

# Sample NutriAdmin 1900 Mediterranean Meal Plan

DAY 1		
Breakfast	Apple	1 small (2-3/4" dia) (149 g)
	Almond Butter	1 tablespoon (14 g)
Lunch	Prawn, Tomato and Chilli Pasta	1 serving (313 g)
Dinner	Parmesan Crusted White Fish with Asparagus over Brown Rice	1 serving (287 g)
Snack	Hummus and Avocado Sandwich	2 serving (428 g)
DAY 2		
Breakfast	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	2 serving (416 g)
Lunch	Turkey and Spinach Wrap	2 serving (300 g)
Dinner	Vegan Hummus Veggie Wrap	2 serving (488 g)
Snack	Raisins	2 handful (80 g)
DAY 3		
Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	2 serving (862 g)
Lunch	Lemon Chicken Pasta with cherry tomatoes	1 serving (229 g)
Dinner	Chicken Breast with Green Beans and Quinoa	2 serving (542 g)
Snack	Apple	2 medium (3" dia) (364 g)

**DAY 4**

<b>Breakfast</b>	Coffee (Unsweetened) Oat milk	1 portion(s) (50 g) 1 cup (128 g)
<b>Lunch</b>	Roasted Salmon Caprese with Quinoa	2 serving (702 g)
<b>Dinner</b>	Garlicky White Beans and Kale Pasta	2 serving (242 g)
<b>Snack</b>	Baked Apple Cinnamon with Oats	2 serving (254 g)

**DAY 5**

<b>Breakfast</b>	Cheesy Spinach and Mushroom Savory Oats	2 serving (732 g)
<b>Lunch</b>	Parmesan Baked White Fish with Broccoli over Quinoa	1 serving (334 g)
<b>Dinner</b>	Chicken and Broccoli over Quinoa	1 serving (220 g)
<b>Snack</b>	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)

**DAY 6**

<b>Breakfast</b>	Peanut Butter Banana Toast	1 serving (206 g)
<b>Lunch</b>	Warm Pumpkin, Haloumi and Quinoa Salad	2 serving (606 g)
<b>Dinner</b>	Baked Lemon Salmon with Carrots over Brown Rice	2 serving (538 g)
<b>Snack</b>	Raisins	1 handful (40 g)

**DAY 7**

<b>Breakfast</b>	Peanut Butter Banana Toast	2 serving (412 g)
<b>Lunch</b>	Baked Lemon Salmon with Zucchini over Brown Rice	2 serving (596 g)
<b>Dinner</b>	White Fish with Broccoli over Brown Rice	1 serving (255 g)
<b>Snack</b>	Whole Milk	1 cup (244 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y	Apple Almond Butter	Prawn, Tomato and Chilli Pasta	Parmesan Crusted White Fish with Asparagus over Brown Rice	Hummus and Avocado Sandwich
1				
D A Y	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	Turkey and Spinach Wrap	Vegan Hummus Veggie Wrap	Raisins
2				
D A Y	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	Lemon Chicken Pasta with cherry tomatoes	Chicken Breast with Green Beans and Quinoa	Apple
3				
D A Y	Coffee (Unsweetened) Oat milk	Roasted Salmon Caprese with Quinoa	Garlicky White Beans and Kale Pasta	Baked Apple Cinnamon with Oats
4				
D A Y	Cheesy Spinach and Mushroom Savory Oats	Parmesan Baked White Fish with Broccoli over Quinoa	Chicken and Broccoli over Quinoa	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)
5				
D A Y	Peanut Butter Banana Toast	Warm Pumpkin, Haloumi and Quinoa Salad	Baked Lemon Salmon with Car- rots over Brown Rice	Raisins
6				
D A Y	Peanut Butter Banana Toast	Baked Lemon Salmon with Zuc- chini over Brown Rice	White Fish with Broccoli over Brown Rice	Whole Milk
7				

## Macronutrient summary

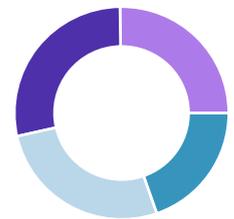
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13141.8	1877.4
Protein [g]	771.6	110.2
Fat [g]	454	65.3
Carbs [g]	1557.1	223.9
Fiber [g]	247.7	35.4
Net Carbs [g]	1319.4	188.5



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	473.8	19.2	20.7	58	12.4	45.6
Lunch	530.8	45	18.3	48.1	5.5	42.6
Dinner	503.9	35	17.7	52.6	7.7	44.9
Snack	368.9	11	9.6	65.2	9.7	55.5



Breakfast Lunch Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1832.9	114	59.4	219.9	35.9	184
Day 2	1803.8	107.7	60	222.9	36.1	186.8
Day 3	1990	114	67.6	247.5	59.8	187.7
Day 4	1884.9	114.9	67.4	218.5	28.3	190.2
Day 5	1922.3	117.3	68.5	223.7	35.6	188.1
Day 6	1861.5	95.4	72.7	219.6	25.6	194
Day 7	1846.3	108.2	68.3	215	26.3	188.7

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
<b>Apple</b> 1 small (2-3/4" dia) (149 g)	77.5	0.4	0.3	20.6	3.6	17
<b>Almond Butter</b> 1 tablespoon (14 g)	86	2.9	7.8	2.6	1.4	1.2
<b>TOTAL FOR BREAKFAST</b>	<b>163.4</b>	<b>3.3</b>	<b>8</b>	<b>23.2</b>	<b>5</b>	<b>18.2</b>
Lunch						
<b>Prawn, Tomato and Chilli Pasta</b> 1 serving (313 g)	404.1	38.2	8.6	44.2	3.9	40.3
<b>TOTAL FOR LUNCH</b>	<b>404.1</b>	<b>38.2</b>	<b>8.6</b>	<b>44.2</b>	<b>3.9</b>	<b>40.3</b>
Dinner						
<b>Parmesan Crusted White Fish with Asparagus over Brown Rice</b> 1 serving (287 g)	394.9	34.3	16.6	27.4	2.6	24.8
<b>TOTAL FOR DINNER</b>	<b>394.9</b>	<b>34.3</b>	<b>16.6</b>	<b>27.4</b>	<b>2.6</b>	<b>24.8</b>
Snack						
<b>Hummus and Avocado Sandwich</b> 2 serving (428 g)	870.6	38.2	26.1	125.1	24.5	100.6
<b>TOTAL FOR SNACK</b>	<b>870.6</b>	<b>38.2</b>	<b>26.1</b>	<b>125.1</b>	<b>24.5</b>	<b>100.6</b>
<b>TOTAL FOR DAY 1</b>	<b>1832.9</b>	<b>114</b>	<b>59.4</b>	<b>219.9</b>	<b>35.9</b>	<b>184</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
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>
Lunch						
Turkey and Spinach Wrap 2 serving (300 g)	411.8	38.3	8.4	45.6	6.9	38.7
<b>TOTAL FOR LUNCH</b>	<b>411.8</b>	<b>38.3</b>	<b>8.4</b>	<b>45.6</b>	<b>6.9</b>	<b>38.7</b>
Dinner						
Vegan Hummus Veggie Wrap 2 serving (488 g)	803.4	31	44.6	78.8	20.2	58.6
<b>TOTAL FOR DINNER</b>	<b>803.4</b>	<b>31</b>	<b>44.6</b>	<b>78.8</b>	<b>20.2</b>	<b>58.6</b>
Snack						
Raisins 2 handful (80 g)	239.2	2.5	0.4	63.3	3	60.3
<b>TOTAL FOR SNACK</b>	<b>239.2</b>	<b>2.5</b>	<b>0.4</b>	<b>63.3</b>	<b>3</b>	<b>60.3</b>
<b>TOTAL FOR DAY 2</b>	<b>1803.8</b>	<b>107.7</b>	<b>60</b>	<b>222.9</b>	<b>36.1</b>	<b>186.8</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 2 serving (862 g)	738	19.7	33.1	104.1	40.6	63.5
<b>TOTAL FOR BREAKFAST</b>	<b>738</b>	<b>19.7</b>	<b>33.1</b>	<b>104.1</b>	<b>40.6</b>	<b>63.5</b>
<b>Lunch</b>						
Lemon Chicken Pasta with cherry tomatoes 1 serving (229 g)	413.5	32	10.6	45.7	2.3	43.4
<b>TOTAL FOR LUNCH</b>	<b>413.5</b>	<b>32</b>	<b>10.6</b>	<b>45.7</b>	<b>2.3</b>	<b>43.4</b>
<b>Dinner</b>						
Chicken Breast with Green Beans and Quinoa 2 serving (542 g)	649.3	61.3	23.3	47.4	8.2	39.2
<b>TOTAL FOR DINNER</b>	<b>649.3</b>	<b>61.3</b>	<b>23.3</b>	<b>47.4</b>	<b>8.2</b>	<b>39.2</b>
<b>Snack</b>						
Apple 2 medium (3" dia) (364 g)	189.3	0.9	0.6	50.3	8.7	41.6
<b>TOTAL FOR SNACK</b>	<b>189.3</b>	<b>0.9</b>	<b>0.6</b>	<b>50.3</b>	<b>8.7</b>	<b>41.6</b>
<b>TOTAL FOR DAY 3</b>	<b>1990</b>	<b>114</b>	<b>67.6</b>	<b>247.5</b>	<b>59.8</b>	<b>187.7</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Oat milk 1 cup (128 g)	67.8	1.9	2.7	8.3	1.5	6.8
<b>TOTAL FOR BREAKFAST</b>	<b>68.8</b>	<b>2.1</b>	<b>2.7</b>	<b>8.4</b>	<b>1.5</b>	<b>6.9</b>
<b>Lunch</b>						
Roasted Salmon Caprese with Quinoa 2 serving (702 g)	790.9	80.4	34.4	47.5	6.3	41.2
<b>TOTAL FOR LUNCH</b>	<b>790.9</b>	<b>80.4</b>	<b>34.4</b>	<b>47.5</b>	<b>6.3</b>	<b>41.2</b>
<b>Dinner</b>						
Garlicky White Beans and Kale Pasta 2 serving (242 g)	586.3	22.3	9	104.3	9	95.3
<b>TOTAL FOR DINNER</b>	<b>586.3</b>	<b>22.3</b>	<b>9</b>	<b>104.3</b>	<b>9</b>	<b>95.3</b>
<b>Snack</b>						
Baked Apple Cinnamon with Oats 2 serving (254 g)	438.9	10.2	21.4	58.3	11.5	46.8
<b>TOTAL FOR SNACK</b>	<b>438.9</b>	<b>10.2</b>	<b>21.4</b>	<b>58.3</b>	<b>11.5</b>	<b>46.8</b>
<b>TOTAL FOR DAY 4</b>	<b>1884.9</b>	<b>114.9</b>	<b>67.4</b>	<b>218.5</b>	<b>28.3</b>	<b>190.2</b>

## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Cheesy Spinach and Mushroom Savory Oats 2 serving (732 g)	682.4	27	38.4	60.5	9.8	50.7
<b>TOTAL FOR BREAKFAST</b>	<b>682.4</b>	<b>27</b>	<b>38.4</b>	<b>60.5</b>	<b>9.8</b>	<b>50.7</b>
Lunch						
Parmesan Baked White Fish with Broccoli over Quinoa 1 serving (334 g)	395.5	46.7	11.8	25.2	3.8	22.4
<b>TOTAL FOR LUNCH</b>	<b>395.5</b>	<b>46.7</b>	<b>11.8</b>	<b>25.2</b>	<b>3.8</b>	<b>22.4</b>
Dinner						
Chicken and Broccoli over Quinoa 1 serving (220 g)	268.3	27.2	7.8	21.2	3.2	18
<b>TOTAL FOR DINNER</b>	<b>268.3</b>	<b>27.2</b>	<b>7.8</b>	<b>21.2</b>	<b>3.2</b>	<b>18</b>
Snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 2 serving (578 g)	576.1	16.5	10.5	115.8	18.8	97
<b>TOTAL FOR SNACK</b>	<b>576.1</b>	<b>16.5</b>	<b>10.5</b>	<b>115.8</b>	<b>18.8</b>	<b>97</b>
<b>TOTAL FOR DAY 5</b>	<b>1922.3</b>	<b>117.3</b>	<b>68.5</b>	<b>223.7</b>	<b>35.6</b>	<b>188.1</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Peanut Butter Banana Toast 1 serving (206 g)	438.3	15.4	18.8	58.2	8.1	50.1
<b>TOTAL FOR BREAKFAST</b>	<b>438.3</b>	<b>15.4</b>	<b>18.8</b>	<b>58.2</b>	<b>8.1</b>	<b>50.1</b>
Lunch						
Warm Pumpkin, Haloumi and Quinoa Salad 2 serving (606 g)	787.4	38.7	40.9	68	7.8	60.2
<b>TOTAL FOR LUNCH</b>	<b>787.4</b>	<b>38.7</b>	<b>40.9</b>	<b>68</b>	<b>7.8</b>	<b>60.2</b>
Dinner						
Baked Lemon Salmon with Carrots over Brown Rice 2 serving (538 g)	516.3	40	12.9	61.8	8.2	53.6
<b>TOTAL FOR DINNER</b>	<b>516.3</b>	<b>40</b>	<b>12.9</b>	<b>61.8</b>	<b>8.2</b>	<b>53.6</b>
Snack						
Raisins 1 handful (40 g)	119.6	1.2	0.2	31.7	1.5	30.2
<b>TOTAL FOR SNACK</b>	<b>119.6</b>	<b>1.2</b>	<b>0.2</b>	<b>31.7</b>	<b>1.5</b>	<b>30.2</b>
<b>TOTAL FOR DAY 6</b>	<b>1861.5</b>	<b>95.4</b>	<b>72.7</b>	<b>219.6</b>	<b>25.6</b>	<b>194</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Peanut Butter Banana Toast</b> 2 serving (412 g)	876.5	30.8	37.5	116.4	16.1	100.3
<b>TOTAL FOR BREAKFAST</b>	<b>876.5</b>	<b>30.8</b>	<b>37.5</b>	<b>116.4</b>	<b>16.1</b>	<b>100.3</b>
<b>Lunch</b>						
<b>Baked Lemon Salmon with Zucchini over Brown Rice</b> 2 serving (596 g)	512.2	41	13.1	59.7	7.7	52
<b>TOTAL FOR LUNCH</b>	<b>512.2</b>	<b>41</b>	<b>13.1</b>	<b>59.7</b>	<b>7.7</b>	<b>52</b>
<b>Dinner</b>						
<b>White Fish with Broccoli over Brown Rice</b> 1 serving (255 g)	308.8	28.7	9.7	27.3	2.5	24.8
<b>TOTAL FOR DINNER</b>	<b>308.8</b>	<b>28.7</b>	<b>9.7</b>	<b>27.3</b>	<b>2.5</b>	<b>24.8</b>
<b>Snack</b>						
<b>Whole Milk</b> 1 cup (244 g)	148.8	7.7	8	11.7	0	11.7
<b>TOTAL FOR SNACK</b>	<b>148.8</b>	<b>7.7</b>	<b>8</b>	<b>11.7</b>	<b>0</b>	<b>11.7</b>
<b>TOTAL FOR DAY 7</b>	<b>1846.3</b>	<b>108.2</b>	<b>68.3</b>	<b>215</b>	<b>26.3</b>	<b>188.7</b>

# Cheesy Spinach and Mushroom Savory Oats

🕒 20 min    🍽️ 2 servings

341 Kcal / serving

14g Protein    19g Fat    30g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Rolled oats, 1 cups (80.6 g)
- Mushrooms, 1 cup, pieces or slices (70 g)
- Olive oil, 1 tablespoon (13.5 g)
- Water, 2 cups (473.2 g)
- Spinach, 1 cup (30 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Pepper, 1/2 teaspoon (1 g)



## Instructions

In a saucepan, bring water to a boil.

Add rolled oats and cook for about 5 minutes or until oats are tender.

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

Add sliced mushrooms and cook until they release their moisture and start to brown.

Add fresh spinach to the skillet and cook until wilted.

Season with garlic powder, salt, and pepper.

Once the oats are cooked, remove from heat and stir in the cooked mushrooms and spinach mixture.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	682.4	93.3	341.2
Protein [g]	27	3.7	13.5
Fat [g]	38.4	5.2	19.2
Carbs [g]	60.5	8.3	30.3
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	50.7	6.9	25.4



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

- Toast the bread slices until golden brown.
- Spread peanut butter evenly on both slices of toast.
- Arrange the banana slices on top of one slice of toast.
- Place the other slice of toast on top to make a sandwich.
- Cut the sandwich diagonally into two triangles.
- 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
Net Carbs [g]	50.1	24.3	50.1



Protein Fat Carbs

# Roasted Salmon Caprese with Quinoa

🕒 20 min 🍽️ 4 servings

395 Kcal / serving

40g Protein 17g Fat 24g Carbs

## Ingredients

- Basil leaves, 1/4 cup (6.2 g)
- Garlic, 2 cloves (5.9 g)
- Quinoa, 2 cup (370 g)
- Salmon, 4 fillet (680 g)
- Cherry tomatoes, 2 cups (298 g)
- Extra virgin olive oil, 2 tsp (12 g)
- Salt and pepper, 1 tsp (2 g)
- mozzarella cheese, low fat, 1 serving (28 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

In a bowl, combine the cherry tomatoes, mozzarella slices, basil leaves, olive oil, minced garlic, salt, and pepper. Toss gently to mix everything together.

Spoon the tomato mixture over the salmon fillets, evenly distributing the ingredients.

Roast the salmon in the preheated oven for about 15 minutes or until the fish is cooked through and flakes easily with a fork.

Remove from the oven and let it rest for a couple of minutes.

Serve the roasted salmon caprese with quinoa.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1579.6	112.7	394.9
Protein [g]	160.6	11.5	40.2
Fat [g]	68.6	4.9	17.2
Carbs [g]	94.9	6.8	23.7
Fiber [g]	12.7	0.9	3.2
Net Carbs [g]	82.2	5.9	20.6



Protein Fat Carbs



# Warm Pumpkin, Haloumi and Quinoa Salad

🕒 15 min    🍽️ 4 servings

393 Kcal / serving

19g Protein    20g Fat    34g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Pumpkin, 2 cup (244 g)
- Balsamic vinegar, 2 tbsp (32 g)
- Baby spinach leaves, 2 cup (60 g)
- Pumpkin seeds, 1/4 c (16.7 g)
- Water, 2 cups (472.8 g)
- Quinoa, 1 cup (170 g)
- Haloumi cheese, 200 g (200 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Rinse the quinoa under cold water and drain.

In a saucepan, bring the water to a boil and add the quinoa. Reduce heat, cover, and simmer for 10 minutes or until the quinoa is cooked and the water is absorbed.

Meanwhile, preheat the oven to 200°C (400°F). Place the diced pumpkin on a baking sheet, drizzle with 1 tablespoon of olive oil, and season with salt and pepper. Roast for 10 minutes or until the pumpkin is tender.

In a non-stick pan, heat the remaining olive oil over medium heat. Add the haloumi slices and cook for 1-2 minutes on each side until golden brown.

In a large bowl, combine the cooked quinoa, roasted pumpkin, haloumi slices, baby spinach leaves, and pumpkin seeds.

Drizzle with balsamic vinegar and season with salt and pepper. Toss gently to combine all the ingredients.

Serve the warm salad immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1573.5	129.9	393.4
Protein [g]	77.4	6.4	19.4
Fat [g]	81.7	6.7	20.4
Carbs [g]	135.9	11.2	34
Fiber [g]	15.6	1.3	3.9
Net Carbs [g]	120.3	9.9	30.1



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

# Lemon Chicken Pasta with cherry tomatoes

🕒 15 min    🍽️ 4 servings

413 Kcal / serving

32g Protein    11g Fat    46g Carbs

## Ingredients

- Juice of lemon, 2 tablespoon (32 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 4 clove (12 g)
- Linguine pasta, 8 oz (226.8 g)
- Chicken breasts, 2 small breast (450 g)
- Cherry tomatoes, 1 cup (149 g)
- Parsley, 1/4 cup (15 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

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

While the pasta is cooking, season the chicken breasts with salt and pepper.

Heat olive oil in a large skillet over medium-high heat. Add the chicken breasts and cook for 4-5 minutes on each side, or until cooked through. Remove the chicken from the skillet and set aside.

In the same skillet, add minced garlic and cook for 1-2 minutes until fragrant.

Add cherry tomatoes to the skillet and cook for 2-3 minutes, until they start to soften.

Return the cooked chicken to the skillet and add cooked linguine pasta. Toss everything together.

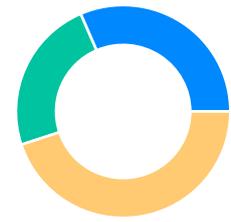
Pour lemon juice and zest over the pasta. Stir well to combine.

Sprinkle chopped parsley on top and season with additional salt and pepper if desired.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1650.2	180.6	412.6
Protein [g]	127.8	14	32
Fat [g]	42.5	4.7	10.6
Carbs [g]	182.5	20	45.6
Fiber [g]	9.1	1	2.3
Net Carbs [g]	173.4	19	43.4



Protein Fat Carbs

# Vegan Hummus Veggie Wrap

🕒 10 min 🍽️ 1 serving

402 Kcal / serving

16g Protein 22g Fat 39g Carbs

## Ingredients

- **Onion**, 1/8 cup (19.2 g)
- **Lettuce**, 1/4 cup shredded (18 g)
- **Tomato**, 1/4 cup (37.2 g)
- **Tahini sauce**, 1 tbsp (15 g)
- **Hummus**, 1/2 cup (123 g)
- **Tortilla wrap**, 1 tortilla medium (approx 6" dia) (30 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

- Spread the hummus evenly on the tortilla wrap.
- Layer the mixed vegetables on top of the hummus.
- Drizzle tahini sauce over the vegetables.
- Season with salt and pepper to taste.
- Roll the tortilla tightly, tucking in the sides as you go.
- Slice the wrap in half or into smaller bite-sized pieces.
- Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	401.7	164.3	401.7
Protein [g]	15.5	6.3	15.5
Fat [g]	22.3	9.1	22.3
Carbs [g]	39.4	16.1	39.4
Fiber [g]	10.1	4.1	10.1
Net Carbs [g]	29.3	12	29.3



Protein Fat Carbs

# Chicken Breast with Green Beans and Quinoa

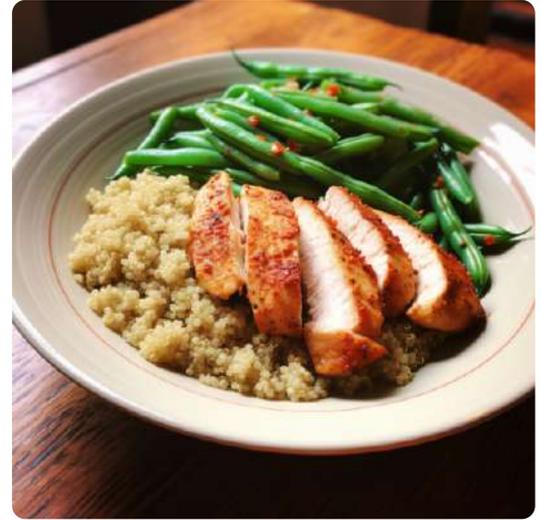
🕒 15 min    🍽️ 4 servings

324 Kcal / serving

31g Protein    12g Fat    24g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 1 lb (453.6 g)
- Green beans, 1/2 lb (226.8 g)
- Olive oil, 2 tablespoon (27 g)
- Quinoa, cooked, 2 cup (370 g)



## Instructions

Season the chicken breasts with salt on both sides.

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

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

Remove the chicken 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 chicken breasts to the skillet and cook for an additional 2 minutes to heat through.

Serve the chicken and green beans over cooked quinoa.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1297.3	119.7	324.3
Protein [g]	122.5	11.3	30.6
Fat [g]	46.5	4.3	11.6
Carbs [g]	94.6	8.7	23.7
Fiber [g]	16.5	1.5	4.1
Net Carbs [g]	78.1	7.2	19.5



Protein Fat Carbs

# Turkey and Spinach Wrap

🕒 20 min    🍽️ 2 servings

206 Kcal / serving

19g Protein    4g Fat    23g Carbs

## Ingredients

- Salt and pepper, 1 tsp (2 g)
- Spinach leaves, 2 cup (60 g)
- Tortillas, whole wheat, 2 piece (84 g)
- Greek yogurt, 1/4 cup (54.3 g)
- Turkey Breast, 6 oz (100 g)



## Instructions

Preheat the grill or stovetop grill pan over medium heat.

Season the turkey breasts with salt and pepper.

Grill the turkey for about 6-8 minutes per side, or until cooked through. Allow it to rest for a few minutes before slicing into thin strips.

Spread a tablespoon of Greek yogurt onto each tortilla.

Divide the sliced turkey and spinach leaves evenly between the tortillas.

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

Slice the wraps in half and serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	411.8	137.1	205.9
Protein [g]	38.3	12.8	19.2
Fat [g]	8.4	2.8	4.2
Carbs [g]	45.6	15.2	22.8
Fiber [g]	6.9	2.3	3.5
Net Carbs [g]	38.7	12.9	19.4



Protein Fat Carbs



# White Fish with Broccoli over Brown Rice

🕒 20 min 🍽️ 4 servings

309 Kcal / serving

29g Protein 10g Fat 27g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 4 serving (2 g)
- Broccoli florets, 2 cup (182 g)
- White Fish, 500 g (500 g)
- cooked brown rice, 2 cup (310 g)



## Instructions

Cook brown rice according to package instructions.

Preheat oven to 400°F (200°C).

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

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

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

While the fish is baking, steam the broccoli florets until tender, about 5-7 minutes.

Once the rice, fish, and broccoli are cooked, divide the brown rice among serving plates.

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

Enjoy your 5 Ingredient White Fish with Broccoli over Brown Rice!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1236.3	121.1	309.1
Protein [g]	115.1	11.3	28.8
Fat [g]	38.8	3.8	9.7
Carbs [g]	109.2	10.7	27.3
Fiber [g]	10	1	2.5
Net Carbs [g]	99.2	9.7	24.8



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
Net Carbs [g]	50.4	23.6	50.4



# Baked Apple Cinnamon with Oats

🕒 15 min    🍽️ 2 servings

219 Kcal / serving

5g Protein    11g Fat    29g Carbs

## Ingredients

- Apples, 1 medium (3" dia) (182 g)
- Rolled oats, 1/2 c (40.5 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Walnuts, 1/4 cup (28.1 g)



## Instructions

Preheat your oven to 375°F (190°C).

Wash the apples, remove the cores, and cut them into thin slices.

In a small bowl, mix together the rolled oats, ground cinnamon, and chopped walnuts.

Take a baking dish and arrange the apple slices in a single layer.

Sprinkle the oat mixture evenly over the apples.

Bake in the preheated oven for 10 minutes or until the apples are tender and the topping is golden brown.

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

Serve warm and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	437.2	173	218.6
Protein [g]	10.2	4	5.1
Fat [g]	21.3	8.4	10.7
Carbs [g]	58	23	29
Fiber [g]	11.4	4.5	5.7
Net Carbs [g]	46.6	18.4	23.3



Protein Fat Carbs



# Parmesan Baked White Fish with Broccoli over Quinoa

🕒 15 min 🍽️ 4 servings

395 Kcal / serving

47g Protein 12g Fat 26g Carbs

## Ingredients

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



## Instructions

Preheat the oven to 400°F (200°C).

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

Season the fillets with salt and pepper to taste.

Sprinkle the grated Parmesan cheese evenly over the fillets.

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

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

Serve over cooked quinoa.

## Macronutrient summary

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



Protein Fat Carbs



# Baked Lemon Salmon with Zucchini over Brown Rice

🕒 20 min    🍽️ 2 servings

256 Kcal / serving

21g Protein   7g Fat   30g Carbs

## Ingredients

- **Lemon**, 1 lemon (108 g)
- **Brown rice**, 1 cup (195 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Zucchini**, 1 small (118 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the zucchini slices around the salmon.

Season the salmon and zucchini with salt and pepper to taste.

Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is baking, cook the brown rice according to package instructions.

Once cooked, divide the brown rice onto two plates.

Remove the baked salmon and zucchini from the oven and place them on top of the brown rice.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	511.3	85.9	255.7
Protein [g]	40.9	6.9	20.5
Fat [g]	13.1	2.2	6.5
Carbs [g]	59.6	10	29.8
Fiber [g]	7.7	1.3	3.9
Net Carbs [g]	51.9	8.7	26



Protein Fat Carbs

# Baked Lemon Salmon with Carrots over Brown Rice

🕒 20 min    🍽️ 2 servings

258 Kcal / serving

20g Protein   7g Fat   31g Carbs

## Ingredients

- **Lemon**, 1 lemon (108 g)
- **Brown rice**, 1 cup (195 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Carrots, sliced**, 1 medium (61 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the carrots slices around the salmon.

Season the salmon and carrots with salt and pepper to taste.

Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is baking, cook the brown rice according to package instructions.

Once cooked, divide the brown rice onto two plates.

Remove the baked salmon and carrots from the oven and place them on top of the brown rice.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	516.3	95.9	258.2
Protein [g]	40	7.4	20
Fat [g]	12.9	2.4	6.5
Carbs [g]	61.8	11.5	30.9
Fiber [g]	8.2	1.5	4.1
Net Carbs [g]	53.6	10	26.8



Protein Fat Carbs

# Chicken and Broccoli over Quinoa

🕒 15 min    👤 4 servings

269 Kcal / serving

27g Protein    8g Fat    21g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 400 g (400 g)
- Broccoli florets, 1 cup (91 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Quinoa, cooked, 2 cup (370 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 broccoli florets and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked chicken breasts into strips.
7. Serve the sliced chicken and broccoli over cooked quinoa.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1074.3	122	268.6
Protein [g]	108.8	12.4	27.2
Fat [g]	31.4	3.6	7.9
Carbs [g]	84.9	9.6	21.2
Fiber [g]	12.7	1.4	3.2
Net Carbs [g]	72.2	8.2	18.1



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
Net Carbs [g]	31.8	7.4	31.8



Protein Fat Carbs

# Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

288 Kcal / serving

8g Protein 5g Fat 58g Carbs

## Ingredients

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



## Instructions

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

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

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

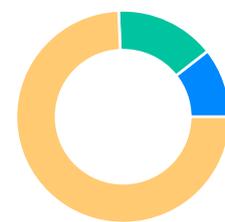
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

## Macronutrient summary

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



Protein Fat Carbs

# Garlicky White Beans and Kale Pasta

🕒 15 min    🍽️ 4 servings

293 Kcal / serving

11g Protein    5g Fat    52g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Beans, 1 cup (179 g)
- Pasta, 4 serving (216 g)
- Salt and pepper, 1 tsp (2 g)
- Kale, chopped, 1 cup (61 g)



## Instructions

Cook the pasta 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 sauté for about 1-2 minutes until fragrant.

Add white beans to the skillet and cook for another 2-3 minutes, stirring occasionally.

Add fresh kale leaves to the skillet and cook until wilted, about 2 minutes.

Season with salt and pepper to taste.

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

Cook for an additional 1-2 minutes to heat the pasta through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1172.5	242.5	293.1
Protein [g]	44.5	9.2	11.1
Fat [g]	17.9	3.7	4.5
Carbs [g]	208.5	43.1	52.1
Fiber [g]	18	3.7	4.5
Net Carbs [g]	190.5	39.4	47.6



Protein Fat Carbs



# Parmesan Crusted White Fish with Asparagus over Brown Rice

🕒 15 min    👤 4 servings

395 Kcal / serving

34g Protein    17g Fat    27g Carbs

## Ingredients

- **Parmesan cheese**, 1 cup (100.2 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Asparagus**, 4 portion(s) (160 g)
- **Fish**, 4 fillet (480 g)
- **cooked brown rice**, 2 cup (380 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

In a bowl, mix together the grated Parmesan cheese and olive oil.

Spread the Parmesan mixture evenly over the top of each fish fillet.

Arrange the trimmed asparagus around the fish on the baking sheet.

Drizzle the asparagus with olive oil and sprinkle with salt and pepper to taste.

Bake in the preheated oven for 10-12 minutes, or until the fish is cooked through and the Parmesan crust is golden brown.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1578.1	137.6	394.5
Protein [g]	137.2	12	34.3
Fat [g]	66.4	5.8	16.6
Carbs [g]	109.5	9.5	27.4
Fiber [g]	10.2	0.9	2.6
Net Carbs [g]	99.3	8.7	24.8



Protein Fat Carbs



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

🕒 15 min 🍽️ 2 servings

175 Kcal / serving

18g Protein 3g Fat 18g Carbs

## Ingredients

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

## Instructions

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

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

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

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

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

Remove from heat and serve with Whole wheat toast.

## Macronutrient summary

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



Protein Fat Carbs



# Shopping List

## Fruits and Fruit Juices

- Apple, 1 small (2-3/4" dia) (149 g)
- Banana, sliced, 2 large (8" to 8-7/8" long) (271.9 g)
- Banana, 3 medium (7" to 7-7/8" long) (353.3 g)
- Juice of lemon, 1/2 tablespoon (8 g)
- Lemon, 2 lemon (216.1 g)
- Avocado, 2 half (80 g)
- Raisins, 3 handful (120 g)
- Apple, 2 medium (3" dia) (364 g)
- Apples, 1 medium (3" dia) (183 g)
- Bananas, 2 medium (7" to 7-7/8" long) (236.4 g)

## Nut and Seed Products

- Almond Butter, 1 tablespoon (14 g)
- Chia seeds, 1/2 cup (85 g)
- Pumpkin seeds, 1/7 c (8.3 g)
- Tahini sauce, 2 tbsp (29.9 g)

## Dairy and Egg Products

- Egg whites, 1 cup (242.8 g)
- Almond milk, 3 cup (750.3 g)
- Oat milk, 1 cup (128 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Greek yogurt, 1/4 cup (54.3 g)
- mozzarella cheese, low fat, 1/2 serving (14 g)
- Parmesan cheese, 1/2 cup (50.2 g)
- Haloumi cheese, 100 g (100.1 g)
- Whole Milk, 1 cup (244 g)

## Spices and Herbs

- Salt, 1/4 teaspoon (1.4 g)
- Pepper, 2/3 teaspoon (1.3 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Cinnamon, 2 tsp (5.2 g)
- Salt, 1 3/4 tsp (10.5 g)
- Garlic powder, 1/3 teaspoon (0.8 g)
- Basil leaves, 1 sprig (2 g)
- Oregano, 1/2 teaspoon (1 g)

- Salt and pepper, 1 1/2 tsp (23 g)
- Basil leaves, 1/7 cup (3.1 g)
- Balsamic vinegar, 1 tbsp (16 g)
- Salt and pepper, 1 serving (0.5 g)
- Ground cinnamon, 1 teaspoon (2 g)

### **Fats and Oils**

- Olive oil, 1 teaspoons (4 g)
- Olive oil, 5 tablespoon (67.6 g)
- Extra virgin olive oil, 1 tsp (6 g)
- Olive Oil, 1/4 tablespoon (3.4 g)

### **Vegetables and Vegetable Products**

- Onions, 1/4 cup (38.4 g)
- Tomatoes, 1/4 cup (35.8 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Mushrooms, 1 cup, pieces or slices (70 g)
- Spinach, 1 cup (30 g)
- Tomatoes, 1/2 cup (74.7 g)
- Garlic, 4 1/2 clove (13.5 g)
- Chilli, 1/2 (22.6 g)
- Spinach leaves, 2 cup (59.9 g)
- Cherry tomatoes, 1/3 cup (37.3 g)
- Parsley, 0 cup (3.8 g)
- Garlic, 1 cloves (3 g)
- Cherry tomatoes, 1 cups (149.2 g)
- Broccoli florets, 1 1/3 cup (113.8 g)
- Pumpkin, 1 cup (122.1 g)
- Baby spinach leaves, 1 cup (30 g)
- Zucchini, 1 small (118.2 g)
- Asparagus, 1 portion(s) (40 g)
- Onion, 1/4 cup (38.4 g)
- Lettuce, 1/2 cup shredded (35.9 g)
- Tomato, 1/2 cup (74.3 g)
- Green beans, 1/3 lb (113.5 g)
- Kale, chopped, 1/2 cup (30.5 g)
- Carrots, sliced, 1 medium (61 g)
- Lettuce, 4 leaf, medium (32 g)

## **Baked Products**

- Whole Wheat Toast, 2 slice (50 g)
- Bread, 6 slices (169 g)
- Tortilla wrap, 2 tortilla medium (approx 6" dia) (59.9 g)
- Whole Wheat Bread, 8 slice (256 g)

## **Beverages**

- Coffee (Unsweetened), 1 portion(s) (50 g)
- Water, 3 cups (709.7 g)

## **Breakfast Cereals**

- Rolled oats, 1 cups (80.6 g)
- Rolled oats, 1 1/2 c (122 g)

## **Legumes and Legume Products**

- Peanut butter, 6 tbsp (95.6 g)
- Hummus, 1 cup (245.5 g)
- Beans, 1/2 cup (89.6 g)
- Hummus, 4 tablespoons (56 g)

## **Finfish and Shellfish Products**

- Prawns, 150 1/3 gram (150.4 g)
- Salmon, 2 fillet (340.5 g)
- Fish, 2 fillet (240.2 g)
- Salmon, 12 ounce (340.4 g)
- White Fish, 124 7/8 g (124.9 g)

## **Cereal Grains and Pasta**

- Spaghetti, 1/3 g (50.1 g)
- Linguine pasta, 2 oz (56.8 g)
- Quinoa, 1 cup (185.3 g)
- Quinoa, cooked, 2 cup (370.2 g)
- Quinoa, 1/2 cup (85.1 g)
- Brown rice, 2 cup (390.3 g)
- cooked brown rice, 1/2 cup (95.1 g)
- Pasta, 2 serving (108.1 g)
- cooked brown rice, 1/2 cup (77.4 g)

## **Other**

- Tortillas, whole wheat, 2 piece (83.9 g)
- Walnuts, 1/3 cup (28.3 g)

## **Poultry Products**

- Turkey Breast, 6 oz (99.9 g)
- Chicken breasts, 1/2 lb (226.9 g)
- Chicken breasts, 100 g (99.9 g)

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

- Chicken breasts, 1/2 small breast (112.8 g)

## **Sweets**

- Cocoa powder, 2 tablespoon (10 g)