

# Include everything

📅 2023-07-27   👤 Diego Oliveira Sanchez   🌐 ap3

## DAY 1

Breakfast	Keto Breakfast Frittata parma ham, parma Honeydew Melon  No image	1 1/2 serving (142.5 g) 3/5 slices (7.2 g) 4 wedge (1/8 of 5-1/4" dia melon) (500 g) 1 serving (119 g)
Lunch	Grilled Salmon with Garlic and Herbs	8/9 serving (212.7 g)
Dinner	High Protein Rice Bowl	1/8 serving (34 g)
Breakfast	Keto Breakfast Frittata parma ham, parma Honeydew Melon  No image	1 1/2 serving (142.5 g) 3/5 slices (7.2 g) 4 wedge (1/8 of 5-1/4" dia melon) (500 g) 1 serving (119 g)

## DAY 2

Breakfast	Apple Bananas, raw Nuts, almonds  African Pumpkin and Bean Soup	2/5 medium (3" dia) (72.8 g) 1/8 banana (14.9 g) 1/5 oz (23 whole kernels) (4.8 g) 1 serving (1523 g)
Lunch	Grilled Salmon with Garlic and Herbs	3/4 serving (179.3 g)
Dinner	Grilled Chicken Caesar Salad	1 serving (622 g)
Breakfast	Apple Bananas, raw Nuts, almonds  African Pumpkin and Bean Soup	2/5 medium (3" dia) (72.8 g) 1/8 banana (14.9 g) 1/5 oz (23 whole kernels) (4.8 g) 1 serving (1523 g)

DAY 3

Breakfast	Spinach and Egg Breakfast	1/3 serving (58.2 g)
	Bananas, raw	2 banana (238 g)
	Nuts, almonds	2 oz (23 whole kernels) (56.7 g)
Lunch	Keto Beef Stir-Fry with Broccoli and Mushrooms	4/5 serving (530.4 g)
Dinner	Onion powder	1/2 teaspoon (1 g)
	Salt	1/4 teaspoon (1.6 g)
	Feta cheese	1/4 cup (39.2 g)
	Olive oil	2 servings (28 g)
	Spinach	40.7 g
	Pepper	1/4 teaspoon (0.5 g)
	Chicken breasts	4 portion (452 g)
	Garlic powder	1/2 teaspoon (1.4 g)
Breakfast	Spinach and Egg Breakfast	1/3 serving (58.2 g)
	Bananas, raw	2 banana (238 g)
	Nuts, almonds	2 oz (23 whole kernels) (56.7 g)

	BREAKFAST	LUNCH	DINNER	BREAKFAST
D A Y 1	Keto Breakfast Frittata parma ham, parma Honeydew Melon No image	Grilled Salmon with Garlic and Herbs	High Protein Rice Bowl	Keto Breakfast Frittata parma ham, parma Honeydew Melon No image
D A Y 2	Apple Bananas, raw Nuts, almonds African Pumpkin and Bean Soup	Grilled Salmon with Garlic and Herbs	Grilled Chicken Caesar Salad	Apple Bananas, raw Nuts, almonds African Pumpkin and Bean Soup
D A Y 3	Spinach and Egg Breakfast Bananas, raw Nuts, almonds	Keto Beef Stir-Fry with Broc- coli and Mushrooms	Onion powder Salt Feta cheese Olive oil Spinach Pepper Chicken breasts Garlic powder	Spinach and Egg Breakfast Bananas, raw Nuts, almonds

## Macronutrient summary

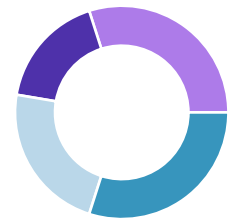
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	5058.8	1686.3
Protein [g]	370.1	123.4
Fat [g]	236.1	78.7
Carbs [g]	392.9	131
Fiber [g]	80.6	26.9
Net Carbs [g]	312.3	104.1



Protein Fat Carbs

## Macronutrient summary per meal

MEALS AVG/DAY	ENER- GY [KCAL]	PRO- TEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast	720.6	28.4	21.9	112.5	20.9	91.6
Lunch	419	40.2	25.7	7.6	2.8	4.8
Dinner	546.7	54.9	31.1	10.9	3.2	7.6
Breakfast	720.6	28.4	21.9	112.5	20.9	91.6



Breakfast Lunch  
Dinner Breakfast

## Macronutrient summary per day

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Day 1	950.8	61.1	43.8	83.8	9.1	74.7
Day 2	2014.4	139.7	71	214.2	48.6	165.6
Day 3	2093.6	169.4	121.3	94.9	22.8	72.1

## Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Keto Breakfast Frittata 1 1/2 serving (142.5 g)	229.3	13.7	17.6	4	0.6	3.4
parma ham, parma 3/5 slices (7.2 g)	18	1.8	1.2	0	0	0
Honeydew Melon 4 wedge (1/8 of 5-1/4" dia melon) (500 g)	180	2.7	0.7	45.5	4	41.5
No image 1 serving (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
<b>TOTAL FOR BREAKFAST</b>	<b>533.2</b>	<b>19.5</b>	<b>19.9</b>	<b>76.6</b>	<b>7.7</b>	<b>68.9</b>
Lunch						
Grilled Salmon with Garlic and Herbs 8/9 serving (212.7 g)	365.1	40.2	21.1	1.3	0.5	0.8
<b>TOTAL FOR LUNCH</b>	<b>365.1</b>	<b>40.2</b>	<b>21.1</b>	<b>1.3</b>	<b>0.5</b>	<b>0.8</b>
Dinner						
High Protein Rice Bowl 1/8 serving (34 g)	52.5	1.4	2.8	5.8	0.9	4.9
<b>TOTAL FOR DINNER</b>	<b>52.5</b>	<b>1.4</b>	<b>2.8</b>	<b>5.8</b>	<b>0.9</b>	<b>4.9</b>
Breakfast						
Keto Breakfast Frittata 1 1/2 serving (142.5 g)	229.3	13.7	17.6	4	0.6	3.4
parma ham, parma 3/5 slices (7.2 g)	18	1.8	1.2	0	0	0
Honeydew Melon 4 wedge (1/8 of 5-1/4" dia melon) (500 g)	180	2.7	0.7	45.5	4	41.5
No image 1 serving (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
<b>TOTAL FOR BREAKFAST</b>	<b>533.2</b>	<b>19.5</b>	<b>19.9</b>	<b>76.6</b>	<b>7.7</b>	<b>68.9</b>
<b>TOTAL FOR DAY 1</b>	<b>950.8</b>	<b>61.1</b>	<b>43.8</b>	<b>83.8</b>	<b>9.1</b>	<b>74.7</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Apple 2/5 medium (3" dia) (72.8 g)	37.9	0.2	0.1	10.1	1.7	8.4
Bananas, raw 1/8 banana (14.9 g)	13.2	0.2	0	3.4	0.4	3
Nuts, almonds 1/5 oz (23 whole kernels) (4.8 g)	27.9	1	2.4	1	0.6	0.4
African Pumpkin and Bean Soup 1 serving (1523 g)	927.7	44.6	8.4	177.2	38.3	138.9
<b>TOTAL FOR BREAKFAST</b>	<b>1006.7</b>	<b>46</b>	<b>11</b>	<b>191.7</b>	<b>41</b>	<b>150.7</b>
Lunch						
Grilled Salmon with Garlic and Herbs 3/4 serving (179.3 g)	307.7	33.9	17.8	1.1	0.4	0.7
<b>TOTAL FOR LUNCH</b>	<b>307.7</b>	<b>33.9</b>	<b>17.8</b>	<b>1.1</b>	<b>0.4</b>	<b>0.7</b>
Dinner						
Grilled Chicken Caesar Sal- ad 1 serving (622 g)	700	59.8	42.2	21.4	7.2	14.2
<b>TOTAL FOR DINNER</b>	<b>700</b>	<b>59.8</b>	<b>42.2</b>	<b>21.4</b>	<b>7.2</b>	<b>14.2</b>
Breakfast						
Apple 2/5 medium (3" dia) (72.8 g)	37.9	0.2	0.1	10.1	1.7	8.4
Bananas, raw 1/8 banana (14.9 g)	13.2	0.2	0	3.4	0.4	3
Nuts, almonds 1/5 oz (23 whole kernels) (4.8 g)	27.9	1	2.4	1	0.6	0.4
African Pumpkin and Bean Soup 1 serving (1523 g)	927.7	44.6	8.4	177.2	38.3	138.9
<b>TOTAL FOR BREAKFAST</b>	<b>1006.7</b>	<b>46</b>	<b>11</b>	<b>191.7</b>	<b>41</b>	<b>150.7</b>
<b>TOTAL FOR DAY 2</b>	<b>2014.4</b>	<b>139.7</b>	<b>71</b>	<b>214.2</b>	<b>48.6</b>	<b>165.6</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach and Egg Breakfast 1/3 serving (58.2 g)	81.7	5	5.8	2.6	0.6	2
Bananas, raw 2 banana (238 g)	211.8	2.6	0.8	54.4	6.2	48.2
Nuts, almonds 2 oz (23 whole kernels) (56.7 g)	328.3	12	28.3	12.2	7.1	5.1
<b>TOTAL FOR BREAKFAST</b>	<b>621.8</b>	<b>19.6</b>	<b>34.9</b>	<b>69.2</b>	<b>13.9</b>	<b>55.3</b>
Lunch						
Keto Beef Stir-Fry with Broccoli and Mushrooms 4/5 serving (530.4 g)	584.3	46.4	38.1	20.2	7.4	12.8
<b>TOTAL FOR LUNCH</b>	<b>584.3</b>	<b>46.4</b>	<b>38.1</b>	<b>20.2</b>	<b>7.4</b>	<b>12.8</b>
Dinner						
Onion powder 1/2 teaspoon (1 g)	3.3	0.1	0	0.8	0.1	0.7
Salt 1/4 teaspoon (1.6 g)	0	0	0	0	0	0
Feta cheese 1/4 cup (39.2 g)	103.5	5.6	8.3	1.6	0	1.6
Olive oil 2 servings (28 g)	247.5	0	28	0	0	0
Spinach 40.7 g	11.8	1.5	0.2	1.7	1.2	0.5
Pepper 1/4 teaspoon (0.5 g)	1.3	0.1	0	0.3	0.1	0.2
Chicken breasts 4 portion (452 g)	515.3	96	11.7	0	0	0
Garlic powder 1/2 teaspoon (1.4 g)	4.8	0.2	0	1	0.1	0.9
<b>TOTAL FOR DINNER</b>	<b>887.4</b>	<b>103.4</b>	<b>48.3</b>	<b>5.5</b>	<b>1.6</b>	<b>3.9</b>
Breakfast						

Spinach and Egg Breakfast 1/3 serving (58.2 g)	81.7	5	5.8	2.6	0.6	2
Bananas, raw 2 banana (238 g)	211.8	2.6	0.8	54.4	6.2	48.2
Nuts, almonds 2 oz (23 whole kernels) (56.7 g)	328.3	12	28.3	12.2	7.1	5.1
<b>TOTAL FOR BREAKFAST</b>	<b>621.8</b>	<b>19.6</b>	<b>34.9</b>	<b>69.2</b>	<b>13.9</b>	<b>55.3</b>
<b>TOTAL FOR DAY 3</b>	<b>2093.6</b>	<b>169.4</b>	<b>121.3</b>	<b>94.9</b>	<b>22.8</b>	<b>72.1</b>



## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	52			
Fiber [g]	26.9			
Calcium, Ca [mg]	579.3			
Iron, Fe [mg]	15			
Magnesium, Mg [mg]	402.5			
Phosphorus, P [mg]	1501.7			
Potassium, K [mg]	4584.9			
Sodium, Na [mg]	2087.3			
Zinc, Zn [mg]	10.7			
Copper, Cu [mg]	1.6			
Fluoride, F [ug]	4.2			
Manganese, Mn [mg]	2.8			
Selenium, Se [ug]	164			
Vitamin A, IU [IU]	35207.9			
Retinol [ug]	122.7			
Vitamin A, RAE [ug]	163.3			
Carotene, beta [ug]	424.7			
Vitamin E [mg]	14.9			
Vitamin D [ug]	1.2			
Lycopene [ug]	0.1			
Lutein + zeaxanthin [ug]	1400.9			
Tocopherol, beta [mg]	0.1			
Vitamin C [mg]	145.8			
Thiamin [mg]	1.2			
Riboflavin [mg]	2			
Niacin [mg]	42.2			
Vitamin B6 [mg]	4.3			
Folate, total [ug]	491.6			
Vitamin B12 [ug]	6.3			
Menaquinone-4 [ug]	0.7			

Dihydrophyllloquinone [ug]	0
Vitamin K [ug]	324.5
Folate, food [ug]	148.9
Folate, DFE [ug]	148.9
Betaine [mg]	0.6
Threonine [g]	0.6
Isoleucine [g]	0.8
Leucine [g]	1.3
Methionine [g]	0.3
Cystine [g]	0.2
Phenylalanine [g]	0.9
Vitamin E, added [mg]	0
Vitamin B12, added [ug]	0
Cholesterol [mg]	408.8
Sat Fat [g]	19.6
Phytosterols [mg]	88.2
Stigmasterol [mg]	0.8
Beta-sitosterol [mg]	27.3
Fatty acids, total monoun- saturated [g]	40.3
Fatty acids, total polyunsat- urated [g]	8.6
Fatty acids, total trans- polyenoic [g]	0
Net Carbs [g]	104.1

## Formulas

FORMULA	VALUE	COMMENTS
BMI (Body Mass Index)	18.7	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	2097 Kcal	Harris/Benedict Equation
Weight maintenance level	2883 Kcal	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	2077 Kcal	Mifflin and St Jeor Equation
Weight maintenance level	2856 Kcal	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)	1910 Kcal	Katch-McArdle Formula
Weight maintenance level	2626 Kcal	BMR (Katch-McArdle) × Activity Level
PA values for different physical activity	2120 Kcal	BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	65 g	DRI as a function of body weight
Protein recommendation based on lean body mass	71 g	More accurate than DRI if LBM is known

# African Pumpkin and Bean Soup

🕒 1 min    🍽️ 1 serving

928 **Kcal / serving**

45g **Protein**    8g **Fat**    177g **Carbs**

## Ingredients

- **Cinnamon**, 1/2 tsp (1.5 g)
- **Nutmeg**, 1/8 tsp (0.4 g)
- **Salt**, 1/4 teaspoon (1.8 g)
- **Apple juice**, 1 cup (244 g)
- **Fresh chives**, 3 g
- **Onion**, 69 g
- **Pumpkin puree**, 435 g
- **Water**, 232 g
- **Canned white beans**, 431 g
- **pepper**, 1/2 tsp (1 g)
- **sriracha**, 1 tsp (4.8 g)
- **Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added meat, with or without added vegetables**, 100 grams (100 g)



## Instructions

In a food processor, blend the white beans, onion, and water until smooth. In a large pot, add in the bean mixture, pumpkin puree, apple juice, cinnamon, nutmeg, pepper, and salt. Stir to combine and cook on low heat for 20 minutes until warm. Top with chives and serve with baked bread.

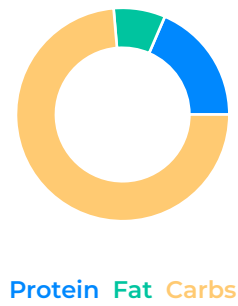
## Comments

my comments

**Source:** <http://thefirstyearblog.com/african-pumpkin-and-bean-soup/>

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	927.7	60.9	927.7
Protein [g]	44.6	2.9	44.6
Fat [g]	8.4	0.6	8.4
Carbs [g]	177.2	11.6	177.2
Fiber [g]	38.3	2.5	38.3
Net Carbs [g]	138.9	9.1	138.9



# No image

🕒 1 min    🍽️ 1 serving

106 **Kcal / serving**

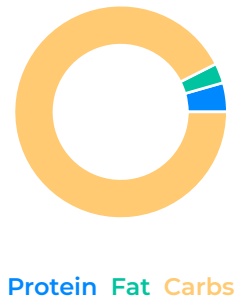
1g **Protein**    0g **Fat**    27g **Carbs**

## Ingredients

- **Bananas, raw**, 1 banana (119 g)

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	105.9	89	105.9
Protein [g]	1.3	1.1	1.3
Fat [g]	0.4	0.3	0.4
Carbs [g]	27.2	22.9	27.2
Fiber [g]	3.1	2.6	3.1
Net Carbs [g]	24.1	20.3	24.1



# Spinach and Egg Breakfast

🕒 22 min    👤 2 servings

273 **Kcal / serving**

17g **Protein**   19g **Fat**   9g **Carbs**

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Olive oil**, 1 servings (14 g)
- **Garlic**, 3 g
- **Eggs**, 4 medium (176 g)
- **Ground pepper**, 1/4 teaspoon (0.5 g)
- **Spinach leaves**, 3 cups (90.1 g)
- **Onion**, 1/2 cup (76.9 g)



## Instructions

In a medium bowl, beat eggs until blended.

Heat oil in a large nonstick skillet over medium heat. Add onion, garlic, oregano, and pepper; cook, stirring occasionally, until onion is tender, about 5 minutes.

Add spinach; cook, stirring occasionally, until spinach is wilted, about 5 minutes.

Pour eggs over spinach mixture. As eggs begin to set, gently lift edges to allow uncooked egg to flow underneath.

Sprinkle with cheese. Cover and cook until eggs are set, about 5 minutes. Cut into wedges and serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	544.9	140.6	272.5
Protein [g]	33.3	8.6	16.7
Fat [g]	38.5	9.9	19.3
Carbs [g]	17.3	4.5	8.7
Fiber [g]	3.9	1	2
Net Carbs [g]	13.4	3.5	6.7



Protein Fat Carbs





# Keto Breakfast Frittata

🕒 26 min    🍽️ 4 servings

153 **Kcal / serving**

9g **Protein**   12g **Fat**   3g **Carbs**

## Ingredients

- **Heavy cream**, 1/4 cup (62 g)
- **Salt**, 1/4 teaspoon (1.6 g)
- **Eggs**, 4 medium (176 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Bell pepper**, 1/4 cup (38.8 g)
- **Ham**, 1/4 cup (29.7 g)
- **Onion**, 1/4 cup (41.7 g)
- **Cheese**, 1/4 cup (29.2 g)

Insert recipe  
picture here

## Instructions

Preheat the oven to 350°F.

In a medium bowl, whisk together the eggs and heavy cream.

In a large oven-safe skillet, heat a tablespoon of oil over medium heat.

Add the onion, bell pepper, and ham to the skillet and cook for 5 minutes.

Add the egg mixture, salt, and pepper to the skillet and stir to combine.

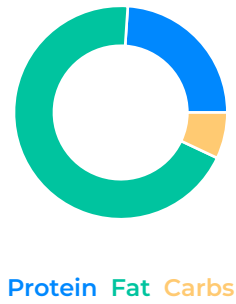
Sprinkle the cheese on top and cook for 5 minutes or until the eggs are almost set.

Transfer the skillet to the preheated oven and bake for 10 minutes or until the eggs are cooked through.

Slice and serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	609.8	160.7	152.5
Protein [g]	36.5	9.6	9.1
Fat [g]	46.9	12.4	11.7
Carbs [g]	10.7	2.8	2.7
Fiber [g]	1.7	0.4	0.4
Net Carbs [g]	9	2.4	2.3



# Grilled Salmon with Garlic and Herbs

🕒 20 min    👤 3 servings

411 **Kcal / serving**

45g **Protein**    24g **Fat**    2g **Carbs**

## Ingredients

- **Thyme**, 1 tsp, leaves (1 g)
- **Oregano**, 1 teaspoon (2 g)
- **Olive oil**, 2 servings (28 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salmon**, 4 fillet (680 g)
- **Sea salt**, 1/2 teaspoon (3 g)

Insert recipe picture here

## Instructions

Preheat the grill to medium-high heat.

In a small bowl, combine the olive oil, garlic powder, oregano, thyme, sea salt, and black pepper. Mix until combined.

Brush the salmon fillets with the olive oil mixture.

Place the salmon fillets on the preheated grill. Grill for 4-5 minutes per side, or until the salmon is cooked through.

Serve warm.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1232.4	171.8	410.8
Protein [g]	135.7	18.9	45.2
Fat [g]	71.3	9.9	23.8
Carbs [g]	4.5	0.6	1.5
Fiber [g]	1.6	0.2	0.5
Net Carbs [g]	2.9	0.4	1



Protein Fat Carbs



# High Protein Rice Bowl

🕒 16 min    👤 2 servings

420 **Kcal / serving**

11g **Protein**    22g **Fat**    47g **Carbs**

## Ingredients

- **Feta cheese**, 1/4 cup (39.2 g)
- **Olive oil**, 2 servings (28 g)
- **Tomatoes**, 38.9 g
- **Corn**, 74 g
- **Avocado**, 1/4 cup (39.1 g)
- **Black beans**, 1/2 cup (82.7 g)
- **Bell peppers**, 1/4 cup (38.8 g)
- **Rice**, 1 cup (158 g)
- **Onion**, 1/4 cup (41.7 g)
- **Salt and pepper**, 4 servings (2 g)
- **Cumin**, 1 teaspoon (2 g)

Insert recipe picture here

## Instructions

In a large bowl, combine the cooked rice, black beans, corn, bell peppers, red onion, tomatoes, avocado, and feta cheese.

Drizzle with olive oil and sprinkle with cumin, salt, and pepper.

Toss the ingredients together until combined.

Serve the rice bowl warm.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	840.4	154.4	420.2
Protein [g]	22	4	11
Fat [g]	44.8	8.2	22.4
Carbs [g]	93.2	17.1	46.6
Fiber [g]	14.4	2.6	7.2
Net Carbs [g]	78.8	14.5	39.4



Protein Fat Carbs

# Grilled Chicken Caesar Salad

🕒 33 min

👤 2 servings

700 **Kcal / serving**

60g **Protein** 42g **Fat** 21g **Carbs**

## Ingredients

- **Parmesan cheese**, 1/2 cup (48.2 g)
- **Olive oil**, 1/4 cup (56.3 g)
- **Worcestershire sauce**, 1 teaspoon (5.9 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Garlic**, 3 g
- **Croutons**, 14.4 g
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Chicken breasts**, 4 portion (452 g)
- **Dijon mustard**, 1 teaspoon (5 g)
- **Sea salt**, 1/2 teaspoon (3 g)
- **Romaine lettuce**, 1 head (626 g)

Insert recipe  
picture here

## Instructions

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, Worcestershire sauce, garlic, salt, and pepper.

Place the chicken breasts in a shallow dish and pour the marinade over them. Cover and refrigerate for at least 1 hour.

Preheat the grill to medium-high heat. Grill the chicken for 4 to 5 minutes per side, or until cooked through.

Transfer the chicken to a cutting board and let rest for 5 minutes before slicing into strips.

In a large bowl, combine the lettuce, Parmesan cheese, and croutons (if using). Toss with the desired amount of dressing.

Divide the salad among four plates and top with the sliced chicken.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1400.1	112.5	700.1
Protein [g]	119.6	9.6	59.8
Fat [g]	84.5	6.8	42.3
Carbs [g]	42.7	3.4	21.4
Fiber [g]	14.4	1.2	7.2
Net Carbs [g]	28.3	2.3	14.2



# Keto Beef Stir-Fry with Broccoli and Mushrooms

🕒 19 min 🍽️ 2 servings

731 Kcal / serving

58g Protein 48g Fat 25g Carbs

## Ingredients

- **Ground ginger**, 1/2 tsp (0.9 g)
- **Olive oil**, 2 servings (28 g)
- **Broccoli**, 1 bunch (608 g)
- **Garlic**, 6 g
- **Beef steak**, 453.6 g
- **Mushrooms**, 226.7 g
- **Salt and pepper**, 4 servings (2 g)
- **Pepper flakes**, 1/4 teaspoon (0.5 g)

Insert recipe picture here

## Instructions

Heat the olive oil in a large skillet over medium-high heat.

Add the beef, and cook until browned, about 3 minutes.

Add the broccoli, mushrooms, garlic, ginger, and red pepper flakes. Cook until the vegetables are tender, about 5 minutes.

Season with salt and pepper to taste.

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1460.9	110.2	730.5
Protein [g]	115.9	8.7	58
Fat [g]	95.3	7.2	47.7
Carbs [g]	50.6	3.8	25.3
Fiber [g]	18.5	1.4	9.3
Net Carbs [g]	32.1	2.4	16.1



Protein Fat Carbs





# Shopping List

## Dairy and Egg Products

- Heavy cream, 0 cup (23.3 g)
- Eggs, 2 1/9 medium (92.5 g)
- Cheese, 0 cup (11 g)
- Parmesan cheese, 0 cup (3.9 g)
- Feta cheese, 1/3 cup (41.7 g)
- Parmesan cheese, 1/4 cup (24.1 g)

## Spices and Herbs

- Salt, 1/3 teaspoon (2.1 g)
- Pepper, 2/3 teaspoon (1.2 g)
- Cinnamon, 1/2 tsp (1.5 g)
- Nutmeg, 1/8 tsp (0.4 g)
- Salt, 1/4 teaspoon (1.7 g)
- Oregano, 0 teaspoon (0.1 g)
- Ground pepper, 0 teaspoon (0.1 g)
- Thyme, 1/2 tsp, leaves (0.5 g)
- Oregano, 1/2 teaspoon (1.1 g)
- Garlic powder, 1/2 teaspoon (1.6 g)
- Ground ginger, 1/4 tsp (0.3 g)
- Salt and pepper, 1 5/6 servings (0.9 g)
- Pepper flakes, 1/9 teaspoon (0.2 g)
- Cumin, 0 teaspoon (0.1 g)
- Onion powder, 1/2 teaspoon (1 g)
- Garlic powder, 1/2 teaspoon (1.4 g)

## Vegetables and Vegetable Products

- Bell pepper, 0 cup (14.6 g)
- Onion, 0 cup (15.7 g)
- Fresh chives, 3 g
- Onion, 69 g
- Garlic, 0.5 g
- Spinach leaves, 1/2 cups (13.5 g)
- Onion, 0 cup (11.6 g)
- Broccoli, 1/2 bunch (243.3 g)
- Garlic, 2.4 g
- Mushrooms, 90.7 g

- Tomatoes, 2.4 g
- Corn, 4.6 g
- Bell peppers, 0 cup (2.4 g)
- Onion, 0 cup (2.6 g)
- Garlic, 1.5 g

### **Meals, Entrees, and Side Dishes**

- Ham, 0 cup (11.1 g)
- Beef steak, 181.5 g
- Chicken breasts, 6 portion (677.9 g)

### **Sausages and Luncheon Meats**

- parma ham, parma, 3/5 slices (7.2 g)

### **Fruits and Fruit Juices**

- Honeydew Melon, 4 wedge (1/8 of 5-1/4" dia melon) (500 g)
- Bananas, raw, 3 1/8 banana (371.9 g)
- Apple, 2/5 medium (3" dia) (72.8 g)
- Apple juice, 1 cup (243.9 g)
- Avocado, 0 cup (2.4 g)
- Lemon juice, 1 tablespoons (15 g)

### **Nut and Seed Products**

- Nuts, almonds, 2 1/5 oz (23 whole kernels) (61.5 g)

### **Baked Products**

- Pumpkin puree, 434.9 g

### **Beverages**

- Water, 231.9 g

### **Canned and Jarred**

- Canned white beans, 430.9 g

### **Other**

- pepper, 1/2 tsp (1 g)
- sriracha, 1 tsp (4.8 g)
- Salmon, 2 1/5 fillet (371.5 g)
- Sea salt, 1/2 teaspoon (3.1 g)
- Dijon mustard, 1/2 teaspoon (2.5 g)
- Romaine lettuce, 1/2 head (312.9 g)

### **Restaurant Foods**

- Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added meat, with or without added vegetables, 100 grams (100 g)

### **Fats and Oils**

- Olive oil, 4 1/5 servings (58.3 g)
- Olive oil, 1/8 cup (28.1 g)
- Croutons, 7.2 g

### **Legumes and Legume Products**

- Black beans, 0 cup (5.2 g)

### **Cereal Grains and Pasta**

- Rice, 0 cup (9.9 g)

### **Soups, Sauces, and Gravies**

- Worcestershire sauce, 1/2 teaspoon (2.9 g)

### **Frozen**

- Spinach, 40.7 g