

Sample NutriAdmin 1800 Paleo Meal Plan

DAY 1		
Breakfast	Almond Butter	2 tablespoon (28 g)
	Banana	2 small (196 g)
Lunch	Baked Garlic White Fish and Carrots	2 serving (418 g)
Dinner	Baked Garlic Salmon and Zucchini	2 serving (490 g)
Snack	Pear	2 medium (356 g)
DAY 2		
Breakfast	Boiled Eggs	1 egg (56 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Dinner	Spinach Salad with Ground Beef	2 serving (368 g)
Snack	Apple	1 medium (3" dia) (182 g)
	Almonds	1 oz (23 whole kernels) (28.4 g)
DAY 3		
Breakfast	Apple	2 medium (3" dia) (364 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce	2 serving (618 g)
Dinner	Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad	2 serving (612 g)
Snack	Cashew Nuts	1 oz (28.4 g)

DAY 4

Breakfast	Fried Egg	2 large (140 g)
	Bacon	2 slice (52 g)
	Spinach	1 cups (29 g)
Lunch	Beef and Cabbage Skillet	2 serving (732 g)
Dinner	Roasted Beef Strips and Garlic Sweet Potatoes with Lettuce	2 serving (576 g)
Snack	Pear	1 medium (178 g)

DAY 5

Breakfast	Bacon and Egg Cups	1 serving (67 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	1 serving (459 g)
Dinner	Roasted Pork Strips and Garlic Sweet Potatoes with Carrots	2 serving (940 g)
Snack	Almonds	1 handful (26 g)

DAY 6

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
Lunch	Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad	2 serving (612 g)
Dinner	Paleo Lettuce and Peach Salad with Pan Fried Chicken Strips	1 serving (1065 g)
Snack	Cinnamon Roasted Sweet Potato Fries	2 serving (356 g)

DAY 7

Breakfast	Breakfast Hash with Ground Pork	1 serving (278 g)
Lunch	Roasted Beef Strips and Garlic Sweet Potatoes with Green Beans	1 serving (321 g)
Dinner	Roasted Chicken Breast and Garlic Sweet Potatoes with Carrots	2 serving (514 g)
Snack	Mediterranean Tuna Lettuce Cups	2 serving (422 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y 1	Almond Butter Banana	Baked Garlic White Fish and Carrots	Baked Garlic Salmon and Zucchini	Pear
D A Y 2	Boiled Eggs	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	Spinach Salad with Ground Beef	Apple Almonds
D A Y 3	Apple	Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce	Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad	Cashew Nuts
D A Y 4	Fried Egg Bacon Spinach	Beef and Cabbage Skillet	Roasted Beef Strips and Garlic Sweet Potatoes with Lettuce	Pear
D A Y 5	Bacon and Egg Cups	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	Roasted Pork Strips and Garlic Sweet Potatoes with Carrots	Almonds
D A Y 6	Fried Egg Mushrooms, Fresh	Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad	Paleo Lettuce and Peach Salad with Pan Fried Chicken Strips	Cinnamon Roasted Sweet Potato Fries
D A Y 7	Breakfast Hash with Ground Pork	Roasted Beef Strips and Garlic Sweet Potatoes with Green Beans	Roasted Chicken Breast and Garlic Sweet Potatoes with Carrots	Mediterranean Tuna Lettuce Cups

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12420.6	1774.4
Protein [g]	968.4	138.3
Fat [g]	562	80.3
Carbs [g]	902.6	128.9
Fiber [g]	174.7	25
Net Carbs [g]	727.9	104



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	292.4	13.5	18.6	19.3	3.3	16.1
Lunch	594.3	55.1	22.9	42	8.4	33.7
Dinner	652.1	61.3	28	38.2	7.2	31
Snack	235.6	8.4	10.8	29.4	6.1	23.3



Breakfast Lunch Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1780.3	147.7	85.6	117	22.3	94.7
Day 2	1769.9	143.5	71.4	140	26.8	113.2
Day 3	1746.5	114.5	89.1	128.7	24.1	104.6
Day 4	1705.1	135.7	78.5	119.3	27.9	91.4
Day 5	1843.4	155.1	69.4	147.4	25.5	121.9
Day 6	1817.1	134.8	87	126	25.9	100.1
Day 7	1758.3	137.1	81.1	124.1	22.1	102

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Almond Butter 2 tablespoon (28 g)	171.9	5.9	15.5	5.3	2.9	2.4
Banana 2 small (196 g)	174.4	2.1	0.6	44.8	5.1	39.7
TOTAL FOR BREAKFAST	346.4	8	16.2	50	8	42
Lunch						
Baked Garlic White Fish and Carrots 2 serving (418 g)	479.6	69	19.9	6.9	1.8	5.1
TOTAL FOR LUNCH	479.6	69	19.9	6.9	1.8	5.1
Dinner						
Baked Garlic Salmon and Zucchini 2 serving (490 g)	751.5	69.4	49	5.9	1.5	4.4
TOTAL FOR DINNER	751.5	69.4	49	5.9	1.5	4.4
Snack						
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR SNACK	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR DAY 1	1780.3	147.7	85.6	117	22.3	94.7

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Boiled Eggs 1 egg (56 g)	86.8	7	5.9	0.6	0	0.6
TOTAL FOR BREAKFAST	86.8	7	5.9	0.6	0	0.6
Lunch						
Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans 2 serving (918 g)	961.8	80	25.5	102	16.5	85.5
TOTAL FOR LUNCH	961.8	80	25.5	102	16.5	85.5
Dinner						
Spinach Salad with Ground Beef 2 serving (368 g)	462.5	50	25.5	6.1	2.4	3.7
TOTAL FOR DINNER	462.5	50	25.5	6.1	2.4	3.7
Snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
Almonds 1 oz (23 whole kernels) (28.4 g)	164.1	6	14.2	6.1	3.5	2.6
TOTAL FOR SNACK	258.8	6.5	14.5	31.2	7.9	23.3
TOTAL FOR DAY 2	1769.9	143.5	71.4	140	26.8	113.2

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Apple 2 medium (3" dia) (364 g)	189.3	0.9	0.6	50.3	8.7	41.6
TOTAL FOR BREAKFAST	189.3	0.9	0.6	50.3	8.7	41.6
Lunch						
Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce 2 serving (618 g)	798.3	56.8	37.8	57.7	9.9	47.8
TOTAL FOR LUNCH	798.3	56.8	37.8	57.7	9.9	47.8
Dinner						
Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad 2 serving (612 g)	602.1	51.6	38.3	12.2	4.6	7.6
TOTAL FOR DINNER	602.1	51.6	38.3	12.2	4.6	7.6
Snack						
Cashew Nuts 1 oz (28.4 g)	156.8	5.2	12.4	8.6	0.9	7.7
TOTAL FOR SNACK	156.8	5.2	12.4	8.6	0.9	7.7
TOTAL FOR DAY 3	1746.5	114.5	89.1	128.7	24.1	104.6

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Bacon 2 slice (52 g)	211.6	6.5	20.4	0.4	0	0.4
Spinach 1 cups (29 g)	6.7	0.8	0.1	1.1	0.6	0.5
TOTAL FOR BREAKFAST	492.7	26.4	41.3	2.6	0.6	2
Lunch						
Beef and Cabbage Skillet 2 serving (732 g)	471.7	55.7	13.9	32	11.9	20.1
TOTAL FOR LUNCH	471.7	55.7	13.9	32	11.9	20.1
Dinner						
Roasted Beef Strips and Garlic Sweet Potatoes with Lettuce 2 serving (576 g)	639.2	52.9	23	57.6	9.9	47.7
TOTAL FOR DINNER	639.2	52.9	23	57.6	9.9	47.7
Snack						
Pear 1 medium (178 g)	101.5	0.6	0.2	27.1	5.5	21.6
TOTAL FOR SNACK	101.5	0.6	0.2	27.1	5.5	21.6
TOTAL FOR DAY 4	1705.1	135.7	78.5	119.3	27.9	91.4

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Bacon and Egg Cups 1 serving (67 g)	165.6	8.3	14.2	0.6	0	0.6
TOTAL FOR BREAKFAST	165.6	8.3	14.2	0.6	0	0.6
Lunch						
Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans 1 serving (459 g)	480.9	40	12.8	51	8.3	42.7
TOTAL FOR LUNCH	480.9	40	12.8	51	8.3	42.7
Dinner						
Roasted Pork Strips and Garlic Sweet Potatoes with Carrots 2 serving (940 g)	1046.4	101.4	29.4	90.2	13.9	76.3
TOTAL FOR DINNER	1046.4	101.4	29.4	90.2	13.9	76.3
Snack						
Almonds 1 handful (26 g)	150.5	5.5	13	5.6	3.3	2.3
TOTAL FOR SNACK	150.5	5.5	13	5.6	3.3	2.3
TOTAL FOR DAY 5	1843.4	155.1	69.4	147.4	25.5	121.9

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Mushrooms, Fresh 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
TOTAL FOR BREAKFAST	295.7	22.1	21.1	4.3	1	3.3
Lunch						
Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad 2 serving (612 g)	602.1	51.6	38.3	12.2	4.6	7.6
TOTAL FOR LUNCH	602.1	51.6	38.3	12.2	4.6	7.6
Dinner						
Paleo Lettuce and Peach Salad with Pan Fried Chicken Strips 1 serving (1065 g)	503.3	55.8	13.8	40	9.6	30.4
TOTAL FOR DINNER	503.3	55.8	13.8	40	9.6	30.4
Snack						
Cinnamon Roasted Sweet Potato Fries 2 serving (356 g)	416	5.4	13.7	69.6	10.8	58.8
TOTAL FOR SNACK	416	5.4	13.7	69.6	10.8	58.8
TOTAL FOR DAY 6	1817.1	134.8	87	126	25.9	100.1

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Breakfast Hash with Ground Pork 1 serving (278 g)	470.3	21.8	30.5	26.7	4.5	22.2
TOTAL FOR BREAKFAST	470.3	21.8	30.5	26.7	4.5	22.2
Lunch						
Roasted Beef Strips and Garlic Sweet Potatoes with Green Beans 1 serving (321 g)	365.6	32.8	12.4	32.3	5.5	26.8
TOTAL FOR LUNCH	365.6	32.8	12.4	32.3	5.5	26.8
Dinner						
Roasted Chicken Breast and Garlic Sweet Potatoes with Carrots 2 serving (514 g)	559.7	48.1	17.2	55.4	8.8	46.6
TOTAL FOR DINNER	559.7	48.1	17.2	55.4	8.8	46.6
Snack						
Mediterranean Tuna Lettuce Cups 2 serving (422 g)	362.7	34.5	21.1	9.7	3.4	6.3
TOTAL FOR SNACK	362.7	34.5	21.1	9.7	3.4	6.3
TOTAL FOR DAY 7	1758.3	137.1	81.1	124.1	22.1	102

Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad

🕒 15 min 🍽️ 4 servings

301 Kcal / serving

26g Protein 19g Fat 6g Carbs

Ingredients

- Oregano, 1 teaspoon (1.6 g)
- Paprika, 1 teaspoon (1.6 g)
- Cucumber, 1 cups (135 g)
- Olive oil, 4 tablespoons (60 g)
- Lettuce, 4 cup shredded (288 g)
- Tomatoes, 2 medium whole (2-3/5" dia) (246 g)
- Beef sirloin, 1 pound (453.6 g)
- Red wine vinegar, 2 tbsp (29.8 g)
- Salt, 1 tsp (6 g)
- Black Pepper, 1 teaspoon (2 g)



Instructions

In a large skillet, heat the 2 tablespoons of olive oil over medium-high heat.

Add the beef strips to the skillet and season with paprika, dried oregano, salt, and pepper. Cook for 3-4 minutes, or until the beef is browned and cooked to your liking.

While the beef is cooking, prepare the salad by combining the diced tomatoes, sliced cucumber, and torn lettuce in a bowl.

In a separate small bowl, whisk together the red wine vinegar and remaining olive oil to make the vinaigrette. Drizzle the vinaigrette over the salad and toss to coat evenly.

Serve the pan-fried beef strips alongside the tomato, lettuce, and cucumber salad.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1204.1	98.4	301
Protein [g]	103.1	8.4	25.8
Fat [g]	76.6	6.3	19.2
Carbs [g]	24.4	2	6.1
Fiber [g]	9.1	0.7	2.3
Net Carbs [g]	15.3	1.3	3.8



Protein Fat Carbs

Spinach Salad with Ground Beef

🕒 15 min 🍽️ 4 servings

231 Kcal / serving

25g Protein 13g Fat 3g Carbs

Ingredients

- **Apple cider vinegar**, 2 tablespoons (30.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Cucumber**, 1/2 cup (64.1 g)
- **Spinach**, 4 cups (120 g)
- **Onion**, 1/4 cup (40 g)
- **Extra virgin olive oil**, 2 tablespoons (28 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Ground beef**, 1 pound (445 g)



Instructions

Heat a large skillet over medium-high heat and add the ground beef. Cook until browned and cooked through, breaking it up into crumbles with a spatula.

While the ground beef is cooking, prepare the salad dressing. In a small bowl, whisk together the olive oil, dried oregano, garlic powder, and salt.

In a large salad bowl, combine the fresh spinach, sliced cucumber, and red onion.

Once the ground beef is cooked, drain any excess fat and add it to the salad bowl.

Pour the dressing over the salad and toss well to coat all the ingredients.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	925.1	125.7	231.3
Protein [g]	100	13.6	25
Fat [g]	51	6.9	12.8
Carbs [g]	12.2	1.7	3.1
Fiber [g]	4.8	0.7	1.2
Net Carbs [g]	7.4	1	1.9



Protein Fat Carbs

Breakfast Hash with Ground Pork

🕒 20 min 🍽️ 4 servings

471 Kcal / serving

22g Protein 31g Fat 27g Carbs

Ingredients

- Rosemary, 1 tsp (1.2 g)
- Thyme, 1 tsp (1.4 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Garlic, 2 portion (6 g)
- Sweet potatoes, 2 medium (452 g)
- Baby spinach, 2 cup (60 g)
- Coconut oil, 2 tbsp (25.4 g)
- Ground pork, 1 lb (453.6 g)
- Sea salt, 1/2 tsp (3 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground pork and cook until browned, breaking it up into crumbles.

Add diced sweet potatoes, onion, and garlic to the skillet. Cook for about 5 minutes until the sweet potatoes start to soften.

Add dried thyme, dried rosemary, and sea salt. Stir well to combine.

Continue cooking for another 5 minutes or until sweet potatoes are tender.

Add baby spinach to the skillet and cook until wilted.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1882.8	169.2	470.7
Protein [g]	87.2	7.8	21.8
Fat [g]	122.2	11	30.6
Carbs [g]	107	9.6	26.8
Fiber [g]	17.9	1.6	4.5
Net Carbs [g]	89.1	8	22.3



Protein Fat Carbs

Paleo Lettuce and Peach Salad with Pan Fried Chicken Strips

🕒 20 min 🍽️ 2 servings

503 Kcal / serving

56g Protein 14g Fat 40g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Peaches**, 2 portion (323.1 g)
- **Carrot**, 1 portion (61 g)
- **Cucumber**, 1 cucumber (300 g)
- **Olive oil**, 1 servings (14 g)
- **Honey**, 1 tsp (7 g)
- **Chicken breasts**, 4 (452 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt and pepper**, 2 servings (1 g)
- **Lettuce leaves**, 4 cups (946.4 g)
- **Dijon mustard**, 1 teaspoon (5 g)
- **Salt and pepper**, 2 servings (1 g)



Instructions

In a bowl, mix together olive oil, paprika, garlic powder, salt, and pepper. Add chicken breasts and coat them well with the mixture.

Heat a skillet over medium-high heat and add the chicken breasts. Cook for about 5-6 minutes on each side or until cooked through. Remove from heat and let them rest for a few minutes before slicing into strips.

In a large salad bowl, combine mixed lettuce leaves, sliced peaches, julienned carrot, and sliced cucumber.

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

Pour the dressing over the salad and toss to combine.

Divide the salad among plates and top with the pan-fried chicken strips.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1006.1	47.3	503.1
Protein [g]	111.5	5.2	55.8
Fat [g]	27.6	1.3	13.8
Carbs [g]	79.9	3.8	40
Fiber [g]	19.2	0.9	9.6
Net Carbs [g]	60.7	2.9	30.4



Protein Fat Carbs

Mediterranean Tuna Lettuce Cups

🕒 15 min 👤 2 servings

181 Kcal / serving

17g Protein 11g Fat 5g Carbs

Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Cucumber, 1/4 cup (32.1 g)
- Bell pepper, 1/4 cup (35.8 g)
- Tuna, 1 can (170 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Parsley, 2 tablespoons (8 g)
- Extra virgin olive oil, 1 tablespoon (14 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 4 large (96 g)



Instructions

In a bowl, combine the drained tuna, diced cucumber, diced red bell pepper, diced Kalamata olives, chopped fresh parsley, lemon juice, and extra virgin olive oil.

Mix well to combine all the ingredients.

Season with salt and pepper to taste.

Place a spoonful of the tuna mixture onto each lettuce leaf.

Fold the lettuce leaf around the filling to create a lettuce cup.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	362.7	86	181.4
Protein [g]	34.5	8.2	17.3
Fat [g]	21.1	5	10.6
Carbs [g]	9.7	2.3	4.9
Fiber [g]	3.4	0.8	1.7
Net Carbs [g]	6.3	1.5	3.2



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

Beef and Cabbage Skillet

🕒 20 min 🍽️ 4 servings

236 Kcal / serving

28g Protein 7g Fat 16g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 medium (121.4 g)
- **Onion**, 1 small (74 g)
- **Garlic**, 2 portion (6 g)
- **Cabbage**, 1 small head (714.1 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Water**, 1/4 cup (61.7 g)
- **Sea salt**, 1/2 tsp (3 g)
- **lean ground beef**, 1 pound (454 g)



Instructions

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

Add diced onion and minced garlic to the skillet and sauté until fragrant.

Add ground beef to the skillet and cook until browned, breaking it up into smaller pieces with a spatula.

Add shredded cabbage and carrots to the skillet, stirring well to combine with the beef.

Pour apple cider vinegar over the mixture and sprinkle with dried thyme, dried oregano, and sea salt.

Pour water into the skillet, cover, and let simmer for 10-15 minutes or until the cabbage is tender.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	944	64.4	236
Protein [g]	111.5	7.6	27.9
Fat [g]	27.8	1.9	7
Carbs [g]	64.1	4.4	16
Fiber [g]	23.9	1.6	6
Net Carbs [g]	40.2	2.7	10.1



Protein Fat Carbs

Bacon and Egg Cups

🕒 20 min 🍽️ 5 servings

167 Kcal / serving

8g Protein 14g Fat 1g Carbs

Ingredients

- Eggs, 5 medium (220 g)
- Bacon, 5 slices (110 g)
- Olive oil, 1/2 tablespoon (6.8 g)
- Salt and pepper, 5 pinch (0.5 g)



Instructions

Preheat the oven to 375°F (190°C). Grease a muffin tin with olive oil.

Line each muffin cup with a slice of bacon, forming a cup shape.

Crack an egg into each bacon cup. Season with salt and pepper.

Bake in the preheated oven for about 12-15 minutes, or until the eggs are cooked to your liking.

Remove from the oven and let them cool slightly.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	833	247	166.6
Protein [g]	41.5	12.3	8.3
Fat [g]	71.3	21.1	14.3
Carbs [g]	3	0.9	0.6
Fiber [g]	0	0	0
Net Carbs [g]	3	0.9	0.6



Protein Fat Carbs

Roasted Chicken Breast and Garlic Sweet Potatoes with Carrots

🕒 20 min 🍽️ 2 servings

279 Kcal / serving

24g Protein 9g Fat 28g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 1 medium (226 g)
- Turkey breast, 200 grams (200 g)
- Carrots, sliced, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

Roast in the preheated oven for 15 minutes.

After 15 minutes, add the carrots to the baking sheet and toss them with the sweet potatoes and chicken.

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

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

Serve the roasted chicken breast with garlic sweet potatoes and carrots.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	558.6	109	279.3
Protein [g]	48	9.4	24
Fat [g]	17.1	3.3	8.5
Carbs [g]	55.3	10.8	27.7
Fiber [g]	8.7	1.7	4.4
Net Carbs [g]	46.6	9.1	23.3



Protein Fat Carbs

Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

480 Kcal / serving

40g Protein 13g Fat 51g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 medium (452 g)
- Pork Tenderloin, sliced, 3/4 lb (340.2 g)
- Green Beans, 2 portion(s) (100 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	960.8	104.8	480.4
Protein [g]	79.9	8.7	40
Fat [g]	25.5	2.8	12.8
Carbs [g]	101.9	11.1	51
Fiber [g]	16.5	1.8	8.3
Net Carbs [g]	85.4	9.3	42.7



Protein Fat Carbs

Roasted Pork Strips and Garlic Sweet Potatoes with Carrots

🕒 20 min 🍽️ 2 servings

523 Kcal / serving

51g Protein 15g Fat 45g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 3 cup, cubes (399 g)
- Pork Tenderloin, sliced, 1 lb (453.6 g)
- Carrots, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1045.3	111.4	522.7
Protein [g]	101.3	10.8	50.7
Fat [g]	29.4	3.1	14.7
Carbs [g]	90.1	9.6	45.1
Fiber [g]	13.9	1.5	7
Net Carbs [g]	76.2	8.1	38.1



Protein Fat Carbs

Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce

🕒 20 min 🍽️ 2 servings

399 Kcal / serving

28g Protein 19g Fat 29g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 portion(s) (250 g)
- Pork loin, 1/2 pounds (227 g)
- Romaine Lettuce, 2 cup (100 g)



Instructions

Preheat the oven to 425°F (220°C).

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

Spread the pork 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 pork 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 pork strips and garlic sweet potatoes with lettuce and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	797	129.2	398.5
Protein [g]	56.7	9.2	28.4
Fat [g]	37.7	6.1	18.9
Carbs [g]	57.6	9.3	28.8
Fiber [g]	9.9	1.6	5
Net Carbs [g]	47.7	7.7	23.9



Protein Fat Carbs

Roasted Beef Strips and Garlic Sweet Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

365 Kcal / serving

33g Protein 12g Fat 32g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 cup, cubes (266 g)
- Green Beans, 2 portion(s) (100 g)
- Beef sirloin, sliced, 250 grams (250 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	730.1	113.9	365.1
Protein [g]	65.5	10.2	32.8
Fat [g]	24.7	3.9	12.4
Carbs [g]	64.5	10.1	32.3
Fiber [g]	10.9	1.7	5.5
Net Carbs [g]	53.6	8.4	26.8



Protein Fat Carbs

Roasted Beef Strips and Garlic Sweet Potatoes with Lettuce

🕒 20 min 🍽️ 2 servings

320 Kcal / serving

27g Protein 12g Fat 29g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 portion(s) (250 g)
- Romaine Lettuce, 2 cup (100 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]	639.2	111.1	319.6
Protein [g]	52.9	9.2	26.5
Fat [g]	23	4	11.5
Carbs [g]	57.6	10	28.8
Fiber [g]	9.9	1.7	5
Net Carbs [g]	47.7	8.3	23.9



Protein Fat Carbs

Baked Garlic Salmon and Zucchini

🕒 20 min 🍽️ 2 servings

376 Kcal / serving

35g Protein 25g Fat 3g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 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 foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the zucchini and arrange them around the salmon on the baking sheet.

Drizzle the zucchini with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	751.5	153.4	375.8
Protein [g]	69.4	14.2	34.7
Fat [g]	49	10	24.5
Carbs [g]	5.9	1.2	3
Fiber [g]	1.5	0.3	0.8
Net Carbs [g]	4.4	0.9	2.2



Protein Fat Carbs

Baked Garlic White Fish and Carrots

🕒 20 min 🍽️ 4 servings

240 Kcal / serving

35g Protein 10g Fat 4g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Carrots, sliced, 2 medium (122 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and carrots on a baking sheet.

Drizzle olive oil over the fish and carrots, then sprinkle with garlic powder, salt, and pepper.

Toss the carrots to coat evenly with the oil and seasonings.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and the carrots is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	960,3	114,7	240,1
Protein [g]	138,2	16,5	34,6
Fat [g]	39,9	4,8	10
Carbs [g]	13,9	1,7	3,5
Fiber [g]	3,7	0,4	0,9
Net Carbs [g]	10,2	1,2	2,6



Protein Fat Carbs

Shopping List

Nut and Seed Products

- Almond Butter, 2 tablespoon (28 g)
- Almonds, 1 oz (23 whole kernels) (28.4 g)
- Cashew Nuts, 1 oz (28.4 g)
- Almonds, 1 handful (26 g)

Fruits and Fruit Juices

- Banana, 2 small (196 g)
- Apple, 3 medium (3" dia) (546 g)
- Peaches, 1 portion (161.6 g)
- Pear, 3 medium (534 g)
- Lemon juice, 2 tablespoons (30 g)

Dairy and Egg Products

- Boiled Eggs, 1 egg (56 g)
- Fried Egg, 4 large (280 g)
- Eggs, 1 medium (43.7 g)

Pork Products

- Bacon, 2 slice (52 g)
- Bacon, 1 slices (21.9 g)
- Ground pork, 1/4 lb (113.3 g)
- Pork Tenderloin, sliced, 2 1/7 lb (965 g)
- Pork loin, 1/2 pounds (227.4 g)

Vegetables and Vegetable Products

- Spinach, 1 cups (29 g)
- Mushrooms, Fresh, 1 cups (97 g)
- Onion, 1/4 medium (2-1/2" dia) (27.5 g)
- Garlic, 1 1/2 portion (4.5 g)
- Sweet potatoes, 4 1/2 medium (1018.2 g)
- Baby spinach, 1/2 cup (15 g)
- Carrots, sliced, 2 medium (122.1 g)
- Garlic, 24 clove (72.1 g)
- Green Beans, 4 portion(s) (200.2 g)
- Sweet potatoes, 4 portion(s) (500.6 g)
- Romaine Lettuce, 4 cup (200.2 g)
- Carrots, 2 medium (122 g)

- Onion, 1/2 small (37 g)
- Cabbage, 1/2 small head (356.7 g)
- Cucumber, 1 cups (135 g)
- Lettuce, 4 cup shredded (288.1 g)
- Tomatoes, 2 medium whole (2-3/5" dia) (246.1 g)
- Sweet potatoes, 4 cup, cubes (532.8 g)
- Zucchini, 1 small (118 g)
- Cucumber, 1/2 cup (64.1 g)
- Spinach, 2 cups (60 g)
- Onion, 1/7 cup (20 g)
- Carrot, 1/2 portion (30.5 g)
- Cucumber, 1/2 cucumber (150.1 g)
- Lettuce leaves, 2 cups (473.4 g)
- Sweet potatoes, 1 large (341.2 g)
- Bell pepper, 1/3 cup (35.8 g)
- Parsley, 2 tablespoons (8 g)
- Lettuce leaves, 4 large (96.1 g)

Fats and Oils

- Olive oil, 9 1/9 tablespoon (123 g)
- Coconut oil, 1/2 tbsp (6.3 g)
- Olive oil, 3 1/2 servings (49 g)
- Olive oil, 3 tbsp (39 g)
- Coconut oil, 1/2 tablespoons (6.5 g)
- Red wine vinegar, 2 tbsp (29.8 g)
- Extra virgin olive oil, 1 tablespoons (14 g)
- Extra virgin olive oil, 1 tablespoon (14 g)

Spices and Herbs

- Salt and pepper, 1 pinch (0.1 g)
- Rosemary, 1/4 tsp (0.3 g)
- Thyme, 1/4 tsp (0.4 g)
- Sea salt, 1/3 tsp (2.2 g)
- Salt and pepper, 3 tsp (6 g)
- Garlic powder, 1 1/4 teaspoon (3.7 g)
- Apple cider vinegar, 2 tablespoon (30.1 g)
- Oregano, 1 teaspoons (2 g)
- Thyme, 1/2 tsp, leaves (0.5 g)
- Oregano, 1 teaspoon (1.6 g)
- Paprika, 1 1/2 teaspoon (3 g)

- Salt, 1 tsp (6 g)
- Black Pepper, 1 teaspoon (2 g)
- Salt, 1/2 teaspoon (2.5 g)
- Salt and pepper, 2 servings (1 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Pepper, 1/7 tsp (0.3 g)

Finfish and Shellfish Products

- Fish, 2 fillet (339.6 g)
- Salmon, 2 fillet (340 g)

Beverages

- Water, 1/8 cup (30.8 g)

Beef Products

- lean ground beef, 1/2 pound (226.8 g)
- Beef sirloin, 1 pound (453.7 g)
- Beef sirloin, sliced, 325 1/3 grams (325.4 g)
- Ground beef, 1/2 pound (222.6 g)

Sweets

- Honey, 1/2 tsp (3.5 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 2 (226.1 g)

Soups, Sauces, and Gravies

- Dijon mustard, 1/2 teaspoon (2.5 g)

Poultry Products

- Turkey breast, 200 1/2 grams (200.6 g)

Canned and Jarred

- Tuna, 1 can (170.2 g)
- Kalamata olives, 1/3 cup (33.8 g)