving (435 g)
Dinner	Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes	1 serving (460 g)
Snack	How to Make the Perfect Instant Pot Chicken	1 serving (222 g)

WEDNESDAY

Breakfast	Rolled Oats	1 cup (82 g)
mix all of the above as a smoothie	Banana	1 banana (119 g)
	Whole Milk	1 cup (244 g)
	Melon, banana (Navajo)	100 grams (100 g)
	Pepper, banana, raw	1 cup (124 g)
	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	1 serving 8 oz (243 g)
Lunch	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (322 g)
Dinner	Panera Spicy Thai Salad	1 serving (578 g)
Snack	Easy Sweet & Sour Prawns	1 serving (443 g)

THURSDAY

Breakfast	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (322 g)
mix all of the above as a smoothie	Rolled Oats	1 cup (82 g)
	Banana	1 banana (119 g)
	Whole Milk	1 cup (244 g)
Lunch	Strawberry Banana Stuffed Pancakes	1 serving (187 g)
Dinner	Panera Spicy Thai Salad	1 serving (578 g)
Snack	Catfish Meunière	1 serving (282 g)

FRIDAY

Breakfast	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (322 g)
mix all of the above as a smoothie	Rolled Oats	1 cup (82 g)
	Banana	1 banana (119 g)
	Whole Milk	1 cup (244 g)
Lunch	Fruity Curried Chicken Salad	1 serving (298 g)
Dinner	Panera Spicy Thai Salad	1 serving (578 g)
Snack	How to Make the Perfect Instant Pot Chicken	1 serving (222 g)

SATURDAY

Breakfast	Rolled Oats	1 cup (82 g)
mix all of the above as a smoothie	Banana	1 banana (119 g)
	Whole Milk	1 cup (244 g)
Lunch	Easy Sweet & Sour Prawns	1 serving (886 g)
Dinner	Hearty Bone Broth Chicken Noodle Soup	1 serving (357 g)
Snack	Cashew Butter Chicken	1 serving (340 g)

SUNDAY

Breakfast	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (644 g)
Lunch	Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes	1 serving (230 g)
Dinner	Cashew Butter Chicken	1 serving (680 g)
Snack		

	BREAKFAST	LUNCH	DINNER	SNACK
M O N D A Y	Portobello Baked Eggs Banana	Mango, Persimmon Smoothie with Cranberries	Panera Spicy Thai Salad	Easy Sweet & Sour Prawns
T U E S D A Y	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	Spanish Sardines Pasta	Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes	How to Make the Perfect Instant Pot Chicken
W E D N E S D A Y	Rolled Oats Banana Whole Milk Melon, banana (Navajo) Pepper, banana, raw Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	Panera Spicy Thai Salad	Easy Sweet & Sour Prawns
T H U R S D A Y	Blueberry, Persimmon Smoothie with Banana and Peanut Butter Rolled Oats Banana Whole Milk	Strawberry Banana Stuffed Pancakes	Panera Spicy Thai Salad	Catfish Meunière
F R I D A Y	Blueberry, Persimmon Smoothie with Banana and Peanut Butter Rolled Oats Banana Whole Milk	Fruity Curried Chicken Salad	Panera Spicy Thai Salad	How to Make the Perfect Instant Pot Chicken
S A T U R D A Y	Rolled Oats Banana Whole Milk	Easy Sweet & Sour Prawns	Hearty Bone Broth Chicken Noodle Soup	Cashew Butter Chicken
S U N D A Y	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes	Cashew Butter Chicken	

Macronutrient summary

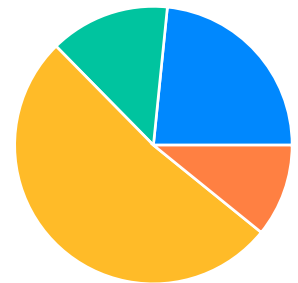
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	20934.1	2990.6
Protein [g]	1648.9	235.6
Fat [g]	671	95.9
Carbs [g]	2195.5	313.6
Fiber [g]	258.1	36.9



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]
Breakfast	699.6	18.7	18.2	125.6	10.8
Lunch	418.1	24.5	9.8	60.7	5.4
Dinner	1549.1	158.9	59.9	100	16.4
Snack	323.8	33.4	7.9	27.3	4.3



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER
	[KCAL]	[G]	[G]	[G]	[G]
Monday	7757.5	710	265.5	663.6	96
Tuesday	1932.1	152.9	62.3	203.9	16
Wednesday	2434.2	157.5	64.1	324.6	37.8
Thursday	2515.8	168.2	84	292.6	33.4
Friday	2474.6	170.5	75.9	298.7	34.5
Saturday	1900.1	144.5	49.7	214.2	26.9
Sunday	1919.8	145.2	69.4	197.9	13.4

Monday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Portobello Baked Eggs 1 serving (219 g)	304.6	16.3	25	4.7	1.3
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1
TOTAL FOR BREAKFAST	410.5	17.6	25.4	31.9	4.4
Lunch					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
TOTAL FOR LUNCH	298.9	2.4	1.1	77.9	3.5
Dinner					
Panera Spicy Thai Salad 3 servings (3466 g)	6156.4	608.9	236.2	428.3	70.8
TOTAL FOR DINNER	6156.4	608.9	236.2	428.3	70.8
Snack					
Easy Sweet & Sour Prawns 1 serving (1329 g)	891.7	81	2.8	125.6	17.4
TOTAL FOR SNACK	891.7	81	2.8	125.6	17.4
TOTAL FOR MONDAY	7757.5	710	265.5	663.6	96

Tuesday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (322 g)	419.9	6.3	9.3	88.3	4.3
TOTAL FOR BREAKFAST	419.9	6.3	9.3	88.3	4.3
Lunch					
Spanish Sardines Pasta 1 serving (435 g)	919.9	39.8	42.4	96.8	7.4
TOTAL FOR LUNCH	919.9	39.8	42.4	96.8	7.4
Dinner					
Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes 1 serving (460 g)	436	81.9	6.8	13.9	2.7
TOTAL FOR DINNER	436	81.9	6.8	13.9	2.7
Snack					
How to Make the Perfect Instant Pot Chicken 1 serving (222 g)	156.4	24.9	3.8	5	1.6
TOTAL FOR SNACK	156.4	24.9	3.8	5	1.6
TOTAL FOR TUESDAY	1932.1	152.9	62.3	203.9	16

Wednesday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Rolled Oats 1 cup (82 g)	310.8	10.8	5.3	55.5	8.3
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1
Whole Milk 1 cup (244 g)	148.8	7.7	8	11.7	0
Melon, banana (Navajo) 100 grams (100 g)	21	0.8	0.2	4.1	0.3
Pepper, banana, raw 1 cup (124 g)	33.5	2.1	0.6	6.6	4.2
Beverages, V8 SPLASH Juice Drinks, Strawberry Banana 1 serving 8 oz (243 g)	70.5	0	0	18	0
Notes	mix all of the above as a smoothie				
TOTAL FOR BREAKFAST	690.5	22.7	14.5	123.1	15.9
Lunch					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (322 g)	419.9	6.3	9.3	88.3	4.3
TOTAL FOR LUNCH	419.9	6.3	9.3	88.3	4.3
Dinner					
Panera Spicy Thai Salad 1 serving (578 g)	1026.7	101.5	39.4	71.4	11.8
TOTAL FOR DINNER	1026.7	101.5	39.4	71.4	11.8
Snack					
Easy Sweet & Sour Prawns 1 serving (443 g)	297.2	27	0.9	41.9	5.8
TOTAL FOR SNACK	297.2	27	0.9	41.9	5.8
TOTAL FOR WEDNESDAY	2434.2	157.5	64.1	324.6	37.8

Thursday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (322 g)	419.9	6.3	9.3	88.3	4.3
Rolled Oats 1 cup (82 g)	310.8	10.8	5.3	55.5	8.3
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1
Whole Milk 1 cup (244 g)	148.8	7.7	8	11.7	0
Notes	mix all of the above as a smoothie				
TOTAL FOR BREAKFAST	985.4	26.1	23	182.6	15.7
Lunch					
Strawberry Banana Stuffed Pancakes 1 serving (187 g)	169.7	10.1	1	31.9	4.3
TOTAL FOR LUNCH	169.7	10.1	1	31.9	4.3
Dinner					
Panera Spicy Thai Salad 1 serving (578 g)	1026.7	101.5	39.4	71.4	11.8
TOTAL FOR DINNER	1026.7	101.5	39.4	71.4	11.8
Snack					
Catfish Meunière 1 serving (282 g)	334	30.5	20.7	6.7	1.6
TOTAL FOR SNACK	334	30.5	20.7	6.7	1.6
TOTAL FOR THURSDAY	2515.8	168.2	84	292.6	33.4

Friday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (322 g)	419.9	6.3	9.3	88.3	4.3
Rolled Oats 1 cup (82 g)	310.8	10.8	5.3	55.5	8.3
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1
Whole Milk 1 cup (244 g)	148.8	7.7	8	11.7	0
Notes	mix all of the above as a smoothie				
TOTAL FOR BREAKFAST	985.4	26.1	23	182.6	15.7
Lunch					
Fruity Curried Chicken Salad 1 serving (298 g)	306.2	18	9.7	39.6	5.5
TOTAL FOR LUNCH	306.2	18	9.7	39.6	5.5
Dinner					
Panera Spicy Thai Salad 1 serving (578 g)	1026.7	101.5	39.4	71.4	11.8
TOTAL FOR DINNER	1026.7	101.5	39.4	71.4	11.8
Snack					
How to Make the Perfect Instant Pot Chicken 1 serving (222 g)	156.4	24.9	3.8	5	1.6
TOTAL FOR SNACK	156.4	24.9	3.8	5	1.6
TOTAL FOR FRIDAY	2474.6	170.5	75.9	298.7	34.5

Saturday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Rolled Oats 1 cup (82 g)	310.8	10.8	5.3	55.5	8.3
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1
Whole Milk 1 cup (244 g)	148.8	7.7	8	11.7	0
Notes	mix all of the above as a smoothie				
TOTAL FOR BREAKFAST	565.5	19.8	13.7	94.4	11.4
Lunch					
Easy Sweet & Sour Prawns 1 serving (886 g)	594.4	54	1.9	83.7	11.6
TOTAL FOR LUNCH	594.4	54	1.9	83.7	11.6
Dinner					
Hearty Bone Broth Chicken Noodle Soup 1 serving (357 g)	309.1	24.9	10.4	28.9	2.2
TOTAL FOR DINNER	309.1	24.9	10.4	28.9	2.2
Snack					
Cashew Butter Chicken 1 serving (340 g)	431	45.8	23.7	7.2	1.8
TOTAL FOR SNACK	431	45.8	23.7	7.2	1.8
TOTAL FOR SATURDAY	1900.1	144.5	49.7	214.2	26.9

Sunday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (644 g)	839.7	12.6	18.6	176.6	8.6
TOTAL FOR BREAKFAST	839.7	12.6	18.6	176.6	8.6
Lunch					
Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes 1 serving (230 g)	218	40.9	3.4	6.9	1.3
TOTAL FOR LUNCH	218	40.9	3.4	6.9	1.3
Dinner					
Cashew Butter Chicken 1 serving (680 g)	862	91.6	47.4	14.4	3.5
TOTAL FOR DINNER	862	91.6	47.4	14.4	3.5
Snack					
TOTAL FOR SNACK	0	0	0	0	0
TOTAL FOR SUNDAY	1919.8	145.2	69.4	197.9	13.4

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Water [g]	1240.1			
Energy (KJ) [kJ]	6454.6			
Sugars [g]	92			
Fiber [g]	36.9			
Calcium, Ca [mg]	813.2	1000	2500	81
Iron, Fe [mg]	21.2	8	45	265
Magnesium, Mg [mg]	484.5	420	*350 mg	115
Phosphorus, P [mg]	1789.2	700	4000	256
Potassium, K [mg]	5139.6	4700		109
Sodium, Na [mg]	4888.4	1500	2300	326
Zinc, Zn [mg]	12.4	11	40	113
Copper, Cu [mg]	2	0.9	10	224
Fluoride, F [ug]	15.5	4000	10000	0
Manganese, Mn [mg]	5.6	2.3	11	244
Selenium, Se [ug]	131.5	55	400	239
Vitamin A, IU [IU]	39112.1			
Retinol [ug]	124.1			
Vitamin A, RAE [ug]	1054.7	900	3000	117
Vitamin E [mg]	15.3	15	1000	102
Vitamin D [IU]	158.9			
Vitamin D2 (ergocalciferol) [ug]	0			
Vitamin D3 (cholecalciferol) [ug]	0.7			
Vitamin D [ug]	4.1	15	100	27
Vitamin C [mg]	367.6	90	2000	408
Thiamin [mg]	1.6	1.2		131
Riboflavin [mg]	2	1.3		153
Niacin [mg]	33.2	16	35	208
Pantothenic acid [mg]	5.7	5		113
Vitamin B6 [mg]	3.8	1.3	100	290

Folate, total [ug]	624.3	400	1000	156
Vitamin B12 [ug]	3.3	2.4		139
Choline, total [mg]	271.5	550	3500	49
Vitamin K [ug]	334.6	120		279
Folic acid [ug]	0.6			
Folate, food [ug]	221			
Folate, DFE [ug]	219.1			
Vitamin E, added [mg]	0			
Vitamin B12, added [ug]	0			
Cholesterol [mg]	794.8			
Fatty acids, total monounsaturated [g]	27.6			
Fatty acids, total polyunsaturated [g]	7.7			
Fatty acids, total trans-monoenoic [g]	0.1			
Fatty acids, total transpolyenoic [g]	0			
Net Carbs [g]	276.8			

Formulas

FORMULA	VALUE	COMMENTS
BMI (Body Mass Index)	25.2	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	1653 Kcal	Harris/Benedict Equation
Weight maintenance level	2562 Kcal	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	1673 Kcal	Mifflin and St Jeor Equation
Weight maintenance level	2593 Kcal	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)	1891 Kcal	Katch-McArdle Formula
Weight maintenance level	2931 Kcal	BMR (Katch-McArdle) × Activity Level
PA values for different physical activity	2364 Kcal	BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	64 Kcal	DRI as a function of body weight
Protein recommendation based on lean body mass	70 Kcal	More accurate than DRI if LBM is known

Portobello Baked Eggs

🕒 30 min 🍽️ 2 servings

305 Kcal / serving

16g Protein 25g Fat 5g Carbs

Ingredients

- Thyme, 1 teaspoon (1 g)
- Eggs, 1 medium (88 g)
- Salt, 1 tsp (3 g)
- Portobello mushrooms, 1 piece whole (168 g)
- Olive oil, 1 servings (28 g)
- Asiago cheese, 0.5 cup (50 g)
- Ground pepper, 2 servings (0.2 g)
- Parsley to garnish, 2 servings (100 g)



Instructions

1. Pre-heat oven to broil and move rack to 2nd to top position. Clean portobellos by wiping off the dirt with a damp paper towel.
2. Remove stems, mist with an olive oil mister (or very lightly brush with oil if you don't have one), and sprinkle salt and pepper on each side.
3. Place them on a baking sheet and broil for 3-5 minutes on each side. Turn oven down to 400 degrees.
4. Remove portobellos then place the mushrooms cap side down and add shredded cheese and crack open an egg into the well of the portobello. Salt and pepper again and then bake for 15 minutes until egg white are cooked.
5. Remove from oven, sprinkle with minced parsley, and serve.

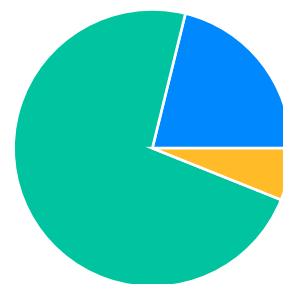
Comments

Need a gluten free, lacto ovo vegetarian, primal, and ketogenic main course? Portobello Baked Eggs could be a spectacular recipe to try. One portion of this dish contains approximately 16g of protein, 25g of fat, and a total of 305 calories. This recipe serves 2 and costs \$1.97 per serving. 1 person has made this recipe and would make it again. A mixture of portobello mushrooms, thyme, olive oil, and a handful of other ingredients are all it takes to make this recipe so delicious. It is brought to you by Foodista. From preparation to the plate, this recipe takes approximately 30 minutes. With a spoonacular score of 46%, this dish is pretty good. Users who liked this recipe also liked BAKED EGGS WITH PORTOBELLO (HUEVOS CON PORTOBELLO), Portobello Baked Eggs, and Portobello Eggs Benedict.

Source: <https://www.foodista.com/recipe/LTMFVDYR/portobello-baked-eggs>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	609.3	139	304.7
Protein [g]	32.7	7.5	16.4
Fat [g]	49.9	11.4	25
Carbs [g]	9.4	2.1	4.7
Fiber [g]	2.5	0.6	1.3



Protein Fat Carbs

Blueberry, Persimmon Smoothie with Banana and Peanut Butter

🕒 5 min 🍽️ 2 servings

420 Kcal / serving

6g Protein 9g Fat 88g Carbs

Ingredients

- Bananas, 1 small (6" to 6-7/8" long) (202 g)
- Persimmon, 1 (336 g)
- Blueberries, 1 cup (74 g)
- Creamy peanut butter, 2 tbsp (32 g)



Instructions

1. Blend all the ingredients together with as much water and ice as you like.

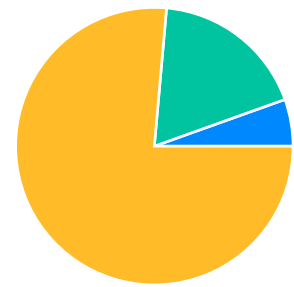
Comments

If you want to add more gluten free, dairy free, lacto ovo vegetarian, and vegan recipes to your recipe box, Blueberry, Persimmon Smoothie with Bananan and Peanut Butter might be a recipe you should try. This recipe serves 2. This breakfast has 420 calories, 6g of protein, and 9g of fat per serving. For \$1.23 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. A mixture of bananas, persimmon, blueberries, and a handful of other ingredients are all it takes to make this recipe so scrumptious. It is brought to you by Foodista. 1 person has tried and liked this recipe. From preparation to the plate, this recipe takes around 5 minutes. Overall, this recipe earns a pretty good spoonacular score of 61%. Try Peanut Butter Blueberry Banana Smoothie, Peanut Butter Blueberry Banana Smoothie, and Peanut Butter Blueberry Banana Smoothie for similar recipes.

Source: <https://www.foodista.com/recipe/SF7WGG4V/blueberry-persimmon-smoothie-with-banana-and-peanut-butter>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	839.7	130.4	419.9
Protein [g]	12.6	2	6.3
Fat [g]	18.6	2.9	9.3
Carbs [g]	176.6	27.4	88.3
Fiber [g]	8.6	1.3	4.3



Protein Fat Carbs

Mango, Persimmon Smoothie with Cranberries

🕒 10 min 🍽️ 2 servings

299 Kcal / serving

2g Protein 1g Fat 78g Carbs

Ingredients

- Cranberries, 1 cup, whole (100 g)
- Persimmon, 1 (336 g)
- Mango, 1 small (207 g)



Instructions

1. Peel and chop mango and persimmons. Blend all the ingredients together with as much water and ice as you like.

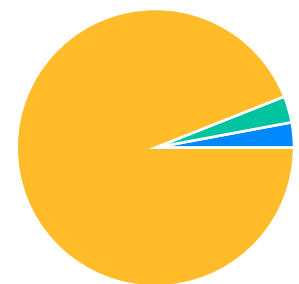
Comments

Mango, Persimmon Smoothie with Cranberries might be just the breakfast you are searching for. This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe serves 2 and costs \$1.83 per serving. One portion of this dish contains roughly 2g of protein, 1g of fat, and a total of 298 calories. 1 person has tried and liked this recipe. It is brought to you by Foodista. It is perfect for Christmas. If you have cranberries, mango, persimmon, and a few other ingredients on hand, you can make it. From preparation to the plate, this recipe takes around 10 minutes. With a spoonacular score of 61%, this dish is pretty good. If you like this recipe, you might also like recipes such as Persimmon Salad with Toasted Walnuts and Dried Cranberries, Persimmon vanilla bean smoothie, and Paleo Pumpkin Persimmon Smoothie or Pudding.

Source: <https://www.foodista.com/recipe/SKMR87QT/mango-persimmon-smoothie-with-cranberries>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	596.9	92.8	298.5
Protein [g]	4.8	0.7	2.4
Fat [g]	2.3	0.4	1.2
Carbs [g]	155.5	24.2	77.8
Fiber [g]	6.9	1.1	3.5



Protein Fat Carbs

Spanish Sardines Pasta

🕒 25 min 🍽️ 2 servings

920 Kcal / serving

40g Protein 42g Fat 97g Carbs

Ingredients

- **Parmesan cheese**, 1 servings (60.1 g)
- **Lemon juice**, 1 tablespoons (15 g)
- **Parsley**, 1 Tablespoon (8 g)
- **Garlic**, 1 clove (6 g)
- **Capers**, 1 teaspoon (4 g)
- **Reserved pasta water**, 1 cup (118.4 g)
- **Sardine fillets**, 1 oz (106 g)
- **Fettuccine**, 8 oz (226.8 g)
- **Olive oil**, 2 tbsp (28 g)
- **Onion**, 1 small (70 g)
- **Cherry tomatoes**, 4 oz (113.4 g)
- **Olives**, 2 oz (56.7 g)
- **Olives**, 2 oz (56.7 g)
- **Pepper flakes**, 0.5 tsp (1 g)
- **Pepper**, 2 servings (0.2 g)



Instructions

1. Start by cooking the pasta as usual. Just before you drain it, reserve 1/2 c of the pasta water and set aside.
2. While the fettuccine is cooking, heat olive oil in a pan over low heat.
3. Add onion and cook for 3 minutes or until it just starts to soften.
4. Then, add garlic and cook for an additional 1 minute.
5. Add tomatoes, olives, capers, lemon juice, pepper flakes, and sardines (including the oil) and cook for 4 minutes. When adding the sardines, lightly break up the fillets with a fork.
6. Next, add reserved pasta water and freshly ground black pepper to taste and cook for an additional 2 minutes.
7. Finally, add cooked fettuccine to the pan and toss in the sauce.
8. Garnish with freshly grated Parmesan cheese and parsley, and serve with a nice crusty bread. Enjoy!

Comments

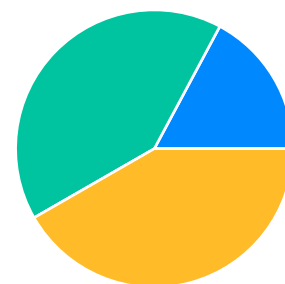
Spanish Sardines Pasta might be just the main course you are searching for. This recipe makes 2 servings with 920 calories, 40g of protein, and 42g of fat each. For \$3.1 per serving, this recipe covers 39% of your daily requirements of vitamins and minerals. A mixture of parmesan cheese, cherry tomatoes, olive oil, and a handful of other ingredients are all it takes to make this recipe so tasty. From preparation to the plate, this

recipe takes about 25 minutes. It is a good option if you're following a pescatarian diet. It is brought to you by spoonacular user maplewoodroad. Try Pasta With Sardines, Pistachio And Orange, Pasta With Sardines, Zucchini And Lemon, and Pasta With Fennel, Sardines, And Pine Nuts for similar recipes.

Source: <https://maplewoodroad.com/spanish-sardines-pasta/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1839.7	211.4	919.9
Protein [g]	79.7	9.2	39.9
Fat [g]	84.8	9.7	42.4
Carbs [g]	193.5	22.2	96.8
Fiber [g]	14.9	1.7	7.5



Protein Fat Carbs

Strawberry Banana Stuffed Pancakes

🕒 30 min 🍽️ 2 servings

169 Kcal / serving

10g Protein 1g Fat 32g Carbs

Ingredients

- **Vanilla extract**, 1 teaspoons (2 g)
- **Egg whites**, 1 egg whites (60 g)
- **Banana**, 1 cup (75 g)
- **Strawberries**, 1 medium (1-1/4" dia) (120 g)
- **Salt**, 1 serving (1 g)
- **Sugar**, 1 teaspoon (6 g)
- **Baking soda**, 1 teaspoon (2 g)
- **Non-fat greek yogurt**, 0.33333334 cups (66.7 g)
- **Pastry flour**, 0.33333334 cups (40 g)



Instructions

1. Mix together the Greek yogurt, 1/4 cup banana, egg whites, and vanilla extract into a small bowl. In a separate bowl combine flour, baking soda, 1/2 teaspoon sugar, and salt.
2. Combine both bowls and whisk until evenly mixed. Fold in 5 fresh, chopped strawberries.

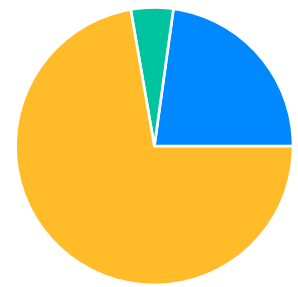
Comments

Strawberry Banana Stuffed Pancakes is a breakfast that serves 2. One portion of this dish contains approximately 10g of protein, 1g of fat, and a total of 171 calories. For \$1.14 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. Head to the store and pick up baking soda, sugar, salt, and a few other things to make it today. 19 people found this recipe to be tasty and satisfying. It can be enjoyed any time, but it is especially good for Mother's Day. From preparation to the plate, this recipe takes about 30 minutes. It is brought to you by Foodista. It is a good option if you're following a lacto ovo vegetarian diet. All things considered, we decided this recipe deserves a spoonacular score of 72%. This score is solid. Strawberry Banana Pancakes, Strawberry Banana Pancakes, and Strawberry Banana Chia Seed Pancakes are very similar to this recipe.

Source: <http://www.foodista.com/recipe/VJPXSCC7/strawberry-banana-stuffed-pancakes>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	338.4	90.8	169.2
Protein [g]	20.1	5.4	10.1
Fat [g]	1.9	0.5	1
Carbs [g]	63.6	17.1	31.8
Fiber [g]	8.5	2.3	4.3



Protein Fat Carbs

Fruity Curried Chicken Salad

🕒 15 min 🍽️ 2 servings

306 Kcal / serving

18g Protein 10g Fat 40g Carbs

Ingredients

- **Apple**, 1 serving (125 g)
- **Cranberries**, 1 serving (60 g)
- **Celery**, 1 servings (192.5 g)
- **Mayonnaise**, 1 Tablespoons (28 g)
- **Chicken**, 1 can (127 g)
- **Curry powder**, 1 tsp (0.5 g)
- **Pecans**, 2 servings (2 g)
- **Spinach**, 2 servings (60 g)



Instructions

1. Combine all in a bowl.
2. Add as much fruit and veggies as you like. Spoon chicken salad over a bed of fresh spinach.

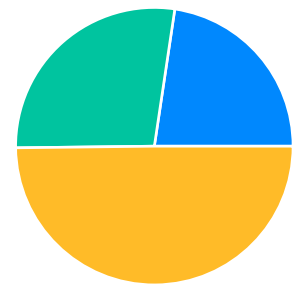
Comments

If you want to add more gluten free and dairy free recipes to your repertoire, Fruity Curried Chicken Salad might be a recipe you should try. This recipe serves 2. One serving contains 306 calories, 18g of protein, and 10g of fat. For \$2.27 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. A mixture of curry powder, mayonnaise, celery, and a handful of other ingredients are all it takes to make this recipe so flavorful. It is brought to you by Foodista. Not a lot of people really liked this main course. 1 person were glad they tried this recipe. From preparation to the plate, this recipe takes around 15 minutes. All things considered, we decided this recipe deserves a spoonacular score of 64%. This score is pretty good. Similar recipes are Fruity Chicken Salad, Fruity Chicken Salad, and Fruity Chicken Salad.

Source: <http://www.foodista.com/recipe/HSC852ZY/fruity-curried-chicken-salad>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	611.4	102.8	305.7
Protein [g]	36	6.1	18
Fat [g]	19.4	3.3	9.7
Carbs [g]	79.1	13.3	39.6
Fiber [g]	11	1.8	5.5



Protein Fat Carbs

Easy Sweet & Sour Prawns

🕒 20 min 🍽️ 2 servings

297 Kcal / serving

27g Protein 1g Fat 42g Carbs

Ingredients

- Oyster sauce, 1 tbsp (18 g)
- Spring onions, 1 tbsp chopped (12 g)
- Onion, 1 large (150 g)
- Water chestnuts, 1 cup (261 g)
- Garlic, 1 clove (15 g)
- Tomato sauce/ketchup, 1 tbsp (22.5 g)
- Prawns, 1 cup (236.6 g)
- Sugar, 1 teaspoon (8 g)
- Shaoxing huatiao rice wine, 1 Tbsp (45 g)
- Pineapple chunks, 0.5 cup (118.3 g)



Instructions

1. Start by preparing the ingredients. Peel and devein one cup worth of prawns.
2. Drain 1/2 cup of canned pineapple.
3. Cut a large onion into small pieces. Mince 5 cloves of garlic.
4. Cut water chestnuts into smaller pieces. There should be approximately 3/4 cups worth of it.
5. Add 1 tablespoon of vegetable oil to a large wok or saucepan.
6. Heat till smoking hot.
7. Add the onions. Stir fry for 30 seconds.
8. Add the garlic and stir fry for 15 seconds again.
9. Add the water chestnuts. Stir fry for 20 seconds.
10. Add the prawns. Stir fry with quick motions for 10 seconds.
11. Add the pineapple. Stir it through to ensure they are warmed by the heat of the pan. Then add 1 tablespoon of oyster sauce, 1.5 tablespoons of tomato sauce or ketchup, 3 tablespoons of Shaoxing Huatiao wine and 2 teaspoons of sugar. Stir fry for 20 seconds or so until the prawns are cooked through and the ingredients are evenly tossed in the sauce. The sauce should thicken up nicely as it cooks. Dish up and garnish with spring onions.

Comments

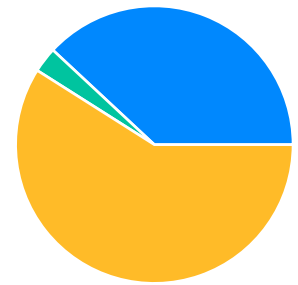
Easy Sweet & Sour Prawns requires approximately 20 minutes from start to finish. This recipe serves 2 and costs \$3.88 per serving. One serving contains 298 calories, 27g of protein, and 1g of fat. This recipe from Foodista has 1 fans. If you have pineapple chunks, water chestnuts, oyster sauce, and a few other ingredients on hand, you can make it. It works well as a pretty expensive main course. It is a good option if you're following

a gluten free, dairy free, and pescatarian diet. Taking all factors into account, this recipe earns a spoonacular score of 50%, which is solid. Similar recipes are Easy Sweet & Sour Prawns, Sweet and sour prawns stir-fry, and Hot & sour broth with prawns.

Source: <http://www.foodista.com/recipe/DGGD2SZR/easy-sweet-sour-prawns>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	594.4	67.1	297.2
Protein [g]	54	6.1	27
Fat [g]	1.9	0.2	1
Carbs [g]	83.7	9.4	41.9
Fiber [g]	11.6	1.3	5.8



Protein Fat Carbs

Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes

🕒 30 min 🍽️ 2 servings

218 Kcal / serving

41g Protein 3g Fat 7g Carbs

Ingredients

- **Maldon salt**, 1 serving (1 g)
- **Shallot**, 1 shallots (25 g)
- **Cilantro**, 1 cup (3.8 g)
- **Mint leaves**, 1 c (10.8 g)
- **Juice of lime**, 1 juice of lime (30 g)
- **Ground pork**, 1 pounds (335.7 g)
- **Scallions**, 1 green onions (24 g)
- **Fish sauce**, 1 tbsp (18 g)
- **Sugar**, 1 tsp (2.1 g)
- **Habanero**, 1 100 gram (10 g)



Instructions

1. Chop all ingredients "mise en place."
2. Grab a bowl and combine the shallots, fish sauce, hot peppers, sugar, lime juice, and half of the scallions, mint, and cilantro. You're nearly halfway done :)
3. Heat 1 Tbsp neutral oil (link Pantry one) over medium heat and cook the ground pork for about 5 minutes. This step is not meant to brown the ground pork, but just to cook it until it's no longer pink. I use a wooden spoon and move the meat around frequently to achieve even cooking and break up any clumps.
4. Remove the pork and drain the juices (in other words, use a slotted spoon to take the meat out of the skillet).
5. Let the meat cool a couple minutes.
6. Combine the meat with the sauce and give it good stir. Taste it. Now is a good time to add some Maldon salt to brighten up the flavors a bit.
7. Serve over cooked rice, top with remaining scallions, mint, and cilantro, and serve with an ice cold beer (a Corona Extra works excellent).

Comments

The recipe Thai Street Food Made at Home - Crazy Easy and Crazy Delicious in 30 Minutes could satisfy your Asian craving in about 30 minutes. This recipe serves 2. One serving contains 221 calories, 41g of protein, and 3g of fat. For \$3.51 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. Head to the store and pick up sugar, maldon salt, habanero, and a few other things to make it today. It is a good option if you're following a gluten free and dairy free diet. It is brought to you by spoonacular user maplewoodroad. If you like this recipe, take a look at these similar recipes: Crazy Good Street Corn Chicken Tacos, Crazy Delicious Pulled Pork, and Crazy Delicious Blueberry Pancakes.

Source: <https://maplewoodroad.com/thai-street-food/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	436	94.7	218
Protein [g]	81.9	17.8	41
Fat [g]	6.8	1.5	3.4
Carbs [g]	13.9	3	7
Fiber [g]	2.7	0.6	1.4



Protein Fat Carbs

Panera Spicy Thai Salad

🕒 20 min 🍽️ 4 servings

1026 Kcal / serving

102g Protein 39g Fat 71g Carbs

Ingredients

- Salt, 1 teaspoon (2.9 g)
- Cilantro, 1 cup (16 g)
- Lime juice, 1 tablespoon (30.1 g)
- Carrots, 1 cup chopped (256 g)
- Ginger, 1 tablespoon (7 g)
- Sesame oil, 1 tsp (4.5 g)
- Garlic, 1 tablespoon (8 g)
- Soy sauce, 1 tablespoons (64 g)
- Bell pepper, 1 cup, chopped (298 g)
- Honey, 1 tbsp (42 g)
- Chicken breasts, 2 large (452 g)
- Romaine lettuce, 1 head (626 g)
- Edamame, 1 c (148 g)
- Slivered almonds, 0.5 c (54 g)
- Wonton strips, 1 c (236.6 g)
- Creamy peanut butter, 2 tbsp (32 g)
- Pepper flakes, 1 tsp (2 g)
- Rice vinegar, 2 tbsp (29.8 g)
- Pepper, 0.5 tsp (1 g)



Instructions

1. Peanut Chili Vinaigrette
2. Mince ginger and garlic.
3. Mix all ingredients well and let mingle in the fridge for at least 30 minutes.
4. Panera Spicy Thai Salad
5. If you're using a rotisserie chicken, there's no cooking involved (except for microwaving the edamame (if used)). If you prefer to use chicken breasts, make sure it stays juicy after cooking.
6. Grab a large plate – I prefer a bowl-shaped pasta plate. Start by placing the chopped romaine on the plate.
7. Add carrots and bell peppers, followed by the edamame, wonton strips, and slivered almonds.
8. Top with sliced chicken meat, drizzle the sauce over, and top it off with some roughly chopped cilantro.
9. Enjoy!

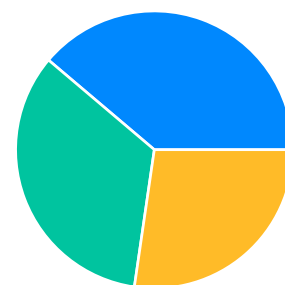
Comments

Panera Spicy Thai Salad is an Asian recipe that serves 4. Watching your figure? This dairy free recipe has 1029 calories, 102g of protein, and 40g of fat per serving. For \$4.14 per serving, this recipe covers 40% of your daily requirements of vitamins and minerals. This recipe from spoonacular user maplewoodroad requires garlic, romaine lettuce, sesame oil, and cilantro. It works best as a main course, and is done in around 20 minutes. Similar recipes are Tiger Cries Salad (a Spicy Thai Beef Salad), Spicy Thai Steak Salad, and Spicy Thai Steak Salad.

Source: <https://maplewoodroad.com/panera-spicy-thai-salad/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	4103.1	177.6	1025.8
Protein [g]	405.8	17.6	101.5
Fat [g]	157.4	6.8	39.4
Carbs [g]	285.5	12.4	71.4
Fiber [g]	47.2	2	11.8



Protein Fat Carbs

Hearty Bone Broth Chicken Noodle Soup

🕒 30 min 🍽️ 4 servings

309 Kcal / serving

25g Protein 10g Fat 29g Carbs

Ingredients

- Basil leaves, 1 portion (0.9 g)
- Oregano, 1 teaspoon (0.5 g)
- Celery, 1 cup (30.7 g)
- Carrots, 1 cup (83.7 g)
- Chicken breast, 1 ounces (141.8 g)
- Onions, 1 cup (55.5 g)
- Egg noodles, 1 ounces (141.8 g)
- Ghee, 2 tablespoons (30 g)
- Kosher salt, 4 servings (2 g)
- Kettle and fire chicken bone broth, 4 cups (940 g)



Instructions

1. In a large pot over medium heat, melt ghee.
2. Add onions, celery and carrots and a pinch of salt to the pot and let cook until tender, about 5 minutes. When the vegetables are tender, add chicken bone broth, chicken breast, egg noodles, oregano and basil leaves. Bring soup to a boil, then reduce the heat and let simmer until all the flavors have melded, about 20 minutes. Season with salt, to taste.

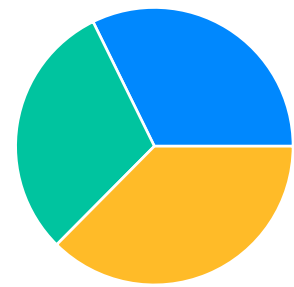
Comments

Hearty Bone Broth Chicken Noodle Soup takes approximately 30 minutes from beginning to end. This main course has 309 calories, 25g of protein, and 10g of fat per serving. This recipe serves 4 and costs \$3.31 per serving. 1 person has made this recipe and would make it again. Head to the store and pick up egg noodles, oregano, celery, and a few other things to make it today. Autumn will be even more special with this recipe. It is brought to you by Foodista. Overall, this recipe earns a solid spoonacular score of 43%. Try Hearty Chicken Noodle Soup, Hearty Chicken Noodle Soup, and Perpetual Soup: The Easiest Bone Broth You'll Make for similar recipes.

Source: <https://www.foodista.com/recipe/HRR6BL5Y/hearty-bone-broth-chicken-noodle-soup>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1235.6	86.6	308.9
Protein [g]	99.6	7	24.9
Fat [g]	41.5	2.9	10.4
Carbs [g]	115.5	8.1	28.9
Fiber [g]	8.7	0.6	2.2



Protein Fat Carbs

Cashew Butter Chicken

🕒 30 min 🍽️ 4 servings

431 Kcal / serving

46g Protein 24g Fat 7g Carbs

Ingredients

- Cumin seeds, 1 tsp (1 g)
- Turmeric, 1 tsp (1.2 g)
- Yogurt, 1 tbsp (31 g)
- Cayenne pepper, 1 tsp (0.9 g)
- Salt, 1 serving (2 g)
- Coriander, 1 Tbsp (0.9 g)
- Chicken thighs, 1 portion (889 g)
- Cooking onion, 1 medium (2-1/2" dia) (110 g)
- Ginger, 1 tablespoon (7 g)
- Oil, 1 tbsp (56 g)
- Garlic, 1 portion (6 g)
- Fenugreek leaves, 1 tsp (1 g)
- Garam masala, 1 tsp (2.5 g)
- Ground coriander, 1 tsp (1.8 g)
- Ground cumin, 1 tsp (2 g)
- Plum tomatoes, 4 large (248 g)



Instructions

1. Preheat oven to 425F. Line a baking tray with parchment.
2. Place chicken in a large mixing bowl.
3. Add 2 tbsp oil, salt, tsp each of the garam masala, ground coriander, ground cumin and dried fenugreek leaves, tsp each of cayenne and turmeric. Toss well to coat.
4. Spread evenly on baking tray.
5. Bake for 20 min or until chicken is roasted and lightly browned.
6. Drain juices, reserve chicken. Warm remaining 2 tbsp oil in deep skillet over medium high heat.
7. Add cumin seeds, saut 30 sec.
8. Add garlic, ginger and onions. Saut, stirring occasionally for about 7-8 min or until onions are softened and lightly browned. Reduce heat to medium, add tomatoes. Stir gently, crushing them into the sauce with the back of your stirring spoon.
9. Add remaining spices and salt. Cook for about 5 min or until tomatoes have thickened slightly.
10. Add yogurt, stirring continuously. Cook 2 min, then add cup water.
11. Mix well, bring contents of skillet to a boil.
12. Add chicken, cook 10 min for flavours to blend. Fold in fresh coriander.

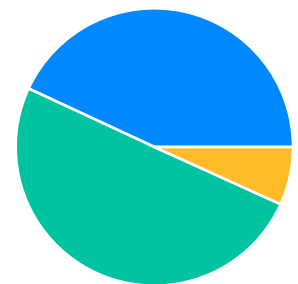
Comments

You can never have too many main course recipes, so give Cashew Butter Chicken a try. One serving contains 431 calories, 46g of protein, and 24g of fat. This recipe serves 4. For \$2.5 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. It is a budget friendly recipe for fans of Indian food. 1 person has made this recipe and would make it again. A mixture of garlic, oil, plum tomatoes, and a handful of other ingredients are all it takes to make this recipe so tasty. It is brought to you by Foodista. From preparation to the plate, this recipe takes around 30 minutes. It is a good option if you're following a gluten free diet. Overall, this recipe earns a solid spoonacular score of 65%. Asian Salad with Cashew Dressing and Cashew Butter Cookies, Cashew Butter Chicken, and Almond Crusted Chicken with Cashew Butter and Roasted Cranberries are very similar to this recipe.

Source: <http://www.foodista.com/recipe/3S6JM3H7/cashew-butter-chicken>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1724	126.7	431
Protein [g]	183.3	13.5	45.8
Fat [g]	94.8	7	23.7
Carbs [g]	28.8	2.1	7.2
Fiber [g]	7.1	0.5	1.8



Protein Fat Carbs

How to Make the Perfect Instant Pot Chicken

🕒 18 min 🍽️ 6 servings

157 Kcal / serving

25g Protein 4g Fat 5g Carbs

Ingredients

- **Chicken breasts**, 1 portion (644.1 g)
- **Avocado oil**, 1 teaspoon (4.4 g)
- **Bell pepper**, 6 servings (447 g)
- **Himalayan salt**, 0.5 teaspoon (3 g)
- **Quality stock**, 1 cup (235 g)



Instructions

1. Heat the bottom of the instant pot using saut mode. Once it has heated up, add the oil and seasonings before placing the chicken into the oil in a single layer.
2. Brown each side for 1-2 minutes to create a rich flavor and then cancel the saut mode.
3. Pour in the stock or broth and deglaze the bottom of the pan. Slide the chicken over to scrape up any little browned bits on the pot as this is flavor you want. Return the chicken to a single layer.
4. Twist on the locking lid and ensure the steam valve is set to sealing. Then, select the manual setting to cook for 4 minutes. Be sure to adjust your cooking time depending on the size and thickness of your breasts.
5. When the chicken has finished cooking, allow it to natural pressure release for 10 minutes. When the time is up, carefully release any remaining pressure and remove the lid.
6. Remove your chicken from the instant pot and shred the chicken using forks or a hand mixer. The leftover liquid from cooking can be saved for future recipes if used within 3-4 days. Enjoy!

Comments

The recipe How to Make the Perfect Instant Pot Chicken can be made in approximately 18 minutes. For \$1.53 per serving, you get a main course that serves 6. Watching your figure? This gluten free, dairy free, paleolithic, and primal recipe has 157 calories, 25g of protein, and 4g of fat per serving. Head to the store and pick up avocado oil, chicken breasts, himalayan salt, and a few other things to make it today. 1 person has tried and liked this recipe. It is brought to you by Pink When. With a spoonacular score of 70%, this dish is solid. Similar recipes are Perfect Instant Pot Chicken Breasts, Perfect Instant Pot New York Cheesecake, and Instant Pot Carnitas - perfect every time!.

Source: <https://www.pinkwhen.com/instant-pot-chicken/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	939.7	70.5	156.6
Protein [g]	149.4	11.2	24.9
Fat [g]	22.6	1.7	3.8
Carbs [g]	29.9	2.2	5
Fiber [g]	9.4	0.7	1.6



Protein Fat Carbs

Catfish Meunière

🕒 25 min 👤 6 servings

334 Kcal / serving

31g Protein 21g Fat 7g Carbs

Ingredients

- **Butter**, 1 tablespoon (84 g)
- **Juice of lemon**, 1 portion (29.4 g)
- **Bay leaf**, 1 portion (0.1 g)
- **Chives**, 1 tsp chopped (6 g)
- **Celery**, 1 portion (31.7 g)
- **Seafood stock**, 1 cup (366 g)
- **Parsley**, 1 sprig (3 g)
- **Worcestershire sauce**, 1 dashes (5.9 g)
- **Onion**, 1 cup (83.3 g)
- **Pecans**, 1 cup (30.6 g)
- **Catfish**, 1 serving (1020 g)
- **Flour**, 1 tablespoons (15.2 g)
- **Peppercorns**, 0.5 teaspoon (2.2 g)
- **Creole seasoning**, 6 servings (12 g)



Instructions

1. Heat 2 tablespoons butter in a sauce pan until bubbling.
2. Add the vegetables, parsley, bay leaf and peppercorns, and saut until they are soft.
3. Add the stock and lemon juice to the vegetables and simmer for about 10 minutes. While the stock is simmering, make a roux by heating 2 tablespoons of the butter in a cast iron pan until it's sizzling, then add the flour whisking continuously until the roux is a medium to dark brown.
4. Add the stock to the roux whisking continuously until smooth.
5. Add a few drops of Worcestershire.
6. Whisk in additional butter, if desired.
7. Sprinkle the fish filets liberally with the seasoning.
8. Heat 2 tablespoons of butter in saut pan until sizzling, then add the fish filets 2 at a time. Cook for about 5 minutes on both sides. Then serve sprinkled with toasted pecans, and sauce with the meunire.
9. Garnish with snipped chives, if desired.

Comments

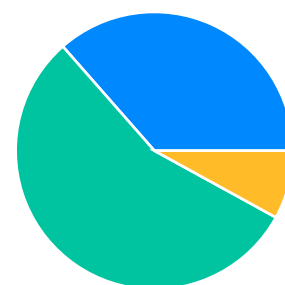
If you want to add more pescatarian recipes to your collection, Catfish Meunière might be a recipe you should try. This recipe makes 6 servings with 336 calories, 30g of protein, and 21g of fat each. For \$3.12 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. It is brought to you by Foodista.

From preparation to the plate, this recipe takes approximately 25 minutes. Not a lot of people really liked this main course. Head to the store and pick up bay leaf, parsley, onion, and a few other things to make it today. 1 person were impressed by this recipe. Overall, this recipe earns a solid spoonacular score of 60%. Try Sole Meunière, Halibut Meunière, and Sole à La Meunière for similar recipes.

Source: <http://www.foodista.com/recipe/76HPF5BC/catfish-meuni-re>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2000.7	118.4	333.5
Protein [g]	182.8	10.8	30.5
Fat [g]	123.7	7.3	20.6
Carbs [g]	40.1	2.4	6.7
Fiber [g]	9.8	0.6	1.6



Protein Fat Carbs

Shopping List

Spices and Herbs

- Thyme, 1 teaspoon (0.5 g)
- Salt, 1 tsp (1.5 g)
- Pepper, 2 servings (0.2 g)
- Capers, 1 teaspoon (2 g)
- Pepper flakes, 1 tsp (5.5 g)
- Vanilla extract, 1 teaspoons (1 g)
- Salt, 1 serving (3.5 g)
- Curry powder, 1 tsp (0.2 g)
- Mint leaves, 1 c (16.2 g)
- Salt, 1 teaspoon (6.5 g)
- Pepper, 0.5 tsp (2.3 g)
- Basil leaves, 1 portion (0.2 g)
- Oregano, 1 teaspoon (0.1 g)
- Kosher salt, 4 servings (0.5 g)
- Cumin seeds, 1 tsp (0.8 g)
- Turmeric, 1 tsp (0.9 g)
- Cayenne pepper, 1 tsp (0.7 g)
- Fenugreek leaves, 1 tsp (0.7 g)
- Ground coriander, 1 tsp (1.3 g)
- Ground cumin, 1 tsp (1.5 g)
- Bay leaf, 1 portion (0 g)
- Peppercorns, 0.5 teaspoon (0.4 g)
- Creole seasoning, 6 servings (2 g)

Dairy and Egg Products

- Eggs, 1 medium (44 g)
- Asiago cheese, 0.5 cup (25 g)
- Whole Milk, 1 cup (976 g)
- Parmesan cheese, 1 servings (30.1 g)
- Egg whites, 1 egg whites (30.1 g)
- Non-fat greek yogurt, 0.33333334 cups (33.5 g)
- Yogurt, 1 tbsp (23.2 g)
- Butter, 1 tablespoon (14 g)

Vegetables and Vegetable Products

- Portobello mushrooms, 1 piece whole (84 g)

- Parsley to garnish, 2 servings (50 g)
- Pepper, banana, raw, 1 cup (124 g)
- Parsley, 1 Tablespoon (4 g)
- Garlic, 1 clove (48 g)
- Onion, 1 small (35 g)
- Cherry tomatoes, 4 oz (56.7 g)
- Celery, 1 servings (96.4 g)
- Spinach, 2 servings (30.1 g)
- Spring onions, 1 tbsp chopped (36 g)
- Onion, 1 large (449.8 g)
- Water chestnuts, 1 cup (782.6 g)
- Tomato sauce/ketchup, 1 tbsp (67.5 g)
- Shallot, 1 shallots (37.5 g)
- Cilantro, 1 cup (42 g)
- Scallions, 1 green onions (36 g)
- Carrots, 1 cup chopped (576.3 g)
- Ginger, 1 tablespoon (21 g)
- Garlic, 1 tablespoon (18 g)
- Bell pepper, 1 cup, chopped (670.9 g)
- Romaine lettuce, 1 head (1409.3 g)
- Celery, 1 cup (7.7 g)
- Carrots, 1 cup (20.9 g)
- Onion, 1 cup (27.8 g)
- Coriander, 1 Tbsp (0.6 g)
- Cooking onion, 1 medium (2-1/2" dia) (82.5 g)
- Garlic, 1 portion (4.5 g)
- Plum tomatoes, 4 large (186 g)
- Bell pepper, 6 servings (148.8 g)
- Chives, 1 tsp chopped (1 g)
- Celery, 1 portion (5.3 g)
- Parsley, 1 sprig (0.5 g)

Fats and Oils

- Olive oil, 1 servings (14 g)
- Olive oil, 2 tbsp (14 g)
- Mayonnaise, 1 Tablespoons (14 g)
- Sesame oil, 1 tsp (10.1 g)
- Oil, 1 tbsp (42 g)
- Avocado oil, 1 teaspoon (1.5 g)

Fruits and Fruit Juices

- Banana, 1 banana (595 g)
- Bananas, 1 small (6" to 6-7/8" long) (606 g)
- Persimmon, 1 (1176.3 g)
- Blueberries, 1 cup (222 g)
- Cranberries, 1 cup, whole (50.1 g)
- Mango, 1 small (103.7 g)
- Lemon juice, 1 tablespoons (7.5 g)
- Banana, 1 cup (37.6 g)
- Strawberries, 1 medium (1-1/4" dia) (60.2 g)
- Apple, 1 serving (62.6 g)
- Cranberries, 1 serving (30.1 g)
- Juice of lime, 1 juice of lime (45 g)
- Lime juice, 1 tablespoon (67.7 g)
- Juice of lemon, 1 portion (4.9 g)

Nut and Seed Products

- Creamy peanut butter, 2 tbsp (168 g)
- Pecans, 1 cup (5.1 g)

Breakfast Cereals

- Rolled Oats, 1 cup (328 g)

American Indian/Alaska Native Foods

- Melon, banana (Navajo), 100 grams (100 g)

Beverages

- Beverages, V8 SPLASH Juice Drinks, Strawberry Banana, 1 serving 8 oz (243 g)
- Reserved pasta water, 1 cup (59.2 g)
- Shaoxing huatiao rice wine, 1 Tbsp (135 g)

Finfish and Shellfish Products

- Sardine fillets, 1 oz (53 g)
- Prawns, 1 cup (709.5 g)
- Catfish, 1 serving (170.3 g)

Cereal Grains and Pasta

- Fettuccine, 8 oz (113.4 g)
- Egg noodles, 1 ounces (35.5 g)
- Flour, 1 tablespoons (2.5 g)

Canned and Jarred

- Olives, 2 oz (28.3 g)
- Olives, 2 oz (28.3 g)
- Pineapple chunks, 0.5 cup (354.7 g)
- Quality stock, 1 cup (78.2 g)

Sweets

- Sugar, 1 teaspoon (26.9 g)
- Sugar, 1 tsp (3.1 g)
- Honey, 1 tbsp (94.6 g)

Baked Products

- Baking soda, 1 teaspoon (1 g)
- Pastry flour, 0.33333334 cups (20.1 g)
- Slivered almonds, 0.5 c (121.6 g)

Poultry Products

- Chicken, 1 can (63.6 g)
- Ground pork, 1 pounds (503.1 g)
- Chicken breast, 1 ounces (35.5 g)
- Chicken thighs, 1 portion (666.7 g)
- Chicken breasts, 1 portion (214.5 g)

Other

- Pecans, 2 servings (1 g)
- Habanero, 1 100 gram (15 g)
- Edamame, 1 c (333.2 g)
- Rice vinegar, 2 tbsp (67.1 g)
- Kettle and fire chicken bone broth, 4 cups (235.2 g)
- Garam masala, 1 tsp (1.9 g)
- Himalayan salt, 0.5 teaspoon (1 g)

Soups, Sauces, and Gravies

- Oyster sauce, 1 tbsp (54 g)
- Fish sauce, 1 tbsp (27 g)
- Seafood stock, 1 cup (61.1 g)
- Worcestershire sauce, 1 dashes (1 g)

Legumes and Legume Products

- Soy sauce, 1 tablespoons (144.1 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 2 large (1017.6 g)

Ethnic Foods

- Wonton strips, 1 c (532.6 g)
- Ghee, 2 tablespoons (7.5 g)