

# Monthly Meal Plan Sample - Week 2

 Lucy Domingo, RND

## DAY 1

<b>Breakfast</b>	Vegan Hummus and Pan Fried Onions Toast	2 serving (272 g)
<b>Mid-morning snack</b>	Almonds Orange, Fresh	1 serving (32 g) 1 fruit (2-5/8" dia) (131 g)
<b>Lunch</b>	Air Fryer Chicken Breast with Potato and Zucchini	1 1/2 serving (487.5 g)
<b>Mid-afternoon snack</b>	Banana Granola Yogurt	1 serving (195 g)
<b>Dinner</b>	Air Fryer Chicken Breast with Potato and Zucchini	1 1/2 serving (487.5 g)

## DAY 2

<b>Breakfast</b>	Eggs with Spinach	1 serving (164 g)
<b>Mid-morning snack</b>	Mixed Berry Granola Yogurt	1 serving (183 g)
<b>Lunch</b>	Grilled Chicken Sandwich with Lettuce	1 serving (209 g)
<b>Mid-afternoon snack</b>	Trail Mix Apple	1 serving (56 g) 1 small (2-3/4" dia) (149 g)
<b>Dinner</b>	Pork with Broccoli and Carrot Stir Fry over Rice	2 serving (562 g)

### DAY 3

<b>Breakfast</b>	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)
<b>Mid-morning snack</b>	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
	Banana	1 banana (119 g)
<b>Lunch</b>	Pork Slices with Green Beans and Quinoa	1 serving (268 g)
<b>Mid-afternoon snack</b>	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
	Blueberries	1/2 cup (59 g)
<b>Dinner</b>	Baked Salmon with Broccoli and Carrots over Cooked Brown Rice	537 g

### DAY 4

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

### DAY 5

<b>Breakfast</b>	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)
<b>Mid-morning snack</b>	Cucumber Toast with Tomato, Feta Cheese, and Olive Oil	1 serving (279 g)
	Blueberry	1/2 cup (100 g)
<b>Lunch</b>	Parmesan Baked White Fish with Broccoli over Quinoa	1 serving (334 g)
	Banana	1 banana (119 g)
<b>Mid-afternoon snack</b>	Caprese Grilled Cheese	1 serving (161 g)
<b>Dinner</b>	Turkey Breast and Green Beans over Quinoa	1 serving (238 g)

**DAY 6**

<b>Breakfast</b>	Berry Yogurt Breakfast Smoothie	1 serving (368 g)
<b>Mid-morning snack</b>	Strawberries	1 serving (118.5 g)
	Trail mix	1 ounce (28.4 g)
<b>Lunch</b>	Pan Fried Chicken with Broccoli, and Quinoa	2 serving (416 g)
<b>Mid-afternoon snack</b>	Cinnamon Pan Fried Bananas	2 serving (216 g)
	Trail mix	1 ounce (28.4 g)
<b>Dinner</b>	Air Fried Lemon White Fish with Potatoes and Broccoli	2 serving (510 g)

**DAY 7**

<b>Breakfast</b>	Mediterranean Broccoli Omelet	1 serving (176 g)
<b>Mid-morning snack</b>	Tuna Tomato and Cucumber Sandwich	1 serving (290 g)
	Strawberries	1/2 cup (112 g)
<b>Lunch</b>	Chicken Wrap with Arugula, Tomato and Greek Yogurt	2 serving (650 g)
<b>Mid-afternoon snack</b>	Trail mix	1 ounce (28.4 g)
<b>Dinner</b>	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula	1 serving (252 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D A Y  1	Vegan Hummus and Pan Fried Onions Toast	Almonds Orange, Fresh	Air Fryer Chicken Breast with Potato and Zucchini	Banana Granola Yogurt	Air Fryer Chicken Breast with Potato and Zucchini
D A Y  2	Eggs with Spinach	Mixed Berry Granola Yogurt	Grilled Chicken Sandwich with Lettuce	Trail Mix Apple	Pork with Broccoli and Carrot Stir Fry over Rice
D A Y  3	Fried Egg Mushrooms, Fresh Cheddar Cheese Whole Wheat Bread	Cinnamon Roasted Sweet Potato Fries Banana	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	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  5	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	Caprese Grilled Cheese	Turkey Breast and Green Beans over Quinoa
D A Y  6	Berry Yogurt Breakfast Smoothie	Strawberries Trail mix	Pan Fried Chicken with Broccoli, and Quinoa	Cinnamon Pan Fried Bananas Trail mix	Air Fried Lemon White Fish with Potatoes and Broccoli
D A Y  7	Mediterranean Broccoli Omelet	Tuna Tomato and Cucumber Sandwich Strawberries	Chicken Wrap with Arugula, Tomato and Greek Yogurt	Trail mix	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula

## Macronutrient summary

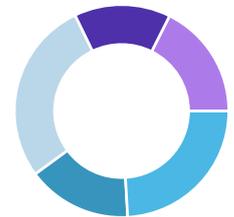
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12545.7	1792.2
Protein [g]	916.3	130.9
Fat [g]	435.7	62.2
Carbs [g]	1284.9	183.6
Fiber [g]	185.8	26.5
Net Carbs [g]	1099.1	157



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	315.6	19.4	13.7	29.7	5.8	23.9
Mid-morning snack	260.9	10.1	10.8	33.1	5.3	27.7
Lunch	500.8	47.7	13.9	46	5.9	40.1
Mid-afternoon snack	283.2	11.6	10.4	38.7	4.5	34.2
Dinner	431.7	42.2	13.3	36.1	5	31



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	1836.8	124.7	75.7	173.6	34.3	139.3
Day 2	1816	122.7	75.5	166.8	20.1	146.7
Day 3	1835.2	119.2	65.1	197.6	31	166.6
Day 4	1799.5	135.9	57.1	192.9	25.1	167.8
Day 5	1778.4	137.7	54.6	187.3	24.7	162.6
Day 6	1728	137.4	43.3	210.6	30.6	180
Day 7	1751.8	138.7	64.4	156.2	19.9	136.3

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Vegan Hummus and Pan Fried Onions Toast 2 serving (272 g)	442.7	18.6	19.2	52.4	12.6	39.8
<b>TOTAL FOR BREAKFAST</b>	<b>442.7</b>	<b>18.6</b>	<b>19.2</b>	<b>52.4</b>	<b>12.6</b>	<b>39.8</b>
<b>Mid-morning snack</b>						
Almonds 1 serving (32 g)	185.3	6.8	16	6.9	4	2.9
Orange, Fresh 1 fruit (2-5/8" dia) (131 g)	61.6	1.2	0.2	15.4	3.1	12.3
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>246.9</b>	<b>8</b>	<b>16.1</b>	<b>22.3</b>	<b>7.1</b>	<b>15.2</b>
<b>Lunch</b>						
Air Fryer Chicken Breast with Potato and Zucchini 1 1/2 serving (487.5 g)	432.1	41	15.2	33	5.2	27.8
<b>TOTAL FOR LUNCH</b>	<b>432.1</b>	<b>41</b>	<b>15.2</b>	<b>33</b>	<b>5.2</b>	<b>27.8</b>
<b>Mid-afternoon snack</b>						
Banana Granola Yogurt 1 serving (195 g)	283.1	16.1	10	32.8	4.1	28.7
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>283.1</b>	<b>16.1</b>	<b>10</b>	<b>32.8</b>	<b>4.1</b>	<b>28.7</b>
<b>Dinner</b>						
Air Fryer Chicken Breast with Potato and Zucchini 1 1/2 serving (487.5 g)	432.1	41	15.2	33	5.2	27.8
<b>TOTAL FOR DINNER</b>	<b>432.1</b>	<b>41</b>	<b>15.2</b>	<b>33</b>	<b>5.2</b>	<b>27.8</b>
<b>TOTAL FOR DAY 1</b>	<b>1836.8</b>	<b>124.7</b>	<b>75.7</b>	<b>173.6</b>	<b>34.3</b>	<b>139.3</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Eggs with Spinach 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5	2.6
<b>TOTAL FOR BREAKFAST</b>	<b>284.8</b>	<b>14.2</b>	<b>23.8</b>	<b>4.1</b>	<b>1.5</b>	<b>2.6</b>
<b>Mid-morning snack</b>						
Mixed Berry Granola Yogurt 1 serving (183 g)	257.2	15.7	10	25.9	3.8	22.1
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>257.2</b>	<b>15.7</b>	<b>10</b>	<b>25.9</b>	<b>3.8</b>	<b>22.1</b>
<b>Lunch</b>						
Grilled Chicken Sandwich with Lettuce 1 serving (209 g)	311.8	28.7	8.6	28.8	4.3	24.5
<b>TOTAL FOR LUNCH</b>	<b>311.8</b>	<b>28.7</b>	<b>8.6</b>	<b>28.8</b>	<b>4.3</b>	<b>24.5</b>
<b>Mid-afternoon snack</b>						
Trail Mix 1 serving (56 g)	258.7	7.7	16.5	25.1	0	25.1
Apple 1 small (2-3/4" dia) (149 g)	77.5	0.4	0.3	20.6	3.6	17
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>336.2</b>	<b>8.1</b>	<b>16.7</b>	<b>45.7</b>	<b>3.6</b>	<b>42.1</b>
<b>Dinner</b>						
Pork with Broccoli and Carrot Stir Fry over Rice 2 serving (562 g)	625.9	56	16.3	62.3	6.9	55.4
<b>TOTAL FOR DINNER</b>	<b>625.9</b>	<b>56</b>	<b>16.3</b>	<b>62.3</b>	<b>6.9</b>	<b>55.4</b>
<b>TOTAL FOR DAY 2</b>	<b>1816</b>	<b>122.7</b>	<b>75.5</b>	<b>166.8</b>	<b>20.1</b>	<b>146.7</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 2 eggs (76 g)	149	10.3	11.3	0.6	0	0.6
<b>Mushrooms, Fresh</b> 1/2 cup (48 g)	10.6	1.5	0.2	1.6	0.5	1.1
<b>Cheddar Cheese</b> 1/2 slice (8.5 g)	34.3	1.9	2.8	0.3	0	0.3
<b>Whole Wheat Bread</b> 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
<b>TOTAL FOR BREAKFAST</b>	<b>355.1</b>	<b>21.7</b>	<b>16.5</b>	<b>29.8</b>	<b>4.3</b>	<b>25.5</b>
<b>Mid-morning snack</b>						
<b>Cinnamon Roasted Sweet Potato Fries</b> 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
<b>Banana</b> 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>313.9</b>	<b>4</b>	<b>7.3</b>	<b>62</b>	<b>8.5</b>	<b>53.5</b>
<b>Lunch</b>						
<b>Pork Slices with Green Beans and Quinoa</b> 1 serving (268 g)	295	28.6	9.3	23.7	4.1	19.6
<b>TOTAL FOR LUNCH</b>	<b>295</b>	<b>28.6</b>	<b>9.3</b>	<b>23.7</b>	<b>4.1</b>	<b>19.6</b>
<b>Mid-afternoon snack</b>						
<b>Vegan Hummus and Pan Fried Onions Toast</b> 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
<b>Blueberries</b> 1/2 cup (59 g)	33.6	0.4	0.2	8.5	1.4	7.1
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>255</b>	<b>9.7</b>	<b>9.8</b>	<b>34.8</b>	<b>7.7</b>	<b>27.1</b>
<b>Dinner</b>						
<b>Baked Salmon with Broccoli and Carrots over Cooked Brown Rice</b> 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	1835.2	119.2	65.1	197.6	31	166.6

## Day 4 macronutrient breakdown

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

## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast</b> 2 serving (416 g)	349.4	36	6.7	35.2	6	29.2
<b>Coffee (Unsweetened)</b> 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
<b>Fat-Free Milk</b> 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
<b>TOTAL FOR BREAKFAST</b>	<b>433.7</b>	<b>44.4</b>	<b>6.9</b>	<b>47.5</b>	<b>6</b>	<b>41.5</b>
<b>Mid-morning snack</b>						
<b>Cucumber Toast with Tomato, Feta Cheese, and Olive Oil</b> 1 serving (279 g)	292.4	8.1	20.2	20.7	2.9	17.8
<b>Blueberry</b> 1/2 cup (100 g)	52	0.6	0.1	11.3	1.8	9.5
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>344.4</b>	<b>8.7</b>	<b>20.3</b>	<b>32</b>	<b>4.7</b>	<b>27.3</b>
<b>Lunch</b>						
<b>Parmesan Baked White Fish with Broccoli over Quinoa</b> 1 serving (334 g)	395.5	46.7	11.8	26.2	3.8	22.4
<b>Banana</b> 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
<b>TOTAL FOR LUNCH</b>	<b>501.4</b>	<b>48</b>	<b>12.2</b>	<b>53.4</b>	<b>6.9</b>	<b>46.5</b>
<b>Mid-afternoon snack</b>						
<b>Caprese Grilled Cheese</b> 1 serving (161 g)	231.1	8	8.4	31.8	3.4	28.4
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>231.1</b>	<b>8</b>	<b>8.4</b>	<b>31.8</b>	<b>3.4</b>	<b>28.4</b>
<b>Dinner</b>						
<b>Turkey Breast and Green Beans over Quinoa</b> 1 serving (238 g)	267.8	28.5	6.7	22.7	3.7	19
<b>TOTAL FOR DINNER</b>	<b>267.8</b>	<b>28.5</b>	<b>6.7</b>	<b>22.7</b>	<b>3.7</b>	<b>19</b>

TOTAL FOR DAY 5

1778.4

137.7

54.6

187.3

24.7

162.6

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Berry Yogurt Breakfast Smoothie</b> 1 serving (368 g)	183.7	12.6	3.2	28.7	4.9	23.8
<b>TOTAL FOR BREAKFAST</b>	<b>183.7</b>	<b>12.6</b>	<b>3.2</b>	<b>28.7</b>	<b>4.9</b>	<b>23.8</b>
<b>Mid-morning snack</b>						
<b>Strawberries</b> 1 serving (118.5 g)	37.9	0.8	0.4	9.1	2.4	6.7
<b>Trail mix</b> 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>160.4</b>	<b>3.4</b>	<b>8.4</b>	<b>19.6</b>	<b>3.8</b>	<b>15.8</b>
<b>Lunch</b>						
<b>Pan Fried Chicken with Broccoli, and Quinoa</b> 2 serving (416 g)	662	62.7	18.1	60.6	8.3	52.3
<b>TOTAL FOR LUNCH</b>	<b>662</b>	<b>62.7</b>	<b>18.1</b>	<b>60.6</b>	<b>8.3</b>	<b>52.3</b>
<b>Mid-afternoon snack</b>						
<b>Cinnamon Pan Fried Bananas</b> 2 serving (216 g)	228.9	2.3	0.7	59	5.8	53.2
<b>Trail mix</b> 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>351.4</b>	<b>4.8</b>	<b>8.8</b>	<b>69.5</b>	<b>7.3</b>	<b>62.2</b>
<b>Dinner</b>						
<b>Air Fried Lemon White Fish with Potatoes and Broccoli</b> 2 serving (510 g)	370.5	53.9	4.7	32.1	6.3	25.8
<b>TOTAL FOR DINNER</b>	<b>370.5</b>	<b>53.9</b>	<b>4.7</b>	<b>32.1</b>	<b>6.3</b>	<b>25.8</b>
<b>TOTAL FOR DAY 6</b>	<b>1728</b>	<b>137.4</b>	<b>43.3</b>	<b>210.6</b>	<b>30.6</b>	<b>180</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Mediterranean Broccoli Omelet 1 serving (176 g)	235.7	15.3	17.1	5.3	1.6	3.7
<b>TOTAL FOR BREAKFAST</b>	<b>235.7</b>	<b>15.3</b>	<b>17.1</b>	<b>5.3</b>	<b>1.6</b>	<b>3.7</b>
<b>Mid-morning snack</b>						
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
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>354.7</b>	<b>24</b>	<b>11.3</b>	<b>41.9</b>	<b>5.9</b>	<b>36</b>
<b>Lunch</b>						
Chicken Wrap with Arugula, Tomato and Greek Yogurt 2 serving (650 g)	724.3	70.6	16.5	70.8	6.9	63.9
<b>TOTAL FOR LUNCH</b>	<b>724.3</b>	<b>70.6</b>	<b>16.5</b>	<b>70.8</b>	<b>6.9</b>	<b>63.9</b>
<b>Mid-afternoon snack</b>						
Trail mix 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>122.5</b>	<b>2.6</b>	<b>8.1</b>	<b>10.5</b>	<b>1.4</b>	<b>9.1</b>
<b>Dinner</b>						
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
<b>TOTAL FOR DINNER</b>	<b>314.6</b>	<b>26.2</b>	<b>11.4</b>	<b>27.6</b>	<b>4.1</b>	<b>23.5</b>
<b>TOTAL FOR DAY 7</b>	<b>1751.8</b>	<b>138.7</b>	<b>64.4</b>	<b>156.2</b>	<b>19.9</b>	<b>136.3</b>

# 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

# 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

# Air Fryer Chicken Breast with Potato and Zucchini

🕒 28 min    🍽️ 4 servings

288 Kcal / serving

27g Protein    10g Fat    22g Carbs

## Ingredients

- **Oregano**, 1/2 teaspoons (1 g)
- **Salt**, 1 teaspoon (5 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 2 medium (424 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Zucchini**s, 2 medium (392 g)
- **Chicken breasts**, 2 small breast (450 g)



## Instructions

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

In a bowl, combine the olive oil, paprika, dried oregano and salt.

Add the chicken breasts to the bowl and toss to coat them evenly with the marinade. Let them marinate for 10 minutes.

Place the marinated chicken breasts in the air fryer basket and cook for 8 minutes.

While the chicken is cooking, toss the cubed potatoes and sliced zucchinis in the remaining marinade.

After 8 minutes, flip the chicken breasts and add the marinated potatoes and zucchinis to the air fryer basket.

Continue cooking for an additional 10 minutes or until the chicken is cooked through and the potatoes and zucchinis are tender.

Serve the chicken breasts, potatoes, and zucchinis hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1153.1	88.6	288.3
Protein [g]	109.3	8.4	27.3
Fat [g]	40.6	3.1	10.2
Carbs [g]	88.1	6.8	22
Fiber [g]	13.9	1.1	3.5
Net Carbs [g]	74.2	5.7	18.6



Protein Fat Carbs



# Eggs with Spinach

🕒 20 min    🍽️ 2 servings

285 Kcal / serving

14g Protein    24g Fat    4g Carbs

## Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



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



# Turkey and Hummus Sandwich

🕒 10 min 🍽️ 2 servings

259 Kcal / serving

20g Protein 7g Fat 31g Carbs

## Ingredients

- Salt, 1 teaspoon (5 g)
- Cucumbers, 1/4 cup (32.1 g)
- Tomatoes, 1/4 cup (35.8 g)
- Hummus, 4 tablespoons (56 g)
- Bread, 4 slices (112.9 g)
- Spinach leaves, 1/2 cup (15 g)
- Ham, turkey, sliced, extra lean, prepackaged or deli, 4 slice (100 g)
- Black Pepper, 1/2 tsp, ground (1.2 g)



## Instructions

Spread 1 tablespoon of hummus on each slice of bread.

Layer the turkey slices on two slices of bread.

Top the turkey with spinach leaves, cucumbers, and tomatoes.

Season with salt and pepper to taste.

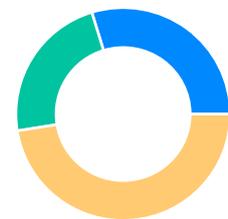
Cover with the remaining two slices of bread to make sandwiches.

Cut each sandwich in half diagonally.

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518	144.7	259
Protein [g]	39.1	10.9	19.6
Fat [g]	13.3	3.7	6.7
Carbs [g]	62.5	17.5	31.3
Fiber [g]	11.4	3.2	5.7
Net Carbs [g]	51.1	14.3	25.6



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



# Trail Mix

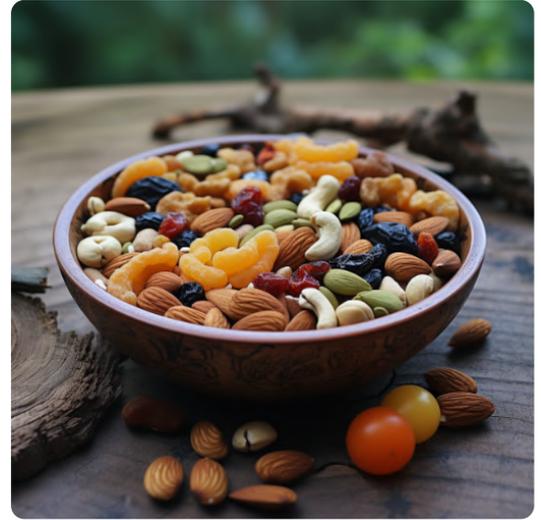
🕒 1 min    🍽️ 1 serving

259 Kcal / serving

8g Protein   17g Fat   25g Carbs

## Ingredients

- Snacks, trail mix, regular, 1/2 cup (56 g)



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	258.7	462	258.7
Protein [g]	7.7	13.8	7.7
Fat [g]	16.5	29.5	16.5
Carbs [g]	25.1	44.8	25.1
Fiber [g]	0	0	0
Net Carbs [g]	25.1	44.8	25.1



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

# Pork with Broccoli and Carrot Stir Fry over Rice

🕒 10 min 🍽️ 4 servings

313 Kcal / serving

28g Protein 8g Fat 31g Carbs

## Ingredients

- Salt, 1 teaspoon (12 g)
- Carrot, 1 cup chopped (128 g)
- Garlic, 2 cloves (6 g)
- Coconut oil, 1 tablespoons (13.1 g)
- Broccoli florets, 2 cups (182 g)
- brown rice, cooked, 2 cup (310 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Soy sauce made from soy (tamari), 1 tbsp (18 g)



## Instructions

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

Add the pork slices and cook for 2-3 minutes until browned.

Add the minced garlic and cook for another minute.

Add the broccoli florets and carrot to the skillet and stir-fry for 3-4 minutes until they are slightly tender.

Pour the sauce over the pork and vegetables in the skillet.

Season with salt to taste.

Continue cooking for another 1-2 minutes until the sauce thickens slightly and coats the pork and vegetables.

Remove from heat and serve with brown rice.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1250.7	111.4	312.7
Protein [g]	111.8	10	28
Fat [g]	32.6	2.9	8.2
Carbs [g]	124.4	11.1	31.1
Fiber [g]	13.9	1.2	3.5
Net Carbs [g]	110.5	9.8	27.6



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

# Caprese Grilled Cheese

🕒 13 min    🍽️ 2 servings

230 Kcal / serving

8g Protein    8g Fat    32g Carbs

## Ingredients

- Basil leaves, 1 sprig (2 g)
- Butter, 1 tablespoon (14 g)
- Tomato, 1 large whole (3" dia) (182 g)
- Bread, 4 slices (114.9 g)
- Mozzarella Cheese, low fat, 8 slices (8 g)



## Instructions

Preheat a skillet or griddle over medium heat.

Butter one side of each slice of bread.

Place two slices of bread, butter side down, on the skillet.

Layer each slice of bread with a slice of mozzarella cheese, tomato slices, and fresh basil leaves.

Top with the remaining slices of bread, butter side up.

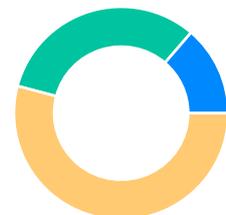
Cook for about 3-4 minutes on each side, or until the bread is golden brown and the cheese is melted.

Remove from heat and let cool for a minute.

Slice the grilled cheese sandwiches in half and serve warm.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	460.8	143.6	230.4
Protein [g]	16	5	8
Fat [g]	16.7	5.2	8.4
Carbs [g]	63.3	19.7	31.7
Fiber [g]	6.8	2.1	3.4
Net Carbs [g]	56.5	17.6	28.3



Protein Fat Carbs



# Mixed Berry Granola Yogurt

🕒 10 min    🍽️ 2 servings

257 Kcal / serving

16g Protein    10g Fat    26g Carbs

## Ingredients

- Berries, 1/2 cups (77.5 g)
- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)

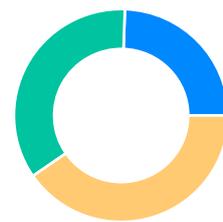


## Instructions

Wash the mixed berries and pat them dry with a paper towel. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of mixed berries on top of the yogurt. Sprinkle the granola evenly over the berries. Repeat the layers until all the ingredients are used, ending with a final layer of mixed berries. Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	514.5	140.8	257.3
Protein [g]	31.4	8.6	15.7
Fat [g]	20.1	5.5	10.1
Carbs [g]	51.9	14.2	26
Fiber [g]	7.6	2.1	3.8
Net Carbs [g]	44.3	12.1	22.2



Protein Fat Carbs

# Banana Granola Yogurt

🕒 10 min    🍽️ 2 servings

282 Kcal / serving

16g Protein    10g Fat    33g Carbs

## Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Banana, 1 small (6" to 6-7/8" long) (101 g)



## Instructions

Slice banana into bite size pieces. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of banana on top of the yogurt. Sprinkle the granola evenly over the banana. Repeat the layers until all the ingredients are used, ending with a final layer of banana. Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	564.8	145.2	282.4
Protein [g]	32.2	8.3	16.1
Fat [g]	19.9	5.1	10
Carbs [g]	65.5	16.8	32.8
Fiber [g]	8.1	2.1	4.1
Net Carbs [g]	57.4	14.8	28.7



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

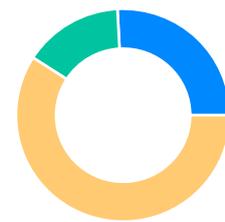
Add all ingredients to a blender.

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

# 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 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

# Grilled Chicken Sandwich with Lettuce

🕒 10 min    🍽️ 2 servings

312 Kcal / serving

29g Protein   9g Fat   29g Carbs

## Ingredients

- **Salt**, 1 tsp (6 g)
- **Chicken breasts**, 2 portion(s) (180 g)
- **Oil**, 2 teaspoons (8 g)
- **Lettuce leaves**, 4 large (96 g)
- **Whole Wheat Bread**, 4 slice (128 g)



## Instructions

1. Preheat a grill or grill pan over medium-high heat.
2. Season the chicken breasts with salt on both sides.
3. Brush the chicken breasts with oil.
4. Grill the chicken breasts for about 4-5 minutes per side, or until cooked through.
5. Remove the chicken breasts from the grill and let them rest for a few minutes.
6. Toast the slices of whole-wheat bread.
7. Place a lettuce leaf on two slices of bread.
8. Slice the grilled chicken breasts and divide them evenly onto the lettuce leaves.
9. Top with the remaining two slices of bread.
10. Cut the sandwiches in half and serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	623.7	149.2	311.9
Protein [g]	57.4	13.7	28.7
Fat [g]	17.2	4.1	8.5
Carbs [g]	57.5	13.8	28.8
Fiber [g]	8.6	2.1	4.3
Net Carbs [g]	48.9	11.7	24.5



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.

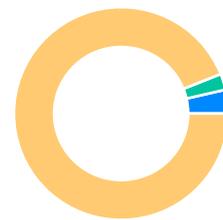
Sprinkle the brown sugar and ground cinnamon over the bananas.

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



# 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

## Fats and Oils

- Olive oil, 2 1/2 tsp (12.5 g)
- Olive oil, 1 servings (14 g)
- Olive oil, 6 teaspoons (24 g)
- Olive oil, 5 2/3 tablespoon (75.8 g)
- Oil, 1 teaspoons (4 g)
- Coconut oil, 1/2 tablespoons (6.5 g)
- Olive Oil, 1/3 tablespoon (3.4 g)

## Legumes and Legume Products

- Vegan hummus, 3/4 cup (185.5 g)
- Soy sauce made from soy (tamari), 1/2 tbsp (9 g)

## Baked Products

- Whole Wheat Bread, 7 slice (224.5 g)
- Whole Wheat Toast, 2 slice (50 g)
- Bread, 7 slices (201.2 g)
- Tortillas, 4 tortilla medium (approx 6" dia) (120.1 g)

## Vegetables and Vegetable Products

- Onion, thinly sliced, 3/4 cup (118.4 g)
- Garlic, 3 clove (9 g)
- Baby spinach, 1 1/2 cup (45 g)
- Mushrooms, Fresh, 1/2 cup (48 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)
- Broccoli florets, 3 2/3 cup (339.4 g)
- Onion, 1 tablespoons (10 g)
- Parsley, 1/2 tablespoon (2 g)
- Sweet potatoes, 1/2 large (170.6 g)
- Cucumber, 1/2 cucumber (149.9 g)
- Tomato, 1/2 medium whole (2-3/5" dia) (61.4 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)
- Potatoes, 3 1/2 medium (213.7 g)

- Zucchini, 1 1/2 medium (293.8 g)
- Lettuce leaves, 2 large (48 g)
- Green beans, 1/7 lb (56.8 g)
- Broccoli florets, 2 cups (182.2 g)
- Arugula, 2 1/2 cup (70.1 g)
- Tomato, 1/2 large whole (3" dia) (91.3 g)
- Carrot, 6/7 cup chopped (110.6 g)
- Garlic, 1 cloves (3 g)
- Asparagus, 1 portion(s) (40 g)
- Green Beans, 1 portion(s) (40.1 g)
- Sweet potatoes, 1 portion(s) (125.1 g)

### **Dairy and Egg Products**

- Eggs, 4 large (200 g)
- Fried Egg, 2 eggs (76 g)
- Cheddar Cheese, 1/2 slice (8.5 g)
- Almond milk, 1 1/2 cup (375.4 g)
- Egg whites, 1 cup (242.8 g)
- Fat-Free Milk, 2 cup (490 g)
- Greek yogurt, 1 cup (198.9 g)
- Feta cheese, 1/2 tbsp (8.5 g)
- Greek yogurt, 1 cups (226.4 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)
- Butter, 1/2 tablespoon (7 g)
- Mozzarella Cheese, low fat, 4 slices (4 g)

### **Spices and Herbs**

- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 2/3 teaspoons (1.3 g)
- Salt, 3/4 teaspoon (9.4 g)
- Pepper flakes, 1/7 teaspoon (0.3 g)
- Pepper, 1/5 tsp (0.4 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Turmeric, 1 teaspoons (2.2 g)
- Ginger powder, 1 teaspoons (2 g)
- Salt and pepper, 3 1/2 tsp (6.9 g)
- Ground cinnamon, 3/4 teaspoon (1.5 g)

- Paprika, 2/3 teaspoon (1.5 g)
- Salt, 3 1/2 tsp (21 g)
- Basil leaves, 1/2 sprig (1 g)
- Garlic powder, 1/3 teaspoon (1.1 g)

### **Fruits and Fruit Juices**

- Banana, 1 portion(s) (30 g)
- Banana, 1/2 medium (7" to 7-7/8" long) (59 g)
- Berries, 3/4 cups (116.3 g)
- Orange, Fresh, 1 fruit (2-5/8" dia) (131 g)
- Banana, 2 banana (238 g)
- Blueberries, 100 berries (136 g)
- Blueberry, 1/2 cup (100 g)
- Strawberries, 1 serving (118.5 g)
- Lemon juice, 3 1/2 tablespoons (51.8 g)
- Strawberries, 1/2 cup (112 g)
- Banana, 1/2 small (6" to 6-7/8" long) (50.6 g)
- Apple, 1 small (2-3/4" dia) (149 g)
- Blueberries, 1/2 cup (59 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)
- Granola, 2 serving (62.1 g)

### **Nut and Seed Products**

- Chia seeds, 1 tbsp (12 g)
- Chia seeds, 1/2 teaspoon (2 g)
- Almonds, 1 serving (32 g)
- Trail mix, 3 ounce (85.1 g)

### **Beverages**

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

### **Canned and Jarred**

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

### **Finfish and Shellfish Products**

- Tuna in water, 1 can (164.9 g)
- Fish, 4 fillet (480.7 g)

- Salmon, 1 1/2 fillet (246.9 g)

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

- Chicken breasts, 2 1/2 small breast (562.5 g)
- Chicken breasts, 1/2 lb (227.1 g)

### **Poultry Products**

- Chicken breasts, 1 portion(s) (90 g)
- Turkey Breast, 6 oz (100.3 g)

### **Pork Products**

- Pork Tenderloin, 3/4 pound (340.7 g)

### **Cereal Grains and Pasta**

- Quinoa, cooked, 1 1/2 cup (278 g)
- Brown rice, 1 cup (195.1 g)
- Quinoa, 1/2 cup (85.1 g)
- brown rice, cooked, 1 cup (155.2 g)
- cooked brown rice, 2/3 cups (145.2 g)
- cooked brown rice, 1/2 cup (95.1 g)

### **Beef Products**

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

### **Snacks**

- Snacks, trail mix, regular, 1/2 cup (56 g)

### **Sweets**

- Brown sugar, 1 tablespoons (12.1 g)