

# Sample NutriAdmin 1800 kcal Meal Plan for an Adult Female

 Lucy Domingo, RND

## DAY 1

<b>Breakfast</b>	Plain Yogurt (Whole Milk) Banana	1 container (6 oz) (170 g) 1/2 banana (59.5 g)
<b>Lunch</b>	Vegan Tofu and Spinach Stir-Fry over Brown Rice	2 serving (700 g)
<b>Dinner</b>	Prawn, Tomato and Chilli Pasta	2 serving (626 g)
<b>Snack</b>	Berry Yogurt Breakfast Smoothie	1 serving (368 g)

## DAY 2

<b>Breakfast</b>	Fried Egg Mushrooms, Fresh Whole Wheat Bread	2 large (140 g) 1 cups (97 g) 2 slice (64 g)
<b>Lunch</b>	Prawn, Tomato and Chilli Pasta	2 serving (626 g)
<b>Dinner</b>	Tuna, Zucchini and Rice salad	1 serving (340 g)
<b>Snack</b>	Vegan Chocolate Banana Baked Oatmeal (Sweetened)	1 serving (154 g)

## DAY 3

<b>Breakfast</b>	Egg White, Bell Pepper, and Spinach Scramble	1 serving (183 g)
<b>Lunch</b>	Tahini Pasta with Broccoli	2 serving (392 g)
<b>Dinner</b>	Tuna Greek Yogurt and Lettuce Sandwich	2 serving (614 g)
<b>Snack</b>	Easy Vegan Smashed Pea Toast	1 serving (120 g)

**DAY 4**

<b>Breakfast</b>	Scrambled Egg with Spinach over Rice	1 serving (213 g)
<b>Lunch</b>	Tomato Basil White Fish with Brown Rice	2 serving (614 g)
<b>Dinner</b>	Vegan Black Bean Salsa Bowls	2 serving (710 g)
<b>Snack</b>	string cheese	4 stringer (80 g)

**DAY 5**

<b>Breakfast</b>	Eggs with Spinach	1 serving (164 g)
<b>Lunch</b>	Air Fried Lemon White Fish with Potatoes and Carrots	2 serving (540 g)
<b>Dinner</b>	Roasted Chicken Breast and Garlic Potatoes with Broccoli	2 serving (762 g)
<b>Snack</b>	Banana	2 medium (7" to 7-7/8" long) (236 g)
	Peanut butter, smooth	2 tablespoon (40 g)

**DAY 6**

<b>Breakfast</b>	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	2 serving (416 g)
<b>Lunch</b>	Pork, Lettuce, Carrots and Tomato Wrap	2 serving (490 g)
<b>Dinner</b>	Roasted Chicken Thighs and Garlic Potatoes with Broccoli	1 serving (379 g)
<b>Snack</b>	Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (518 g)

**DAY 7**

<b>Breakfast</b>	Vegan Avocado and Tomato Sandwich	1 serving (281 g)
<b>Lunch</b>	Pork Slices with Green Beans and Quinoa	2 serving (536 g)
<b>Dinner</b>	Lemon Garlic Shrimp Greek Bowl with Hummus	2 serving (692 g)
<b>Snack</b>	Cottage Cheese	1 half cup (101 g)
	Crackers, whole-wheat	4 cracker (18.4 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y  1	Plain Yogurt (Whole Milk) Banana	Vegan Tofu and Spinach Stir-Fry over Brown Rice	Prawn, Tomato and Chilli Pasta	Berry Yogurt Breakfast Smoothie
D A Y  2	Fried Egg Mushrooms, Fresh Whole Wheat Bread	Prawn, Tomato and Chilli Pasta	Tuna, Zucchini and Rice salad	Vegan Chocolate Banana Baked Oatmeal (Sweetened)
D A Y  3	Egg White, Bell Pepper, and Spinach Scramble	Tahini Pasta with Broccoli	Tuna Greek Yogurt and Lettuce Sandwich	Easy Vegan Smashed Pea Toast
D A Y  4	Scrambled Egg with Spinach over Rice	Tomato Basil White Fish with Brown Rice	Vegan Black Bean Salsa Bowls	string cheese
D A Y  5	Eggs with Spinach	Air Fried Lemon White Fish with Potatoes and Carrots	Roasted Chicken Breast and Garlic Potatoes with Broccoli	Banana Peanut butter, smooth
D A Y  6	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	Pork, Lettuce, Carrots and Toma- to Wrap	Roasted Chicken Thighs and Gar- lic Potatoes with Broccoli	Apple Cinnamon and Chia Break- fast Bowl (Unsweetened)
D A Y  7	Vegan Avocado and Tomato Sandwich	Pork Slices with Green Beans and Quinoa	Lemon Garlic Shrimp Greek Bowl with Hummus	Cottage Cheese Crackers, whole-wheat

## Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12481.2	1783
Protein [g]	921.8	131.7
Fat [g]	426.5	60.9
Carbs [g]	1282.5	183.2
Fiber [g]	193.3	27.6
Net Carbs [g]	1089.2	155.6



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	294.2	17.5	14.5	23.7	3.8	20
Lunch	633.7	52.4	20.3	62.1	7.4	54.7
Dinner	604.8	50.5	15.6	66.7	9.4	57.3
Snack	250.4	11.2	10.5	30.7	7.1	23.6



Breakfast Lunch Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1761.3	132.9	55.3	189.5	18.9	170.6
Day 2	1789.8	130.9	58.7	188.9	19.4	169.5
Day 3	1792.5	138.5	52.2	197.7	25.3	172.4
Day 4	1849.3	119.2	65.3	199.4	27.6	171.8
Day 5	1813.4	142.5	63.5	179.3	29.2	150.1
Day 6	1715	123.9	64.9	165.4	41.9	123.5
Day 7	1759.9	134	66.6	162.2	31	131.2

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Plain Yogurt (Whole Milk)</b> 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
<b>Banana</b> 1/2 banana (59.5 g)	53	0.6	0.2	13.6	1.5	12.1
<b>TOTAL FOR BREAKFAST</b>	<b>156.7</b>	<b>6.5</b>	<b>5.7</b>	<b>21.5</b>	<b>1.5</b>	<b>20</b>
<b>Lunch</b>						
<b>Vegan Tofu and Spinach Stir-Fry over Brown Rice</b> 2 serving (700 g)	612.8	37.4	29.1	50.9	4.6	46.3
<b>TOTAL FOR LUNCH</b>	<b>612.8</b>	<b>37.4</b>	<b>29.1</b>	<b>50.9</b>	<b>4.6</b>	<b>46.3</b>
<b>Dinner</b>						
<b>Prawn, Tomato and Chilli Pasta</b> 2 serving (626 g)	808.1	76.4	17.3	88.4	7.8	80.6
<b>TOTAL FOR DINNER</b>	<b>808.1</b>	<b>76.4</b>	<b>17.3</b>	<b>88.4</b>	<b>7.8</b>	<b>80.6</b>
<b>Snack</b>						
<b>Berry Yogurt Breakfast Smoothie</b> 1 serving (368 g)	183.7	12.6	3.2	28.7	4.9	23.8
<b>TOTAL FOR SNACK</b>	<b>183.7</b>	<b>12.6</b>	<b>3.2</b>	<b>28.7</b>	<b>4.9</b>	<b>23.8</b>
<b>TOTAL FOR DAY 1</b>	<b>1761.3</b>	<b>132.9</b>	<b>55.3</b>	<b>189.5</b>	<b>18.9</b>	<b>170.6</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
<b>Mushrooms, Fresh</b> 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
<b>Whole Wheat Bread</b> 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
<b>TOTAL FOR BREAKFAST</b>	<b>457</b>	<b>30</b>	<b>23.3</b>	<b>31.7</b>	<b>4.8</b>	<b>26.9</b>
<b>Lunch</b>						
<b>Prawn, Tomato and Chilli Pasta</b> 2 serving (626 g)	808.1	76.4	17.3	88.4	7.8	80.6
<b>TOTAL FOR LUNCH</b>	<b>808.1</b>	<b>76.4</b>	<b>17.3</b>	<b>88.4</b>	<b>7.8</b>	<b>80.6</b>
<b>Dinner</b>						
<b>Tuna, Zucchini and Rice salad</b> 1 serving (340 g)	354.2	20.4	15.5	33.3	2.1	31.2
<b>TOTAL FOR DINNER</b>	<b>354.2</b>	<b>20.4</b>	<b>15.5</b>	<b>33.3</b>	<b>2.1</b>	<b>31.2</b>
<b>Snack</b>						
<b>Vegan Chocolate Banana Baked Oatmeal (Sweetened)</b> 1 serving (154 g)	170.5	4.1	2.6	35.6	4.7	30.9
<b>TOTAL FOR SNACK</b>	<b>170.5</b>	<b>4.1</b>	<b>2.6</b>	<b>35.6</b>	<b>4.7</b>	<b>30.9</b>
<b>TOTAL FOR DAY 2</b>	<b>1789.8</b>	<b>130.9</b>	<b>58.7</b>	<b>188.9</b>	<b>19.4</b>	<b>169.5</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble 1 serving (183 g)	98.2	13.9	2.3	4.8	1.1	3.7
<b>TOTAL FOR BREAKFAST</b>	<b>98.2</b>	<b>13.9</b>	<b>2.3</b>	<b>4.8</b>	<b>1.1</b>	<b>3.7</b>
Lunch						
Tahini Pasta with Broccoli 2 serving (392 g)	848.3	33.8	34.2	109.6	11.4	98.2
<b>TOTAL FOR LUNCH</b>	<b>848.3</b>	<b>33.8</b>	<b>34.2</b>	<b>109.6</b>	<b>11.4</b>	<b>98.2</b>
Dinner						
Tuna Greek Yogurt and Lettuce Sandwich 2 serving (614 g)	663.8	84.2	7.2	61.3	5.6	55.7
<b>TOTAL FOR DINNER</b>	<b>663.8</b>	<b>84.2</b>	<b>7.2</b>	<b>61.3</b>	<b>5.6</b>	<b>55.7</b>
Snack						
Easy Vegan Smashed Pea Toast 1 serving (120 g)	182.2	6.5	8.5	22	7.2	14.8
<b>TOTAL FOR SNACK</b>	<b>182.2</b>	<b>6.5</b>	<b>8.5</b>	<b>22</b>	<b>7.2</b>	<b>14.8</b>
<b>TOTAL FOR DAY 3</b>	<b>1792.5</b>	<b>138.5</b>	<b>52.2</b>	<b>197.7</b>	<b>25.3</b>	<b>172.4</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Scrambled Egg with Spinach over Rice 1 serving (213 g)	302.8	15.5	13.9	27.4	0.7	26.7
<b>TOTAL FOR BREAKFAST</b>	<b>302.8</b>	<b>15.5</b>	<b>13.9</b>	<b>27.4</b>	<b>0.7</b>	<b>26.7</b>
Lunch						
Tomato Basil White Fish with Brown Rice 2 serving (614 g)	607.5	54.8	19.5	54.4	4.9	49.5
<b>TOTAL FOR LUNCH</b>	<b>607.5</b>	<b>54.8</b>	<b>19.5</b>	<b>54.4</b>	<b>4.9</b>	<b>49.5</b>
Dinner						
Vegan Black Bean Salsa Bowls 2 serving (710 g)	699.9	26.9	15.4	117.7	22	95.7
<b>TOTAL FOR DINNER</b>	<b>699.9</b>	<b>26.9</b>	<b>15.4</b>	<b>117.7</b>	<b>22</b>	<b>95.7</b>
Snack						
string cheese 4 stringer (80 g)	239.2	21.9	16.6	0	0	0
<b>TOTAL FOR SNACK</b>	<b>239.2</b>	<b>21.9</b>	<b>16.6</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL FOR DAY 4</b>	<b>1849.3</b>	<b>119.2</b>	<b>65.3</b>	<b>199.4</b>	<b>27.6</b>	<b>171.8</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Eggs with Spinach</b> 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5	2.6
<b>TOTAL FOR BREAKFAST</b>	<b>284.8</b>	<b>14.2</b>	<b>23.8</b>	<b>4.1</b>	<b>1.5</b>	<b>2.6</b>
<b>Lunch</b>						
<b>Air Fried Lemon White Fish with Potatoes and Carrots</b> 2 serving (540 g)	410.8	53.1	4.5	42.5	7	35.5
<b>TOTAL FOR LUNCH</b>	<b>410.8</b>	<b>53.1</b>	<b>4.5</b>	<b>42.5</b>	<b>7</b>	<b>35.5</b>
<b>Dinner</b>						
<b>Roasted Chicken Breast and Garlic Potatoes with Broccoli</b> 2 serving (762 g)	664.9	63.6	13.7	73.6	12	61.6
<b>TOTAL FOR DINNER</b>	<b>664.9</b>	<b>63.6</b>	<b>13.7</b>	<b>73.6</b>	<b>12</b>	<b>61.6</b>
<b>Snack</b>						
<b>Banana</b> 2 medium (7" to 7-7/8" long) (236 g)	210	2.6	0.8	53.9	6.1	47.8
<b>Peanut butter, smooth</b> 2 tablespoon (40 g)	242.8	9.1	20.7	5.2	2.6	2.6
<b>TOTAL FOR SNACK</b>	<b>452.8</b>	<b>11.7</b>	<b>21.5</b>	<b>59.1</b>	<b>8.8</b>	<b>50.3</b>
<b>TOTAL FOR DAY 5</b>	<b>1813.4</b>	<b>142.5</b>	<b>63.5</b>	<b>179.3</b>	<b>29.2</b>	<b>150.1</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast 2 serving (416 g)	349.4	36	6.7	35.2	6	29.2
<b>TOTAL FOR BREAKFAST</b>	<b>349.4</b>	<b>36</b>	<b>6.7</b>	<b>35.2</b>	<b>6</b>	<b>29.2</b>
<b>Lunch</b>						
Pork, Lettuce, Carrots and Tomato Wrap 2 serving (490 g)	558.4	54.2	19.2	41.4	7.8	33.6
<b>TOTAL FOR LUNCH</b>	<b>558.4</b>	<b>54.2</b>	<b>19.2</b>	<b>41.4</b>	<b>7.8</b>	<b>33.6</b>
<b>Dinner</b>						
Roasted Chicken Thighs and Garlic Potatoes with Broccoli 1 serving (379 g)	443.3	24.7	22.5	37	6	31
<b>TOTAL FOR DINNER</b>	<b>443.3</b>	<b>24.7</b>	<b>22.5</b>	<b>37</b>	<b>6</b>	<b>31</b>
<b>Snack</b>						
Apple Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (518 g)	363.9	9	16.5	51.8	22.1	29.7
<b>TOTAL FOR SNACK</b>	<b>363.9</b>	<b>9</b>	<b>16.5</b>	<b>51.8</b>	<b>22.1</b>	<b>29.7</b>
<b>TOTAL FOR DAY 6</b>	<b>1715</b>	<b>123.9</b>	<b>64.9</b>	<b>165.4</b>	<b>41.9</b>	<b>123.5</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Vegan Avocado and Tomato Sandwich</b> 1 serving (281 g)	410.4	6.6	25.6	41.4	10.7	30.7
<b>TOTAL FOR BREAKFAST</b>	<b>410.4</b>	<b>6.6</b>	<b>25.6</b>	<b>41.4</b>	<b>10.7</b>	<b>30.7</b>
<b>Lunch</b>						
<b>Pork Slices with Green Beans and Quinoa</b> 2 serving (536 g)	590.1	57.2	18.6	47.4	8.3	39.1
<b>TOTAL FOR LUNCH</b>	<b>590.1</b>	<b>57.2</b>	<b>18.6</b>	<b>47.4</b>	<b>8.3</b>	<b>39.1</b>
<b>Dinner</b>						
<b>Lemon Garlic Shrimp Greek Bowl with Hummus</b> 2 serving (692 g)	599.1	57.7	17.5	55.7	10.2	45.5
<b>TOTAL FOR DINNER</b>	<b>599.1</b>	<b>57.7</b>	<b>17.5</b>	<b>55.7</b>	<b>10.2</b>	<b>45.5</b>
<b>Snack</b>						
<b>Cottage Cheese</b> 1 half cup (101 g)	81.8	10.6	2.3	4.8	0	4.8
<b>Crackers, whole-wheat</b> 4 cracker (18.4 g)	78.6	1.9	2.6	12.8	1.9	10.9
<b>TOTAL FOR SNACK</b>	<b>160.4</b>	<b>12.5</b>	<b>4.9</b>	<b>17.6</b>	<b>1.9</b>	<b>15.7</b>
<b>TOTAL FOR DAY 7</b>	<b>1759.9</b>	<b>134</b>	<b>66.6</b>	<b>162.2</b>	<b>31</b>	<b>131.2</b>

# Eggs with Spinach

🕒 20 min 🍽️ 2 servings

285 Kcal / serving

14g Protein 24g Fat 4g Carbs

## Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



Protein Fat Carbs

# Vegan Avocado and Tomato Sandwich

🕒 10 min 🍽️ 1 serving

410 Kcal / serving

7g Protein 26g Fat 41g Carbs

## Ingredients

- Avocado, 1 half (79 g)
- Tomato, 1 small (95 g)
- Spinach leaves, 1 cup (30 g)
- Vegan mayonnaise, 1 tablespoon (14 g)
- Dijon mustard, 1 teaspoon (5 g)
- Salt, 1/2 tsp (1 g)
- Pepper, black, 1/2 tsp (1.2 g)
- Bread, gluten-free, 2 slice (56 g)



## Instructions

Toast the gluten-free bread slices until golden brown.

Spread vegan mayonnaise on one side of each bread slice.

Layer avocado slices, tomato slices, and fresh spinach leaves on one bread slice.

Drizzle Dijon mustard over the spinach leaves.

Season with salt and pepper to taste.

Cover with the other bread slice, mayo side down.

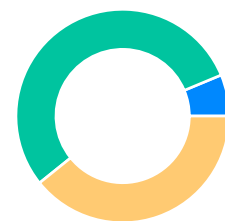
Press gently to secure the sandwich.

Slice the sandwich in half if desired.

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	410.4	145.9	410.4
Protein [g]	6.6	2.3	6.6
Fat [g]	25.6	9.1	25.6
Carbs [g]	41.4	14.7	41.4
Fiber [g]	10.7	3.8	10.7
Net Carbs [g]	30.7	10.9	30.7



Protein Fat Carbs



# Easy Vegan Smashed Pea Toast

🕒 15 min 🍽️ 4 servings

183 Kcal / serving

7g Protein 9g Fat 22g Carbs

## Ingredients

- Avocado, 1 avocado, ns as to florida or california (201 g)
- Lemon juice, 1 tablespoon (14.7 g)
- Peas, 1 cup (145 g)
- Mint leaves, 1 tablespoons (5 g)
- Grain bread, 4 slices (112.9 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a bowl, smash the thawed peas using a fork or potato masher.

Add mashed avocado, lemon juice, chopped mint leaves, salt, and pepper to the smashed peas. Mix well to combine.

Toast the slices of bread until golden and crispy.

Spread the smashed pea mixture evenly on each slice of toast.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	730.3	152	182.6
Protein [g]	26.2	5.5	6.6
Fat [g]	34.1	7.1	8.5
Carbs [g]	88.1	18.3	22
Fiber [g]	29	6	7.3
Net Carbs [g]	59.1	12.3	14.8



Protein Fat Carbs

# Vegan Black Bean Salsa Bowls

🕒 10 min 🍽️ 4 servings

350 Kcal / serving

14g Protein 8g Fat 59g Carbs

## Ingredients

- Cilantro, 1/4 cup (4.2 g)
- Corn kernels, 1/2 cup (78.8 g)
- Lime juice, 2 tablespoon (30.1 g)
- Olive oil, 1 tablespoon (13.5 g)
- Tomatoes, 1 cup (148.9 g)
- Black beans, 1 cup (172 g)
- Bell pepper, 1 cup (149.1 g)
- Quinoa, 4 cup (740 g)
- Onion, 1/2 cup (80 g)
- Ground cumin, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large bowl, combine the black beans, tomatoes, red bell pepper, red onion, corn kernels, cilantro, lime juice, olive oil, cumin, salt, and pepper. Mix well.

Divide the cooked quinoa among four bowls.

Top each bowl with the black bean salsa mixture.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1400.7	98.6	350.2
Protein [g]	53.8	3.8	13.5
Fat [g]	30.9	2.2	7.7
Carbs [g]	235.5	16.6	58.9
Fiber [g]	44	3.1	11
Net Carbs [g]	191.5	13.5	47.9



Protein Fat Carbs



# Lemon Garlic Shrimp Greek Bowl with Hummus

🕒 20 min    🍽️ 4 servings

300 Kcal / serving

29g Protein   9g Fat   28g Carbs

## Ingredients

- **lemon juice**, 1 tablespoons (15 g)
- **Oregano**, 1 teaspoons (2 g)
- **Cucumber**, 1 medium (201 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (6 g)
- **Shrimp**, 1 pound (445 g)
- **Hummus**, 1/4 cup (64.1 g)
- **Quinoa**, 2 cup (370 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onion**, 1/2 large (75 g)
- **Kalamata olives**, 1/4 cup (33.8 g)
- **Parsley**, 2 tablespoons (8 g)



## Instructions

In a bowl, combine the shrimp, minced garlic, lemon juice, olive oil, dried oregano, salt, and pepper. Toss to coat the shrimp evenly.

Heat a large skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes per side, until pink and cooked through. Remove from heat.

In serving bowls, arrange the cooked quinoa, cherry tomatoes, cucumber, red onion, Kalamata olives, and cooked shrimp.

Top each bowl with a dollop of hummus.

Garnish with fresh parsley and serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1198.2	86.6	299.6
Protein [g]	115.4	8.3	28.9
Fat [g]	35	2.5	8.8
Carbs [g]	111.5	8.1	27.9
Fiber [g]	20.3	1.5	5.1
Net Carbs [g]	91.2	6.6	22.8



Protein Fat Carbs

# Tomato Basil White Fish with Brown Rice

🕒 20 min 🍽️ 2 servings

303 Kcal / serving

27g Protein 10g Fat 27g Carbs

## Ingredients

- Basil leaves, 1/4 cup (5.8 g)
- Salt, 1/2 tsp (3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 clove (6 g)
- Brown rice, 1 cup (195 g)
- Fish, 2 fillet (240 g)
- Cherry tomatoes, 1 cup (149 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the white fish fillets.

In a small bowl, combine the cherry tomatoes, basil leaves, minced garlic, olive oil, salt, and black pepper. Mix well.

Pour the tomato basil mixture over the white fish fillets, ensuring they are evenly coated.

Bake in the preheated oven for 15-18 minutes, or until the fish is cooked through and flakes easily with a fork.

While the fish is baking, prepare the brown rice according to package instructions.

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

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	606.5	99	303.3
Protein [g]	54.7	8.9	27.4
Fat [g]	19.4	3.2	9.7
Carbs [g]	54.3	8.9	27.2
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	49.4	8.1	24.7



Protein Fat Carbs



# Scrambled Egg with Spinach over Rice

🕒 10 min    🍽️ 2 servings

302 Kcal / serving

16g Protein    14g Fat    27g Carbs

## Ingredients

- Eggs, 4 large (200 g)
- Olive oil, 2 teaspoons (8 g)
- Rice, 1 cups (185 g)
- Spinach, 1 cup (30 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a bowl, whisk together the eggs, salt, and pepper.

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

Add the chopped spinach to the skillet and sauté for 2-3 minutes until wilted.

Pour the egg mixture into the skillet and scramble until cooked to your desired consistency.

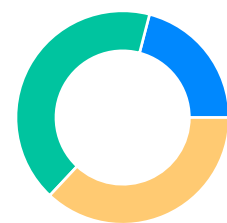
Divide the cooked rice into serving bowls.

Top each bowl of rice with the scrambled eggs and spinach mixture.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	604.1	142.1	302.1
Protein [g]	31	7.3	15.5
Fat [g]	27.7	6.5	13.9
Carbs [g]	54.6	12.8	27.3
Fiber [g]	1.4	0.3	0.7
Net Carbs [g]	53.2	12.5	26.6



Protein Fat Carbs

# Pork, Lettuce, Carrots and Tomato Wrap

🕒 15 min    🍽️ 4 servings

279 Kcal / serving

27g Protein   10g Fat   21g Carbs

## Ingredients

- **Lemon juice**, 1 tablespoon (15.3 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Tortillas**, 4 large (120 g)
- **Romaine Lettuce**, 2 cup shredded (94 g)
- **Pork Tenderloin, thinly sliced**, 1 pound (453.6 g)



## Instructions

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

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

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

Remove the pork from the skillet and set aside.

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

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

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

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

Slice the wraps in half diagonally and serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1115.7	114	278.9
Protein [g]	108.4	11.1	27.1
Fat [g]	38.4	3.9	9.5
Carbs [g]	82.7	8.4	20.7
Fiber [g]	15.6	1.6	3.9
Net Carbs [g]	67.1	6.9	16.8



Protein Fat Carbs

# Tuna, Zucchini and Rice salad

🕒 10 min 🍽️ 2 servings

354 Kcal / serving

20g Protein 16g Fat 33g Carbs

## Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Olive oil, 2 servings (28 g)
- Zucchini, 1 medium (196 g)
- Rice, 1 cup (185 g)
- Tuna, 1 can (170 g)
- Onion, 1/2 100 gram (55 g)
- Parsley, 1/4 cup (15 g)
- Salt and pepper, 2 servings (1 g)



## Instructions

In a large bowl, combine the cooked rice, tuna, zucchini, red onion, and parsley.

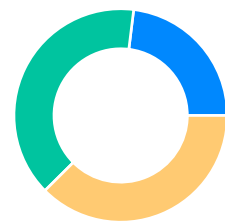
In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

Pour the dressing over the rice mixture and toss to combine.

Serve immediately or refrigerate until ready to serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	708.3	104.2	354.2
Protein [g]	40.8	6	20.4
Fat [g]	31	4.6	15.5
Carbs [g]	66.5	9.8	33.3
Fiber [g]	4.2	0.6	2.1
Net Carbs [g]	62.3	9.2	31.2



Protein Fat Carbs



# Prawn, Tomato and Chilli Pasta

🕒 10 min    👤 2 servings

403 Kcal / serving

38g Protein    9g Fat    44g Carbs

## Ingredients

- Basil leaves, 2 sprig (4 g)
- Oregano, 1 teaspoon (2 g)
- Olive oil, 1 tablespoon (13.5 g)
- Tomatoes, 1 cup (149 g)
- Garlic, 3 clove (9 g)
- Prawns, 300 gram (300 g)
- Spaghetti, 1/2 g (100 g)
- Chilli, 1 (45 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Cook the spaghetti according to package instructions until al dente. Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add minced garlic and sliced chilli, and cook for 1-2 minutes until fragrant.

Add prawns to the skillet and cook for 2-3 minutes until they turn pink and opaque.

Pour in the canned diced tomatoes and dried oregano. Season with salt and pepper to taste. Stir well and let it simmer for 3-4 minutes.

Add the cooked spaghetti to the skillet and toss everything together until well combined.

Garnish with fresh basil leaves and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	806.8	129.2	403.4
Protein [g]	76.2	12.2	38.1
Fat [g]	17.3	2.8	8.7
Carbs [g]	88.3	14.1	44.2
Fiber [g]	7.8	1.2	3.9
Net Carbs [g]	80.5	12.9	40.3



Protein Fat Carbs

# Vegan Tofu and Spinach Stir-Fry over Brown Rice

🕒 10 min    🍽️ 2 servings

306 Kcal / serving

19g Protein    15g Fat    26g Carbs

## Ingredients

- Salt, 1/2 tsp (3 g)
- Rice, brown, cooked, 1 cup (160 g)
- Tofu, firm, 4 servings (464 g)
- Olive Oil, 1 tablespoon (15 g)
- Spinach, 2 cups (58 g)



## Instructions

Cook the rice according to package instructions.

Meanwhile, drain and press the tofu to remove excess water.

In a large pan, heat the oil over medium-high heat.

Add the tofu cubes and cook for 3-4 minutes until golden brown.

Add the spinach to the pan and cook for another 2 minutes.

Season with salt and stir to combine all ingredients.

Serve the tofu stir-fry over the cooked rice.

Enjoy your quick and delicious vegan meal!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	612.8	87.5	306.4
Protein [g]	37.4	5.3	18.7
Fat [g]	29.1	4.2	14.6
Carbs [g]	50.9	7.3	25.5
Fiber [g]	4.6	0.7	2.3
Net Carbs [g]	46.3	6.6	23.2



Protein Fat Carbs



# Pork Slices with Green Beans and Quinoa

🕒 15 min    🍽️ 4 servings

295 Kcal / serving

29g Protein    9g Fat    24g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Green beans, 1/2 lb (226.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Quinoa, cooked, 2 cup (370 g)



## Instructions

Season the pork slices with salt..

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

Add the pork to the skillet and cook for 4-5 minutes, or until cooked through.

Remove the pork from the skillet and set aside.

In the same skillet, add the green beans and sauté for 3-4 minutes, or until tender-crisp.

Return the pork to the skillet and cook for an additional 2 minutes to heat through.

Serve the pork and green beans over cooked quinoa.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1178	110.1	294.5
Protein [g]	114.1	10.7	28.5
Fat [g]	37.1	3.5	9.3
Carbs [g]	94.6	8.8	23.7
Fiber [g]	16.5	1.5	4.1
Net Carbs [g]	78.1	7.3	19.5



Protein Fat Carbs

# Berry Yogurt Breakfast Smoothie

🕒 10 min    🍽️ 2 servings

184 Kcal / serving

13g Protein   3g Fat   29g Carbs

## Ingredients

- Turmeric, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Greek yogurt, 1 cup (206.8 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Berries, 1 cups (155 g)
- Chia seeds, 1 teaspoon (4 g)
- Almond milk, 1 cup (250 g)



## Instructions

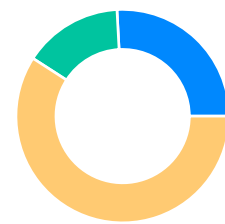
Add all ingredients to a blender.

Blend until smooth and creamy.

Pour into glasses and serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	367.4	49.9	183.7
Protein [g]	25.1	3.4	12.6
Fat [g]	6.5	0.9	3.3
Carbs [g]	57.4	7.8	28.7
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	47.6	6.5	23.8



Protein Fat Carbs

# Tuna Greek Yogurt and Lettuce Sandwich

🕒 10 min    🍽️ 1 serving

332 Kcal / serving

42g Protein    4g Fat    31g Carbs

## Ingredients

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



## Instructions

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

## Macronutrient summary

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



Protein Fat Carbs



# Roasted Chicken Thighs and Garlic Potatoes with Broccoli

🕒 20 min    🍽️ 4 servings

444 Kcal / serving

25g Protein   23g Fat   37g Carbs

## Ingredients

- Potatoes, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- Broccoli, 4 cups (364 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Chicken thighs, 4 portion (447.9 g)



## Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the chicken thighs, potatoes, minced garlic, and olive oil. Season with salt and pepper to taste.

Toss everything together until the chicken and potatoes are evenly coated with the oil and garlic.

Spread the chicken thighs and potatoes in a single layer in the baking dish.

Place the dish in the preheated oven and roast for 15 minutes.

After 15 minutes, remove the baking dish from the oven and add the broccoli florets to the dish, arranging them around the chicken and potatoes.

Return the dish to the oven and continue roasting for an additional 5 minutes, or until the chicken is cooked through, the potatoes are tender, and the broccoli is slightly crisp.

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

Serve the roasted chicken thighs, garlic potatoes, and broccoli together as a delicious and quick meal.



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1774.5	116.9	443.6
Protein [g]	99	6.5	24.8
Fat [g]	89.9	5.9	22.5
Carbs [g]	148.2	9.8	37.1
Fiber [g]	24	1.6	6
Net Carbs [g]	124.2	8.2	31.1



Protein Fat Carbs

# Roasted Chicken Breast and Garlic Potatoes with Broccoli

🕒 20 min    🍽️ 4 servings

332 Kcal / serving

32g Protein   7g Fat   37g Carbs

## Ingredients

- Potatoes, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- Broccoli, 4 cups (364 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Chicken Breast, 1 pound (453.6 g)



## Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the chicken breast, potatoes, minced garlic, and olive oil. Season with salt and pepper to taste.

Toss everything together until the chicken and potatoes are evenly coated with the oil and garlic.

Spread the chicken breast and potatoes in a single layer in the baking dish.

Place the dish in the preheated oven and roast for 15 minutes.

After 15 minutes, remove the baking dish from the oven and add the broccoli florets to the dish, arranging them around the chicken and potatoes.

Return the dish to the oven and continue roasting for an additional 5 minutes, or until the chicken is cooked through, the potatoes are tender, and the broccoli is slightly crisp.

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

Serve the roasted chicken breast, garlic potatoes, and broccoli together as a delicious and quick meal.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1328.9	87.3	332.2
Protein [g]	127	8.3	31.8
Fat [g]	27.4	1.8	6.9
Carbs [g]	147.1	9.7	36.8
Fiber [g]	24	1.6	6
Net Carbs [g]	123.1	8.1	30.8



Protein Fat Carbs

# Air Fried Lemon White Fish with Potatoes and Carrots

🕒 15 min 🍽️ 2 servings

205 Kcal / serving

27g Protein 2g Fat 21g Carbs

## Ingredients

- Lemon, 1 half (50 g)
- Salt, 1 tsp (6 g)
- Potatoes, 3 medium (183 g)
- Fish, 2 fillet (240 g)
- Carrots, sliced, 1 medium (61 g)



## Instructions

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

Season the white fish fillets with salt on both sides.

Place the fish fillets in the air fryer basket and top each fillet with a few slices of lemon.

Add the diced potatoes and carrots to the air fryer basket.

Cook for 10-12 minutes, or until the fish is cooked through and the potatoes are crispy, shaking the basket halfway through cooking.

Remove from the air fryer and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	410.8	76.1	205.4
Protein [g]	53.1	9.8	26.6
Fat [g]	4.5	0.8	2.3
Carbs [g]	42.5	7.9	21.3
Fiber [g]	7	1.3	3.5
Net Carbs [g]	35.5	6.6	17.8



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.

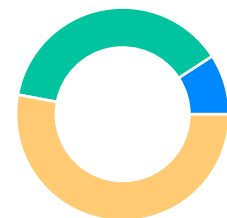
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

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
Net Carbs [g]	29.7	5.7	29.7



Protein Fat Carbs

# Tahini Pasta with Broccoli

🕒 10 min 🍽️ 2 servings

424 Kcal / serving

17g Protein 17g Fat 55g Carbs

## Ingredients

- Broccoli, 2 cups (182 g)
- Garlic, 2 clove (6 g)
- Tahini, 4 tbsp (60 g)
- Soy sauce, 2 tbsp (36 g)
- Pasta, 2 serving (108 g)



## Instructions

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

In a large pot of boiling water, blanch the broccoli florets for 2-3 minutes until tender. Drain and set aside.

In a small bowl, whisk together tahini, soy sauce, and minced garlic until well combined.

In a large pan, heat a tablespoon of oil over medium heat. Add the cooked pasta, blanched broccoli, and tahini sauce. Stir well to coat everything evenly and cook for 2-3 minutes until heated through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	848.3	216.4	424.2
Protein [g]	33.8	8.6	16.9
Fat [g]	34.2	8.7	17.1
Carbs [g]	109.6	28	54.8
Fiber [g]	11.4	2.9	5.7
Net Carbs [g]	98.2	25.1	49.1



Protein Fat Carbs

# Vegan Chocolate Banana Baked Oatmeal (Sweetened)

🕒 20 min 🍽️ 4 servings

171 Kcal / serving

4g Protein 3g Fat 36g 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)
- Maple syrup, 2 tablespoons (40 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, maple syrup, and almond milk. Stir well to combine.

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

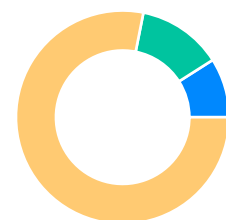
Bake for 15 minutes or until the top is set and slightly golden.

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]	683.1	110.7	170.8
Protein [g]	16.4	2.7	4.1
Fat [g]	10.4	1.7	2.6
Carbs [g]	142.5	23.1	35.6
Fiber [g]	18.8	3	4.7
Net Carbs [g]	123.7	20	30.9



Protein Fat Carbs

# Egg White, Bell Pepper, and Spinach Scramble

🕒 15 min 🍽️ 2 servings

98 Kcal / serving

14g Protein 2g Fat 5g Carbs

## Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)

## Instructions

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

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	196.4	53.6	98.2
Protein [g]	27.9	7.6	14
Fat [g]	4.7	1.3	2.4
Carbs [g]	9.6	2.6	4.8
Fiber [g]	2.2	0.6	1.1
Net Carbs [g]	7.4	2	3.7



Protein Fat Carbs



# Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

175 Kcal / serving

18g Protein 3g Fat 18g Carbs

## Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Whole Wheat Toast, 2 slice (50 g)

## Instructions

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

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve with Whole wheat toast.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	349.4	83.9	174.7
Protein [g]	36	8.6	18
Fat [g]	6.7	1.6	3.4
Carbs [g]	35.2	8.5	17.6
Fiber [g]	6	1.4	3
Net Carbs [g]	29.2	7	14.6



Protein Fat Carbs



# Shopping List

## Dairy and Egg Products

- Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)
- Fried Egg, 2 large (140 g)
- Egg whites, 1 1/2 cup (364.1 g)
- Eggs, 4 large (200.3 g)
- Greek yogurt, 4 tablespoons (62.1 g)
- Greek yogurt, 1/2 cup (103.4 g)
- Almond milk, 1 2/3 cup (437.4 g)
- string cheese, 4 stringer (80 g)
- Cottage Cheese, 1 half cup (101 g)

## Fruits and Fruit Juices

- Banana, 1/2 banana (59.5 g)
- Avocado, 1 half (78.9 g)
- Lemon, 1 half (50 g)
- Lemon juice, 3/4 tablespoon (11 g)
- Lemon juice, 1 tablespoons (15 g)
- Lime juice, 1 tablespoon (15 g)
- lemon juice, 1/2 tablespoons (7.5 g)
- Banana, 2 1/2 medium (7" to 7-7/8" long) (295 g)
- Berries, 1/2 cups (77.5 g)
- Bananas, 1/2 medium (7" to 7-7/8" long) (58.9 g)
- Avocado, 1/4 avocado, ns as to florida or california (50.2 g)
- Apple, 1 large (3-1/4" dia) (223 g)

## Vegetables and Vegetable Products

- Mushrooms, Fresh, 1 cups (97 g)
- Onions, 1/3 cup (57.6 g)
- Tomatoes, 6/7 cup (130.2 g)
- Spinach, 1/3 cups (10.8 g)
- Bell peppers, 1/3 cup (53.6 g)
- Spinach, 1/2 cup (15 g)
- Garlic, 14 clove (42.1 g)
- Baby spinach, 1 1/2 cup (45 g)
- Tomato, 1 small (94.9 g)
- Spinach leaves, 1 cup (30 g)
- Spinach, 2 cups (58 g)

- Tomatoes, 2 cup (298.7 g)
- Chilli, 2 (90.2 g)
- Broccoli, 7 cups (637 g)
- Cherry tomatoes, 2 cup (298.4 g)
- Potatoes, 3 medium (183 g)
- Carrots, sliced, 1 medium (61 g)
- Carrots, 1/2 cup chopped (64.1 g)
- Romaine Lettuce, 1 cup shredded (47.1 g)
- Green beans, 1/3 lb (113.6 g)
- Zucchini, 1/2 medium (98 g)
- Onion, 1/4 100 gram (27.5 g)
- Parsley, 1/8 cup (7.5 g)
- Lettuce leaves, 4 large (96.1 g)
- Cilantro, 1/8 cup (2.1 g)
- Corn kernels, 1/4 cup (39.4 g)
- Bell pepper, 1/2 cup (74.5 g)
- Onion, 1/4 cup (40 g)
- Potatoes, 3 potato small (1-3/4" to 2-1/2" dia) (510 g)
- Cucumber, 1/2 medium (100.5 g)
- Garlic, 1 cloves (3 g)
- Onion, 1/4 large (37.5 g)
- Parsley, 1 tablespoons (4 g)
- Peas, 1/4 cup (36.2 g)

### **Baked Products**

- Whole Wheat Bread, 2 slice (64 g)
- Whole Wheat Toast, 2 slice (50 g)
- Bread, gluten-free, 2 slice (56 g)
- Bread, 4 slices (115.1 g)
- Grain bread, 1 slices (28.2 g)
- Crackers, whole-wheat, 4 cracker (18.4 g)

### **Spices and Herbs**

- Salt, 2/3 teaspoon (4.3 g)
- Pepper, 1/3 teaspoon (0.7 g)
- Herbs, 1/3 teaspoon (0.4 g)
- Salt and pepper, 3 3/4 tsp (7.5 g)
- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 1 1/3 teaspoons (2.5 g)
- Pepper flakes, 1/7 teaspoon (0.3 g)

- Pepper, 1/2 tsp (1 g)
- Salt, 1/2 tsp (1 g)
- Pepper, black, 1/2 tsp (1.2 g)
- Salt, 2 1/2 tsp (15 g)
- Basil leaves, 4 sprig (8 g)
- Oregano, 2 teaspoon (4 g)
- Basil leaves, 1/3 cup (5.8 g)
- Salt and pepper, 1 servings (0.5 g)
- Salt and pepper, 2 pinch (0.2 g)
- Ground cumin, 1/2 teaspoon (1 g)
- Turmeric, 1/3 teaspoons (0.6 g)
- Ginger powder, 1/3 teaspoons (0.5 g)
- Mint leaves, 1/4 tablespoons (1.3 g)
- Cinnamon, 1 tsp (2.6 g)

### **Fats and Oils**

- Olive oil, 2 teaspoons (8 g)
- Olive oil, 2 servings (28 g)
- Olive Oil, 1 tablespoon (15 g)
- Olive oil, 5 3/4 tablespoon (77.7 g)

### **Cereal Grains and Pasta**

- Rice, 1/2 cups (92.7 g)
- Rice, brown, cooked, 1 cup (160 g)
- Spaghetti, 1 g (200.5 g)
- Pasta, 2 serving (108 g)
- Brown rice, 1 cup (195.4 g)
- Quinoa, cooked, 1 cup (185.4 g)
- Rice, 1/2 cup (92.5 g)
- Quinoa, 3 cup (554.8 g)

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

- Vegan mayonnaise, 1 tablespoon (14 g)
- Dijon mustard, 1 teaspoon (5 g)

### **Legumes and Legume Products**

- Tofu, firm, 4 servings (464 g)
- Soy sauce, 2 tbs (36 g)
- Black beans, 1/2 cup (86 g)
- Hummus, 1/8 cup (32 g)

## **Finfish and Shellfish Products**

- Prawns, 601 1/2 gram (601.4 g)
- Fish, 4 fillet (480.5 g)
- Shrimp, 1/2 pound (222.5 g)

## **Nut and Seed Products**

- Tahini, 4 tbsp (60 g)
- Chia seeds, 1/2 teaspoon (2 g)
- Peanut butter, smooth, 2 tablespoon (40 g)
- Chia seeds, 1/4 cup (42.5 g)

## **Other**

- Tortillas, 2 large (60.1 g)

## **Pork Products**

- Pork Tenderloin, thinly sliced, 1/2 pound (227.1 g)
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## **Canned and Jarred**

- Tuna, 2 1/2 can (425.5 g)
- Kalamata olives, 1/8 cup (16.9 g)

## **Poultry Products**

- Chicken Breast, 1/2 pound (226.9 g)
- Chicken thighs, 1 portion (111.9 g)

## **Breakfast Cereals**

- Rolled oats, 1/4 c (20.2 g)

## **Sweets**

- Cocoa powder, 1/2 tablespoon (2.5 g)
- Maple syrup, 1/2 tablespoons (10 g)