

Example generated plan for mediterranean diet 2000Kcal

📅 2023-11-14 👤 Diego Oliveira Sanchez 🏠 Example Client

MONDAY

Breakfast	Pear	2 medium (356 g)
Lunch	One-Pan Pork Strips, Broccoli, and Quinoa	2 serving (804 g)
Dinner	Parmesan Salmon Broccoli Pasta	2 serving (302 g)
Snack	Goat Cheese	2 oz (56.7 g)

TUESDAY

Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	2 serving (862 g)
Lunch	Paleo Chicken Cauliflower Rice and Lettuce Bowl	1 serving (302 g)
Dinner	Easy Kofta Kebabs with Cucumbers over Rice	1 serving (895 g)
Snack	Mini Vegan Blueberry Muffins	2 serving (98 g)

WEDNESDAY

Breakfast	Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)	2 serving (1036 g)
Lunch	No Salt Herbed Baked Salmon with Carrots, Potatoes, and Cauliflower	1 serving (535 g)
Dinner	Chicken and Green Beans over Rice	2 serving (480 g)
Snack	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Blueberries	100 berries (136 g)

THURSDAY

Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (431 g)
Lunch	Beef Gyro Wraps	1 serving (909 g)
Dinner	Pan Seared Salmon with Lemon Parmesan Sauce Whole Wheat Pasta	1 serving (402 g)
Snack	Apple	2 medium (3" dia) (364 g)

FRIDAY

Breakfast	Plain Yogurt (Low Fat)	1 large cup (180 g)
Lunch	Boiled Egg, Mixed Greens, Potato, and Cucumber Salad with Apple Cider Vinaigrette	1 serving (301 g)
Dinner	Roasted Beef Strips and Garlic Potatoes with Zucchini	2 serving (744 g)
Snack	Hummus and Avocado Sandwich	2 serving (428 g)

SATURDAY

Breakfast	Eggs with Spinach	1 serving (164 g)
Lunch	Parmesan Salmon Broccoli Pasta	2 serving (302 g)
Dinner	Green Peas and Carrots with Beef Strips over Rice	2 serving (588 g)
Snack	Apricot, dried	20 fruit, all sizes (70 g)

SUNDAY

Breakfast	Peanut Butter Banana Toast	2 serving (412 g)
Lunch	Beet Salad with Arugula and Chicken	1 serving (166 g)
Dinner	Steamed Cod with Lemon and Olive Oil Rice Bowl	2 serving (630 g)
Snack	Cherries	2 cup, without pits (308 g)

	BREAKFAST	LUNCH	DINNER	SNACK
M O N D A Y	Pear	One-Pan Pork Strips, Broccoli, and Quinoa	Parmesan Salmon Broccoli Pasta	Goat Cheese
T U E S D A Y	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	Paleo Chicken Cauliflower Rice and Lettuce Bowl	Easy Kofta Kebabs with Cucumbers over Rice	Mini Vegan Blueberry Muffins
W E D N E S D A Y	Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)	No Salt Herbed Baked Salmon with Carrots, Potatoes, and Cauliflower	Chicken and Green Beans over Rice	Plain Yogurt (Low Fat) Blueberries
T H U R S D A Y	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	Beef Gyro Wraps	Pan Seared Salmon with Lemon Parmesan Sauce Whole Wheat Pasta	Apple
F R I D A Y	Plain Yogurt (Low Fat)	Boiled Egg, Mixed Greens, Potato, and Cucumber Salad with Apple Cider Vinaigrette	Roasted Beef Strips and Garlic Potatoes with Zucchini	Hummus and Avocado Sandwich
S A T U R D A Y	Eggs with Spinach	Parmesan Salmon Broccoli Pasta	Green Peas and Carrots with Beef Strips over Rice	Apricot, dried
S U N D A Y	Peanut Butter Banana Toast	Beet Salad with Arugula and Chicken	Steamed Cod with Lemon and Olive Oil Rice Bowl	Cherries

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13694	1956.3
Protein [g]	817.7	116.8
Fat [g]	466.7	66.7
Carbs [g]	1616.7	231
Fiber [g]	275	39.3



Protein Fat Carbs

Macronutrient summary per meal

MEALS AVG/DAY	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast	473.2	14.8	21	63.9	19.1
Lunch	504.9	36.5	16.7	52.1	6.2
Dinner	704.5	55.8	22.2	69.2	6.5
Snack	273.6	9.7	6.8	45.7	7.5



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Monday	1957.4	123.4	59.7	232.6	27.2
Tuesday	1953.5	124.4	65.5	228.1	53.1
Wednesday	1933.1	121.4	67.5	224.7	61
Thursday	1942.1	120.8	68.6	225.2	43
Friday	2023.3	113.7	70.7	241.7	37.1
Saturday	1953.9	97.7	69.2	231	26.1
Sunday	1930.6	116.4	65.4	233.3	27.5

Monday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11
TOTAL FOR BREAKFAST	202.9	1.3	0.5	54.2	11
Lunch					
One-Pan Pork Strips, Broccoli, and Quinoa 2 serving (804 g)	772.3	67.4	16.1	87.8	11.3
TOTAL FOR LUNCH	772.3	67.4	16.1	87.8	11.3
Dinner					
Parmesan Salmon Broccoli Pasta 2 serving (302 g)	775.8	42.5	26.2	90.5	4.9
TOTAL FOR DINNER	775.8	42.5	26.2	90.5	4.9
Snack					
Goat Cheese 2 oz (56.7 g)	206.4	12.2	16.9	0.1	0
TOTAL FOR SNACK	206.4	12.2	16.9	0.1	0
TOTAL FOR MONDAY	1957.4	123.4	59.7	232.6	27.2

Tuesday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 2 serving (862 g)	738	19.7	33.1	104.1	40.6
TOTAL FOR BREAKFAST	738	19.7	33.1	104.1	40.6
Lunch					
Paleo Chicken Cauliflower Rice and Lettuce Bowl 1 serving (302 g)	164.2	16	5.3	14.5	4.4
TOTAL FOR LUNCH	164.2	16	5.3	14.5	4.4
Dinner					
Easy Kofta Kebabs with Cucum- bers over Rice 1 serving (895 g)	893.2	85.1	26.4	72.9	4.5
TOTAL FOR DINNER	893.2	85.1	26.4	72.9	4.5
Snack					
Mini Vegan Blueberry Muffins 2 serving (98 g)	158.1	3.6	0.7	36.6	3.7
TOTAL FOR SNACK	158.1	3.6	0.7	36.6	3.7
TOTAL FOR TUESDAY	1953.5	124.4	65.5	228.1	53.1

Wednesday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Apple Cinnamon and Chia Breakfast Bowl (Unsweetened) 2 serving (1036 g)	727.9	17.9	33	103.6	44.2
TOTAL FOR BREAKFAST	727.9	17.9	33	103.6	44.2
Lunch					
No Salt Herbed Baked Salmon with Carrots, Potatoes, and Cauliflower 1 serving (535 g)	517.1	40.3	18.2	49.6	8.4
TOTAL FOR LUNCH	517.1	40.3	18.2	49.6	8.4
Dinner					
Chicken and Green Beans over Rice 2 serving (480 g)	539.4	56.3	14.2	43.9	5.1
TOTAL FOR DINNER	539.4	56.3	14.2	43.9	5.1
Snack					
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0
Blueberries 100 berries (136 g)	77.5	1	0.4	19.7	3.3
TOTAL FOR SNACK	148.7	6.9	2.2	27.7	3.3
TOTAL FOR WEDNESDAY	1933.1	121.4	67.5	224.7	61

Thursday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)	369	9.9	16.5	52.1	20.3
TOTAL FOR BREAKFAST	369	9.9	16.5	52.1	20.3
Lunch					
Beef Gyro Wraps 1 serving (909 g)	802.2	65.6	21.9	86.2	9.2
TOTAL FOR LUNCH	802.2	65.6	21.9	86.2	9.2
Dinner					
Pan Seared Salmon with Lemon Parmesan Sauce Whole Wheat Pasta 1 serving (402 g)	581.7	44.4	29.5	36.6	4.8
TOTAL FOR DINNER	581.7	44.4	29.5	36.6	4.8
Snack					
Apple 2 medium (3" dia) (364 g)	189.3	0.9	0.6	50.3	8.7
TOTAL FOR SNACK	189.3	0.9	0.6	50.3	8.7
TOTAL FOR THURSDAY	1942.1	120.8	68.6	225.2	43

Friday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Plain Yogurt (Low Fat) 1 large cup (180 g)	113.4	9.5	2.8	12.7	0
TOTAL FOR BREAKFAST	113.4	9.5	2.8	12.7	0
Lunch					
Boiled Egg, Mixed Greens, Potato, and Cucumber Salad with Apple Cider Vinaigrette 1 serving (301 g)	304	8.7	18.5	26.3	2.8
TOTAL FOR LUNCH	304	8.7	18.5	26.3	2.8
Dinner					
Roasted Beef Strips and Garlic Potatoes with Zucchini 2 serving (744 g)	735.3	57.4	23.3	77.6	9.8
TOTAL FOR DINNER	735.3	57.4	23.3	77.6	9.8
Snack					
Hummus and Avocado Sandwich 2 serving (428 g)	870.6	38.2	26.1	125.1	24.5
TOTAL FOR SNACK	870.6	38.2	26.1	125.1	24.5
TOTAL FOR FRIDAY	2023.3	113.7	70.7	241.7	37.1

Saturday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Eggs with Spinach 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5
TOTAL FOR BREAKFAST	284.8	14.2	23.8	4.1	1.5
Lunch					
Parmesan Salmon Broccoli Pasta 2 serving (302 g)	775.8	42.5	26.2	90.5	4.9
TOTAL FOR LUNCH	775.8	42.5	26.2	90.5	4.9
Dinner					
Green Peas and Carrots with Beef Strips over Rice 2 serving (588 g)	744.9	38	19.1	105.3	13.9
TOTAL FOR DINNER	744.9	38	19.1	105.3	13.9
Snack					
Apricot, dried 20 fruit, all sizes (70 g)	148.4	3	0.1	31.1	5.9
TOTAL FOR SNACK	148.4	3	0.1	31.1	5.9
TOTAL FOR SATURDAY	1953.9	97.7	69.2	231	26.1

Sunday macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Peanut Butter Banana Toast 2 serving (412 g)	876.5	30.8	37.5	116.4	16.1
TOTAL FOR BREAKFAST	876.5	30.8	37.5	116.4	16.1
Lunch					
Beet Salad with Arugula and Chicken 1 serving (166 g)	198.6	15.3	10.6	10	2.2
TOTAL FOR LUNCH	198.6	15.3	10.6	10	2.2
Dinner					
Steamed Cod with Lemon and Olive Oil Rice Bowl 2 serving (630 g)	661.5	67.1	16.7	57.7	2.7
TOTAL FOR DINNER	661.5	67.1	16.7	57.7	2.7
Snack					
Cherries 2 cup, without pits (308 g)	194	3.3	0.6	49.3	6.5
TOTAL FOR SNACK	194	3.3	0.6	49.3	6.5
TOTAL FOR SUNDAY	1930.6	116.4	65.4	233.3	27.5

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	60.6			
Fiber [g]	39.3			
Calcium, Ca [mg]	921.2	1000	2500	92
Iron, Fe [mg]	15.5	8	45	194
Magnesium, Mg [mg]	493.4	420	*350 mg	117
Phosphorus, P [mg]	1783.8	700	4000	255
Potassium, K [mg]	4199	4700		89
Sodium, Na [mg]	2344.9	1500	2300	155
Zinc, Zn [mg]	15.1	11	40	138
Copper, Cu [mg]	1.8	0.9	10	200
Manganese, Mn [mg]	5.6	2.3	11	242
Selenium, Se [ug]	163.6	55	400	297
Vitamin A, IU [IU]	8258			
Retinol [ug]	97.9			
Vitamin A, RAE [ug]	495.2	900	3000	55
Vitamin E [mg]	9.1	15	1000	60
Vitamin D [ug]	1.3	15	100	9
Vitamin C [mg]	125.4	90	2000	139
Thiamin [mg]	1.7	1.2		145
Riboflavin [mg]	1.8	1.3		135
Niacin [mg]	34.1	16	35	213
Pantothenic acid [mg]	6.8	5		137
Vitamin B6 [mg]	3.5	1.3	100	280
Folate, total [ug]	344.1	400	1000	86
Vitamin B12 [ug]	6.5	2.4		271
Choline, total [mg]	320.5	550	3500	58
Vitamin K [ug]	163.3	120		136
Folic acid [ug]	1.6			
Folate, food [ug]	277.7			

Folate, DFE [ug]	265.6
Vitamin E, added [mg]	0
Vitamin B12, added [ug]	0
Cholesterol [mg]	285.5
Fatty acids, total trans [g]	0.4
Sat Fat [g]	14.3
Fatty acids, total monounsaturated [g]	28.2
Fatty acids, total polyunsaturated [g]	14.7
Net Carbs [g]	191.7

Formulas

FORMULA	VALUE	COMMENTS
BMI (Body Mass Index)	24.3	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	1734 Kcal	Harris/Benedict Equation
Weight maintenance level	2688 Kcal	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	1733 Kcal	Mifflin and St Jeor Equation
Weight maintenance level	2686 Kcal	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)	1850 Kcal	Katch-McArdle Formula
Weight maintenance level	2868 Kcal	BMR (Katch-McArdle) × Activity Level
PA values for different physical activity	2313 Kcal	BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	62 g	DRI as a function of body weight
Protein recommendation based on lean body mass	69 g	More accurate than DRI if LBM is known

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



Protein Fat Carbs

Steamed Cod with Lemon and Olive Oil Rice Bowl

🕒 20 min 🍽️ 2 servings

330 **Kcal / serving**

34g **Protein** 8g **Fat** 29g **Carbs**

Ingredients

- **Lemon**, 1 fruit (2-1/8" dia) (58 g)
- **Dill**, 1 tablespoon (0.4 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Cod**, 2 servings (340 g)
- **Rice**, 1 cup (185 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Spinach, baby**, 1 cup (30 g)



Instructions

Place the cod fillets in a steamer basket.

Arrange the lemon slices and dill on top of the cod fillets.

Drizzle the olive oil over the fish and lemon slices.

Season with salt and pepper.

Place the steamer basket over a pot of boiling water and cover with a lid.

Steam the cod fillets for about 8-10 minutes, or until cooked through and flaky.

While the cod is steaming, reheat the cooked rice if needed.

Season the rice mixture with salt and pepper to taste.

Once the cod is cooked, remove it from the steamer basket.

Serve the steamed cod fillets on top of the rice.

Squeeze fresh lemon juice over the fish and rice.

Add baby spinach.

Enjoy your steamed cod with lemon and olive oil rice bowl!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	660.4	105	330.2
Protein [g]	67	10.7	33.5
Fat [g]	16.7	2.7	8.4
Carbs [g]	57.6	9.2	28.8
Fiber [g]	2.7	0.4	1.4



Protein Fat Carbs

Paleo Chicken Cauliflower Rice and Lettuce Bowl

🕒 35 min 🍽️ 4 servings

164 **Kcal / serving**

16g **Protein** 5g **Fat** 15g **Carbs**

Ingredients

- **Salt**, 1 tsp (6 g)
- **Chicken breast**, 1/2 pounds (215.5 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Carrots**, 1 small (51.1 g)
- **Cauliflower**, 1 medium head (575 g)
- **Green onions**, 1/4 cup (26 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 small (67 g)
- **Ginger**, 1 tsp (2 g)
- **Garlic**, 3 clove (9 g)
- **Celery stalks**, 1 stalk (17 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Pepper**, 1/2 teaspoon (1 g)
- **Lettuce leaves**, 8 large (192 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add garlic and onion, and sauté for 2 minutes until fragrant.

Add chicken and cook until browned and cooked through, about 5-7 minutes.

Push chicken to one side of the skillet and add carrots and celery. Sauté for 3-4 minutes until slightly softened.

Add riced cauliflower, coconut aminos, ginger, salt, and black pepper. Stir well to combine all ingredients.

Cover the skillet and cook for 5-7 minutes, stirring occasionally, until the cauliflower is tender.

Remove from heat and stir in chopped green onions and cilantro.

Scoop the chicken cauliflower rice mixture into lettuce leaves to create lettuce bowls.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	657.4	54.4	164.4
Protein [g]	64	5.3	16
Fat [g]	21.1	1.7	5.3
Carbs [g]	58	4.8	14.5
Fiber [g]	17.5	1.4	4.4



Protein Fat Carbs

Easy Kofta Kebabs with Cucumbers over Rice

🕒 27 min 🍽️ 2 servings

893 **Kcal / serving**

85g **Protein** 26g **Fat** 73g **Carbs**

Ingredients

- **Greek yogurt**, 1/4 cup (53.9 g)
- **Lemon juice**, 1 t (14.9 g)
- **Paprika**, 1/2 tsp (1.1 g)
- **Cucumbers**, 2 cucumber (600 g)
- **Olive oil**, 1 servings (14 g)
- **Garlic**, 2 portion (6 g)
- **Breadcrumbs**, 1/4 cup (28.1 g)
- **Ground beef**, 1 1/2 lbs (680.4 g)
- **Parsley**, 1/4 cup (15 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 tsp (1.8 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Rice**, 2 cups (370 g)



Instructions

In a large bowl, mix together the ground beef, garlic, breadcrumbs, parsley, cumin, coriander, paprika, salt, and pepper.

Shape the mixture into small oval-shaped kebabs.

Preheat a grill or grill pan over medium heat.

Grill the kebabs for about 10-12 minutes, turning occasionally, until cooked through.

While the kebabs are cooking, prepare the cucumber salad by combining the sliced cucumbers, Greek yogurt, lemon juice, olive oil, salt, and pepper in a bowl. Toss to coat the cucumbers well.

Serve the cooked kebabs over a bed of rice and top with the cucumber salad.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1785.4	99.8	892.7
Protein [g]	170	9.5	85
Fat [g]	52.8	3	26.4
Carbs [g]	145.8	8.1	72.9
Fiber [g]	9	0.5	4.5



Protein Fat Carbs

Beef Gyro Wraps

🕒 30 min 🍽️ 2 servings

802 **Kcal / serving**

66g **Protein** 22g **Fat** 86g **Carbs**

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cucumbers**, 4 chunks (4 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Tomatoes**, 4 cup, chopped or sliced (720 g)
- **Pita breads**, 4 pita bread (224 g)
- **Ground beef**, 1 lbs (453.6 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Tzatziki sauce**, 8 tbsp (120 g)



Instructions

In a large skillet, cook the ground beef over medium heat until browned. Drain any excess fat.

Add the chopped onion, minced garlic, dried oregano, dried thyme, ground cumin, salt, and pepper to the skillet. Cook for another 5 minutes, until the onions are softened.

Warm the pita breads in a toaster oven or on a stovetop griddle.

Spread a spoonful of tzatziki sauce on each pita bread.

Divide the cooked meat mixture among the pita breads.

Top with sliced tomatoes, cucumbers, and lettuce.

Fold the pita breads in half to form wraps.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1603.4	88.3	801.7
Protein [g]	131.1	7.2	65.6
Fat [g]	43.8	2.4	21.9
Carbs [g]	172.3	9.5	86.2
Fiber [g]	18.5	1	9.3



Protein Fat Carbs

Peanut Butter Banana Toast

🕒 5 min 🍽️ 1 serving

438 **Kcal / serving**

15g **Protein** 19g **Fat** 58g **Carbs**

Ingredients

- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Peanut butter**, 2 tbsp (31.9 g)
- **Bread**, 2 slices (56.4 g)



Instructions

1. Toast the bread slices until golden brown.
2. Spread peanut butter evenly on both slices of toast.
3. Arrange the banana slices on top of one slice of toast.
4. Place the other slice of toast on top to make a sandwich.
5. Cut the sandwich diagonally into two triangles.
6. Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	438.2	212.3	438.2
Protein [g]	15.4	7.5	15.4
Fat [g]	18.8	9.1	18.8
Carbs [g]	58.2	28.2	58.2
Fiber [g]	8.1	3.9	8.1



Protein Fat Carbs

Pan Seared Salmon with Lemon Parmesan Sauce Whole Wheat Pasta

🕒 30 min 🍽️ 2 servings

582 **Kcal / serving**

44g **Protein** 30g **Fat** 37g **Carbs**

Ingredients

- **Parmesan cheese**, 1/4 cup (24.1 g)
- **lemon juice**, 2 tablespoons (30 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 clove (6 g)
- **Baby spinach**, 1 cup (30 g)
- **Pasta**, 2 cups (195.6 g)
- **Salmon**, 2 fillet (340 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Cherry tomatoes**, 1 cup (149 g)



Instructions

Season the salmon fillets with salt and pepper on both sides.

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

Add the salmon fillets to the skillet and cook for about 4-5 minutes per side, or until cooked through.

Remove the salmon from the skillet and set aside.

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

Add cherry tomatoes and cook for another 2 minutes until softened.

Add baby spinach and cook until wilted.

Pour in the lemon juice and stir well.

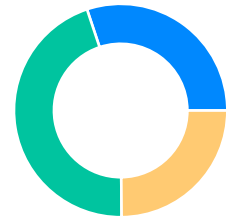
Add grated Parmesan cheese and stir until melted and well combined.

Add cooked whole wheat pasta to the skillet and toss to coat with the sauce.

Serve the pan seared salmon over the lemon Parmesan pasta.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1163.4	144.8	581.7
Protein [g]	88.8	11	44.4
Fat [g]	59	7.3	29.5
Carbs [g]	73.3	9.1	36.7
Fiber [g]	9.5	1.2	4.8



Protein Fat Carbs

No Salt Herbed Baked Salmon with Carrots, Potatoes, and Cauliflower

🕒 30 min 🍽️ 4 servings

517 *Kcal / serving*

40g **Protein** 18g **Fat** 50g **Carbs**

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Dill**, 1 tbsp (0.4 g)
- **Potatoes**, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- **Carrots**, 2 cup chopped (256 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Salmon**, 4 fillet (680 g)
- **Cauliflower florets**, 2 cups (200 g)
- **Parsley**, 1 tablespoon (4 g)
- **Thyme**, 1 tablespoon (7 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Pepper**, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the carrots, potatoes, and cauliflower. Drizzle with olive oil and toss to coat.

In a small bowl, mix together the dill, parsley, thyme, garlic powder, and black pepper.

Sprinkle half of the herb mixture over the vegetables and toss to evenly distribute.

Place the salmon fillets on top of the vegetables in the baking dish. Sprinkle the remaining herb mixture over the salmon.

Arrange lemon slices on top of the salmon fillets.

Bake in the preheated oven for 20-25 minutes, or until the salmon is cooked through and the vegetables are tender.

Serve the baked salmon with carrots, potatoes, and cauliflower hot.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2066.5	96.7	516.6
Protein [g]	160.9	7.5	40.2
Fat [g]	72.6	3.4	18.2
Carbs [g]	198	9.3	49.5
Fiber [g]	33.6	1.6	8.4



Protein Fat Carbs

Boiled Egg, Mixed Greens, Potato, and Cucumber Salad with Apple Cider Vinaigrette

🕒 30 min 🍽️ 4 servings

304 **Kcal / serving**

9g **Protein** 19g **Fat** 26g **Carbs**

Ingredients

- **Eggs**, 4 medium (176 g)
- **Apple cider vinegar**, 1/4 cup (62.3 g)
- **Potatoes**, 2 medium (425.5 g)
- **Cucumber**, 1 cucumber (300 g)
- **Olive oil**, 1/4 cup (56.3 g)
- **Honey**, 1 tbsp (21 g)
- **Greens**, 4 cups (160 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a small bowl, whisk together apple cider vinegar, olive oil, honey, salt, and pepper to make the vinaigrette.

In a large salad bowl, combine mixed greens, boiled and cubed potatoes, and sliced cucumber.

Peel the boiled eggs and slice them into quarters. Add them to the salad bowl.

Drizzle the apple cider vinaigrette over the salad and toss gently to combine.

Serve the salad immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1215.1	101	303.8
Protein [g]	34.7	2.9	8.7
Fat [g]	74	6.2	18.5
Carbs [g]	105.2	8.7	26.3
Fiber [g]	11.1	0.9	2.8



Protein Fat Carbs

Beet Salad with Arugula and Chicken

🕒 15 min 🍽️ 2 servings

199 **Kcal** / serving

15g **Protein** 11g **Fat** 10g **Carbs**

Ingredients

- **Arugula**, 2 cup (40 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Beets**, 1 cup (136 g)
- **Balsamic vinegar**, 2 tbsp (32 g)
- **Chicken**, 2 cup (108.5 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a large bowl, combine arugula, shredded chicken, and sliced beets.

In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper.

Drizzle the dressing over the salad and toss to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	397.1	119.6	198.6
Protein [g]	30.5	9.2	15.3
Fat [g]	21.2	6.4	10.6
Carbs [g]	19.9	6	10
Fiber [g]	4.4	1.3	2.2



Protein Fat Carbs

Green Peas and Carrots with Beef Strips over Rice

🕒 15 min

👤 4 servings

372 **Kcal** / serving

19g **Protein** 10g **Fat** 53g **Carbs**

Ingredients

- **Peas**, 2 cup (290 g)
- **Carrots**, 2 cup chopped (256 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Salt and pepper**, 1 tsp (2 g)
- **White rice, cooked**, 2 cup (400 g)
- **lean beef, thinly sliced**, 200 grams (200 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add beef strips, season with salt and pepper. Cook until browned and cooked through, about 5 minutes. Remove from skillet and set aside.

In the same skillet, add sliced carrots and cook for 3 minutes until slightly tender.

Add green peas to the skillet and cook for another 2 minutes.

Return the cooked beef strips to the skillet and stir to combine with the vegetables.

Season with salt and pepper to taste.

Serve the beef and vegetable mixture over cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1488.5	126.7	372.1
Protein [g]	75.9	6.5	19
Fat [g]	38.2	3.3	9.6
Carbs [g]	210.4	17.9	52.6
Fiber [g]	27.7	2.4	6.9



Protein Fat Carbs

Hummus and Avocado Sandwich

🕒 5 min 👤 1 serving

435 **Kcal** / serving

19g **Protein** 13g **Fat** 63g **Carbs**

Ingredients

- **Avocado**, 1 half (40 g)
- **Lettuce**, 2 leaf, medium (16 g)
- **Hummus**, 2 tablespoons (28 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Whole Wheat Bread**, 4 slice (128 g)



Instructions

Spread hummus evenly on one side of each bread slice.

Layer avocado slices on top of the hummus on one bread slice.

Season with salt and pepper to taste.

Add any desired toppings, such as lettuce and tomato.

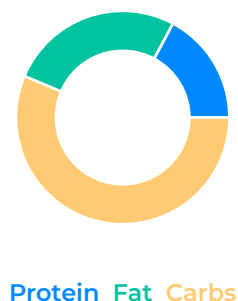
Cover with the other bread slice, hummus side down.

Slice the sandwich in half or quarters.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	435.3	203.4	435.3
Protein [g]	19.1	8.9	19.1
Fat [g]	13.1	6.1	13.1
Carbs [g]	62.6	29.3	62.6
Fiber [g]	12.2	5.7	12.2



One-Pan Pork Strips, Broccoli, and Quinoa

🕒 20 min

👤 2 servings

386 **Kcal / serving**

34g **Protein** 8g **Fat** 44g **Carbs**

Ingredients

- **Pork tenderloin, thinly sliced**, 1/2 lb (226.8 g)
- **Water**, 1 1/2 cups (354.9 g)
- **Quinoa**, 3/4 cup (127.5 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Broccoli florets**, 1 cup (91 g)



Instructions

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

Add the pork strips to the skillet and cook until browned, about 3-4 minutes.

Remove the pork from the skillet and set aside.

In the same skillet, add the broccoli florets and sauté for 2-3 minutes until slightly tender.

Push the broccoli to one side of the skillet and add the quinoa and water to the other side.

Season with salt and pepper, then bring the mixture to a boil.

Reduce the heat to low, cover the skillet, and simmer for 15 minutes or until the quinoa is cooked and the liquid is absorbed.

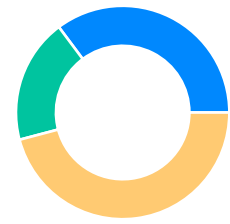
Return the pork strips to the skillet and stir everything together.

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

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	772.3	96	386.2
Protein [g]	67.4	8.4	33.7
Fat [g]	16.1	2	8.1
Carbs [g]	87.8	10.9	43.9
Fiber [g]	11.3	1.4	5.7



Protein Fat Carbs

Roasted Beef Strips and Garlic Potatoes with Zucchini

🕒 20 min 🍽️ 2 servings

368 **Kcal / serving**

29g **Protein** 12g **Fat** 39g **Carbs**

Ingredients

- **Potatoes**, 400 g (400 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 4 clove (12 g)
- **Beef sirloin, thinly sliced**, 200 grams (200 g)
- **Zucchini**, 1 small (118 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the diced potatoes, minced garlic, and 1 tablespoon of olive oil. Season with salt and pepper to taste. Toss to coat the potatoes evenly.

Place the baking dish in the preheated oven and roast for 10 minutes.

Meanwhile, in a separate bowl, toss the beef strips with the remaining tablespoon of olive oil, salt, and pepper.

After 10 minutes, remove the baking dish from the oven and add the seasoned beef strips and zucchini. Mix everything together.

Return the baking dish to the oven and roast for an additional 10 minutes or until the beef is cooked through and the potatoes are golden and crispy.

Once done, remove from the oven and let it rest for a few minutes before serving.

Divide the roasted beef strips, garlic potatoes, and zucchini onto plates or bowls. Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	735.3	98.9	367.7
Protein [g]	57.4	7.7	28.7
Fat [g]	23.3	3.1	11.7
Carbs [g]	77.6	10.4	38.8
Fiber [g]	9.8	1.3	4.9



Protein Fat Carbs

Chicken and Green Beans over Rice

🕒 15 min 🍽️ 4 servings

270 **Kcal / serving**

28g **Protein** 7g **Fat** 22g **Carbs**

Ingredients

- **Salt**, 1 tsp (6 g)
- **Chicken breasts**, 1 pound (454 g)
- **brown rice, cooked**, 2 cup (326 g)
- **Olive Oil**, 1 tablespoon (13.5 g)
- **Green Beans**, 4 portion(s) (160 g)



Instructions

1. Season the chicken breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the chicken breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the chicken 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 chicken breasts into strips.
7. Serve the sliced chicken and green beans over cooked rice.
8. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1078.9	112.4	269.7
Protein [g]	112.6	11.7	28.2
Fat [g]	28.5	3	7.1
Carbs [g]	87.8	9.2	22
Fiber [g]	10.2	1.1	2.6



Protein Fat Carbs

Mini Vegan Blueberry Muffins

🕒 23 min 🍽️ 10 servings

79 **Kcal / serving**

2g **Protein** 0g **Fat** 18g **Carbs**

Ingredients

- **Applesauce**, 1/2 cup (127.1 g)
- **Blueberries**, 1 cups (154.2 g)
- **Flour**, 1 cup (125 g)
- **Baking powder**, 1/2 teaspoon (2.1 g)
- **Maple syrup**, 1/4 c (83.8 g)



Instructions

Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.

In a mixing bowl, combine the whole wheat flour and baking powder.

Add the unsweetened applesauce and maple syrup to the dry ingredients. Mix well until the batter is smooth.

Gently fold in the blueberries.

Divide the batter evenly into the muffin tin, filling each liner about 3/4 full.

Bake for 15-18 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Remove from the oven and let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	793.8	161.3	79.4
Protein [g]	17.9	3.6	1.8
Fat [g]	3.8	0.8	0.4
Carbs [g]	183.7	37.3	18.4
Fiber [g]	18.5	3.8	1.9



Protein Fat Carbs

Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

364 **Kcal / serving**

9g **Protein** 17g **Fat** 52g **Carbs**

Ingredients

- **Cinnamon**, 1 tsp (2.6 g)
- **Apple**, 1 large (3-1/4" dia) (223 g)
- **Chia seeds**, 1/4 cup (42.5 g)
- **Almond milk**, 1 cup (250 g)



Instructions

In a bowl, mix together the grated apple, chia seeds, almond milk, and cinnamon.

Stir well to combine all the ingredients.

Cover the bowl and refrigerate for at least 10 minutes or overnight to allow the chia seeds to absorb the liquid and thicken the mixture.

After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

Serve the raw apple cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced apples, or a sprinkle of cinnamon..

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	363.9	70.2	363.9
Protein [g]	9	1.7	9
Fat [g]	16.5	3.2	16.5
Carbs [g]	51.8	10	51.8
Fiber [g]	22.1	4.3	22.1



Protein Fat Carbs

Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

369 **Kcal / serving**

10g **Protein** 17g **Fat** 52g **Carbs**

Ingredients

- **Cinnamon**, 1 tsp (2.6 g)
- **Chia seeds**, 1/4 cup (42.5 g)
- **Almond milk**, 1 cup (250 g)
- **Banana, sliced**, 1 large (8" to 8-7/8" long) (136 g)



Instructions

In a bowl, mix together the sliced, chia seeds, almond milk, and cinnamon.

Stir well to combine all the ingredients.

Cover the bowl and refrigerate for at least 10 minutes or overnight to allow the chia seeds to absorb the liquid and thicken the mixture.

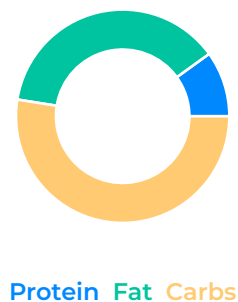
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

Serve the raw banana cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced banana, and a sprinkle of cinnamon.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	369	85.6	369
Protein [g]	9.9	2.3	9.9
Fat [g]	16.5	3.8	16.5
Carbs [g]	52.1	12.1	52.1
Fiber [g]	20.3	4.7	20.3



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.

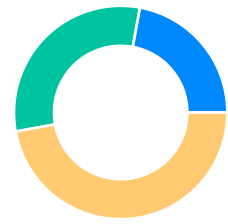
Sprinkle grated Parmesan cheese over the pasta and toss to coat everything evenly.

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



Protein Fat Carbs

Shopping List

Fruits and Fruit Juices

- Pear, 356 g
- Banana, 643.5 g
- Apple, 809.9 g
- Lemon, 85.1 g
- lemon juice, 22.5 g
- Applesauce, 25.3 g
- Blueberries, 166.7 g
- Avocado, 80 g
- Apricot, dried, 70 g
- Cherries, 308 g

Spices and Herbs

- Cinnamon, 13 g
- Basil, 0.3 g
- Oregano, 1.5 g
- Salt, 5.2 g
- Pepper flakes, 0.3 g
- Pepper, 0.6 g
- Salt and pepper, 15.6 g
- Dill, 0.5 g
- Garlic powder, 0.8 g
- Thyme, 0.5 g
- Ground cumin, 2 g
- Apple cider vinegar, 15.6 g
- Balsamic vinegar, 16 g
- Paprika, 0.6 g
- Ground coriander, 0.9 g

Nut and Seed Products

- Chia seeds, 212.5 g

Dairy and Egg Products

- Almond milk, 1249.7 g
- Plain Yogurt (Low Fat), 293 g
- Eggs, 144.1 g
- Tzatziki sauce, 60 g
- Parmesan cheese, 38.2 g

- Greek yogurt, 27 g
- Goat Cheese, 56.7 g

Fats and Oils

- Olive oil, 139.8 g

Vegetables and Vegetable Products

- Garlic, 29.2 g
- Baby spinach, 60 g
- Broccoli florets, 182.1 g
- Cilantro, 1 g
- Carrots, 204.9 g
- Cauliflower, 143.6 g
- Green onions, 6.5 g
- Onion, 16.7 g
- Ginger, 0.5 g
- Celery stalks, 4.2 g
- Lettuce leaves, 48 g
- Potatoes, 719.9 g
- Cauliflower florets, 50 g
- Parsley, 8.5 g
- Thyme, 1.8 g
- Cucumbers, 377.2 g
- Lettuce, 176.1 g
- Tomatoes, 360.3 g
- Greens, 40 g
- Arugula, 20 g
- Beets, 68 g
- Green Beans, 80 g
- Cherry tomatoes, 74.5 g
- Zucchini, 118.1 g
- Peas, 145.1 g
- Spinach, baby, 30.1 g

Legumes and Legume Products

- Peanut butter, 63.8 g
- Hummus, 56 g

Baked Products

- Whole Wheat Bread, 368.7 g

- Pita breads, 112.1 g
- Breadcrumbs, 14.1 g
- Baking powder, 0.4 g

Pork Products

- Pork tenderloin, thinly sliced, 226.7 g

Beverages

- Water, 354.8 g

Cereal Grains and Pasta

- Quinoa, 127.5 g
- Pasta, 226.9 g
- Rice, 370.4 g
- brown rice, cooked, 163.1 g
- Pasta, 97.8 g
- White rice, cooked, 200.2 g
- Flour, 24.9 g

Poultry Products

- Chicken breasts, 280.9 g

Other

- Coconut aminos, 7.5 g

Finfish and Shellfish Products

- Salmon, 567.1 g
- Cod, 340.6 g

Beef Products

- Ground beef, 567.3 g
- lean beef, thinly sliced, 300.2 g

Sweets

- Honey, 5.3 g
- Maple syrup, 16.7 g

Meals, Entrees, and Side Dishes

- Chicken, 54.2 g