

# Monthly Meal Plan Sample - Week 4

 Lucy Domingo, RND

## DAY 1

<b>Breakfast</b>	Scrambled Egg with Onion and Tomato on Toast	1 serving (235 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 2

<b>Breakfast</b>	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
<b>Mid-morning snack</b>	Banana	1 banana (119 g)
	Almonds	1 serving (32 g)
<b>Lunch</b>	Salmon with Zucchini over Rice	1 serving (309 g)
<b>Mid-afternoon snack</b>	Peanut butter, reduced sodium	2 tbsp (32 g)
	Whole Wheat Bread	2 slice (64 g)
<b>Dinner</b>	Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli	2 serving (550 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)
	Blueberries	1/2 cup (59 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>	Kiwi Granola Yogurt	1 serving (194 g)
<b>Mid-morning snack</b>	Caprese Grilled Cheese	1 serving (161 g)
<b>Lunch</b>	Canned Tuna with Cucumber and Lemon over Brown Rice	2 serving (684 g)
<b>Mid-afternoon snack</b>	Tuna Greek Yogurt and Lettuce Sandwich	1 serving (307 g)
<b>Dinner</b>	Beef Skillet Supper	1 serving (366 g)

**DAY 5**

<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>	Banana	1 medium (7" to 7-7/8" long) (118 g)
	Peanut butter, smooth	1 tablespoon (20 g)
<b>Dinner</b>	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula	1 serving (252 g)

**DAY 6**

<b>Breakfast</b>	Scrambled Egg with Tomato on Whole Wheat Toast	2 serving (284 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
<b>Mid-morning snack</b>	Strawberries	1 serving (118.5 g)
	Hummus	4 tbsp. (56 g)
	Celery sticks	1 stalk, large (11"-12" long) (64 g)
<b>Lunch</b>	Air Fried Salt and Pepper Chicken, Potatoes, and Peppers	2 serving (620 g)
<b>Mid-afternoon snack</b>	Trail mix	1 ounce (28.4 g)
<b>Dinner</b>	Tomato Basil Salmon with Brown Rice	2 serving (460 g)

**DAY 7**

<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>	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
<b>Dinner</b>	Turkey Breast and Green Beans over Quinoa	1 serving (238 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D A Y  1	Scrambled Egg with Onion and Tomato on Toast	Plain Yogurt (Low Fat) Blueberries	Broccoli Beef Brown Rice	Tuna Tomato and Cucumber Sandwich Coffee (Unsweetened) Fat-Free Milk	Parmesan Crusted White Fish with Asparagus over Brown Rice
D A Y  2	Vegan Hummus and Pan Fried Onions Toast	Banana Almonds	Salmon with Zucchini over Rice	Peanut butter, reduced sodium Whole Wheat Bread	Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli
D A Y  3	Fried Egg Mushrooms, Fresh Cheddar Cheese Whole Wheat Bread	Cinnamon Roasted Sweet Potato Fries Blueberries	Pork Slices with Green Beans and Quinoa	Vegan Hummus and Pan Fried Onions Toast Blueberries	Baked Salmon with Broccoli and Carrots over Cooked Brown Rice
D A Y  4	Kiwi Granola Yogurt	Caprese Grilled Cheese	Canned Tuna with Cucumber and Lemon over Brown Rice	Tuna Greek Yogurt and Lettuce Sandwich	Beef Skillet Supper
D A Y  5	Mediterranean Broccoli Omelet	Tuna Tomato and Cucumber Sandwich Strawberries	Chicken Wrap with Arugula, Tomato and Greek Yogurt	Banana Peanut butter, smooth	Roasted Beef Strips and Garlic Sweet Potatoes with Arugula
D A Y  6	Scrambled Egg with Tomato on Whole Wheat Toast Coffee (Unsweetened) Fat-Free Milk	Strawberries Hummus Celery sticks	Air Fried Salt and Pepper Chicken, Potatoes, and Peppers	Trail mix	Tomato Basil Salmon with Brown Rice
D A Y  7	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast Coffee (Unsweetened) Fat-Free Milk	Cucumber Toast with Tomato, Feta Cheese, and Olive Oil Blueberry	Parmesan Baked White Fish with Broccoli over Quinoa Banana	Vegan Hummus and Pan Fried Onions Toast	Turkey Breast and Green Beans over Quinoa

## Macronutrient summary

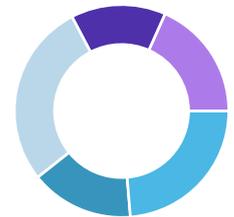
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12244.7	1749.2
Protein [g]	914.6	130.7
Fat [g]	416.7	59.5
Carbs [g]	1237.3	176.8
Fiber [g]	176.6	25.2
Net Carbs [g]	1060.7	151.5



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	320.9	22.3	12.6	29.6	4.7	25
Mid-morning snack	250.4	9.2	10.2	32.8	5.4	27.4
Lunch	490.7	47.4	12.2	47.3	5.4	41.9
Mid-afternoon snack	272.9	16.7	10.2	30.2	4.6	25.6
Dinner	414.3	35	14.3	36.8	5.1	31.7



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	1835.4	147.5	59.3	183	20.1	162.9
Day 2	1681.4	104.5	67.7	175.9	31.4	144.5
Day 3	1762.9	118.4	64.9	179	29.4	149.6
Day 4	1551.8	132.4	37.9	169.2	21.8	147.4
Day 5	1855.8	141.9	67.1	175.2	22.9	152.3
Day 6	1788.8	131	64	173.3	23.6	149.7
Day 7	1768.7	138.9	55.8	181.8	27.5	154.3

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Scrambled Egg with Onion and Tomato on Toast</b> 1 serving (235 g)	309.6	20.4	11.6	30.4	4.7	25.7
<b>TOTAL FOR BREAKFAST</b>	<b>309.6</b>	<b>20.4</b>	<b>11.6</b>	<b>30.4</b>	<b>4.7</b>	<b>25.7</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 1</b>	<b>1835.4</b>	<b>147.5</b>	<b>59.3</b>	<b>183</b>	<b>20.1</b>	<b>162.9</b>

## Day 2 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 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
<b>TOTAL FOR BREAKFAST</b>	<b>221.3</b>	<b>9.3</b>	<b>9.6</b>	<b>26.2</b>	<b>6.3</b>	<b>19.9</b>
<b>Mid-morning snack</b>						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
Almonds 1 serving (32 g)	185.3	6.8	16	6.9	4	2.9
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>291.2</b>	<b>8.1</b>	<b>16.4</b>	<b>34.1</b>	<b>7.1</b>	<b>27</b>
<b>Lunch</b>						
Salmon with Zucchini over Rice 1 serving (309 g)	369.3	37.4	11.7	26.5	2.1	24.4
<b>TOTAL FOR LUNCH</b>	<b>369.3</b>	<b>37.4</b>	<b>11.7</b>	<b>26.5</b>	<b>2.1</b>	<b>24.4</b>
<b>Mid-afternoon snack</b>						
Peanut butter, reduced sodium 2 tbsp (32 g)	188.8	7.7	16	7	2.1	4.9
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>350.1</b>	<b>15.6</b>	<b>18.2</b>	<b>34.3</b>	<b>6</b>	<b>28.3</b>
<b>Dinner</b>						
Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli 2 serving (550 g)	449.5	34.1	11.8	54.9	9.9	45
<b>TOTAL FOR DINNER</b>	<b>449.5</b>	<b>34.1</b>	<b>11.8</b>	<b>54.9</b>	<b>9.9</b>	<b>45</b>
<b>TOTAL FOR DAY 2</b>	<b>1681.4</b>	<b>104.5</b>	<b>67.7</b>	<b>175.9</b>	<b>31.4</b>	<b>144.5</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>Blueberries</b> 1/2 cup (59 g)	33.6	0.4	0.2	8.5	1.4	7.1
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>241.6</b>	<b>3.1</b>	<b>7.1</b>	<b>43.3</b>	<b>6.8</b>	<b>36.5</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	1762.9	118.4	64.9	179	29.4	149.6

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Kiwi Granola Yogurt</b> 1 serving (194 g)	259.5	16	10.1	26.3	4.9	21.4
<b>TOTAL FOR BREAKFAST</b>	<b>259.5</b>	<b>16</b>	<b>10.1</b>	<b>26.3</b>	<b>4.9</b>	<b>21.4</b>
<b>Mid-morning 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-MORNING 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>Lunch</b>						
<b>Canned Tuna with Cucumber and Lemon over Brown Rice</b> 2 serving (684 g)	411.1	38.7	3.7	53.5	5.7	47.8
<b>TOTAL FOR LUNCH</b>	<b>411.1</b>	<b>38.7</b>	<b>3.7</b>	<b>53.5</b>	<b>5.7</b>	<b>47.8</b>
<b>Mid-afternoon snack</b>						
<b>Tuna Greek Yogurt and Lettuce Sandwich</b> 1 serving (307 g)	331.9	42.1	3.6	30.7	2.8	27.9
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>331.9</b>	<b>42.1</b>	<b>3.6</b>	<b>30.7</b>	<b>2.8</b>	<b>27.9</b>
<b>Dinner</b>						
<b>Beef Skillet Supper</b> 1 serving (366 g)	318.2	27.6	12.1	26.9	5	21.9
<b>TOTAL FOR DINNER</b>	<b>318.2</b>	<b>27.6</b>	<b>12.1</b>	<b>26.9</b>	<b>5</b>	<b>21.9</b>
<b>TOTAL FOR DAY 4</b>	<b>1551.8</b>	<b>132.4</b>	<b>37.9</b>	<b>169.2</b>	<b>21.8</b>	<b>147.4</b>

## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Mediterranean Broccoli Omelet</b> 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>						
<b>Tuna Tomato and Cucumber Sandwich</b> 1 serving (290 g)	318.9	23.3	10.9	33.3	3.7	29.6
<b>Strawberries</b> 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>						
<b>Chicken Wrap with Arugula, Tomato and Greek Yogurt</b> 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>						
<b>Banana</b> 1 medium (7" to 7-7/8" long) (118 g)	105	1.3	0.4	27	3.1	23.9
<b>Peanut butter, smooth</b> 1 tablespoon (20 g)	121.4	4.6	10.4	2.6	1.3	1.3
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>226.4</b>	<b>5.8</b>	<b>10.7</b>	<b>29.6</b>	<b>4.4</b>	<b>25.2</b>
<b>Dinner</b>						
<b>Roasted Beef Strips and Garlic Sweet Potatoes with Arugula</b> 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 5</b>	<b>1855.8</b>	<b>141.9</b>	<b>67.1</b>	<b>175.2</b>	<b>22.9</b>	<b>152.3</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Scrambled Egg with Tomato on Whole Wheat Toast 2 serving (284 g)	347.1	20.7	16.2	29.6	4.9	24.7
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
<b>TOTAL FOR BREAKFAST</b>	<b>431.4</b>	<b>29.1</b>	<b>16.4</b>	<b>41.9</b>	<b>4.9</b>	<b>37</b>
<b>Mid-morning snack</b>						
Strawberries 1 serving (118.5 g)	37.9	0.8	0.4	9.1	2.4	6.7
Hummus 4 tbsp. (56 g)	93	4.4	5.4	8	3.4	4.6
Celery sticks 1 stalk, large (11"-12" long) (64 g)	10.2	0.4	0.1	1.9	1	0.9
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>141.1</b>	<b>5.7</b>	<b>5.8</b>	<b>19</b>	<b>6.8</b>	<b>12.2</b>
<b>Lunch</b>						
Air Fried Salt and Pepper Chicken, Potatoes, and Peppers 2 serving (620 g)	554.7	54.5	14.4	51.5	6.4	45.1
<b>TOTAL FOR LUNCH</b>	<b>554.7</b>	<b>54.5</b>	<b>14.4</b>	<b>51.5</b>	<b>6.4</b>	<b>45.1</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>						
Tomato Basil Salmon with Brown Rice 2 serving (460 g)	539	39.2	19.3	50.3	4.2	46.1
<b>TOTAL FOR DINNER</b>	<b>539</b>	<b>39.2</b>	<b>19.3</b>	<b>50.3</b>	<b>4.2</b>	<b>46.1</b>
<b>TOTAL FOR DAY 6</b>	<b>1788.8</b>	<b>131</b>	<b>64</b>	<b>173.3</b>	<b>23.6</b>	<b>149.7</b>

## Day 7 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>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>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>221.3</b>	<b>9.3</b>	<b>9.6</b>	<b>26.2</b>	<b>6.3</b>	<b>19.9</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

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

# Baked Salmon with Broccoli and Carrots over Cooked Brown Rice

🕒 15 min 🍽️ 2 servings

425 Kcal / serving

38g Protein 15g Fat 33g Carbs

## Ingredients

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



## Instructions

Preheat the oven to 400°F (200°C).

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

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

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

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

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

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

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

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

Garnish with fresh herbs or lemon slices if desired.

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

## Macronutrient summary

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



Protein Fat Carbs

# Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

221 Kcal / serving

9g Protein 10g Fat 26g Carbs

## Ingredients

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



## Instructions

Heat olive oil in a pan over medium heat.

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

Toast the bread slices until golden brown.

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

Top the hummus with the pan-fried onions.

Serve immediately and enjoy!

## Macronutrient summary

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



Protein Fat Carbs

# Cucumber Toast with Tomato, Feta Cheese, and Olive Oil

🕒 15 min    🍽️ 2 servings

293 Kcal / serving

8g Protein    20g Fat    21g Carbs

## Ingredients

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



## Instructions

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

## Macronutrient summary

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



Protein Fat Carbs



# Scrambled Egg with Onion and Tomato on Toast

🕒 20 min    🍽️ 1 serving

310 Kcal / serving

20g Protein   12g Fat   30g Carbs

## Ingredients

- Eggs, 2 large (100 g)
- Salt, 1/2 tsp (3 g)
- Onion, 1/4 cup (38.5 g)
- Tomato, 1/4 cup (35.8 g)
- Bread, 2 slices (56.4 g)
- Pepper, 1/2 teaspoon (1 g)



## Instructions

In a bowl, beat the eggs until well combined.

Heat a non-stick pan over medium heat and add a little oil.

Add the chopped onion and sauté until it becomes translucent.

Add the diced tomato and cook for another 2 minutes until it softens.

Season with salt and pepper to taste.

Push the onion and tomato mixture to one side of the pan and pour the beaten eggs into the other side.

Scramble the eggs gently until they are fully cooked.

While the eggs are cooking, toast the bread slices until golden brown.

Place the scrambled eggs on one slice of bread and cover it with the other slice.

Cut the sandwich into halves or quarters and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	309.6	131.9	309.6
Protein [g]	20.4	8.7	20.4
Fat [g]	11.6	4.9	11.6
Carbs [g]	30.4	13	30.4
Fiber [g]	4.7	2	4.7
Net Carbs [g]	25.7	11	25.7



Protein Fat Carbs

# Pork Skillet Supper

🕒 30 min    🍽️ 4 servings

319 Kcal / serving

28g Protein   12g Fat   27g Carbs

## Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Potatoes**, 2 cups (420 g)
- **Carrots**, 1 cup chopped (128 g)
- **Zucchini**, 1 cup, chopped (124 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Bell peppers**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Olive Oil**, 2 tbsp (28.4 g)
- **lean ground pork**, 1 lb (454 g)



## Instructions

Heat a large skillet over medium heat and add the garlic-infused oil.

Add the ground pork and cook until browned.

Remove the pork from the skillet and set aside.

In the same skillet, add the diced potatoes and carrots. Cook for about 5 minutes, or until slightly tender.

Add the bell peppers, zucchini, and tomatoes to the skillet. Cook for another 5 minutes.

Return the cooked ground pork to the skillet and mix well with the vegetables.

Sprinkle the dried oregano, dried thyme, salt, and pepper over the mixture. Stir to combine.

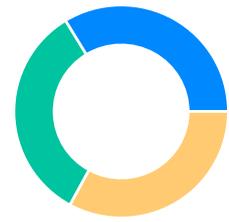
Cover the skillet and let it simmer for about 10 minutes, or until the vegetables are cooked through.

Garnish with fresh parsley before serving.

Enjoy your pork skillet supper!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1273.9	86.9	318.5
Protein [g]	110.4	7.5	27.6
Fat [g]	48.6	3.3	12.2
Carbs [g]	107.8	7.4	27
Fiber [g]	20	1.4	5
Net Carbs [g]	87.8	6	22



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



# Tomato Basil Salmon with Brown Rice

🕒 20 min    🍽️ 4 servings

270 Kcal / serving

20g Protein   10g Fat   25g Carbs

## Ingredients

- **Basil leaves**, 1/4 cup (6.2 g)
- **Lemon juice**, 1 tablespoon (14.7 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (5.9 g)
- **Brown rice**, 2 cup (390 g)
- **Salmon**, 2 fillet (340 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, combine the olive oil, minced garlic, lemon juice, salt, and pepper.

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

Brush the salmon fillets with the olive oil mixture, making sure to coat both sides.

Arrange the cherry tomato halves around the salmon fillets on the baking sheet.

Sprinkle the chopped basil leaves over the salmon and tomatoes.

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.

Serve the cooked salmon over a bed of brown rice, garnished with additional basil leaves if desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1079.3	117.1	269.8
Protein [g]	78.5	8.5	19.6
Fat [g]	38.6	4.2	9.7
Carbs [g]	100.8	10.9	25.2
Fiber [g]	8.3	0.9	2.1
Net Carbs [g]	92.5	10	23.1



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

# 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

# Salmon with Zucchini over Rice

🕒 20 min    🍽️ 4 servings

369 Kcal / serving

37g Protein   12g Fat   26g Carbs

## Ingredients

- Honey, 1/2 tbsp (10.1 g)
- Brown rice, 2 cup (390 g)
- Salmon, 4 fillet (680 g)
- Tamari, 2 tablespoon (36 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.

In a small bowl, mix together the tamari and honey.

Brush the soy sauce mixture over the salmon fillets, coating them evenly.

Arrange the zucchini around the salmon on the baking sheet.

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 rice according to package instructions.

Serve the cooked salmon and zucchini over the cooked rice.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1474.7	119.5	368.7
Protein [g]	149.2	12.1	37.3
Fat [g]	46.8	3.8	11.7
Carbs [g]	105.7	8.6	26.4
Fiber [g]	8.5	0.7	2.1
Net Carbs [g]	97.2	7.9	24.3



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



# Canned Tuna with Cucumber and Lemon over Brown Rice

🕒 10 min    🍽️ 2 servings

205 Kcal / serving

19g Protein   2g Fat   27g Carbs

## Ingredients

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



## Instructions

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

Season with salt and pepper to taste.

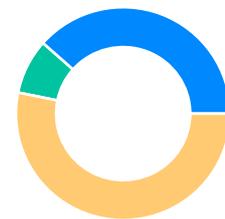
Serve the tuna mixture over a bed of cooked brown rice.

Garnish with additional lemon slices if desired.

Enjoy!

## Macronutrient summary

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



Protein Fat Carbs

# Scrambled Egg with Tomato on Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

174 Kcal / serving

10g Protein 8g Fat 15g Carbs

## Ingredients

- Eggs, 2 large (100 g)
- Olive oil, 1 tsp (4.5 g)
- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Bread, 2 slices (56.4 g)
- Salt and pepper, 1/4 tsp (0.5 g)



## Instructions

In a bowl, whisk the eggs until well beaten.

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

Add the diced tomato to the skillet and cook for 2-3 minutes, until slightly softened.

Pour the beaten eggs into the skillet with the tomatoes.

Season with salt and black pepper to taste.

Using a spatula, gently scramble the eggs and mix them with the tomatoes.

Continue cooking and stirring until the eggs are cooked to your desired consistency.

Toast the slices of whole wheat bread.

Place the scrambled eggs and tomato mixture on top of the toasted bread slices.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	347.1	122	173.6
Protein [g]	20.7	7.3	10.4
Fat [g]	16.2	5.7	8.1
Carbs [g]	29.6	10.4	14.8
Fiber [g]	4.9	1.7	2.5
Net Carbs [g]	24.7	8.7	12.4



Protein Fat Carbs

# Kiwi Granola Yogurt

🕒 10 min    🍽️ 2 servings

260 Kcal / serving

16g Protein    10g Fat    26g Carbs

## Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Kiwi, peeled, sliced, 1 piece (100 g)

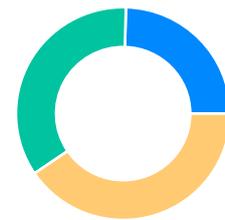


## Instructions

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

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518.9	133.7	259.5
Protein [g]	32	8.2	16
Fat [g]	20.2	5.2	10.1
Carbs [g]	52.6	13.6	26.3
Fiber [g]	9.8	2.5	4.9
Net Carbs [g]	42.8	11	21.4



Protein Fat Carbs

# Tuna Greek Yogurt and Lettuce Sandwich

🕒 10 min    🍽️ 1 serving

332 Kcal / serving

42g Protein    4g Fat    31g Carbs

## Ingredients

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



## Instructions

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

## Macronutrient summary

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



Protein Fat Carbs



# Parmesan Baked White Fish with Broccoli over Quinoa

🕒 15 min 🍽️ 4 servings

395 Kcal / serving

47g Protein 12g Fat 26g Carbs

## Ingredients

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



## Instructions

Preheat the oven to 400°F (200°C).

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

Season the fillets with salt and pepper to taste.

Sprinkle the grated Parmesan cheese evenly over the fillets.

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

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

Serve over cooked quinoa.

## Macronutrient summary

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



Protein Fat Carbs



# Roasted Beef Strips and Garlic Sweet Potatoes with Arugula

🕒 20 min 🍽️ 2 servings

315 Kcal / serving

26g Protein 12g Fat 28g Carbs

## Ingredients

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



## Instructions

Preheat the oven to 425°F (220°C).

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

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

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

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

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

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

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

## Macronutrient summary

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



Protein Fat Carbs



# Air Fried Salt and Pepper Chicken, Potatoes, and Broccoli

🕒 15 min 🍽️ 2 servings

224 Kcal / serving

17g Protein 6g Fat 27g Carbs

## Ingredients

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



## Instructions

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

Cut the chicken breasts into bite-sized pieces.

Wash and dice the potatoes and broccoli into small cubes.

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

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

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

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

Serve hot and enjoy!

## Macronutrient summary

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



Protein Fat Carbs



# Air Fried Salt and Pepper Chicken, Potatoes, and Peppers

🕒 15 min 🍽️ 2 servings

277 Kcal / serving

27g Protein 7g Fat 26g Carbs

## Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken breasts, 2 portion (226 g)
- Red/Yellow Pepper, 1 cup (139 g)



## Instructions

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

Cut the chicken breasts into bite-sized pieces.

Wash and dice the potatoes and peppers into small cubes.

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

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

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

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	553.8	89.5	276.9
Protein [g]	54.4	8.8	27.2
Fat [g]	14.4	2.3	7.2
Carbs [g]	51.5	8.3	25.8
Fiber [g]	6.4	1	3.2
Net Carbs [g]	45.1	7.3	22.6



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



# 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

## Dairy and Egg Products

- Eggs, 6 large (300 g)
- Fried Egg, 2 eggs (76 g)
- Cheddar Cheese, 1/2 slice (8.5 g)
- Greek yogurt, 1/2 cups (113 g)
- Feta cheese, 1/2 tbsp (8.5 g)
- Fat-Free Milk, 3 cup (735 g)
- Egg whites, 1 cup (242.8 g)
- Plain Yogurt (Low Fat), 1/2 container (4 oz) (113 g)
- Butter, 1/2 tablespoon (7 g)
- Mozzarella Cheese, low fat, 4 slices (4 g)
- Feta cheese, 1 1/2 tablespoons (25.5 g)
- Greek yogurt, 1/2 cup (99.5 g)
- Parmesan cheese, 1/2 cup (50.2 g)
- Greek yogurt, 2 tablespoons (31.1 g)

## Spices and Herbs

- Salt, 1 1/2 tsp (9 g)
- Pepper, 1 1/3 teaspoon (2.4 g)
- Salt and pepper, 8 1/2 tsp (17 g)
- Salt, 1/4 teaspoon (1.4 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Ground cinnamon, 1/3 teaspoon (0.5 g)
- Pepper, 0 tsp (0.1 g)
- Basil leaves, 1/2 sprig (1 g)
- Salt and pepper, 1 pinch (0.1 g)
- Turmeric, 2/3 teaspoons (1.6 g)
- Ginger powder, 2/3 teaspoons (1.5 g)
- Garlic powder, 1/3 teaspoon (1.1 g)
- Oregano, 1/4 teaspoons (0.5 g)
- Thyme, 1/4 tsp, leaves (0.2 g)
- Basil leaves, 1/8 cup (3.1 g)

## Vegetables and Vegetable Products

- Onion, 1/3 cup (38.5 g)
- Tomato, 1/3 cup (35.8 g)
- Onion, thinly sliced, 3/4 cup (118.4 g)

- Mushrooms, Fresh, 1/2 cup (48 g)
- Broccoli florets, 1 2/3 cup (157.1 g)
- Onion, 1 tablespoons (10 g)
- Parsley, 1/2 tablespoon (2 g)
- Tomato, 1 1/2 medium whole (2-3/5" dia) (184.3 g)
- Onions, 1/4 cup (38.4 g)
- Tomatoes, 1 1/2 cup (223.4 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/2 cup (74.4 g)
- Sweet potatoes, 1/2 large (170.6 g)
- Tomato, 1/2 large whole (3" dia) (91.3 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)
- Celery sticks, 1 stalk, large (11"-12" long) (64 g)
- Cucumber, 1 1/2 cucumber (450.3 g)
- Broccoli florets, 1 cups (91 g)
- Zucchini, 1/3 small (29.5 g)
- Green beans, 1/7 lb (56.8 g)
- Arugula, 2 1/2 cup (70.1 g)
- Potatoes, 8 medium (489.1 g)
- Red/Yellow Pepper, 1 cup (139.2 g)
- Lettuce leaves, 2 large (48.1 g)
- Asparagus, 1 portion(s) (40 g)
- Broccoli, 2 cups (182.5 g)
- Carrot, 1/3 cup chopped (46.5 g)
- Potatoes, 1/2 cups (104.9 g)
- Carrots, 1/4 cup chopped (32 g)
- Zucchini, 1/4 cup, chopped (31 g)
- Parsley, 1/2 tablespoons (2 g)
- Garlic, 2 clove (6 g)
- Sweet potatoes, 1 portion(s) (125.1 g)
- Garlic, 1 cloves (3 g)
- Cherry tomatoes, 1/2 cup (74.4 g)
- Green Beans, 1 portion(s) (40.1 g)

## **Baked Products**

- Bread, 4 slices (112.9 g)
- Whole Wheat Bread, 7 slice (224.5 g)

- Whole Wheat Toast, 2 slice (50 g)
- Bread, 9 slices (258.7 g)
- Tortillas, 4 tortilla medium (approx 6" dia) (120.1 g)

### **Fats and Oils**

- Olive oil, 3 1/2 tsp (17.5 g)
- Olive oil, 10 teaspoons (40 g)
- Olive oil, 4 1/8 tablespoon (55.6 g)
- Olive Oil, 1/2 tbsp (7.1 g)
- Olive Oil, 1/3 tablespoon (3.4 g)

### **Legumes and Legume Products**

- Vegan hummus, 3/4 cup (185.5 g)
- Hummus, 4 tbsp. (56 g)
- Peanut butter, reduced sodium, 2 tbsp (32 g)

### **Breakfast Cereals**

- Granola, 1 serving (31 g)

### **Fruits and Fruit Juices**

- Kiwi, peeled, sliced, 1/2 piece (50 g)
- Blueberries, 100 berries (136 g)
- Banana, 2 banana (238 g)
- Blueberries, 1 cup (118 g)
- Lemon juice, 3 1/2 tablespoons (51.8 g)
- Strawberries, 1/2 cup (112 g)
- Strawberries, 1 serving (118.5 g)
- Blueberry, 1/2 cup (100 g)
- Lemon juice, 1 1/2 tablespoon (22.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)

### **Canned and Jarred**

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

### **Beverages**

- Coffee (Unsweetened), 3 portion(s) (150 g)

### **Nut and Seed Products**

- Almonds, 1 serving (32 g)
- Peanut butter, smooth, 1 tablespoon (20 g)
- Trail mix, 1 ounce (28.4 g)

## **Finfish and Shellfish Products**

- Tuna in water, 1 can (164.9 g)
- Salmon, 10 4/5 fillet (1838.4 g)
- Fish, 2 fillet (240.2 g)

## **Cereal Grains and Pasta**

- Brown rice, 3 1/2 cup (682.8 g)
- Quinoa, cooked, 1 1/2 cup (278 g)
- cooked brown rice, 1/2 cup (95.1 g)
- cooked brown rice, 2/3 cups (145.2 g)

## **Beef Products**

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

## **Sweets**

- Honey, 1/7 tbsp (2.5 g)

## **Ethnic Foods**

- Tamari, 1/2 tablespoon (9 g)

## **Pork Products**

- Pork Tenderloin, 1/3 pound (113.6 g)
- lean ground pork, 1/4 lb (113.4 g)

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

- Chicken breasts, 1 1/2 small breast (338 g)
- Chicken breasts, 2 portion (226.4 g)

## **Poultry Products**

- Turkey Breast, 6 oz (100.3 g)