

Monthly Meal Plan Sample - Week 1

 Lucy Domingo, RND

DAY 1

Breakfast	Banana Overnight Oats with Chia Seeds	1 serving (333 g)
Mid-morning snack	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Blueberries	100 berries (136 g)
Lunch	Broccoli Beef Brown Rice	2 serving (496 g)
Mid-afternoon snack	Tuna Tomato and Cucumber Sandwich	1 serving (290 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Dinner	Parmesan Crusted White Fish with Asparagus over Brown Rice	1 serving (287 g)

DAY 2

Breakfast	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Mid-morning snack	Banana	1 banana (119 g)
	Almonds	1 serving (32 g)
Lunch	Hot-Smoked Salmon and Rice Salad	2 serving (440 g)
Mid-afternoon snack	Peanut butter, reduced sodium	2 tbsp (32 g)
	Whole Wheat Bread	2 slice (64 g)
Dinner	Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli	2 serving (550 g)

DAY 3

Breakfast	Fried Egg	2 eggs (76 g)
	Mushrooms, Fresh	1/2 cup (48 g)
	Cheddar Cheese	1/2 slice (8.5 g)
	Whole Wheat Bread	2 slice (64 g)
Mid-morning snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
	Blueberries	1/2 cup (59 g)
Lunch	Pork Slices with Green Beans and Quinoa	1 serving (268 g)
Mid-afternoon snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
	Blueberries	1/2 cup (59 g)
Dinner	Baked Salmon with Broccoli and Carrots over Cooked Brown Rice	537 g

DAY 4

Breakfast	Raspberries	20 raspberries (38 g)
	Almonds	1 handful (26 g)
	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
Mid-morning snack	Roasted almonds, salted	1 oz (22 whole kernels) (28.4 g)
	Strawberries	1/2 cup (112 g)
Lunch	Canned Tuna with Cucumber and Lemon over Brown Rice	2 serving (684 g)
Mid-afternoon snack	Tuna Greek Yogurt and Lettuce Sandwich	1 serving (307 g)
Dinner	White Fish Potatoes, Bell Peppers and Asparagus Bake	2 serving (764 g)

DAY 5

Breakfast	Mediterranean Broccoli Omelet	1 serving (176 g)
Mid-morning snack	Tuna Tomato and Cucumber Sandwich	1 serving (290 g)
	Strawberries	1/2 cup (112 g)
Lunch	Chicken Wrap with Arugula, Tomato and Greek Yogurt	2 serving (650 g)
Mid-afternoon snack	Banana	1 medium (7" to 7-7/8" long) (118 g)
	Peanut butter, smooth	1 tablespoon (20 g)
Dinner	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula	1 serving (252 g)

DAY 6

Breakfast	Berry Yogurt Breakfast Smoothie	1 serving (368 g)
Mid-morning snack	Strawberries	1 serving (118.5 g)
	Walnuts	1 portion(s) (15 g)
Lunch	Pan Fried Chicken with Broccoli, and Quinoa	2 serving (416 g)
Mid-afternoon snack	Cinnamon Pan Fried Bananas	2 serving (216 g)
	Almonds	1 serving (32 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Broccoli	2 serving (510 g)

DAY 7

Breakfast	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	2 serving (416 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Mid-morning snack	Cucumber Toast with Tomato, Feta Cheese, and Olive Oil	1 serving (279 g)
	Blueberry	1/2 cup (100 g)
Lunch	Parmesan Baked White Fish with Broccoli over Quinoa	1 serving (334 g)
	Banana	1 banana (119 g)
Mid-afternoon snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Dinner	Turkey Breast and Green Beans over Quinoa	1 serving (238 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D A Y 1	Banana Overnight Oats with Chia Seeds	Plain Yogurt (Low Fat) Blueberries	Broccoli Beef Brown Rice	Tuna Tomato and Cucumber Sandwich Coffee (Unsweetened) Fat-Free Milk	Parmesan Crusted White Fish with Asparagus over Brown Rice
D A Y 2	Vegan Hummus and Pan Fried Onions Toast	Banana Almonds	Hot-Smoked Salmon and Rice Salad	Peanut butter, reduced sodium Whole Wheat Bread	Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli
D A Y 3	Fried Egg Mushrooms, Fresh Cheddar Cheese Whole Wheat Bread	Cinnamon Roasted Sweet Potato Fries Blueberries	Pork Slices with Green Beans and Quinoa	Vegan Hummus and Pan Fried Onions Toast Blueberries	Baked Salmon with Broccoli and Carrots over Cooked Brown Rice
D A Y 4	Raspberries Almonds Plain Yogurt (Whole Milk)	Roasted almonds, salted Strawberries	Canned Tuna with Cucumber and Lemon over Brown Rice	Tuna Greek Yogurt and Lettuce Sandwich	White Fish Potatoes, Bell Peppers and Asparagus Bake
D A Y 5	Mediterranean Broccoli Omelet	Tuna Tomato and Cucumber Sandwich Strawberries	Chicken Wrap with Arugula, Tomato and Greek Yogurt	Banana Peanut butter, smooth	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula
D A Y 6	Berry Yogurt Breakfast Smoothie	Strawberries Walnuts	Pan Fried Chicken with Broccoli, and Quinoa	Cinnamon Pan Fried Bananas Almonds	Air Fried Lemon White Fish with Potatoes and Broccoli
D A Y 7	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast Coffee (Unsweetened) Fat-Free Milk	Cucumber Toast with Tomato, Feta Cheese, and Olive Oil Blueberry	Parmesan Baked White Fish with Broccoli over Quinoa Banana	Vegan Hummus and Pan Fried Onions Toast	Turkey Breast and Green Beans over Quinoa

Macronutrient summary

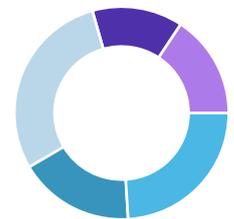
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12584.6	1797.8
Protein [g]	948.2	135.5
Fat [g]	429.7	61.4
Carbs [g]	1287.2	183.9
Fiber [g]	196.9	28.1
Net Carbs [g]	1090.3	155.8



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	282.5	17.7	11.7	28	5.5	22.5
Mid-morning snack	246	8.7	11.8	29.2	5.2	24
Lunch	522.9	47.3	13.2	53.1	5.7	47.5
Mid-afternoon snack	314.6	17.6	11.4	38.1	5.8	32.3
Dinner	431.8	44.1	13.4	35.4	6	29.4



Breakfast Mid-morning snack Lunch
Mid-afternoon snack Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1799.5	135.9	57.1	192.9	25.1	167.8
Day 2	1799.9	95.7	70.6	207.6	31.1	176.5
Day 3	1762.9	118.4	64.9	179	29.4	149.6
Day 4	1831.6	176.1	61.3	152.3	28.3	124
Day 5	1855.8	141.9	67.1	175.2	22.9	152.3
Day 6	1766.4	141.3	52.9	198.4	32.7	165.7
Day 7	1768.7	138.9	55.8	181.8	27.5	154.3

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Overnight Oats with Chia Seeds 1 serving (333 g)	273.7	8.9	9.4	40.4	9.8	30.6
TOTAL FOR BREAKFAST	273.7	8.9	9.4	40.4	9.8	30.6
Mid-morning snack						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Blueberries 100 berries (136 g)	77.5	1	0.4	19.7	3.3	16.4
TOTAL FOR MID-MORNING SNACK	148.7	6.9	2.2	27.7	3.3	24.4
Lunch						
Broccoli Beef Brown Rice 2 serving (496 g)	579	54.1	17.7	51.9	5.9	46
TOTAL FOR LUNCH	579	54.1	17.7	51.9	5.9	46
Mid-afternoon snack						
Tuna Tomato and Cucumber Sandwich 1 serving (290 g)	318.9	23.3	10.9	33.3	3.7	29.6
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
TOTAL FOR MID-AFTERNOON SNACK	403.2	31.7	11.1	45.6	3.7	41.9
Dinner						
Parmesan Crusted White Fish with Asparagus over Brown Rice 1 serving (287 g)	394.9	34.3	16.6	27.4	2.6	24.8
TOTAL FOR DINNER	394.9	34.3	16.6	27.4	2.6	24.8
TOTAL FOR DAY 1	1799.5	135.9	57.1	192.9	25.1	167.8

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
TOTAL FOR BREAKFAST	221.3	9.3	9.6	26.2	6.3	19.9
Mid-morning snack						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
Almonds 1 serving (32 g)	185.3	6.8	16	6.9	4	2.9
TOTAL FOR MID-MORNING SNACK	291.2	8.1	16.4	34.1	7.1	27
Lunch						
Hot-Smoked Salmon and Rice Salad 2 serving (440 g)	487.7	28.6	14.6	58.1	1.9	56.2
TOTAL FOR LUNCH	487.7	28.6	14.6	58.1	1.9	56.2
Mid-afternoon snack						
Peanut butter, reduced sodium 2 tbsp (32 g)	188.8	7.7	16	7	2.1	4.9
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
TOTAL FOR MID-AFTERNOON SNACK	350.1	15.6	18.2	34.3	6	28.3
Dinner						
Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli 2 serving (550 g)	449.5	34.1	11.8	54.9	9.9	45
TOTAL FOR DINNER	449.5	34.1	11.8	54.9	9.9	45
TOTAL FOR DAY 2	1799.9	95.7	70.6	207.6	31.1	176.5

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 eggs (76 g)	149	10.3	11.3	0.6	0	0.6
Mushrooms, Fresh 1/2 cup (48 g)	10.6	1.5	0.2	1.6	0.5	1.1
Cheddar Cheese 1/2 slice (8.5 g)	34.3	1.9	2.8	0.3	0	0.3
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
TOTAL FOR BREAKFAST	355.1	21.7	16.5	29.8	4.3	25.5
Mid-morning snack						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
Blueberries 1/2 cup (59 g)	33.6	0.4	0.2	8.5	1.4	7.1
TOTAL FOR MID-MORNING SNACK	241.6	3.1	7.1	43.3	6.8	36.5
Lunch						
Pork Slices with Green Beans and Quinoa 1 serving (268 g)	295	28.6	9.3	23.7	4.1	19.6
TOTAL FOR LUNCH	295	28.6	9.3	23.7	4.1	19.6
Mid-afternoon snack						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
Blueberries 1/2 cup (59 g)	33.6	0.4	0.2	8.5	1.4	7.1
TOTAL FOR MID-AFTERNOON SNACK	255	9.7	9.8	34.8	7.7	27.1
Dinner						
Baked Salmon with Broccoli and Carrots over Cooked Brown Rice 537 g	616.1	55.2	22.3	47.4	6.4	41

TOTAL FOR DINNER	616.1	55.2	22.3	47.4	6.4	41
TOTAL FOR DAY 3	1762.9	118.4	64.9	179	29.4	149.6

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Almonds 1 handful (26 g)	150.5	5.5	13	5.6	3.3	2.3
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
TOTAL FOR BREAKFAST	274	11.9	18.8	18.1	5.7	12.4
Mid-morning snack						
Roasted almonds, salted 1 oz (22 whole kernels) (28.4 g)	169.5	5.9	14.9	6	3.1	2.9
Strawberries 1/2 cup (112 g)	35.8	0.8	0.3	8.6	2.2	6.4
TOTAL FOR MID-MORNING SNACK	205.4	6.7	15.2	14.6	5.3	9.3
Lunch						
Canned Tuna with Cucumber and Lemon over Brown Rice 2 serving (684 g)	411.1	38.7	3.7	53.5	5.7	47.8
TOTAL FOR LUNCH	411.1	38.7	3.7	53.5	5.7	47.8
Mid-afternoon snack						
Tuna Greek Yogurt and Lettuce Sandwich 1 serving (307 g)	331.9	42.1	3.6	30.7	2.8	27.9
TOTAL FOR MID-AFTERNOON SNACK	331.9	42.1	3.6	30.7	2.8	27.9
Dinner						
White Fish Potatoes, Bell Peppers and Asparagus Bake 2 serving (764 g)	609.2	76.7	20	35.5	8.8	26.7
TOTAL FOR DINNER	609.2	76.7	20	35.5	8.8	26.7
TOTAL FOR DAY 4	1831.6	176.1	61.3	152.3	28.3	124

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mediterranean Broccoli Omelet 1 serving (176 g)	235.7	15.3	17.1	5.3	1.6	3.7
TOTAL FOR BREAKFAST	235.7	15.3	17.1	5.3	1.6	3.7
Mid-morning snack						
Tuna Tomato and Cucumber Sandwich 1 serving (290 g)	318.9	23.3	10.9	33.3	3.7	29.6
Strawberries 1/2 cup (112 g)	35.8	0.8	0.3	8.6	2.2	6.4
TOTAL FOR MID-MORNING SNACK	354.7	24	11.3	41.9	5.9	36
Lunch						
Chicken Wrap with Arugula, Tomato and Greek Yogurt 2 serving (650 g)	724.3	70.6	16.5	70.8	6.9	63.9
TOTAL FOR LUNCH	724.3	70.6	16.5	70.8	6.9	63.9
Mid-afternoon snack						
Banana 1 medium (7" to 7-7/8" long) (118 g)	105	1.3	0.4	27	3.1	23.9
Peanut butter, smooth 1 tablespoon (20 g)	121.4	4.6	10.4	2.6	1.3	1.3
TOTAL FOR MID-AFTERNOON SNACK	226.4	5.8	10.7	29.6	4.4	25.2
Dinner						
Roasted Beef Strips and Garlic Sweet Potatoes with Arugula 1 serving (252 g)	314.6	26.2	11.4	27.6	4.1	23.5
TOTAL FOR DINNER	314.6	26.2	11.4	27.6	4.1	23.5
TOTAL FOR DAY 5	1855.8	141.9	67.1	175.2	22.9	152.3

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Berry Yogurt Breakfast Smoothie 1 serving (368 g)	183.7	12.6	3.2	28.7	4.9	23.8
TOTAL FOR BREAKFAST	183.7	12.6	3.2	28.7	4.9	23.8
Mid-morning snack						
Strawberries 1 serving (118.5 g)	37.9	0.8	0.4	9.1	2.4	6.7
Walnuts 1 portion(s) (15 g)	98.1	2.3	9.8	2.1	1	1.1
TOTAL FOR MID-MORNING SNACK	136	3.1	10.1	11.2	3.4	7.8
Lunch						
Pan Fried Chicken with Broccoli, and Quinoa 2 serving (416 g)	662	62.7	18.1	60.6	8.3	52.3
TOTAL FOR LUNCH	662	62.7	18.1	60.6	8.3	52.3
Mid-afternoon snack						
Cinnamon Pan Fried Bananas 2 serving (216 g)	228.9	2.3	0.7	59	5.8	53.2
Almonds 1 serving (32 g)	185.3	6.8	16	6.9	4	2.9
TOTAL FOR MID-AFTERNOON SNACK	414.2	9	16.7	65.9	9.8	56.1
Dinner						
Air Fried Lemon White Fish with Potatoes and Broccoli 2 serving (510 g)	370.5	53.9	4.7	32.1	6.3	25.8
TOTAL FOR DINNER	370.5	53.9	4.7	32.1	6.3	25.8
TOTAL FOR DAY 6	1766.4	141.3	52.9	198.4	32.7	165.7

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast 2 serving (416 g)	349.4	36	6.7	35.2	6	29.2
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
TOTAL FOR BREAKFAST	433.7	44.4	6.9	47.5	6	41.5
Mid-morning snack						
Cucumber Toast with Tomato, Feta Cheese, and Olive Oil 1 serving (279 g)	292.4	8.1	20.2	20.7	2.9	17.8
Blueberry 1/2 cup (100 g)	52	0.6	0.1	11.3	1.8	9.5
TOTAL FOR MID-MORNING SNACK	344.4	8.7	20.3	32	4.7	27.3
Lunch						
Parmesan Baked White Fish with Broccoli over Quinoa 1 serving (334 g)	395.5	46.7	11.8	26.2	3.8	22.4
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
TOTAL FOR LUNCH	501.4	48	12.2	53.4	6.9	46.5
Mid-afternoon snack						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
TOTAL FOR MID-AFTERNOON SNACK	221.3	9.3	9.6	26.2	6.3	19.9
Dinner						
Turkey Breast and Green Beans over Quinoa 1 serving (238 g)	267.8	28.5	6.7	22.7	3.7	19

TOTAL FOR DINNER	267.8	28.5	6.7	22.7	3.7	19
TOTAL FOR DAY 7	1768.7	138.9	55.8	181.8	27.5	154.3

Baked Salmon with Broccoli and Carrots over Cooked Brown Rice

🕒 15 min 🍽️ 2 servings

425 Kcal / serving

38g Protein 15g Fat 33g Carbs

Ingredients

- Turmeric, 1 teaspoons (2.3 g)
- Lemon juice, 2 tablespoons (30 g)
- Ginger powder, 1 teaspoons (2 g)
- Carrot, 1/2 cup chopped (64 g)
- Olive oil, 1/2 tablespoon (6.8 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Broccoli florets, 1 cup (91 g)
- cooked brown rice, 1 cups (200 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together olive oil, lemon juice, turmeric, ginger powder, garlic powder, salt, and pepper.

Place the salmon fillets in a baking dish and pour the marinade over them. Let them marinate for 5 minutes.

Meanwhile, steam the broccoli florets and carrot slices for 3-4 minutes until slightly tender.

Place the marinated salmon fillets in the preheated oven and bake for 10 minutes or until cooked through.

In the last 5 minutes of baking, add the steamed broccoli and carrot slices to the baking dish alongside the salmon.

While the salmon and vegetables are baking, cook the rice according to package instructions.

Once the salmon is cooked and the vegetables are tender, remove from the oven.

Serve the baked salmon and vegetables over a bed of cooked rice.

Garnish with fresh herbs or lemon slices if desired.

Enjoy the Baked Salmon with Broccoli and Carrots over Cooked Brown Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	849	114.8	424.5
Protein [g]	76	10.3	38
Fat [g]	30.7	4.2	15.4
Carbs [g]	65.3	8.8	32.7
Fiber [g]	8.8	1.2	4.4
Net Carbs [g]	56.5	7.6	28.3



Protein Fat Carbs

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

221 Kcal / serving

9g Protein 10g Fat 26g Carbs

Ingredients

- Olive oil, 1 tsp (5 g)
- Vegan hummus, 1/2 cup (123 g)
- Whole Wheat Bread, 2 slice (64 g)
- Onion, thinly sliced, 1/2 cup (78.5 g)



Instructions

Heat olive oil in a pan over medium heat.

Add the sliced onions and sauté for 5 minutes until they are slightly softened and charred.

Toast the bread slices until golden brown.

Spread a generous amount of vegan hummus on each slice of toast.

Top the hummus with the pan-fried onions.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	441.1	163.1	220.6
Protein [g]	18.5	6.8	9.3
Fat [g]	19.1	7.1	9.6
Carbs [g]	52.2	19.3	26.1
Fiber [g]	12.6	4.7	6.3
Net Carbs [g]	39.6	14.6	19.8



Protein Fat Carbs

Cucumber Toast with Tomato, Feta Cheese, and Olive Oil

🕒 15 min 🍽️ 2 servings

293 Kcal / serving

8g Protein 20g Fat 21g Carbs

Ingredients

- Feta cheese, 3 tablespoons (51 g)
- Cucumber, 1 cucumber (300 g)
- Olive oil, 2 tablespoon (27 g)
- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Bread, 2 slices (57.5 g)



Instructions

1. Toast the bread slices until golden brown.
2. While the bread is toasting, wash and slice the cucumber and tomato.
3. Once the bread is toasted, place the slices on a serving plate.
4. Layer the cucumber slices on top of the toast.
5. Add the tomato slices on top of the cucumber.
6. Crumble the feta cheese over the tomatoes.
7. Drizzle the olive oil over the entire dish.
8. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	584.9	104.7	292.5
Protein [g]	16.3	2.9	8.2
Fat [g]	40.4	7.2	20.2
Carbs [g]	41.3	7.4	20.7
Fiber [g]	5.9	1.1	3
Net Carbs [g]	35.4	6.3	17.7



Protein Fat Carbs

Banana Overnight Oats with Chia Seeds

🕒 10 min 🍽️ 1 serving

274 Kcal / serving

9g Protein 9g Fat 40g Carbs

Ingredients

- Banana, 1 portion(s) (30 g)
- Rolled oats, 1/2 c (40.5 g)
- Chia seeds, 1 tbsp (12 g)
- Almond milk, 1 cup (250 g)



Instructions

In a mason jar or airtight container, mash the ripe banana using a fork.

Add the rolled oats, chia seeds, almond milk, maple syrup, and vanilla extract to the mashed banana.

Stir well to combine all the ingredients.

Cover the container and refrigerate overnight or for at least 4 hours.

In the morning, give the mixture a good stir. If it appears too thick, you can add a little more plant-based milk to achieve your desired consistency.

Serve the overnight oats in a bowl or glass.

Enjoy your delicious raw vegan banana overnight oats with chia seeds!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	273.7	82.3	273.7
Protein [g]	8.9	2.7	8.9
Fat [g]	9.4	2.8	9.4
Carbs [g]	40.4	12.1	40.4
Fiber [g]	9.8	2.9	9.8
Net Carbs [g]	30.6	9.2	30.6



Protein Fat Carbs

Tuna Tomato and Cucumber Sandwich

🕒 10 min 🍽️ 1 serving

319 Kcal / serving

23g Protein 11g Fat 33g Carbs

Ingredients

- Lemon juice, 1 tablespoons (15 g)
- Cucumber, 1/4 cup, pared, chopped (33.3 g)
- Olive oil, 2 teaspoons (8 g)
- Tomato, 1 small whole (2-2/5" dia) (91 g)
- Tuna in water, 1/2 can (82.5 g)
- Bread, 2 slices (57.5 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 1 leaves (1 g)



Instructions

In a bowl, combine the drained tuna, chopped cucumber, olive oil, lemon juice, salt, and pepper. Mix well.

Toast the slices of gluten-free bread until golden brown.

Spread the tuna mixture evenly on one slice of bread.

Top with sliced tomatoes and lettuce leaves.

Place the second slice of bread on top.

Cut the sandwich in half and serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	318.9	109.9	318.9
Protein [g]	23.3	8	23.3
Fat [g]	10.9	3.8	10.9
Carbs [g]	33.3	11.5	33.3
Fiber [g]	3.7	1.3	3.7
Net Carbs [g]	29.6	10.2	29.6



Protein Fat Carbs

Cinnamon Roasted Sweet Potato Fries

🕒 20 min 🍽️ 4 servings

207 Kcal / serving

3g Protein 7g Fat 35g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Sweet potatoes, 2 large (680 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 425°F (220°C).

Peel the sweet potatoes and cut them into thin fry-like strips.

In a large bowl, toss the sweet potato strips with olive oil, ground cinnamon, salt, and black pepper until well coated.

Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.

Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

Remove from the oven and let them cool for a few minutes before serving.

Serve the cinnamon roasted sweet potato fries as a delicious side dish or snack.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	829.7	116.9	207.4
Protein [g]	10.8	1.5	2.7
Fat [g]	27.4	3.9	6.9
Carbs [g]	138.7	19.5	34.7
Fiber [g]	21.6	3	5.4
Net Carbs [g]	117.1	16.5	29.3



Protein Fat Carbs

Mediterranean Broccoli Omelet

🕒 15 min 🍽️ 2 servings

236 Kcal / serving

15g Protein 17g Fat 5g Carbs

Ingredients

- Feta cheese, 1 tbsp (17.1 g)
- Eggs, 4 large (200 g)
- Olive oil, 2 tsp (10 g)
- Broccoli florets, 1 cup (91 g)
- Onion, 2 tablespoons (20 g)
- Kalamata olives, 1 tablespoons (8 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a medium-sized bowl, beat the eggs until well combined. Season with salt and pepper.

Heat olive oil in a non-stick skillet over medium heat.

Add the chopped red onion and cook for 2 minutes until slightly softened.

Add the broccoli florets to the skillet and cook for an additional 3-4 minutes until tender.

Pour the beaten eggs into the skillet, ensuring they cover the entire surface.

Sprinkle the chopped Kalamata olives, crumbled feta cheese, and fresh parsley evenly over the eggs.

Cook the omelet for 3-4 minutes or until the edges are set and the center is slightly runny.

Using a spatula, carefully fold the omelet in half and cook for another 1-2 minutes until the center is cooked to your liking.

Remove from heat and let it rest for a minute before serving.

Garnish with additional parsley if desired.

Serve the Mediterranean broccoli omelet hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	471.4	133.9	235.7
Protein [g]	30.5	8.7	15.3
Fat [g]	34.3	9.7	17.2
Carbs [g]	10.6	3	5.3
Fiber [g]	3.1	0.9	1.6
Net Carbs [g]	7.5	2.1	3.8



Protein Fat Carbs

Hot-Smoked Salmon and Rice Salad

🕒 10 min 🍽️ 4 servings

244 Kcal / serving

14g Protein 7g Fat 29g Carbs

Ingredients

- Lemon juice, 1 tablespoon (14.7 g)
- Dill, 2 tbsp (0.8 g)
- Cucumber, 1/2 cup (64.1 g)
- Olive oil, 1 tablespoon (13.5 g)
- Rice, 2 cups (370 g)
- Hot-smoked salmon fillet, 1/2 lb (226.8 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/4 cup (40 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large bowl, combine the cooked rice, cherry tomatoes, cucumber, red onion, and fresh dill.

Flake the hot-smoked salmon into small pieces and add it to the bowl.

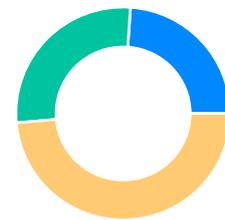
In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.

Pour the dressing over the rice salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	976.5	110.8	244.1
Protein [g]	57.3	6.5	14.3
Fat [g]	29.3	3.3	7.3
Carbs [g]	116.4	13.2	29.1
Fiber [g]	3.7	0.4	0.9
Net Carbs [g]	112.7	12.8	28.2



Protein Fat Carbs

Broccoli Beef Brown Rice

🕒 30 min 🍽️ 4 servings

290 Kcal / serving

27g Protein 9g Fat 26g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cups (182 g)
- Beef, sirloin steak, raw, lean, 400 grams (400 g)



Instructions

Cook the rice according to package instructions.

Season the beef slices with salt and pepper.

In a large skillet, heat some oil over medium-high heat.

Add the beef slices to the skillet and cook for about 6-8 minutes per side, or until cooked through.

Remove the cooked beef from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

In the same skillet, add the broccoli florets and cook for about 5 minutes, or until they are tender-crisp.

Add the sliced beef back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and beef mixture over the cooked rice.

Enjoy your delicious Broccoli Beef Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1158	116.8	289.5
Protein [g]	108.2	10.9	27.1
Fat [g]	35.4	3.6	8.9
Carbs [g]	103.8	10.5	26
Fiber [g]	11.8	1.2	3
Net Carbs [g]	92	9.3	23



Protein Fat Carbs

Pork Slices with Green Beans and Quinoa

🕒 15 min 🍽️ 4 servings

295 Kcal / serving

29g Protein 9g Fat 24g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Green beans, 1/2 lb (226.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Season the pork slices with salt..

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

Add the pork to the skillet and cook for 4-5 minutes, or until cooked through.

Remove the pork from the skillet and set aside.

In the same skillet, add the green beans and sauté for 3-4 minutes, or until tender-crisp.

Return the pork to the skillet and cook for an additional 2 minutes to heat through.

Serve the pork and green beans over cooked quinoa.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1178	110.1	294.5
Protein [g]	114.1	10.7	28.5
Fat [g]	37.1	3.5	9.3
Carbs [g]	94.6	8.8	23.7
Fiber [g]	16.5	1.5	4.1
Net Carbs [g]	78.1	7.3	19.5



Protein Fat Carbs

Chicken Wrap with Arugula, Tomato and Greek Yogurt

🕒 10 min 🍽️ 2 servings

362 Kcal / serving

35g Protein 8g Fat 35g Carbs

Ingredients

- **Greek yogurt**, 1/2 cup (99.4 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Tortillas**, 4 tortilla medium (approx 6" dia) (120 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Arugula**, 2 cup (56 g)



Instructions

Heat a grill pan or skillet over medium-high heat.

Season the chicken breasts with salt and pepper.

Cook the chicken breasts on the grill pan for 4-5 minutes per side, or until cooked through.

Remove the chicken from the pan and let it rest for a few minutes before slicing it into thin strips.

Warm the tortillas in a microwave or on a stovetop until pliable.

Place a tortilla on a clean surface and spread 1/4 of the of greek yogurt on it.

Add a handful of arugula, diced tomatoes, and sliced chicken on top of the dressing.

Roll the tortilla tightly, tucking in the sides as you go. Repeat to the remaining tortillas.

Serve the chicken wraps immediately or wrap them in foil for later.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	723.2	111.4	351.6
Protein [g]	70.5	10.9	35.3
Fat [g]	16.5	2.5	8.3
Carbs [g]	70.7	10.9	35.4
Fiber [g]	6.9	1.1	3.5
Net Carbs [g]	63.8	9.8	31.9



Protein Fat Carbs

Canned Tuna with Cucumber and Lemon over Brown Rice

🕒 10 min 🍽️ 2 servings

205 Kcal / serving

19g Protein 2g Fat 27g Carbs

Ingredients

- Lemon juice, 1 tablespoon (14 g)
- Cucumber, 1 cucumber (300 g)
- Brown rice, 1 cup (195 g)
- Salt and pepper, 2 tsp (4 g)
- Tuna, 1 can (170 g)



Instructions

In a bowl, combine the drained tuna, sliced cucumber, and lemon juice.

Season with salt and pepper to taste.

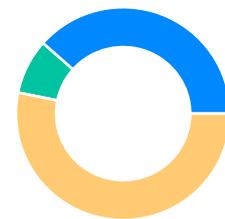
Serve the tuna mixture over a bed of cooked brown rice.

Garnish with additional lemon slices if desired.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	410.5	60.1	205.3
Protein [g]	38.6	5.7	19.3
Fat [g]	3.7	0.5	1.9
Carbs [g]	53.4	7.8	26.7
Fiber [g]	5.7	0.8	2.9
Net Carbs [g]	47.7	7	23.9



Protein Fat Carbs

Berry Yogurt Breakfast Smoothie

🕒 10 min 🍽️ 2 servings

184 Kcal / serving

13g Protein 3g Fat 29g Carbs

Ingredients

- Turmeric, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Greek yogurt, 1 cup (206.8 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Berries, 1 cups (155 g)
- Chia seeds, 1 teaspoon (4 g)
- Almond milk, 1 cup (250 g)



Instructions

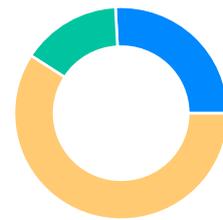
Add all ingredients to a blender.

Blend until smooth and creamy.

Pour into glasses and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	367.4	49.9	183.7
Protein [g]	25.1	3.4	12.6
Fat [g]	6.5	0.9	3.3
Carbs [g]	57.4	7.8	28.7
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	47.6	6.5	23.8



Protein Fat Carbs

Tuna Greek Yogurt and Lettuce Sandwich

🕒 10 min 🍽️ 1 serving

332 Kcal / serving

42g Protein 4g Fat 31g Carbs

Ingredients

- Greek yogurt, 2 tablespoons (31 g)
- Bread, 2 slices (57.5 g)
- Salt and pepper, 1 pinch (0.1 g)
- Lettuce leaves, 2 large (48 g)
- Tuna, 1 can (170 g)



Instructions

1. Drain the tuna and transfer it to a bowl.
2. Add Greek yogurt to the bowl and mix well to combine.
3. Season the tuna mixture with salt and pepper according to your taste.
4. Place a lettuce leaf on one slice of bread.
5. Spoon the tuna mixture over the lettuce leaf.
6. Top with another lettuce leaf and cover with the second slice of bread.
7. Press the sandwich gently to hold everything together.
8. Cut the sandwich diagonally into halves or quarters.
9. Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	331.9	108.3	331.9
Protein [g]	42.1	13.7	42.1
Fat [g]	3.6	1.2	3.6
Carbs [g]	30.7	10	30.7
Fiber [g]	2.8	0.9	2.8
Net Carbs [g]	27.9	9.1	27.9



Protein Fat Carbs

Pan Fried Chicken with Broccoli, and Quinoa

🕒 15 min 🍽️ 2 servings

331 Kcal / serving

31g Protein 9g Fat 30g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1/2 tablespoon (6.8 g)
- Quinoa, 1/2 cup (85 g)
- Chicken breasts, 1/2 lb (226.8 g)
- Broccoli florets, 1 cup (91 g)



Instructions

1. Rinse the quinoa under cold water and cook it according to package instructions.
2. Season the chicken breasts with salt on both sides.
3. Heat olive oil in a large skillet over medium-high heat.
4. Add the chicken breasts to the skillet and cook for 4-5 minutes per side, or until cooked through and golden brown.
5. While the chicken is cooking, steam the broccoli florets until tender, about 3-4 minutes.
6. Once the chicken is cooked, remove it from the skillet and let it rest for a few minutes before slicing.
7. Serve the pan-fried chicken with steamed broccoli, quinoa, and additional salt to taste.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	662	159.3	331
Protein [g]	62.7	15.1	31.4
Fat [g]	18.1	4.4	9.1
Carbs [g]	60.6	14.6	30.3
Fiber [g]	8.3	2	4.2
Net Carbs [g]	52.3	12.6	26.2



Protein Fat Carbs

Parmesan Baked White Fish with Broccoli over Quinoa

🕒 15 min 🍽️ 4 servings

395 Kcal / serving

47g Protein 12g Fat 26g Carbs

Ingredients

- Parmesan cheese, 1 cup (100.2 g)
- Salt and pepper, 1 tsp (2 g)
- Broccoli florets, 2 cup (182 g)
- Fish, 4 fillet (680 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Season the fillets with salt and pepper to taste.

Sprinkle the grated Parmesan cheese evenly over the fillets.

Arrange the broccoli florets around the fillets on the baking sheet.

Bake in the preheated oven for 12-15 minutes or until the fish is cooked through and the cheese is golden and bubbly.

Serve over cooked quinoa.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1579.7	118.4	394.9
Protein [g]	186.4	14	46.6
Fat [g]	47.2	3.5	11.8
Carbs [g]	104.8	7.9	26.2
Fiber [g]	15.1	1.1	3.8
Net Carbs [g]	89.7	6.7	22.4



Protein Fat Carbs

Roasted Beef Strips and Garlic Sweet Potatoes with Arugula

🕒 20 min 🍽️ 2 servings

315 Kcal / serving

26g Protein 12g Fat 28g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 portion(s) (250 g)
- Arugula, 1 cup (28 g)
- Beef sirloin, sliced, 200 grams (200 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, combine the beef strips, minced garlic, and olive oil. Toss until the beef is well coated.

Spread the beef strips evenly on a baking sheet lined with parchment paper.

In the same bowl, add the sweet potato cubes, minced garlic, and olive oil. Toss until the sweet potatoes are well coated.

Spread the sweet potatoes evenly on a separate baking sheet lined with parchment paper.

Place both baking sheets in the preheated oven and roast for 15-20 minutes, or until the beef is cooked through and the sweet potatoes are tender.

Once done, remove from the oven and let cool for a few minutes.

Top the roasted beef strips and garlic sweet potatoes with lettuce and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	629.2	125	314.6
Protein [g]	52.4	10.4	26.2
Fat [g]	22.9	4.5	11.5
Carbs [g]	55.3	11	27.7
Fiber [g]	8.2	1.6	4.1
Net Carbs [g]	47.1	9.4	23.6



Protein Fat Carbs

Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli

🕒 15 min 🍽️ 2 servings

224 Kcal / serving

17g Protein 6g Fat 27g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken breasts, 1/2 small breast (112.5 g)
- Broccoli, 2 cups (182 g)



Instructions

Preheat the air fryer to 400°F (200°C).

Cut the chicken breasts into bite-sized pieces.

Wash and dice the potatoes and broccoli into small cubes.

In a bowl, combine the chicken, potatoes, broccoli, olive oil, salt, and black pepper. Toss until well coated.

Place the chicken, potatoes, and broccoli in the air fryer basket. Make sure to spread them out evenly.

Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

Once the chicken is cooked through and the potatoes and broccoli are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	448.7	81.8	224.4
Protein [g]	34	6.2	17
Fat [g]	11.8	2.2	5.9
Carbs [g]	54.8	10	27.4
Fiber [g]	9.9	1.8	5
Net Carbs [g]	44.9	8.2	22.5



Protein Fat Carbs

Air Fried Lemon White Fish with Potatoes and Broccoli

🕒 15 min 🍽️ 2 servings

185 Kcal / serving

27g Protein 2g Fat 16g Carbs

Ingredients

- Lemon, 1 half (50 g)
- Salt, 1 tsp (6 g)
- Potatoes, 2 medium (122 g)
- Broccoli florets, 1 cup (91 g)
- Fish, 2 fillet (240 g)



Instructions

Preheat the air fryer to 400°F (200°C).

Season the white fish fillets with salt on both sides.

Place the fish fillets in the air fryer basket and top each fillet with a few slices of lemon.

Add the diced potatoes and broccoli florets to the air fryer basket.

Cook for 10-12 minutes, or until the fish is cooked through and the potatoes are crispy, shaking the basket halfway through cooking.

Remove from the air fryer and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	369.8	72.7	184.9
Protein [g]	53.8	10.6	26.9
Fat [g]	4.7	0.9	2.4
Carbs [g]	32	6.3	16
Fiber [g]	6.3	1.2	3.2
Net Carbs [g]	25.7	5	12.9



Protein Fat Carbs

Turkey Breast and Green Beans over Quinoa

🕒 15 min 🍽️ 4 servings

267 Kcal / serving

29g Protein 7g Fat 23g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Green Beans, 4 portion(s) (160 g)
- Quinoa, cooked, 2 cup (370 g)
- Turkey Breast, 24 oz (400 g)



Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the green beans and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and green beans over cooked quinoa.
8. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1068.9	112.6	267.2
Protein [g]	113.8	12	28.5
Fat [g]	26.9	2.8	6.7
Carbs [g]	90.5	9.5	22.6
Fiber [g]	14.7	1.5	3.7
Net Carbs [g]	75.8	8	19



Protein Fat Carbs

Cinnamon Pan Fried Bananas

🕒 5 min 🍽️ 2 servings

114 Kcal / serving

1g Protein 0g Fat 29g Carbs

Ingredients

- Bananas, 2 small (6" to 6-7/8" long) (202 g)
- Brown sugar, 1 tablespoons (12 g)
- Ground cinnamon, 1/2 teaspoon (1 g)



Instructions

Peel the bananas and cut them into thick slices.

In a non-stick skillet, place the banana slices and cook for about 1-2 minutes per side, or until they turn golden brown.

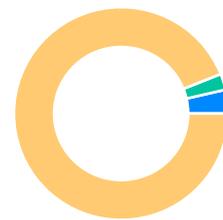
Sprinkle the brown sugar and ground cinnamon over the bananas.

Continue cooking for another minute, allowing the sugar to caramelize and form a glaze.

Remove from heat and serve the cinnamon pan fried bananas warm.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	227.9	106	114
Protein [g]	2.3	1.1	1.2
Fat [g]	0.7	0.3	0.4
Carbs [g]	58.7	27.3	29.4
Fiber [g]	5.8	2.7	2.9
Net Carbs [g]	52.9	24.6	26.5



Protein Fat Carbs

Parmesan Crusted White Fish with Asparagus over Brown Rice

🕒 15 min 🍽️ 4 servings

395 Kcal / serving

34g Protein 17g Fat 27g Carbs

Ingredients

- **Parmesan cheese**, 1 cup (100.2 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Asparagus**, 4 portion(s) (160 g)
- **Fish**, 4 fillet (480 g)
- **cooked brown rice**, 2 cup (380 g)



Instructions

Preheat the oven to 400°F (200°C).

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

In a bowl, mix together the grated Parmesan cheese and olive oil.

Spread the Parmesan mixture evenly over the top of each fish fillet.

Arrange the trimmed asparagus around the fish on the baking sheet.

Drizzle the asparagus with olive oil and sprinkle with salt and pepper to taste.

Bake in the preheated oven for 10-12 minutes, or until the fish is cooked through and the Parmesan crust is golden brown.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1578.1	137.6	394.5
Protein [g]	137.2	12	34.3
Fat [g]	66.4	5.8	16.6
Carbs [g]	109.5	9.5	27.4
Fiber [g]	10.2	0.9	2.6
Net Carbs [g]	99.3	8.7	24.8



Protein Fat Carbs

White Fish Potatoes, Bell Peppers and Asparagus Bake

🕒 30 min 🍽️ 4 servings

304 Kcal / serving

38g Protein 10g Fat 18g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Potatoes**, 4 medium (244 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Asparagus**, 1 bunches (450 g)
- **Garlic**, 2 portion (6 g)
- **Yellow Bell pepper**, 1/2 portion (57.3 g)
- **Red Bell pepper**, 1/2 portion (59.5 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Fish**, 4 fillet (680 g)

Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the sliced potatoes in an even layer.

Drizzle 1 tablespoon of olive oil over the potatoes and sprinkle with minced garlic, dried thyme, paprika, salt, and pepper.

Place the baking dish in the oven and bake for 10 minutes.

Meanwhile, in a separate bowl, toss the bell peppers and asparagus with the remaining tablespoon of olive oil, salt, and pepper.

After the potatoes have baked for 10 minutes, remove the baking dish from the oven and arrange the white fish fillets on top of the potatoes.

Spread the bell peppers and asparagus around the fish.

Return the baking dish to the oven and bake for an additional 15-20 minutes, or until the fish is cooked through and the vegetables are tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1217.6	79.7	304.4
Protein [g]	153.4	10	38.4
Fat [g]	40	2.6	10
Carbs [g]	71	4.6	17.8
Fiber [g]	17.5	1.1	4.4
Net Carbs [g]	53.5	3.5	13.4



Protein Fat Carbs

Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

175 Kcal / serving

18g Protein 3g Fat 18g Carbs

Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Whole Wheat Toast, 2 slice (50 g)

Instructions

Heat a non-stick skillet over medium heat and coat it with olive oil.

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve with Whole wheat toast.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	349.4	83.9	174.7
Protein [g]	36	8.6	18
Fat [g]	6.7	1.6	3.4
Carbs [g]	35.2	8.5	17.6
Fiber [g]	6	1.4	3
Net Carbs [g]	29.2	7	14.6



Protein Fat Carbs

Shopping List

Fruits and Fruit Juices

- Banana, 1 portion(s) (30 g)
- Raspberries, 20 raspberries (38 g)
- Banana, 1 1/2 medium (7" to 7-7/8" long) (177 g)
- Berries, 1/2 cups (77.5 g)
- Blueberries, 100 berries (136 g)
- Banana, 2 banana (238 g)
- Blueberries, 1 cup (118 g)
- Strawberries, 1 cup (224 g)
- Lemon juice, 3 1/2 tablespoons (51.8 g)
- Strawberries, 1 serving (118.5 g)
- Blueberry, 1/2 cup (100 g)
- Lemon juice, 1 1/2 tablespoon (21 g)
- Bananas, 2 small (6" to 6-7/8" long) (202.9 g)
- Lemon, 1 half (50.1 g)

Breakfast Cereals

- Rolled oats, 1/2 c (40.6 g)

Nut and Seed Products

- Chia seeds, 1 tbsp (12 g)
- Almonds, 1 handful (26 g)
- Chia seeds, 1/2 teaspoon (2 g)
- Almonds, 2 serving (64 g)
- Roasted almonds, salted, 1 oz (22 whole kernels) (28.4 g)
- Walnuts, 1 portion(s) (15 g)
- Peanut butter, smooth, 1 tablespoon (20 g)

Dairy and Egg Products

- Almond milk, 1 1/2 cup (375.4 g)
- Fried Egg, 2 eggs (76 g)
- Cheddar Cheese, 1/2 slice (8.5 g)
- Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)
- Feta cheese, 1/2 tbsp (8.5 g)
- Eggs, 2 large (100 g)
- Greek yogurt, 1 cup (198.9 g)
- Egg whites, 1 cup (242.8 g)
- Fat-Free Milk, 2 cup (490 g)

- Plain Yogurt (Low Fat), 1/2 container (4 oz) (113 g)
- Feta cheese, 1 1/2 tablespoons (25.5 g)
- Parmesan cheese, 1/2 cup (50.2 g)
- Greek yogurt, 2 tablespoons (31.1 g)

Fats and Oils

- Olive oil, 2 1/2 tsp (12.5 g)
- Olive oil, 8 teaspoons (32 g)
- Olive oil, 5 2/3 tablespoon (75.8 g)
- Olive Oil, 1/3 tablespoon (3.4 g)

Legumes and Legume Products

- Vegan hummus, 3/4 cup (185.5 g)
- Peanut butter, reduced sodium, 2 tbsp (32 g)

Baked Products

- Whole Wheat Bread, 7 slice (224.5 g)
- Whole Wheat Toast, 2 slice (50 g)
- Bread, 7 slices (201.1 g)
- Tortillas, 4 tortilla medium (approx 6" dia) (120.1 g)

Vegetables and Vegetable Products

- Onion, thinly sliced, 3/4 cup (118.4 g)
- Mushrooms, Fresh, 1/2 cup (48 g)
- Broccoli florets, 3 2/3 cup (339.4 g)
- Onion, 1 tablespoons (10 g)
- Parsley, 1/2 tablespoon (2 g)
- Onions, 1/4 cup (38.4 g)
- Tomatoes, 1 1/3 cup (186.2 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Sweet potatoes, 1/2 large (170.6 g)
- Cucumber, 1/2 cup, pared, chopped (66.5 g)
- Tomato, 2 small whole (2-2/5" dia) (181.9 g)
- Lettuce leaves, 2 leaves (2 g)
- Cucumber, 1 1/2 cucumber (450.3 g)
- Tomato, 1/2 medium whole (2-3/5" dia) (61.4 g)
- Broccoli florets, 1 cups (91 g)
- Cucumber, 1/4 cup (32 g)
- Cherry tomatoes, 1/2 cup (74.4 g)

- Onion, 1/8 cup (20 g)
- Green beans, 1/7 lb (56.8 g)
- Arugula, 2 1/2 cup (70.1 g)
- Lettuce leaves, 2 large (48.1 g)
- Asparagus, 1 portion(s) (40 g)
- Potatoes, 8 medium (489 g)
- Broccoli, 2 cups (182.5 g)
- Carrot, 1/3 cup chopped (46.5 g)
- Asparagus, 1/2 bunches (225.2 g)
- Garlic, 1 portion (3 g)
- Yellow Bell pepper, 1/3 portion (28.7 g)
- Red Bell pepper, 1/3 portion (29.8 g)
- Garlic, 2 clove (6 g)
- Sweet potatoes, 1 portion(s) (125.1 g)
- Green Beans, 1 portion(s) (40.1 g)

Canned and Jarred

- Kalamata olives, 1/2 tablespoons (4 g)
- Tuna, 2 can (340.5 g)

Spices and Herbs

- Salt and pepper, 7 tsp (14 g)
- Turmeric, 1 teaspoons (2.2 g)
- Ginger powder, 1 teaspoons (2 g)
- Salt, 1/4 teaspoon (1.4 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Ground cinnamon, 3/4 teaspoon (1.5 g)
- Pepper, 0 tsp (0.1 g)
- Salt, 3 tsp (18 g)
- Dill, 1 tbsp (0.4 g)
- Salt and pepper, 1 1/2 pinch (0.2 g)
- Garlic powder, 1/3 teaspoon (1.1 g)
- Paprika, 1/2 teaspoon (1 g)
- Thyme, 1/2 tsp, leaves (0.5 g)

Beverages

- Coffee (Unsweetened), 2 portion(s) (100 g)

Finfish and Shellfish Products

- Tuna in water, 1 can (164.9 g)
- Hot-smoked salmon fillet, 1/4 lb (113.3 g)
- Fish, 6 fillet (720.9 g)
- Salmon, 1 1/2 fillet (246.9 g)

Cereal Grains and Pasta

- Brown rice, 2 cup (390.4 g)
- Rice, 1 cups (184.8 g)
- Quinoa, cooked, 1 1/2 cup (278 g)
- Quinoa, 1/2 cup (85.1 g)
- cooked brown rice, 1/2 cup (95.1 g)
- cooked brown rice, 2/3 cups (145.2 g)

Beef Products

- Beef, sirloin steak, raw, lean, 200 1/9 grams (200.1 g)
- Beef sirloin, sliced, 100 grams (100.1 g)

Pork Products

- Pork Tenderloin, 1/3 pound (113.6 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 1 1/2 small breast (338 g)
- Chicken breasts, 1/2 lb (227.1 g)

Sweets

- Brown sugar, 1 tablespoons (12.1 g)

Poultry Products

- Turkey Breast, 6 oz (100.3 g)