

NutriAdmin - Candida Diet 7-Day Meal Plan

📅 2023-12-04 👤 Lucy Domingo, RND

DAY 1

Breakfast	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	2 serving (754 g)
Lunch	Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice	2 serving (856 g)
Dinner	Tangerines	4 small (2-1/4" dia) (304 g)
Snack	Raspberries	40 raspberries (76 g)
	Almonds	2 handful (52 g)
	Plain soy yogurt	2 cup (450 g)

DAY 2

Breakfast	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	2 serving (754 g)
Lunch	Baked Garlic White Fish and Zucchini	2 serving (476 g)
Dinner	Tangerines	4 small (2-1/4" dia) (304 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)

DAY 3

Breakfast	Plain soy yogurt	2 cup (450 g)
	Blueberries	2 handful (152 g)
Lunch	Garlic Rosemary Chicken with Green Beans	2 serving (402 g)
Dinner	Baked Salmon with Dill and Asparagus	2 serving (930 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)

DAY 4

Breakfast	Plain soy yogurt	2 cup (450 g)
	Blueberries	2 handful (152 g)
Lunch	Paleo Chicken Stir Fry with Squash and Zucchini with Cauliflower Rice	2 serving (864 g)
Dinner	Chicken and Mushroom over Cauliflower Rice	2 serving (756 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Sunflower seeds	2 portion(s) (56 g)

DAY 5

Breakfast	Plain soy yogurt	2 cup (450 g)
	Strawberries	2 cup, halves (304 g)
Lunch	Baked Garlic White Fish and Asparagus	2 serving (582 g)
Dinner	Chicken and Mushroom over Cauliflower Rice	2 serving (756 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)

DAY 6

Breakfast	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)
Lunch	Garlic Rosemary Chicken with Zucchini	1 serving (239 g)
Dinner	Garlic Rosemary Chicken with Brussel Sprouts	2 serving (516 g)
Snack	Raspberries	40 raspberries (76 g)
	Almonds	2 handful (52 g)
	Plain soy yogurt	2 cup (450 g)

DAY 7

Breakfast	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)
Lunch	Garlic Rosemary Chicken with Brussel Sprouts	2 serving (516 g)
Dinner	Baked Garlic Salmon and Green Beans	1 serving (221 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y 1	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice	Tangerines	Raspberries Almonds Plain soy yogurt
D A Y 2	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	Baked Garlic White Fish and Zucchini	Tangerines	Plain soy yogurt Flaxseed Strawberries
D A Y 3	Plain soy yogurt Blueberries	Garlic Rosemary Chicken with Green Beans	Baked Salmon with Dill and Asparagus	Plain soy yogurt Blackberries
D A Y 4	Plain soy yogurt Blueberries	Paleo Chicken Stir Fry with Squash and Zucchini with Cauliflower Rice	Chicken and Mushroom over Cauliflower Rice	Plain soy yogurt Sunflower seeds
D A Y 5	Plain soy yogurt Strawberries	Baked Garlic White Fish and Asparagus	Chicken and Mushroom over Cauliflower Rice	Plain soy yogurt Flaxseed Strawberries
D A Y 6	Plain soy yogurt Flaxseed Strawberries	Garlic Rosemary Chicken with Zucchini	Garlic Rosemary Chicken with Brussel Sprouts	Raspberries Almonds Plain soy yogurt
D A Y 7	Plain soy yogurt Flaxseed Strawberries	Garlic Rosemary Chicken with Brussel Sprouts	Baked Garlic Salmon and Green Beans	Plain soy yogurt Blackberries

Macronutrient summary

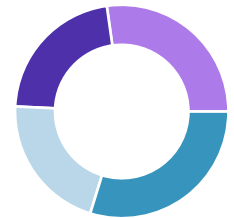
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13679.8	1954.3
Protein [g]	1087.1	155.3
Fat [g]	524.6	74.9
Carbs [g]	1253.6	179.1
Fiber [g]	281.4	40.2
Net Carbs [g]	972.2	138.9



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	532.3	29.2	18.5	66.9	12.3	54.5
Lunch	430	60.2	13.8	17.7	5.6	12.1
Dinner	410.2	44.5	15.8	25.1	7	19
Snack	581.8	21.3	26.9	68.4	15.3	53.2



Breakfast Lunch Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1933.2	141.1	78.7	183.5	38.4	145.1
Day 2	1909	156.7	71.8	180.3	40.6	139.7
Day 3	1956.1	158.5	74.2	173.6	36.2	137.4
Day 4	2011.6	167.9	73.1	183.8	30.4	153.4
Day 5	2023.5	172.6	74	184.1	44.4	139.7
Day 6	1936.2	145.2	78.6	174.6	45.6	129
Day 7	1910.2	145.1	74.3	173.7	45.8	127.9

Baked Salmon with Dill and Asparagus

🕒 25 min 🍽️ 2 servings

426 Kcal / serving

39g Protein 25g Fat 14g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 tablespoon (0.8 g)
- **Olive oil**, 2 servings (28 g)
- **Asparagus**, 1 bunches (450 g)
- **Salmon**, 2 fillet (340 g)
- **Salt and pepper**, 4 servings (2 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with parchment paper.

Drizzle the salmon with olive oil and sprinkle with salt, pepper, and chopped dill.

Arrange the asparagus around the salmon fillets on the baking sheet.

Drizzle olive oil over the asparagus and season with salt and pepper.

Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	852	91.7	426
Protein [g]	78.6	8.5	39.3
Fat [g]	50.4	5.4	25.2
Carbs [g]	27.6	3	13.8
Fiber [g]	12.5	1.3	6.3
Net Carbs [g]	15.1	1.6	7.6



Protein Fat Carbs

Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice

🕒 35 min 🍽️ 4 servings

268 Kcal / serving

29g Protein 11g Fat 14g Carbs

Ingredients

- Ground ginger, 1 teaspoons (2 g)
- Apple cider vinegar, 1 tablespoon (15.1 g)
- Pork tenderloin, 1 pounds (453.6 g)
- Cauliflower, 1 medium head (575 g)
- Mushrooms, 8 ounces (226.7 g)
- Zucchini, 2 medium (392 g)
- Garlic, 2 clove (5.8 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Coconut aminos, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large skillet, heat 1 tablespoon of coconut oil over medium-high heat.

Add the sliced pork to the skillet and cook until browned, about 5 minutes. Remove the pork from the skillet and set aside.

In the same skillet, add another tablespoon of coconut oil and sauté the zucchini, mushrooms, and minced garlic until tender, about 5-7 minutes.

While the vegetables are cooking, prepare the cauliflower rice by pulsing the cauliflower florets in a food processor until they resemble rice grains.

In a separate skillet, heat 1 tablespoon of coconut oil over medium heat. Add the cauliflower rice and cook for 5 minutes, stirring occasionally.

Return the cooked pork to the vegetable skillet and add the coconut aminos, apple cider vinegar, ground ginger, salt, and pepper. Stir well to combine and cook for an additional 2-3 minutes to allow the flavors to meld.

Serve the sautéed pork and vegetables over the cauliflower rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1071.3	62.5	267.8
Protein [g]	117	6.8	29.3
Fat [g]	45.7	2.7	11.4
Carbs [g]	54.7	3.2	13.7
Fiber [g]	18.1	1.1	4.5
Net Carbs [g]	36.6	2.1	9.2



Protein Fat Carbs

Paleo Chicken Stir Fry with Squash and Zucchini with Cauliflower Rice

🕒 35 min 🍽️ 4 servings

284 Kcal / serving

35g Protein 8g Fat 20g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Cilantro**, 1/4 cup (11.3 g)
- **Cauliflower**, 2 small head (552 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ginger**, 1 tablespoon (7 g)
- **Zucchini**, 2 cup, chopped (248 g)
- **Garlic**, 2 cloves (5.9 g)
- **Fish sauce**, 1 tbsp (18.1 g)
- **Squash**, 2 cups (280 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Chicken Breast**, 2 piece (544 g)



Instructions

In a large skillet or wok, heat the olive oil over medium-high heat.

Add the minced garlic and grated ginger, sauté for 1-2 minutes until fragrant.

Add the sliced chicken to the skillet and cook until browned and cooked through, about 5-6 minutes.

Remove the cooked chicken from the skillet and set aside.

In the same skillet, add the sliced squash and zucchini. Cook for 3-4 minutes until slightly tender.

While the vegetables are cooking, steam the riced cauliflower until tender.

Add the cooked chicken back to the skillet with the vegetables.

In a small bowl, whisk together the coconut aminos, fish sauce, and apple cider vinegar.

Pour the sauce over the chicken and vegetables in the skillet. Stir well to coat everything evenly.

Season with salt and pepper to taste.

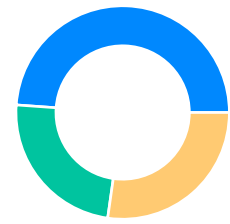
Continue cooking for another 2-3 minutes until everything is heated through.

Serve the stir fry over the steamed cauliflower rice.

Garnish with fresh cilantro before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1134.8	65.7	283.7
Protein [g]	140.5	8.1	35.1
Fat [g]	30.5	1.8	7.6
Carbs [g]	78.3	4.5	19.6
Fiber [g]	19.7	1.1	4.9
Net Carbs [g]	58.6	3.4	14.7



Protein Fat Carbs

Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash

🕒 30 min 🍽️ 4 servings

290 Kcal / serving

30g Protein 9g Fat 26g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground turkey to the skillet and cook until browned.

Remove the cooked turkey from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground turkey back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the turkey.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1157.8	76.8	289.5
Protein [g]	120.1	8	30
Fat [g]	36.4	2.4	9.1
Carbs [g]	103.6	6.9	25.9
Fiber [g]	21.3	1.4	5.3
Net Carbs [g]	82.3	5.5	20.6



Protein Fat Carbs

Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash

🕒 30 min 🍽️ 4 servings

300 Kcal / serving

28g Protein 10g Fat 26g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)
- **lean ground beef**, 1 pound (454 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground beef to the skillet and cook until browned.

Remove the cooked beef from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground beef back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the beef.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1199.1	79.5	299.8
Protein [g]	112.9	7.5	28.2
Fat [g]	41.2	2.7	10.3
Carbs [g]	103.6	6.9	25.9
Fiber [g]	21.3	1.4	5.3
Net Carbs [g]	82.3	5.5	20.6



Protein Fat Carbs

Baked Garlic White Fish and Asparagus

🕒 20 min 🍽️ 4 servings

250 Kcal / serving

37g Protein 10g Fat 5g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Asparagus, 1 bunches (450 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and asparagus on a baking sheet.

Drizzle olive oil over the fish and asparagus, then sprinkle with garlic powder, salt, and pepper.

Toss the asparagus to coat evenly with the oil and seasonings.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and the asparagus is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1000.3	85.9	250.1
Protein [g]	146.9	12.6	36.7
Fat [g]	40.1	3.4	10
Carbs [g]	19.6	1.7	4.9
Fiber [g]	9.7	0.8	2.4
Net Carbs [g]	9.9	0.8	2.5



Protein Fat Carbs

Baked Garlic Salmon and Green Beans

🕒 20 min 🍽️ 2 servings

377 Kcal / serving

35g Protein 24g Fat 4g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 g)
- Green Beans, 2 portion(s) (70 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Trim the ends of the green beans and arrange them around the salmon on the baking sheet.

Drizzle the green beans with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the green beans is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	753.1	170.4	376.6
Protein [g]	69.2	15.7	34.6
Fat [g]	48.7	11	24.4
Carbs [g]	7.1	1.6	3.6
Fiber [g]	2.2	0.5	1.1
Net Carbs [g]	4.9	1.1	2.5



Protein Fat Carbs

Baked Garlic White Fish and Zucchini

🕒 20 min 🍽️ 4 servings

238 Kcal / serving

35g Protein 10g Fat 2g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and zucchini on a baking sheet.

Drizzle olive oil over the fish and zucchini, then sprinkle with garlic powder, salt, and pepper.

Toss the zucchini to coat evenly with the oil and seasonings.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and the zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	950.4	99.9	237.6
Protein [g]	139.9	14.7	35
Fat [g]	40.3	4.2	10.1
Carbs [g]	9.5	1	2.4
Fiber [g]	2.6	0.3	0.7
Net Carbs [g]	6.9	0.7	1.7



Protein Fat Carbs

Garlic Rosemary Chicken with Green Beans

🕒 15 min 🍽️ 2 servings

163 Kcal / serving

26g Protein 3g Fat 8g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Green Beans, 4 portion(s) (160 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and green beans.

Place the chicken breasts and green beans on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	325.4	81.1	162.7
Protein [g]	51.7	12.9	25.9
Fat [g]	6.3	1.6	3.2
Carbs [g]	15.2	3.8	7.6
Fiber [g]	4.6	1.1	2.3
Net Carbs [g]	10.6	2.6	5.3



Protein Fat Carbs

Garlic Rosemary Chicken with Zucchini

🕒 15 min 🍽️ 2 servings

158 Kcal / serving

26g Protein 3g Fat 6g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced zucchini.

Place the chicken breasts and zucchini on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	315.9	66.2	158
Protein [g]	51.6	10.8	25.8
Fat [g]	6.7	1.4	3.4
Carbs [g]	11.3	2.4	5.7
Fiber [g]	2.6	0.5	1.3
Net Carbs [g]	8.7	1.8	4.4



Protein Fat Carbs

Garlic Rosemary Chicken with Brussel Sprouts

🕒 15 min 🍽️ 2 servings

223 Kcal / serving

36g Protein 4g Fat 11g Carbs

Ingredients

- **Rosemary**, 2 sprig (0.2 g)
- **Salt**, 1/2 tsp (3 g)
- **Garlic**, 4 clove (12 g)
- **Chicken breasts**, 300 g (300 g)
- **Brussels sprouts, halved**, 2 portion(s) (200 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced Brussel Sprouts.

Place the chicken breasts and Brussel Sprouts on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	446.1	86.6	223.1
Protein [g]	71.2	13.8	35.6
Fat [g]	8.4	1.6	4.2
Carbs [g]	21.9	4.3	11
Fiber [g]	7.9	1.5	4
Net Carbs [g]	14	2.7	7



Protein Fat Carbs

Chicken and Mushroom over Cauliflower Rice

🕒 30 min 🍽️ 2 servings

218 Kcal / serving

31g Protein 6g Fat 12g Carbs

Ingredients

- **Salt**, 1/2 teaspoon (2.5 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower**, 1 small head (265 g)
- **Chicken broth**, 1 tablespoons (15 g)
- **Mushrooms**, 8 oz (226.8 g)
- **Olive oil**, 1 tsp (5 g)
- **Garlic**, 2 clove (6 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Parsley**, 2 tablespoon (8 g)
- **Chicken breasts**, 2 portion (226 g)

Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and sliced mushrooms to the skillet. Cook until mushrooms are tender and slightly browned, about 5 minutes. Remove from skillet and set aside.

Season chicken breasts with dried thyme, salt, and black pepper.

In the same skillet, cook chicken breasts for about 6-7 minutes per side, or until cooked through. Remove from skillet and let rest for a few minutes before slicing into strips.

While the chicken is resting, steam the riced cauliflower until tender, about 5 minutes.

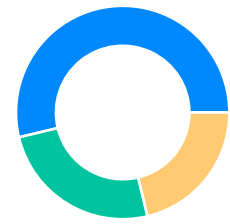
Return the cooked mushrooms to the skillet and add the steamed cauliflower rice. Stir in low-sodium chicken broth and cook for an additional 2-3 minutes, until everything is heated through.

Serve the chicken and mushroom mixture over the cauliflower rice.

Garnish with fresh parsley and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	435.2	57.7	218.1
Protein [g]	61.1	8.1	30.6
Fat [g]	12.6	1.7	6.3
Carbs [g]	24.2	3.2	12.1
Fiber [g]	8.5	1.1	4.3
Net Carbs [g]	15.7	2.1	7.9



Protein Fat Carbs

Shopping List

Spices and Herbs

- Onion powder, 2 g
- Sage, 0.1 g
- Thyme, 3 g
- Salt, 18 g
- Ground ginger, 1 g
- Apple cider vinegar, 15 g
- Salt and pepper, 9 g
- Garlic powder, 4.5 g
- Rosemary, 0.7 g
- Dill, 0.8 g
- Pepper, 1 g

Vegetables and Vegetable Products

- Cauliflower, 1358.5 g
- Butternut squash, 749.8 g
- Parsley, 24 g
- Mushrooms, 567 g
- Zucchini, 556.3 g
- Garlic, 60 g
- Green Beans, 195.3 g
- Cilantro, 5.6 g
- Ginger, 3.5 g
- Squash, 140.1 g
- Asparagus, 675.4 g
- Brussels sprouts, halved, 400.6 g

Fats and Oils

- Coconut oil, 39.2 g
- Olive oil, 86.3 g

Beef Products

- lean ground beef, 226.9 g

Poultry Products

- Ground turkey, 226.8 g
- Chicken Breast, 272.2 g

Legumes and Legume Products

- Plain soy yogurt, 5400 g

Fruits and Fruit Juices

- Blueberries, 304 g
- Strawberries, 1520 g
- Tangerines, 608 g
- Lemon, 108.1 g
- Raspberries, 152 g
- Blackberries, 448 g

Nut and Seed Products

- Flaxseed, 224 g
- Almonds, 104 g
- Sunflower seeds, 56 g

Pork Products

- Pork tenderloin, 226.6 g

Other

- Coconut aminos, 22.5 g

Finfish and Shellfish Products

- Fish, 680.1 g
- Salmon, 510.4 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 1392.7 g

Soups, Sauces, and Gravies

- Fish sauce, 9 g
- Chicken broth, 30 g