

# Sample 1800 kcal Meal Plan

📅 2023-11-12    👤 Lucy Domingo, RND

DAY 1		
<b>Breakfast</b>	Cocoa powder, 100%	2 tablespoons (10 g)
	Almond Milk	1 cup (262 g)
<b>Lunch</b>	Parmesan Salmon Broccoli Pasta	2 serving (302 g)
<b>Dinner</b>	Easy Ground Beef Shawarma with Cucumber and Lettuce	1 serving (561 g)
<b>Snack</b>	Chicken Caesar Lettuce Wraps	1 serving (208 g)
DAY 2		
<b>Breakfast</b>	Cherries Granola Yogurt	2 serving (366 g)
<b>Lunch</b>	Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans	2 serving (560 g)
<b>Dinner</b>	Baked Pork Slices with Potatoes and Zucchini	2 serving (590 g)
<b>Snack</b>	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Blueberries	100 berries (136 g)
DAY 3		
<b>Breakfast</b>	Egg, Cheese, and Veggie Muffins	2 serving (158 g)
<b>Lunch</b>	Chicken Pesto Pasta with Broccoli	1 serving (256 g)
<b>Dinner</b>	Baked Chicken with Squash and Broccoli	1 serving (355 g)
<b>Snack</b>	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)

**DAY 4**

<b>Breakfast</b>	Beef Breakfast Patties over Brown Rice with Carrots and Spinach	2 serving (556 g)
<b>Lunch</b>	Air Fried Lemon Salmon with Potatoes and Broccoli	2 serving (702 g)
<b>Dinner</b>	Vegan Tofu Bowl with Lettuce, Avocado, Cucumber and Tomatoes	1 serving (326 g)
<b>Snack</b>	Asian Chicken Lettuce Wraps	2 serving (280 g)

**DAY 5**

<b>Breakfast</b>	Ground Turkey Fried Rice with Carrots and Green Peas	1 serving (287 g)
<b>Lunch</b>	White Fish with Peppers over Quinoa	2 serving (598 g)
<b>Dinner</b>	Tofu Vegetable Stir-Fry	1 serving (283 g)
<b>Snack</b>	Peach Baked Oatmeal with Low Fat Yogurt	2 serving (574 g)

**DAY 6**

<b>Breakfast</b>	Corn Flakes	1 cup (40 g)
	Fat-Free Milk	1 cup (245 g)
<b>Lunch</b>	Kale Salad with Quinoa & Chicken	1 serving (243 g)
<b>Dinner</b>	Pesto Chicken Tray Bake	2 serving (890 g)
<b>Snack</b>	Raspberries	2 cup (246 g)

**DAY 7**

<b>Breakfast</b>	Apple	1 medium (3" dia) (182 g)
<b>Lunch</b>	Baked Soy Sauce Ginger Salmon with Zucchini over Quinoa	1 serving (311 g)
<b>Dinner</b>	Herb Garlic Chicken Pasta with Broccoli	2 serving (474 g)
<b>Snack</b>	White Chocolate Almond Butter Oat Bars	2 serving (86 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y  1	Cocoa powder, 100% Almond Milk	Parmesan Salmon Broccoli Pasta	Easy Ground Beef Shawarma with Cucumber and Lettuce	Chicken Caesar Lettuce Wraps
D A Y  2	Cherries Granola Yogurt	Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans	Baked Pork Slices with Potatoes and Zucchini	Plain Yogurt (Low Fat) Blueberries
D A Y  3	Egg, Cheese, and Veggie Muffins	Chicken Pesto Pasta with Broccoli	Baked Chicken with Squash and Broccoli	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)
D A Y  4	Beef Breakfast Patties over Brown Rice with Carrots and Spinach	Air Fried Lemon Salmon with Potatoes and Broccoli	Vegan Tofu Bowl with Lettuce, Avocado, Cucumber and Tomatoes	Asian Chicken Lettuce Wraps
D A Y  5	Ground Turkey Fried Rice with Carrots and Green Peas	White Fish with Peppers over Quinoa	Tofu Vegetable Stir-Fry	Peach Baked Oatmeal with Low Fat Yogurt
D A Y  6	Corn Flakes Fat-Free Milk	Kale Salad with Quinoa & Chicken	Pesto Chicken Tray Bake	Raspberries
D A Y  7	Apple	Baked Soy Sauce Ginger Salmon with Zucchini over Quinoa	Herb Garlic Chicken Pasta with Broccoli	White Chocolate Almond Butter Oat Bars

## Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12414.3	1773.5
Protein [g]	912.1	130.3
Fat [g]	440.3	62.9
Carbs [g]	1230	175.7
Fiber [g]	168.3	24
Net Carbs [g]	1061.7	151.7



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	303.3	21.1	10.1	32.8	3.9	28.9
Lunch	543.3	44.1	18.7	49.9	6.2	43.7
Dinner	613.2	50.1	24.2	48.3	5.7	42.6
Snack	313.7	15	9.9	44.7	8.2	36.5



Breakfast Lunch Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1871.6	138.1	67.9	177.9	16.4	161.5
Day 2	1802.1	146.4	58.4	174.2	23.7	150.5
Day 3	1705.6	119.7	59.4	181.7	26	155.7
Day 4	1744.1	144.7	61.1	160.5	30.8	129.7
Day 5	1750.3	115.2	69.2	173	24.6	148.4
Day 6	1732.5	125.6	61.7	171.4	27.5	143.9
Day 7	1808.3	122.4	62.6	191.4	19.3	172.1

# Tofu Vegetable Stir-Fry

🕒 30 min    🍽️ 2 servings

366 Kcal / serving

13g Protein   26g Fat   22g Carbs

## Ingredients

- **Salt**, 1/4 teaspoon (1.4 g)
- **Ginger**, 1 tsp (2 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 2 tablespoon (27.2 g)
- **Vegetables**, 1 cup (161.8 g)
- **Garlic**, 2 clove (6 g)
- **Water**, 1/2 cup (118.4 g)
- **Soy sauce**, 1 tbsp (18 g)
- **Cornstarch**, 2 tablespoon (16 g)
- **Tofu**, 200 g (200 g)
- **Pepper**, 1/4 tsp (0.5 g)



## Instructions

In a bowl, combine whole wheat flour, cornstarch, salt, and black pepper.

Add water gradually to the flour mixture, stirring until smooth.

Coat tofu cubes with the flour mixture.

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

Add tofu cubes and cook until golden brown and crispy. Remove from skillet and set aside.

In the same skillet, heat sesame oil and sauté garlic and ginger until fragrant.

Add mixed vegetables and stir-fry for 3-4 minutes until they are tender-crisp.

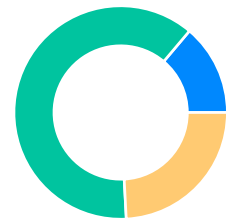
Return tofu cubes to the skillet and add soy sauce.

Stir-fry for an additional 2-3 minutes until everything is well coated and heated through.

Serve hot with steamed rice or noodles.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	732.2	129.5	366.1
Protein [g]	25.6	4.5	12.8
Fat [g]	50.9	9	25.5
Carbs [g]	44.7	7.9	22.4
Fiber [g]	8.7	1.5	4.4
Net Carbs [g]	36	6.4	18



Protein Fat Carbs

# Baked Chicken with Squash and Broccoli

🕒 30 min 🍽️ 4 servings

371 Kcal / serving

50g Protein 13g Fat 13g Carbs

## Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Oregano**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Squash**, 2 cup (296 g)
- **Broccoli florets**, 2 cups (182 g)
- **Garlic powder**, 1 teaspoon (3 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, squash slices, and broccoli florets.

Drizzle olive oil over the chicken, squash, and broccoli.

Sprinkle garlic powder, onion powder, dried oregano, and salt evenly over the ingredients.

Using your hands, gently toss the ingredients in the baking dish to ensure they are coated with the oil and seasonings.

Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.

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

Garnish with fresh parsley and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1483.3	104.4	370.8
Protein [g]	200.2	14.1	50.1
Fat [g]	51.4	3.6	12.9
Carbs [g]	52.1	3.7	13
Fiber [g]	12.2	0.9	3.1
Net Carbs [g]	39.9	2.8	10



Protein Fat Carbs





# Vegan Tofu Bowl with Lettuce, Avocado, Cucumber and Tomatoes

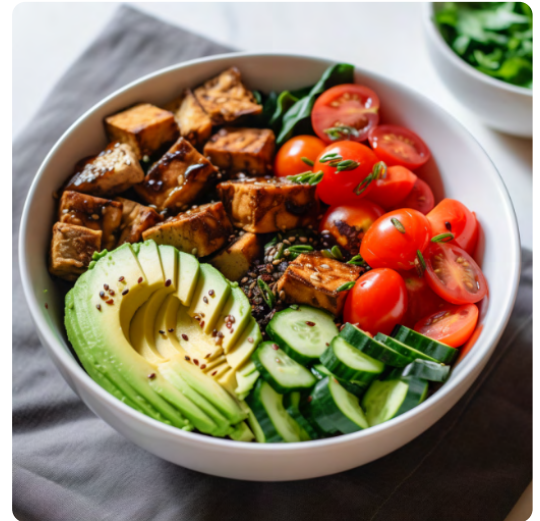
🕒 15 min    🍽️ 2 servings

317 Kcal / serving

16g Protein   21g Fat   19g Carbs

## Ingredients

- **Avocado**, 1/2 avocado (96.5 g)
- **Onion powder**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Cucumber**, 1/4 cup (32.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Sesame seeds**, 1 tablespoon (8 g)
- **Block of tofu**, 1 100 gram (226 g)
- **Coconut aminos**, 2 tablespoons (30 g)
- **Nutritional yeast**, 1 tablespoon (7.5 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Pepper**, 1 teaspoon (2 g)
- **Romaine lettuce**, 4 cups (188 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)



## Instructions

In a small bowl, whisk together coconut aminos, nutritional yeast, olive oil, garlic powder, onion powder, smoked paprika, salt, and pepper.

Cut the tofu into cubes and toss in the marinade. Let it marinate for 5 minutes.

Heat a non-stick skillet over medium-high heat. Add the marinated tofu and cook for 3-4 minutes on each side, until crispy.

In the meantime, prepare the salad by combining lettuce, avocado, cucumber, and cherry tomatoes in a bowl.

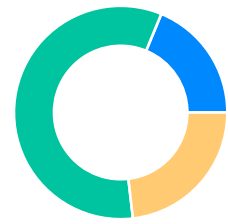
Once the tofu is cooked, remove from the skillet and let it cool slightly.

Add the tofu to the salad bowl and sprinkle with sesame seeds.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	634.6	97.4	317.3
Protein [g]	31.1	4.8	15.6
Fat [g]	42.8	6.6	21.4
Carbs [g]	38.4	5.9	19.2
Fiber [g]	17	2.6	8.5
Net Carbs [g]	21.4	3.3	10.7



Protein Fat Carbs

# Easy Ground Beef Shawarma with Cucumber and Lettuce

🕒 30 min    🍽️ 2 servings

780 Kcal / serving

65g Protein    24g Fat    75g Carbs

## Ingredients

- **Ground turmeric**, 1/2 tsp (1.2 g)
- **Ground paprika**, 1 tsp (2.3 g)
- **Parsley**, 1/2 cup (28.8 g)
- **Cucumbers**, 1 cup, pared, chopped (133 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (6 g)
- **Lettuce**, 1 cup shredded (72 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Tahini sauce**, 2 tablespoons (30 g)
- **Pita breads**, 4 pita bread (224 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 tsp (1.8 g)
- **Ground cinnamon**, 1/2 tsp (1.3 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Lean ground beef**, 1 pound (454 g)



## Instructions

In a large skillet, heat olive oil over medium heat.

Add garlic, and sauté until fragrant.

Add ground beef and cook until browned, breaking it up into small pieces with a spoon.

Stir in cumin, paprika, coriander, turmeric, cinnamon, salt, and pepper. Cook for an additional 2 minutes.

Add chopped tomatoes and cook for another 5 minutes, until tomatoes are softened.

Meanwhile, prepare the vegetables by chopping cucumbers, lettuce, and parsley.

Warm the pita breads in a pan, toaster or oven.

To assemble the shawarma, spread a spoonful of tahini sauce on each pita bread.

Top with a portion of the ground beef mixture and desired amount of chopped vegetables.

Sprinkle with chopped parsley.

Fold the pita bread in half and serve immediately.

Enjoy your Easy Ground Beef Shawarma!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1560.7	139.2	780.4
Protein [g]	130.4	11.6	65.2
Fat [g]	47.7	4.3	23.9
Carbs [g]	150.8	13.5	75.4
Fiber [g]	13.7	1.2	6.9
Net Carbs [g]	137.1	12.2	68.6



Protein Fat Carbs

# Egg, Cheese, and Veggie Muffins

🕒 15 min    🍽️ 6 servings

116 Kcal / serving

9g Protein    8g Fat    2g Carbs

## Ingredients

- Eggs, 6 large (300 g)
- Onions, 1/4 cup (41.7 g)
- Tomatoes, 1/4 cup (38.9 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Bell peppers, 1/4 cup (37.3 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, beat the eggs until well combined.

Add the shredded cheddar cheese, diced bell peppers, onions, tomatoes, salt, and pepper to the bowl. Mix well.

Grease a muffin tin with cooking spray or line with muffin liners.

Pour the egg mixture evenly into the muffin cups, filling each about 3/4 full.

Bake in the preheated oven for 12-15 minutes, or until the muffins are set and slightly golden on top.

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

Gently remove the muffins from the tin and serve warm.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	692.9	145.5	115.5
Protein [g]	52	10.9	8.7
Fat [g]	48	10.1	8
Carbs [g]	11.2	2.4	1.9
Fiber [g]	2	0.4	0.3
Net Carbs [g]	9.2	1.9	1.5



Protein Fat Carbs



# Pesto Chicken Tray Bake

🕒 30 min 🍽️ 4 servings

464 Kcal / serving

41g Protein 18g Fat 34g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1 medium (196 g)
- Yellow Bell pepper, 1 small (74 g)
- Red Bell pepper, 1 small (76 g)
- Chicken breasts, 3 small breast (675 g)
- Cherry tomatoes, 2 cups (298 g)
- pesto, 1/4 cup (62 g)
- Rice, 2 cup (370 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, cherry tomatoes, zucchini, and bell peppers.

In a small bowl, mix together the pesto, olive oil, salt, and pepper.

Pour the pesto mixture over the chicken and vegetables, ensuring they are evenly coated.

Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.

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

Serve the pesto chicken tray bake with a side of rice.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1855.8	104.3	464
Protein [g]	162.9	9.2	40.7
Fat [g]	69.8	3.9	17.5
Carbs [g]	136.5	7.7	34.1
Fiber [g]	8.8	0.5	2.2
Net Carbs [g]	127.7	7.2	31.9



Protein Fat Carbs





# Herb Garlic Chicken Pasta with Broccoli

🕒 20 min    🍽️ 4 servings

471 Kcal / serving

36g Protein    14g Fat    48g Carbs

## Ingredients

- **Parmesan cheese**, 1/2 cup (50 g)
- **Basil**, 1 teaspoon (1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 cloves (6 g)
- **Chicken breasts**, 2 small breast (450 g)
- **Broccoli florets**, 2 cups (182 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Penne pasta**, 8 ounces (226.8 g)



## Instructions

Cook the penne pasta according to package instructions. Drain and set aside.

In a large skillet, heat the olive oil over medium heat.

Add the minced garlic and cook for 1 minute until fragrant.

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

Add the seasoned chicken to the skillet and cook for 4-5 minutes per side until cooked through.

Remove the cooked chicken from the skillet and set aside.

In the same skillet, add the broccoli florets and cook for 3-4 minutes until slightly tender.

Slice the cooked chicken into thin strips.

Add the cooked penne pasta, sliced chicken, and broccoli to the skillet. Toss everything together to combine.

Cook for an additional 2-3 minutes until heated through.

Serve the herb garlic chicken pasta with grated Parmesan cheese on top.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1884.1	198.6	471
Protein [g]	145.3	15.3	36.3
Fat [g]	56.9	6	14.2
Carbs [g]	192.8	20.3	48.2
Fiber [g]	13.6	1.4	3.4
Net Carbs [g]	179.2	18.9	44.8



Protein Fat Carbs

# Chicken Caesar Lettuce Wraps

🕒 20 min    🍽️ 4 servings

252 Kcal / serving

27g Protein    14g Fat    5g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Chicken breasts**, 1 pound (422.5 g)
- **Cucumber**, 1/4 cup (34.7 g)
- **Caesar dressing**, 1/4 cup (61.2 g)
- **Parsley**, 1/4 cup (15 g)
- **Onion**, 1/4 cup (40 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)
- **Lettuce leaves**, 8 large (192 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

In a large bowl, combine the shredded chicken, Caesar dressing, Parmesan cheese, parsley, red onion, cucumber, and cherry tomatoes.

Mix well until all the ingredients are evenly coated.

Season with salt and pepper to taste.

Take one lettuce leaf and spoon a generous amount of the chicken mixture onto it.

Wrap the lettuce leaf around the filling, creating a tight wrap.

Repeat with the remaining lettuce leaves and chicken mixture.

Serve the lettuce wraps as a light and healthy meal or snack.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1009.3	121.5	252.3
Protein [g]	107.2	12.9	26.8
Fat [g]	54	6.5	13.5
Carbs [g]	18.3	2.2	4.6
Fiber [g]	3.9	0.5	1
Net Carbs [g]	14.4	1.7	3.6



Protein Fat Carbs



# Asian Chicken Lettuce Wraps

🕒 25 min    🍽️ 4 servings

148 Kcal / serving

13g Protein   6g Fat   10g Carbs

## Ingredients

- Carrots, 1/2 cup (61.5 g)
- Green onions, 1/4 cup (26 g)
- Hoisin sauce, 1 tbsp (16 g)
- Ginger, 1 tsp (2 g)
- Sesame oil, 1 teaspoon (4 g)
- Vegetable oil, 1 tablespoon (13.6 g)
- Garlic, 1 clove (3 g)
- Cabbage, 1 cup (70.1 g)
- Soy sauce, 1 tbsp (18 g)
- Honey, 1 tbsp (21 g)
- Chicken breasts, 1 small breast (225 g)
- Lettuce leaves, 4 large (96 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a bowl, combine soy sauce, hoisin sauce, honey, sesame oil, minced garlic, and grated ginger. Mix well.

Slice the chicken breasts into thin strips and add them to the bowl with the sauce. Toss to coat the chicken evenly and let it marinate for 10 minutes.

Heat vegetable oil in a skillet over medium-high heat. Add the marinated chicken and cook for 5-7 minutes, or until cooked through.

Add shredded cabbage, shredded carrots, and chopped green onions to the skillet. Stir-fry for 2-3 minutes until the vegetables are slightly softened.

Season with salt and pepper to taste.

To assemble the wraps, place a lettuce leaf on a clean surface. Spoon the chicken and vegetable mixture onto the lettuce leaf.

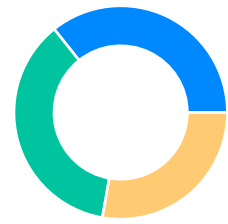
Roll the lettuce leaf tightly around the filling, tucking in the sides as you go.

Repeat with the remaining lettuce leaves and filling.

Serve the Asian chicken wraps immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	593.5	106.3	148.4
Protein [g]	53.4	9.6	13.4
Fat [g]	24.3	4.4	6.1
Carbs [g]	41.5	7.4	10.4
Fiber [g]	5.8	1	1.5
Net Carbs [g]	35.7	6.4	8.9



Protein Fat Carbs

# Beef Breakfast Patties over Brown Rice with Carrots and Spinach

🕒 20 min    🍽️ 4 servings

301 Kcal / serving

28g Protein   8g Fat   28g Carbs

## Ingredients

- Sage, 1/2 teaspoon (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Carrots, 1 cup chopped (128 g)
- Olive oil, 1 tablespoon (13.5 g)
- Onion, 1/4 cup (41.7 g)
- Garlic, 2 cloves (5.9 g)
- Brown rice, 2 cup (390 g)
- Parsley, 1/4 cup (15 g)
- Pepper, 1/4 tsp (0.5 g)
- Spinach leaves, 2 cups (60 g)
- lean ground beef, 1 pound (454 g)



## Instructions

In a large mixing bowl, combine ground beef, chopped onion, minced garlic, parsley, thyme, sage, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the beef mixture into small patties, about 2-3 inches in diameter.

Heat olive oil in a skillet over medium heat. Add the beef patties and cook for about 4-5 minutes on each side, or until fully cooked and browned.

While the patties are cooking, steam the sliced carrots until tender.

In a separate pan, heat olive oil over medium heat. Add the spinach leaves and sauté until wilted.

To serve, place a scoop of cooked brown rice on a plate. Top with a few beef breakfast patties, steamed carrots, and sautéed spinach.

Enjoy your beef breakfast patties over brown rice with carrots and spinach!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1205.4	108.4	301.4
Protein [g]	113.1	10.2	28.3
Fat [g]	31.1	2.8	7.8
Carbs [g]	113.6	10.2	28.4
Fiber [g]	13.6	1.2	3.4
Net Carbs [g]	100	9	25



Protein Fat Carbs



# Ground Turkey Fried Rice with Carrots and Green Peas

🕒 10 min    🍽️ 4 servings

372 Kcal / serving

27g Protein    14g Fat    35g Carbs

## Ingredients

- Peas, 1 cup (145 g)
- Carrots, 1 cup chopped (128 g)
- Soy sauce, 2 tbsp (36 g)
- Rice, 2 cups (370 g)
- Olive Oil, 1 tablespoon (15 g)
- ground turkey, 1 pound (454 g)



## Instructions

Heat a large skillet or wok over medium-high heat. Add vegetable oil.

Add ground turkey and cook until browned, breaking it up into small pieces.

Add carrots and cook for 2 minutes until slightly softened.

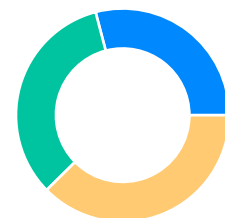
Add green peas and cooked rice to the skillet, stir well to combine.

Pour soy sauce over the mixture and stir-fry for another 3-4 minutes until everything is heated through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1486.1	129.5	371.5
Protein [g]	107.8	9.4	27
Fat [g]	54.8	4.8	13.7
Carbs [g]	139.4	12.1	34.9
Fiber [g]	13.6	1.2	3.4
Net Carbs [g]	125.8	11	31.5



Protein Fat Carbs

# White Fish with Peppers over Quinoa

🕒 20 min    🍽️ 4 servings

311 Kcal / serving

30g Protein    11g Fat    24g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 1 tsp (2 g)
- White Fish, 500 g (500 g)
- Yellow/Red Pepper, 2 cups (296 g)
- Quinoa, cooked, 2 cup (370 g)



## Instructions

Cook quinoa according to package instructions.

Preheat oven to 400°F (200°C).

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

Drizzle olive oil over the fish fillets and Peppers and season with salt and pepper.

Bake the fish and peppers in the preheated oven for 12-15 minutes or until cooked through and flaky.

Once the quinoa, fish, and peppers are cooked, divide the quinoa among serving plates.

Top each plate with a white fish fillet and serve with peppers on the side.

Enjoy your White Fish with Peppers over quinoa!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1242.6	104	310.7
Protein [g]	119.6	10	29.9
Fat [g]	43.2	3.6	10.8
Carbs [g]	97.5	8.2	24.4
Fiber [g]	13	1.1	3.3
Net Carbs [g]	84.5	7.1	21.1



Protein Fat Carbs



# Cherries Granola Yogurt

🕒 10 min    🍽️ 2 servings

262 Kcal / serving

16g Protein   10g Fat   27g Carbs

## Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Cherries, 1/2 cup, without pits (77 g)

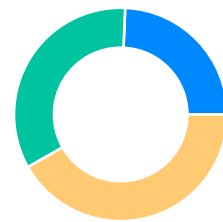


## Instructions

Remove cherry pits and slice in half. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of cherries on top of the yogurt. Sprinkle the granola evenly over the cherries. Repeat the layers until all the ingredients are used, ending with a final layer of cherries. Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	523.5	143.4	261.8
Protein [g]	31.9	8.7	16
Fat [g]	19.7	5.4	9.9
Carbs [g]	54.8	15	27.4
Fiber [g]	7.1	1.9	3.6
Net Carbs [g]	47.7	13.1	23.9



Protein Fat Carbs

# Baked Pork Slices with Potatoes and Zucchini

🕒 30 min    🍽️ 4 servings

293 Kcal / serving

27g Protein    11g Fat    22g Carbs

## Ingredients

- Salt, 1 teaspoon (7 g)
- Potatoes, 1 pound (453.6 g)
- Pork tenderloin, 1 lbs (454 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 2 small (236 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the pork slices on a baking sheet lined with parchment paper.

In a bowl, toss the sliced potatoes with olive oil and salt. Arrange them around the pork slices on the baking sheet.

Bake in the preheated oven for 15 minutes.

After 15 minutes, add the zucchini slices to the baking sheet, drizzle with olive oil, and sprinkle with salt.

Return the baking sheet to the oven and bake for an additional 10-15 minutes, or until the pork is cooked through and the potatoes are golden and crispy.

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

Serve the baked pork slices with potatoes and zucchini as a complete meal.

## Comments

Add your favorite herbs and spices as desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1172.9	99.6	293.2
Protein [g]	105.9	9	26.5
Fat [g]	44.2	3.8	11.1
Carbs [g]	86.7	7.4	21.7
Fiber [g]	11.9	1	3
Net Carbs [g]	74.8	6.4	18.7



Protein Fat Carbs

# Peach Baked Oatmeal with Low Fat Yogurt

🕒 20 min    🍽️ 2 servings

195 Kcal / serving

8g Protein    4g Fat    34g Carbs

## Ingredients

- Peaches, 1 cup (161 g)
- Rolled oats, 3/4 cup (60.8 g)
- Almond milk, 1 cup (250 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Yogurt, low fat, plain, 2 portion(s) (100 g)



## Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, combine rolled oats, almond milk, and ground cinnamon. Stir well to combine.

Grease a baking dish with cooking spray or oil. Spread half of the sliced peaches in an even layer on the bottom of the dish.

Pour the oat mixture over the peaches, spreading it out evenly.

Arrange the remaining sliced peaches on top of the oats.

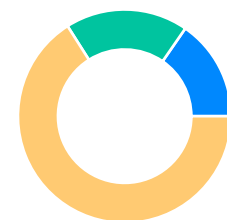
Bake in the preheated oven for 15 minutes or until the oats are cooked and the peaches are soft.

Remove from the oven and let it cool slightly before serving.

Serve warm and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	390.1	68	195.1
Protein [g]	15.6	2.7	7.8
Fat [g]	8.4	1.5	4.2
Carbs [g]	66.9	11.7	33.5
Fiber [g]	10.4	1.8	5.2
Net Carbs [g]	56.5	9.8	28.3



Protein Fat Carbs





# Kale Salad with Quinoa & Chicken

🕒 15 min    🍽️ 2 servings

439 Kcal / serving

30g Protein    24g Fat    27g Carbs

## Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Chicken breast**, 1 cup, chopped or diced (140 g)
- **Kale**, 2 cups (95.7 g)
- **Quinoa**, 1 cup (185 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **Extra virgin olive oil**, 2 tablespoon (28 g)
- **Almonds**, 1/4 cup (22.1 g)



## Instructions

In a large mixing bowl, combine the chopped kale, cooked quinoa, diced chicken breast, and sliced almonds.

In a separate small bowl, whisk together the extra virgin olive oil, lemon juice, salt, and pepper to make the dressing.

Pour the dressing over the kale salad mixture and toss until all ingredients are well coated.

Let the salad sit for about 5 minutes to allow the flavors to meld together.

Serve the kale salad with quinoa and chicken immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	878.8	180.8	439.4
Protein [g]	60.4	12.4	30.2
Fat [g]	48.5	10	24.3
Carbs [g]	53.6	11	26.8
Fiber [g]	11.4	2.3	5.7
Net Carbs [g]	42.2	8.7	21.1



Protein Fat Carbs

# Baked Soy Sauce Ginger Salmon with Zucchini over Quinoa

🕒 20 min    🍽️ 4 servings

369 Kcal / serving

40g Protein    13g Fat    22g Carbs

## Ingredients

- **Ginger**, 2 tablespoon (14 g)
- **Soy sauce**, 1/4 cup (60.4 g)
- **Salmon**, 4 fillet (680 g)
- **Zucchini**, 1 small (118 g)
- **Quinoa, cooked**, 2 cup (370 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together the soy sauce and grated ginger.

Place the salmon fillets and zucchini in a baking dish and pour the soy sauce mixture over them, making sure they are well coated.

Bake the salmon in the preheated oven for 15-20 minutes, or until cooked through and flaky.

While the salmon is baking, reheat the cooked quinoa.

Serve the baked ginger salmon over the quinoa and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1477.1	118.9	369.3
Protein [g]	159.2	12.8	39.8
Fat [g]	50.8	4.1	12.7
Carbs [g]	88.3	7.1	22.1
Fiber [g]	12.3	1	3.1
Net Carbs [g]	76	6.1	19



Protein Fat Carbs

# Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans

🕒 15 min    🍽️ 2 servings

271 Kcal / serving

27g Protein    7g Fat    24g 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)
- Green Beans, 2 portion(s) (80 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 green beans into small cubes.

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

Place the chicken, potatoes, and green beans 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 green beans are crispy, remove from the air fryer.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	541	96.6	270.5
Protein [g]	54.4	9.7	27.2
Fat [g]	14.2	2.5	7.1
Carbs [g]	48.3	8.6	24.2
Fiber [g]	7.3	1.3	3.7
Net Carbs [g]	41	7.3	20.5



Protein Fat Carbs



# Air Fried Lemon Salmon with Potatoes and Broccoli

🕒 20 min    🍽️ 4 servings

263 Kcal / serving

23g Protein    6g Fat    32g Carbs

## Ingredients

- Lemon, 1 (107 g)
- Potatoes, 500 g (500 g)
- Broccoli, 1 pounds (454 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 2 tsp (4 g)



## Instructions

1. Preheat your air fryer to 400°F (200°C).
2. Slice the potatoes into small wedges and cut the broccoli into florets.
3. Season the salmon fillets with salt and pepper, and squeeze the juice of half a lemon over them.
4. Place the seasoned salmon fillets, potato wedges, and broccoli florets into the air fryer basket.
5. Cook for 12-15 minutes or until the salmon is cooked through and the potatoes are crispy.
6. Squeeze the juice of the remaining half lemon over the cooked salmon, potatoes, and broccoli.
7. Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1053.2	75	263.3
Protein [g]	91.7	6.5	22.9
Fat [g]	24	1.7	6
Carbs [g]	127.6	9.1	31.9
Fiber [g]	25.3	1.8	6.3
Net Carbs [g]	102.3	7.3	25.6



Protein Fat Carbs

# White Chocolate Almond Butter Oat Bars

🕒 15 min    🍽️ 12 servings

201 Kcal / serving

5g Protein    11g Fat    24g Carbs

## Ingredients

- Rolled oats, 2 cup (159 g)
- Almond butter, 1/2 cup (130.2 g)
- Honey, 1/4 c (88.3 g)
- White Chocolate, 1 cup (137.5 g)



## Instructions

In a small saucepan, heat white chocolate and almond butter over low heat until melted and well combined. Pour the honey, white chocolate and almond butter mixture over the oats. Stir until everything is evenly coated. Transfer the mixture to a parchment-lined baking dish and press it down firmly to create an even layer. Place the baking dish in the refrigerator for at least 1 hour to set. Once set, remove from the refrigerator and cut into bars or squares. Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2411.6	468.3	201
Protein [g]	56.5	11	4.7
Fat [g]	126.8	24.6	10.6
Carbs [g]	286.3	55.6	23.9
Fiber [g]	29.9	5.8	2.5
Net Carbs [g]	256.4	49.8	21.4



Protein Fat Carbs

# Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min    🍽️ 2 servings

288 Kcal / serving

8g Protein    5g Fat    58g Carbs

## Ingredients

- Bananas, 2 medium (7" to 7-7/8" long) (236 g)
- Rolled oats, 1 c (81.1 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 cup (250 g)



## Instructions

Preheat the oven to 375°F (190°C) and lightly grease a baking dish.

In a mixing bowl, combine the mashed bananas, rolled oats, cocoa powder, and almond milk. Stir well to combine.

Pour the mixture into the greased baking dish and spread it evenly.

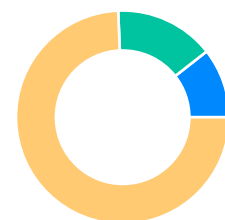
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	575.1	99.7	287.6
Protein [g]	16.4	2.8	8.2
Fat [g]	10.4	1.8	5.2
Carbs [g]	115.6	20	57.8
Fiber [g]	18.8	3.3	9.4
Net Carbs [g]	96.8	16.8	48.4



Protein Fat Carbs

# Parmesan Salmon Broccoli Pasta

🕒 30 min    🍽️ 4 servings

388 Kcal / serving

21g Protein    13g Fat    45g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 cloves (6 g)
- **Pasta**, 8 ounces (226.8 g)
- **Salmon fillet**, 8 ounces (226.8 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Broccoli florets**, 1 cups (91.1 g)



## Instructions

Cook pasta according to package instructions. Drain and set aside.

Heat olive oil in a large skillet over medium heat.

Season the salmon fillet with salt and pepper, then place it in the skillet. Cook for about 4-5 minutes on each side, or until cooked through. Remove the salmon from the skillet and set aside.

In the same skillet, add minced garlic and cook for 1 minute until fragrant.

Add broccoli florets to the skillet and cook for 3-4 minutes, or until tender-crisp.

Add the cooked pasta to the skillet and toss to combine with the garlic and broccoli.

Flake the cooked salmon into bite-sized pieces and add it to the skillet.

Sprinkle grated Parmesan cheese over the pasta and toss to coat everything evenly.

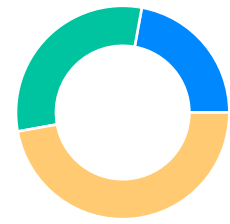
Cook for an additional 1-2 minutes until the cheese has melted.

Serve hot and enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1551.6	257	387.9
Protein [g]	84.9	14.1	21.2
Fat [g]	52.4	8.7	13.1
Carbs [g]	181	30	45.3
Fiber [g]	9.8	1.6	2.5
Net Carbs [g]	171.2	28.4	42.8



Protein Fat Carbs

# Chicken Pesto Pasta with Broccoli

🕒 25 min    🍽️ 4 servings

529 Kcal / serving

36g Protein    20g Fat    49g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (6 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **Chicken breasts**, 2 small breast (450 g)
- **Broccoli florets**, 2 cup (182 g)
- **Pesto sauce**, 1/2 cup (119.2 g)
- **Penne pasta**, 8 ounces (226.8 g)



## Instructions

Cook the penne pasta according to package instructions. Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant.

Season the chicken breasts with salt and pepper, then add them to the skillet. Cook for about 6-8 minutes per side, or until cooked through. Remove from skillet and let rest for a few minutes before slicing into strips.

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

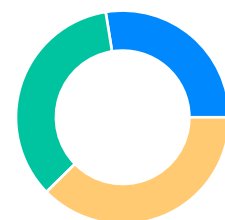
Add the cooked penne pasta and sliced chicken to the skillet with the broccoli. Stir in the pesto sauce and cook for an additional 2-3 minutes, until everything is heated through.

Remove from heat and sprinkle grated Parmesan cheese over the top.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2115.6	206.6	528.9
Protein [g]	143.8	14	36
Fat [g]	80.7	7.9	20.2
Carbs [g]	196.6	19.2	49.2
Fiber [g]	14	1.4	3.5
Net Carbs [g]	182.6	17.8	45.7



Protein Fat Carbs



# Shopping List

## Sweets

- Cocoa powder, 20 g
- Honey, 25.3 g
- White Chocolate, 23 g

## Beverages

- Almond Milk, 1 cup (262 g)
- Water, 59.3 g

## Dairy and Egg Products

- Greek yogurt, 226.6 g
- Eggs, 99.5 g
- Cheddar cheese, 18.7 g
- Fat-Free Milk, 1 cup (245 g)
- Parmesan cheese, 51.1 g
- Plain Yogurt (Low Fat), 1/2 container (4 oz) (113 g)
- Almond milk, 500.5 g
- Yogurt, low fat, plain, 100 g

## Breakfast Cereals

- Granola, 62.2 g
- Corn Flakes, 1 cup (40 g)
- Rolled oats, 168.6 g

## Fruits and Fruit Juices

- Cherries, 77.2 g
- Apple, 1 medium (3" dia) (182 g)
- Lemon, 53.5 g
- Lemon juice, 7.5 g
- Avocado, 48.3 g
- Blueberries, 136 g
- Bananas, 236.4 g
- Peaches, 161.1 g
- Raspberries, 246 g

## Vegetables and Vegetable Products

- Onion, 34.7 g
- Tomatoes, 87.4 g
- Bell peppers, 12.4 g

- Carrots, 126.9 g
- Garlic, 17.9 g
- Parsley, 11.3 g
- Spinach leaves, 30 g
- Peas, 36.2 g
- Broccoli florets, 227.5 g
- Potatoes, 721.1 g
- Green Beans, 80 g
- Broccoli, 226.8 g
- Yellow Bell pepper, 185.1 g
- Kale, 47.9 g
- Ginger, 5.5 g
- Zucchini, 245.8 g
- Parsley, 15.4 g
- Cucumber, 91.3 g
- Lettuce, 36 g
- Squash, 73.9 g
- Romaine lettuce, 94 g
- Cherry tomatoes, 177 g
- Vegetables, 81 g
- Red Bell pepper, 38 g
- Onion, 10 g
- Lettuce leaves, 96.2 g
- Green onions, 13.1 g
- Cabbage, 35.1 g

### **Spices and Herbs**

- Salt and pepper, 9.4 g
- Sage, 0 g
- Salt, 10.9 g
- Thyme, 0.5 g
- Pepper, 1.8 g
- Ground turmeric, 0.6 g
- Ground paprika, 1.2 g
- Ground cumin, 1 g
- Ground coriander, 0.9 g
- Ground cinnamon, 2.7 g
- Onion powder, 1.5 g
- Oregano, 1.5 g

- Garlic powder, 2.2 g
- Paprika, 0.5 g
- Basil, 0.5 g

### **Fats and Oils**

- Olive oil, 109.7 g
- Extra virgin olive oil, 14 g
- Sesame oil, 9 g
- Vegetable oil, 20.4 g
- Caesar dressing, 15.3 g

### **Cereal Grains and Pasta**

- Brown rice, 195 g
- Rice, 277.5 g
- Pasta, 113.4 g
- pesto, 60.8 g
- Penne pasta, 170 g
- Quinoa, cooked, 370.3 g
- Cornstarch, 8 g

### **Beef Products**

- Lean ground beef, 454.2 g

### **Legumes and Legume Products**

- Soy sauce, 42.2 g

### **Poultry Products**

- ground turkey, 113.5 g
- Chicken breast, 70 g
- Chicken breasts, 105.8 g

### **Finfish and Shellfish Products**

- Salmon, 453.5 g
- White Fish, 250.2 g

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

- Chicken breasts, 1238.6 g

### **Baked Products**

- Almonds, 11.1 g
- Pita breads, 112.1 g

### **Nut and Seed Products**

- Tahini sauce, 15 g
- Sesame seeds, 4 g
- Almond butter, 21.7 g

### **Pork Products**

- Pork tenderloin, 227.5 g

### **Other**

- Tofu, 213.2 g
- Coconut aminos, 15 g
- Nutritional yeast, 3.8 g

### **Soups, Sauces, and Gravies**

- Hoisin sauce, 8 g