

Monthly Meal Plan Sample - Week 3

 Lucy Domingo, RND

DAY 1

Breakfast	Rolled Oats	3 tablespoon (30 g)
	Fat-Free Milk	1 cup (245 g)
	Strawberries	1 cup, halves (152 g)
Mid-morning snack	Almonds	1 serving (32 g)
	Banana	1 banana (119 g)
Lunch	Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini	1 1/2 serving (516 g)
Mid-afternoon snack	Banana Granola Yogurt	1 serving (195 g)
Dinner	Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini	1 1/2 serving (516 g)

DAY 2

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	Banana	1 banana (119 g)
Lunch	Pork Slices with Green Beans and Quinoa	2 serving (536 g)
Mid-afternoon snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
	Blueberries	1/2 cup (59 g)
Dinner	Baked Lemon Salmon with Zucchini over Brown Rice	2 serving (596 g)

DAY 3

Breakfast	Eggs with Spinach	1 serving (164 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Mid-morning snack	Trail mix	1 ounce (28.4 g)
	Apple	1/2 small (2-3/4" dia) (74.5 g)
Lunch	Grilled Chicken Sandwich with Lettuce	1 serving (209 g)
Mid-afternoon snack	Trail Mix	1 serving (56 g)
	Apple	1/2 small (2-3/4" dia) (74.5 g)
Dinner	Pork with Broccoli and Carrot Stir Fry over Rice	2 serving (562 g)

DAY 4

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	Caprese Grilled Cheese	1 serving (161 g)
Dinner	Roasted Turkey Breast and Garlic Sweet Potatoes with Broccoli	1 serving (317 g)

DAY 5

Breakfast	Mixed Berry Granola Yogurt	1 serving (183 g)
Mid-morning snack	Trail mix	1 ounce (28.4 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Lunch	Beef, Carrots and Tomato Wrap	2 serving (420 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 6

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	Trail mix	1 ounce (28.4 g)
Dinner	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula	1 serving (252 g)

DAY 7

Breakfast	Scrambled Egg and Spinach Breakfast Wrap	1 serving (163 g)
Mid-morning snack	Banana	1 medium (7" to 7-7/8" long) (118 g)
	Peanut butter, smooth	1 tsp (9 g)
Lunch	Greek Chicken Wraps	2 serving (460 g)
Mid-afternoon snack	Trail mix	1 ounce (28.4 g)
	Strawberries	1 serving (118.5 g)
Dinner	Sesame Salmon Rice Bowls	1 serving (385 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D A Y 1	Rolled Oats Fat-Free Milk Strawberries	Almonds Banana	Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini	Banana Granola Yogurt	Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini
D A Y 2	Fried Egg Mushrooms, Fresh Cheddar Cheese Whole Wheat Bread	Banana	Pork Slices with Green Beans and Quinoa	Vegan Hummus and Pan Fried Onions Toast Blueberries	Baked Lemon Salmon with Zucchini over Brown Rice
D A Y 3	Eggs with Spinach Coffee (Unsweetened) Fat-Free Milk	Trail mix Apple	Grilled Chicken Sandwich with Lettuce	Trail Mix Apple	Pork with Broccoli and Carrot Stir Fry over Rice
D A Y 4	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	Roasted Turkey Breast and Garlic Sweet Potatoes with Broccoli
D A Y 5	Mixed Berry Granola Yogurt	Trail mix Coffee (Unsweetened) Fat-Free Milk	Beef, Carrots and Tomato Wrap	Tuna Tomato and Cucumber Sandwich Coffee (Unsweetened) Fat-Free Milk	Parmesan Crusted White Fish with Asparagus over Brown Rice
D A Y 6	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
D A Y 7	Scrambled Egg and Spinach Breakfast Wrap	Banana Peanut butter, smooth	Greek Chicken Wraps	Trail mix Strawberries	Sesame Salmon Rice Bowls

Macronutrient summary

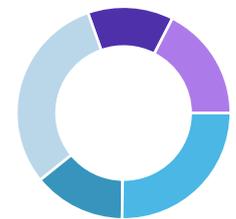
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12574.6	1796.4
Protein [g]	901.3	128.8
Fat [g]	460.6	65.8
Carbs [g]	1248.4	178.3
Fiber [g]	172.2	24.6
Net Carbs [g]	1076.2	153.7



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	314.2	21	13.4	27.6	4.3	23.3
Mid-morning snack	232	8.5	10	29.6	4.2	25.4
Lunch	546.6	49.9	17.2	48.3	7	41.3
Mid-afternoon snack	250.4	11.4	10.3	30.1	3.7	26.4
Dinner	453.2	38	14.8	42.8	5.4	37.4



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	1818.7	119	63.2	206.6	32.6	174
Day 2	1818.3	130.9	58.4	198.8	31.1	167.7
Day 3	1765.6	118	73.7	163.7	17.8	145.9
Day 4	1808.4	135.4	56.7	195.3	26.9	168.4
Day 5	1810.6	135.3	70.8	163.1	19.3	143.8
Day 6	1751.8	138.7	64.4	156.2	19.9	136.3
Day 7	1801.3	124	73.3	164.7	24.6	140.1

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Rolled Oats 3 tablespoon (30 g)	113.7	3.9	2	20.3	3	17.3
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR BREAKFAST	245.6	13.2	2.6	44.1	6.1	38
Mid-morning snack						
Almonds 1 serving (32 g)	185.3	6.8	16	6.9	4	2.9
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
TOTAL FOR MID-MORNING SNACK	291.2	8.1	16.4	34.1	7.1	27
Lunch						
Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini 1 1/2 serving (516 g)	499.4	40.8	17.1	47.8	7.7	40.1
TOTAL FOR LUNCH	499.4	40.8	17.1	47.8	7.7	40.1
Mid-afternoon snack						
Banana Granola Yogurt 1 serving (195 g)	283.1	16.1	10	32.8	4.1	28.7
TOTAL FOR MID-AFTERNOON SNACK	283.1	16.1	10	32.8	4.1	28.7
Dinner						
Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini 1 1/2 serving (516 g)	499.4	40.8	17.1	47.8	7.7	40.1
TOTAL FOR DINNER	499.4	40.8	17.1	47.8	7.7	40.1
TOTAL FOR DAY 1	1818.7	119	63.2	206.6	32.6	174

Day 2 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						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
TOTAL FOR MID-MORNING SNACK	105.9	1.3	0.4	27.2	3.1	24.1
Lunch						
Pork Slices with Green Beans and Quinoa 2 serving (536 g)	590.1	57.2	18.6	47.4	8.3	39.1
TOTAL FOR LUNCH	590.1	57.2	18.6	47.4	8.3	39.1
Mid-afternoon snack						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	25.2	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 Lemon Salmon with Zucchini over Brown Rice 2 serving (596 g)	512.2	41	13.1	59.7	7.7	52
TOTAL FOR DINNER	512.2	41	13.1	59.7	7.7	52
TOTAL FOR DAY 2	1818.3	130.9	58.4	198.8	31.1	167.7

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Eggs with Spinach 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5	2.6
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 BREAKFAST	369.1	22.6	24	16.4	1.5	14.9
Mid-morning snack						
Trail mix 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
Apple 1/2 small (2-3/4" dia) (74.5 g)	38.7	0.2	0.1	10.3	1.8	8.5
TOTAL FOR MID-MORNING SNACK	161.2	2.8	8.2	20.8	3.2	17.6
Lunch						
Grilled Chicken Sandwich with Lettuce 1 serving (209 g)	311.8	28.7	8.6	28.8	4.3	24.5
TOTAL FOR LUNCH	311.8	28.7	8.6	28.8	4.3	24.5
Mid-afternoon snack						
Trail Mix 1 serving (56 g)	258.7	7.7	16.5	25.1	0	25.1
Apple 1/2 small (2-3/4" dia) (74.5 g)	38.7	0.2	0.1	10.3	1.8	8.5
TOTAL FOR MID-AFTERNOON SNACK	297.5	7.9	16.6	35.4	1.8	33.6
Dinner						
Pork with Broccoli and Carrot Stir Fry over Rice 2 serving (562 g)	625.9	56	16.3	62.3	6.9	55.4
TOTAL FOR DINNER	625.9	56	16.3	62.3	6.9	55.4
TOTAL FOR DAY 3	1765.6	118	73.7	163.7	17.8	145.9

Day 4 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						
Caprese Grilled Cheese 1 serving (161 g)	231.1	8	8.4	31.8	3.4	28.4
TOTAL FOR MID-AFTERNOON SNACK	231.1	8	8.4	31.8	3.4	28.4
Dinner						
Roasted Turkey Breast and Garlic Sweet Potatoes with Broccoli 1 serving (317 g)	297.8	26.3	8.8	30.7	5.9	24.8
TOTAL FOR DINNER	297.8	26.3	8.8	30.7	5.9	24.8

TOTAL FOR DAY 4

1808.4

135.4

56.7

195.3

26.9

168.4

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mixed Berry Granola Yogurt 1 serving (183 g)	257.2	15.7	10	25.9	3.8	22.1
TOTAL FOR BREAKFAST	257.2	15.7	10	25.9	3.8	22.1
Mid-morning snack						
Trail mix 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
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-MORNING SNACK	206.8	11	8.3	22.8	1.4	21.4
Lunch						
Beef, Carrots and Tomato Wrap 2 serving (420 g)	548.5	42.7	24.7	41.4	7.8	33.6
TOTAL FOR LUNCH	548.5	42.7	24.7	41.4	7.8	33.6
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 5	1810.6	135.3	70.8	163.1	19.3	143.8

Day 6 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						
Trail mix 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
TOTAL FOR MID-AFTERNOON SNACK	122.5	2.6	8.1	10.5	1.4	9.1
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 6	1751.8	138.7	64.4	156.2	19.9	136.3

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Scrambled Egg and Spinach Breakfast Wrap 1 serving (163 g)	302.7	14.3	16.9	24.1	7.1	17
TOTAL FOR BREAKFAST	302.7	14.3	16.9	24.1	7.1	17
Mid-morning 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 tsp (9 g)	54.6	2.1	4.7	1.2	0.6	0.6
TOTAL FOR MID-MORNING SNACK	159.7	3.3	5.1	28.1	3.7	24.4
Lunch						
Greek Chicken Wraps 2 serving (460 g)	651	61.7	22.6	48.5	7.1	41.4
TOTAL FOR LUNCH	651	61.7	22.6	48.5	7.1	41.4
Mid-afternoon snack						
Trail mix 1 ounce (28.4 g)	122.5	2.6	8.1	10.5	1.4	9.1
Strawberries 1 serving (118.5 g)	37.9	0.8	0.4	9.1	2.4	6.7
TOTAL FOR MID-AFTERNOON SNACK	160.4	3.4	8.4	19.6	3.8	15.8
Dinner						
Sesame Salmon Rice Bowls 1 serving (385 g)	527.5	41.3	20.3	44.3	3	41.3
TOTAL FOR DINNER	527.5	41.3	20.3	44.3	3	41.3
TOTAL FOR DAY 7	1801.3	124	73.3	164.7	24.6	140.1

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

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

Trail Mix

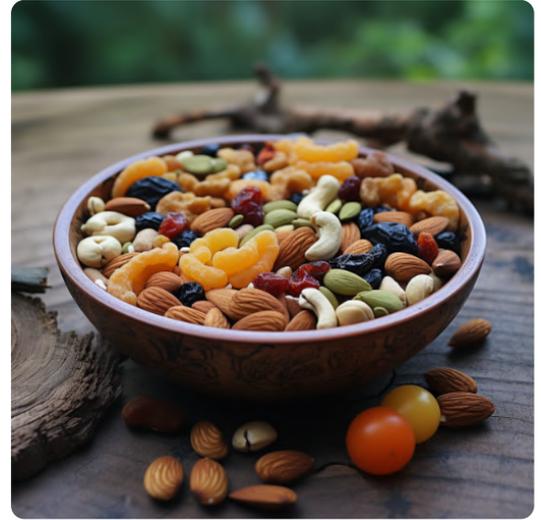
🕒 1 min 🍽️ 1 serving

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

Scrambled Egg and Spinach Breakfast Wrap

🕒 10 min 🍽️ 2 servings

303 Kcal / serving

14g Protein 17g Fat 24g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Olive oil, 2 teaspoons (8 g)
- Spinach leaves, 1 cup (30 g)
- Salt and pepper, 1 tsp (2 g)
- Tortillas, 2 piece (86 g)



Instructions

In a bowl, whisk the eggs until well beaten. Set aside.

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

Add spinach leaves to the skillet and sauté until wilted, about 2 minutes.

Pour the beaten eggs into the skillet with the spinach.

Gently stir and scramble the eggs until cooked to your desired consistency.

Season with salt and pepper to taste.

Warm the tortillas or wraps in a separate skillet or microwave.

Divide the scrambled eggs and spinach mixture evenly between the tortillas or wraps.

Roll up the tortillas or wraps tightly, tucking in the sides as you go.

Slice in half if desired and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	605.5	185.7	302.8
Protein [g]	28.7	8.8	14.4
Fat [g]	33.9	10.4	17
Carbs [g]	48.2	14.8	24.1
Fiber [g]	14.1	4.3	7.1
Net Carbs [g]	34.1	10.5	17.1



Protein Fat Carbs

Turkey Skillet Burrito

🕒 30 min 🍽️ 4 servings

528 Kcal / serving

40g Protein 16g Fat 59g Carbs

Ingredients

- **Chili powder**, 1 tsp (2.7 g)
- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1/2 tsp (1.1 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Corn kernels**, 1 cup (164 g)
- **Salsa**, 1/4 cup (67.7 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (6 g)
- **Black beans**, 1 cup (172 g)
- **Brown rice**, 1 cup (195 g)
- **Bell pepper**, 1 medium (120 g)
- **Cumin**, 1 teaspoon (2 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Cheddar cheese**, 1/4 cup (28.3 g)
- **Tortillas**, 4 piece (168 g)



Instructions

Heat a large skillet over medium heat and add ground turkey. Cook until browned and cooked through, breaking it up into crumbles.

Add diced onion, bell pepper, and minced garlic to the skillet. Cook for 3-4 minutes until vegetables are softened.

Stir in cumin, chili powder, paprika, salt, and black pepper. Cook for an additional 2 minutes to allow the spices to blend.

Add cooked brown rice, black beans, corn kernels, and salsa to the skillet. Stir well to combine all ingredients.

Reduce heat to low and let the mixture simmer for 5 minutes to heat through.

Warm the whole wheat tortillas in a separate skillet or microwave.

Divide the turkey mixture evenly among the tortillas, placing it in the center of each tortilla.

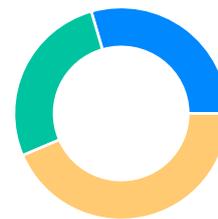
Top with shredded cheddar cheese, fresh cilantro, and sliced avocado.

Fold the sides of the tortillas over the filling, then roll up tightly to form burritos.

Serve the Healthy Turkey Skillet Burritos warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2109.9	124.2	527.5
Protein [g]	160.8	9.5	40.2
Fat [g]	65.3	3.8	16.3
Carbs [g]	237.4	14	59.4
Fiber [g]	54	3.2	13.5
Net Carbs [g]	183.4	10.8	45.9



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

Beef, Lettuce, Carrots and Tomato Wrap

🕒 15 min 🍽️ 4 servings

274 Kcal / serving

21g Protein 12g Fat 21g Carbs

Ingredients

- **Lemon juice**, 1 tablespoon (15.3 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Tortillas**, 4 large (120 g)
- **Romaine Lettuce**, 2 cup shredded (94 g)
- **Beef, sirloin, lean**, 300 grams (300 g)



Instructions

In a bowl, combine olive oil, lemon juice, dried oregano, salt, and black pepper to make a marinade.

Slice the beef into thin strips and add them to the marinade. Let it sit for 5 minutes.

Heat a non-stick skillet over medium-high heat. Add the marinated beef strips and cook for 5-6 minutes until cooked through.

Remove the beef from the skillet and set aside.

In the same skillet, add shredded carrots and cherry tomatoes. Cook for 2-3 minutes until slightly softened.

Warm the whole wheat tortillas in a separate skillet or microwave for a few seconds.

Divide the cooked beef, carrots, and tomatoes evenly among the tortillas. Add shredded

Roll up the tortillas tightly, tucking in the sides as you go.

Slice the wraps in half diagonally and serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1095.7	130.6	273.9
Protein [g]	85.2	10.2	21.3
Fat [g]	49.4	5.9	12.4
Carbs [g]	82.7	9.9	20.7
Fiber [g]	15.6	1.9	3.9
Net Carbs [g]	67.1	8	16.8



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	361.6
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.

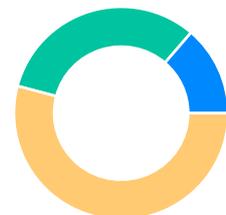
Cook for about 3-4 minutes on each side, or until the bread is golden brown and the cheese is melted.

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)

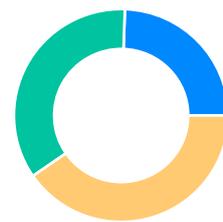


Instructions

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

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 Turkey Breast and Garlic Sweet Potatoes with Broccoli

🕒 20 min 🍽️ 2 servings

297 Kcal / serving

26g Protein 9g Fat 31g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 1 medium (225 g)
- Turkey breast, 200 grams (200 g)
- Broccoli florets, 2 cup (182 g)



Instructions

Preheat the oven to 400°F (200°C).

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

In a bowl, combine the diced sweet potatoes, minced garlic, and olive oil. Toss to coat the sweet potatoes evenly.

Spread the sweet potato mixture around the turkey fillets on the baking sheet.

Roast in the preheated oven for 15 minutes.

After 15 minutes, add the broccoli florets to the baking sheet and toss them with the sweet potatoes and turkey.

Continue roasting for an additional 5 minutes, or until the turkey is cooked through and the sweet potatoes are tender.

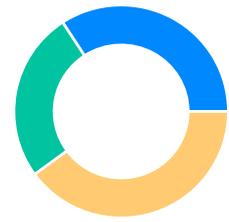
Remove from the oven and let it rest for a few minutes before serving.

Serve the roasted turkey breast with garlic sweet potatoes and broccoli.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	594.6	94	297.3
Protein [g]	52.5	8.3	26.3
Fat [g]	17.7	2.8	8.9
Carbs [g]	61.3	9.7	30.7
Fiber [g]	11.7	1.8	5.9
Net Carbs [g]	49.6	7.8	24.8



Protein Fat Carbs

Roasted Beef Strips and Garlic Sweet Potatoes with Zucchini

🕒 20 min 🍽️ 2 servings

333 Kcal / serving

27g Protein 11g Fat 32g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Zucchini, 1 medium (196 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 cup, cubes (266 g)
- Beef sirloin, sliced, 200 grams (200 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the beef strips, sweet potatoes, zucchini, minced garlic, and olive oil. Toss well to coat everything evenly.

Spread the mixture in a single layer in the baking dish.

Roast in the preheated oven for 15-20 minutes, or until the beef is cooked through and the sweet potatoes are tender.

Remove from the oven and let it rest for a few minutes before serving.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	664.9	96.8	332.5
Protein [g]	54.3	7.9	27.2
Fat [g]	22.8	3.3	11.4
Carbs [g]	63.6	9.3	31.8
Fiber [g]	10.2	1.5	5.1
Net Carbs [g]	53.4	7.8	26.7



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

Baked Lemon Salmon with Zucchini over Brown Rice

🕒 20 min 🍽️ 2 servings

256 Kcal / serving

21g Protein 7g Fat 30g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Brown rice**, 1 cup (195 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Zucchini**, 1 small (118 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the zucchini slices around the salmon.

Season the salmon and zucchini with salt and pepper to taste.

Place lemon slices on top of the salmon fillets.

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

While the salmon is baking, cook the brown rice according to package instructions.

Once cooked, divide the brown rice onto two plates.

Remove the baked salmon and zucchini from the oven and place them on top of the brown rice.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	511.3	85.9	255.7
Protein [g]	40.9	6.9	20.5
Fat [g]	13.1	2.2	6.5
Carbs [g]	59.6	10	29.8
Fiber [g]	7.7	1.3	3.9
Net Carbs [g]	51.9	8.7	26



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

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

Breakfast Cereals

- Rolled Oats, 3 tablespoon (30 g)
- Granola, 2 serving (62.1 g)

Dairy and Egg Products

- Fat-Free Milk, 5 cup (1225 g)
- Fried Egg, 2 eggs (76 g)
- Cheddar Cheese, 1/2 slice (8.5 g)
- Eggs, 6 large (300 g)
- Egg whites, 1 cup (242.8 g)
- Greek yogurt, 1 cups (226.4 g)
- Feta cheese, 1/2 tbsp (8.5 g)
- Feta cheese, 1 1/2 tablespoons (25.5 g)
- Parmesan cheese, 1/2 cup (50.2 g)
- Greek yogurt, 1/2 cup (99.5 g)
- Butter, 1/2 tablespoon (7 g)
- Mozzarella Cheese, low fat, 4 slices (4 g)

Fruits and Fruit Juices

- Strawberries, 1 cup, halves (152 g)
- Berries, 1/3 cups (38.8 g)
- Banana, 3 banana (357 g)
- Apple, 1 small (2-3/4" dia) (149 g)
- Blueberry, 1/2 cup (100 g)
- Lemon juice, 2 tablespoons (30 g)
- Strawberries, 1/2 cup (112 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Lemon juice, 1/2 tablespoon (7.6 g)
- Banana, 1/2 small (6" to 6-7/8" long) (50.6 g)
- Blueberries, 1/2 cup (59 g)
- Strawberries, 1 serving (118.5 g)
- Lemon, 1 lemon (108.2 g)

Vegetables and Vegetable Products

- Mushrooms, Fresh, 1/2 cup (48 g)
- Garlic, 11 clove (33 g)
- Baby spinach, 1 1/2 cup (45 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, 2 cup (182.3 g)
- Onion, 1 tablespoons (10 g)
- Parsley, 1/2 tablespoon (2 g)
- Spinach leaves, 1/2 cup (15 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)
- Zucchini, 1 1/2 medium (294.4 g)
- Sweet potatoes, 3 cup, cubes (399.6 g)
- Green beans, 1/3 lb (113.6 g)
- Lettuce leaves, 2 large (48 g)
- Carrots, 1/2 cup chopped (64.1 g)
- Cherry tomatoes, 1/2 cup (74.6 g)
- Romaine Lettuce, 1 cup shredded (47.1 g)
- Arugula, 2 1/2 cup (70.1 g)
- Onion, thinly sliced, 1/3 cup (39.5 g)
- Tomato, 1/2 large whole (3" dia) (91.3 g)
- Zucchini, 1 small (118.2 g)
- Carrot, 1/2 cup chopped (64.1 g)
- Garlic, 1 cloves (3 g)
- Broccoli florets, 1 cups (91.1 g)
- Sweet potatoes, 1/2 medium (112.8 g)
- Asparagus, 1 portion(s) (40 g)
- Sweet potatoes, 1 portion(s) (125.1 g)

Baked Products

- Whole Wheat Bread, 5 slice (160.2 g)
- Whole Wheat Toast, 2 slice (50 g)
- Tortillas, 1 piece (43 g)
- Bread, 7 slices (201.2 g)
- Tortillas, 4 tortilla medium (approx 6" dia) (120.1 g)

Spices and Herbs

- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 3/4 teaspoons (1.5 g)

- Salt, 2/3 teaspoon (7.9 g)
- Pepper flakes, 1/7 teaspoon (0.3 g)
- Pepper, 1/3 tsp (0.5 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Salt and pepper, 5 1/3 tsp (10.5 g)
- Salt, 1 tsp (6 g)
- Basil leaves, 1/2 sprig (1 g)

Fats and Oils

- Olive oil, 1 servings (14 g)
- Olive oil, 7 teaspoons (28 g)
- Olive oil, 1 1/2 tsp (7.5 g)
- Olive oil, 4 tablespoon (54.1 g)
- Olive oil, 1 1/2 tbsp (19.5 g)
- Oil, 1 teaspoons (4 g)
- Coconut oil, 1/2 tablespoons (6.5 g)

Beverages

- Coffee (Unsweetened), 4 portion(s) (200 g)

Canned and Jarred

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

Nut and Seed Products

- Almonds, 1 serving (32 g)
- Trail mix, 4 ounce (113.4 g)
- Peanut butter, smooth, 1 tsp (9 g)

Finfish and Shellfish Products

- Tuna in water, 1 can (164.9 g)
- Fish, 2 fillet (240.2 g)
- Salmon, 6 ounce (170.4 g)

Beef Products

- Beef sirloin, sliced, 400 1/2 grams (400.5 g)
- Beef, sirloin, lean, 150 1/4 grams (150.2 g)

Pork Products

- Pork Tenderloin, 1 pound (454.3 g)

Cereal Grains and Pasta

- Quinoa, cooked, 1 1/2 cup (278 g)
- Brown rice, 1 cup (195.3 g)
- brown rice, cooked, 1 cup (155.2 g)
- cooked brown rice, 1/2 cup (95.1 g)

Poultry Products

- Chicken breasts, 1 portion(s) (90 g)
- Turkey breast, 100 1/4 grams (100.2 g)

Other

- Tortillas, 2 large (60.1 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 1 small breast (225.2 g)

Legumes and Legume Products

- Vegan hummus, 1/3 cup (61.8 g)
- Soy sauce made from soy (tamari), 1/2 tbsp (9 g)

Snacks

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