

Sample NutriAdmin 2000 kcal Meal Plan for an Adult Male

 Lucy Domingo, RND

DAY 1

| | | |
|------------------|---|------------------------------|
| Breakfast | Blueberry Protein Smoothie | 2 serving (440 g) |
| Lunch | Garlicky White Beans and Spinach Pasta | 2 serving (242 g) |
| Dinner | Parmesan Baked White Fish with Broccoli over Quinoa | 2 serving (668 g) |
| Snack | Plain Yogurt (Low Fat) | 1/2 container (4 oz) (113 g) |
| | Walnuts | 1 oz (29 g) |

DAY 2

| | | |
|------------------|---|-------------------|
| Breakfast | Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast | 2 serving (416 g) |
| Lunch | Chicken Breast with Green Beans and Brown Rice | 2 serving (552 g) |
| Dinner | Pork and Carrots with Quinoa | 2 serving (450 g) |
| Snack | Cashew Butter Banana Toast | 1 serving (206 g) |

DAY 3

| | | |
|------------------|--|------------------------------|
| Breakfast | Plain Yogurt (Low Fat) | 1 container (4 oz) (226 g) |
| | Blackberries | 8 ounces (224 g) |
| Lunch | Pork with Broccoli and Carrot Stir Fry over Rice | 2 serving (562 g) |
| Dinner | Tuna Panzanella Salad | 2 serving (600 g) |
| Snack | Apple | 1 small (2-3/4" dia) (149 g) |
| | Almond Butter | 1 tablespoon (14 g) |

DAY 4

| | | |
|------------------|--|-------------------|
| Breakfast | Mediterranean Omelet | 1 serving (270 g) |
| Lunch | Chicken Spinach Pasta | 2 serving (412 g) |
| Dinner | Roasted Turkey Breast and Garlic Potatoes with Brussel Sprouts | 2 serving (718 g) |
| Snack | Hazelnut, Nut | 1 oz (28.4 g) |

DAY 5

| | | |
|------------------|--|-------------------|
| Breakfast | Banana Granola Yogurt | 2 serving (390 g) |
| Lunch | Turkey Breast and Peppers over Quinoa | 2 serving (390 g) |
| Dinner | Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts | 1 serving (340 g) |
| Snack | Tuna Tomato and Cucumber Sandwich | 2 serving (580 g) |

DAY 6

| | | |
|------------------|---|-------------------|
| Breakfast | Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast | 1 serving (208 g) |
| Lunch | Chicken Pasta with Broccoli | 2 serving (450 g) |
| Dinner | Lemon Salmon with Broccoli over Brown Rice | 2 serving (648 g) |
| Snack | Vegan Chocolate Banana Baked Oatmeal (Sweetened) | 1 serving (154 g) |

DAY 7

| | | |
|------------------|---|----------------------------|
| Breakfast | Plain Yogurt (Low Fat) | 1 container (4 oz) (226 g) |
| | Sunflower seeds | 2 portion(s) (56 g) |
| Lunch | Baked Soy Sauce Ginger Salmon with Broccoli over Quinoa | 2 serving (658 g) |
| Dinner | Turkey Breast and Peppers over Quinoa | 2 serving (390 g) |
| Snack | Orange Juice | 2 glass (500 g) |

| | BREAKFAST | LUNCH | DINNER | SNACK |
|----------------------|---|---|--|--|
| D A Y 1 | Blueberry Protein Smoothie | Garlicky White Beans and Spinach Pasta | Parmesan Baked White Fish with Broccoli over Quinoa | Plain Yogurt (Low Fat) Walnuts |
| D A Y 2 | Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast | Chicken Breast with Green Beans and Brown Rice | Pork and Carrots with Quinoa | Cashew Butter Banana Toast |
| D A Y 3 | Plain Yogurt (Low Fat) Blackberries | Pork with Broccoli and Carrot Stir Fry over Rice | Tuna Panzanella Salad | Apple Almond Butter |
| D A Y 4 | Mediterranean Omelet | Chicken Spinach Pasta | Roasted Turkey Breast and Garlic Potatoes with Brussel Sprouts | Hazelnut, Nut |
| D A Y 5 | Banana Granola Yogurt | Turkey Breast and Peppers over Quinoa | Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts | Tuna Tomato and Cucumber Sandwich |
| D A Y 6 | Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast | Chicken Pasta with Broccoli | Lemon Salmon with Broccoli over Brown Rice | Vegan Chocolate Banana Baked Oatmeal (Sweetened) |
| D A Y 7 | Plain Yogurt (Low Fat) Sunflower seeds | Baked Soy Sauce Ginger Salmon with Broccoli over Quinoa | Turkey Breast and Peppers over Quinoa | Orange Juice |

Macronutrient summary

| | TOTAL IN PLAN | AVERAGE / DAY |
|---------------|---------------|---------------|
| Energy [kcal] | 13700 | 1957.1 |
| Protein [g] | 1047.4 | 149.6 |
| Fat [g] | 457.5 | 65.4 |
| Carbs [g] | 1390 | 198.6 |
| Fiber [g] | 191.9 | 27.4 |
| Net Carbs [g] | 1198.1 | 171.2 |



Protein Fat Carbs

Macronutrient summary per meal

| MEALS | ENERGY | PROTEIN | FAT | CARBS | FIBER | NET CARBS |
|-----------|--------|---------|------|-------|-------|-----------|
| AVG/DAY | [KCAL] | [G] | [G] | [G] | [G] | [G] |
| Breakfast | 348.8 | 23.9 | 14.8 | 32.1 | 6.3 | 25.7 |
| Lunch | 666.6 | 55.4 | 18.6 | 69.9 | 8.7 | 61.2 |
| Dinner | 639 | 58.3 | 19.2 | 58.5 | 7.9 | 50.5 |
| Snack | 302.7 | 12.1 | 12.7 | 38.2 | 4.5 | 33.7 |



Breakfast Lunch Dinner Snack

Macronutrient summary per day

| | ENERGY | PROTEIN | FAT | CARBS | FIBER | NET CARBS |
|-------|--------|---------|------|-------|-------|-----------|
| | [KCAL] | [G] | [G] | [G] | [G] | [G] |
| Day 1 | 1924.4 | 149.1 | 62.2 | 201 | 26.5 | 174.5 |
| Day 2 | 1999 | 164.3 | 65.2 | 189.5 | 26.6 | 162.9 |
| Day 3 | 1910.7 | 128.2 | 59.1 | 221 | 33.4 | 187.6 |
| Day 4 | 1969.5 | 151.8 | 78.5 | 174.6 | 29.1 | 145.5 |
| Day 5 | 1963.7 | 144.8 | 63 | 211.2 | 29.2 | 182 |
| Day 6 | 1987.9 | 164.5 | 59.3 | 205.8 | 27.4 | 178.4 |
| Day 7 | 1944.9 | 144.7 | 70.2 | 186.9 | 19.7 | 167.2 |

Day 1 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|-------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Blueberry Protein Smoothie 2 serving (440 g) | 293.1 | 23.6 | 9.1 | 33.7 | 8.4 | 25.3 |
| TOTAL FOR BREAKFAST | 293.1 | 23.6 | 9.1 | 33.7 | 8.4 | 25.3 |
| Lunch | | | | | | |
| Garlicky White Beans and Spinach Pasta 2 serving (242 g) | 579.4 | 21.9 | 8.8 | 102.9 | 8.6 | 94.3 |
| TOTAL FOR LUNCH | 579.4 | 21.9 | 8.8 | 102.9 | 8.6 | 94.3 |
| Dinner | | | | | | |
| Parmesan Baked White Fish with Broccoli over Quinoa 2 serving (668 g) | 791 | 93.4 | 23.7 | 52.5 | 7.6 | 44.9 |
| TOTAL FOR DINNER | 791 | 93.4 | 23.7 | 52.5 | 7.6 | 44.9 |
| Snack | | | | | | |
| Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g) | 71.2 | 5.9 | 1.8 | 8 | 0 | 8 |
| Walnuts 1 oz (29 g) | 189.7 | 4.4 | 18.9 | 4 | 1.9 | 2.1 |
| TOTAL FOR SNACK | 260.9 | 10.3 | 20.7 | 11.9 | 1.9 | 10 |
| TOTAL FOR DAY 1 | 1924.4 | 149.1 | 62.2 | 201 | 26.5 | 174.5 |

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 |
| TOTAL FOR BREAKFAST | 349.4 | 36 | 6.7 | 35.2 | 6 | 29.2 |
| Lunch | | | | | | |
| Chicken Breast with Green Beans and Brown Rice 2 serving (552 g) | 645.6 | 57.7 | 21.3 | 53.8 | 6.6 | 47.2 |
| TOTAL FOR LUNCH | 645.6 | 57.7 | 21.3 | 53.8 | 6.6 | 47.2 |
| Dinner | | | | | | |
| Pork and Carrots with Quinoa 2 serving (450 g) | 565.7 | 55.2 | 18.4 | 42.3 | 6 | 36.3 |
| TOTAL FOR DINNER | 565.7 | 55.2 | 18.4 | 42.3 | 6 | 36.3 |
| Snack | | | | | | |
| Cashew Butter Banana Toast 1 serving (206 g) | 438.3 | 15.4 | 18.8 | 58.2 | 8.1 | 50.1 |
| TOTAL FOR SNACK | 438.3 | 15.4 | 18.8 | 58.2 | 8.1 | 50.1 |
| TOTAL FOR DAY 2 | 1999 | 164.3 | 65.2 | 189.5 | 26.6 | 162.9 |

Day 3 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|--|------------------|----------------|-------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Plain Yogurt (Low Fat) 1 container (4 oz) (226 g) | 142.4 | 11.9 | 3.5 | 15.9 | 0 | 15.9 |
| Blackberries 8 ounces (224 g) | 96.3 | 3.1 | 1.1 | 21.5 | 11.9 | 9.6 |
| TOTAL FOR BREAKFAST | 238.7 | 15 | 4.6 | 37.4 | 11.9 | 25.5 |
| Lunch | | | | | | |
| Pork with Broccoli and Carrot Stir Fry over Rice 2 serving (562 g) | 625.9 | 56 | 16.3 | 62.3 | 6.9 | 55.4 |
| TOTAL FOR LUNCH | 625.9 | 56 | 16.3 | 62.3 | 6.9 | 55.4 |
| Dinner | | | | | | |
| Tuna Panzanella Salad 2 serving (600 g) | 882.7 | 53.9 | 30.2 | 98.1 | 9.6 | 88.5 |
| TOTAL FOR DINNER | 882.7 | 53.9 | 30.2 | 98.1 | 9.6 | 88.5 |
| Snack | | | | | | |
| Apple 1 small (2-3/4" dia) (149 g) | 77.5 | 0.4 | 0.3 | 20.6 | 3.6 | 17 |
| Almond Butter 1 tablespoon (14 g) | 86 | 2.9 | 7.8 | 2.6 | 1.4 | 1.2 |
| TOTAL FOR SNACK | 163.4 | 3.3 | 8 | 23.2 | 5 | 18.2 |
| TOTAL FOR DAY 3 | 1910.7 | 128.2 | 59.1 | 221 | 33.4 | 187.6 |

Day 4 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|--|------------------|----------------|-------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Mediterranean Omelet 1 serving (270 g) | 350.1 | 18.8 | 27.5 | 7.6 | 2.2 | 5.4 |
| TOTAL FOR BREAKFAST | 350.1 | 18.8 | 27.5 | 7.6 | 2.2 | 5.4 |
| Lunch | | | | | | |
| Chicken Spinach Pasta 2 serving (412 g) | 785 | 65.2 | 22.9 | 84.4 | 11.6 | 72.8 |
| TOTAL FOR LUNCH | 785 | 65.2 | 22.9 | 84.4 | 11.6 | 72.8 |
| Dinner | | | | | | |
| Roasted Turkey Breast and Garlic Potatoes with Brussel Sprouts 2 serving (718 g) | 656.1 | 63.9 | 10.7 | 77.8 | 12.2 | 65.6 |
| TOTAL FOR DINNER | 656.1 | 63.9 | 10.7 | 77.8 | 12.2 | 65.6 |
| Snack | | | | | | |
| Hazelnut, Nut 1 oz (28.4 g) | 178.3 | 3.9 | 17.3 | 4.8 | 3.1 | 1.7 |
| TOTAL FOR SNACK | 178.3 | 3.9 | 17.3 | 4.8 | 3.1 | 1.7 |
| TOTAL FOR DAY 4 | 1969.5 | 151.8 | 78.5 | 174.6 | 29.1 | 145.5 |

Day 5 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|-------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Banana Granola Yogurt 2 serving (390 g) | 566.3 | 32.3 | 20 | 65.7 | 8.2 | 57.5 |
| TOTAL FOR BREAKFAST | 566.3 | 32.3 | 20 | 65.7 | 8.2 | 57.5 |
| Lunch | | | | | | |
| Turkey Breast and Peppers over Quinoa 2 serving (390 g) | 443.5 | 38.5 | 12.3 | 44 | 5.8 | 38.2 |
| TOTAL FOR LUNCH | 443.5 | 38.5 | 12.3 | 44 | 5.8 | 38.2 |
| Dinner | | | | | | |
| Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts 1 serving (340 g) | 316.1 | 27.6 | 8.9 | 34.9 | 7.8 | 27.1 |
| TOTAL FOR DINNER | 316.1 | 27.6 | 8.9 | 34.9 | 7.8 | 27.1 |
| Snack | | | | | | |
| Tuna Tomato and Cucumber Sandwich 2 serving (580 g) | 637.8 | 46.5 | 21.8 | 66.6 | 7.4 | 59.2 |
| TOTAL FOR SNACK | 637.8 | 46.5 | 21.8 | 66.6 | 7.4 | 59.2 |
| TOTAL FOR DAY 5 | 1963.7 | 144.8 | 63 | 211.2 | 29.2 | 182 |

Day 6 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 1 serving (208 g) | 174.7 | 18 | 3.4 | 17.6 | 3 | 14.6 |
| TOTAL FOR BREAKFAST | 174.7 | 18 | 3.4 | 17.6 | 3 | 14.6 |
| Lunch | | | | | | |
| Chicken Pasta with Broccoli 2 serving (450 g) | 824.5 | 66.9 | 23.2 | 92.9 | 13.2 | 79.7 |
| TOTAL FOR LUNCH | 824.5 | 66.9 | 23.2 | 92.9 | 13.2 | 79.7 |
| Dinner | | | | | | |
| Lemon Salmon with Broccoli over Brown Rice 2 serving (648 g) | 818.2 | 75.5 | 30.2 | 59.7 | 6.5 | 53.2 |
| TOTAL FOR DINNER | 818.2 | 75.5 | 30.2 | 59.7 | 6.5 | 53.2 |
| Snack | | | | | | |
| Vegan Chocolate Banana Baked Oatmeal (Sweetened) 1 serving (154 g) | 170.5 | 4.1 | 2.6 | 35.6 | 4.7 | 30.9 |
| TOTAL FOR SNACK | 170.5 | 4.1 | 2.6 | 35.6 | 4.7 | 30.9 |
| TOTAL FOR DAY 6 | 1987.9 | 164.5 | 59.3 | 205.8 | 27.4 | 178.4 |

Day 7 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|-------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Plain Yogurt (Low Fat) 1 container (4 oz) (226 g) | 142.4 | 11.9 | 3.5 | 15.9 | 0 | 15.9 |
| Sunflower seeds 2 portion(s) (56 g) | 327 | 11.6 | 28.8 | 11.2 | 4.8 | 6.4 |
| TOTAL FOR BREAKFAST | 469.4 | 23.5 | 32.3 | 27.1 | 4.8 | 22.3 |
| Lunch | | | | | | |
| Baked Soy Sauce Ginger Salmon with Broccoli over Quinoa 2 serving (658 g) | 762 | 81.7 | 25.6 | 48.7 | 8 | 40.7 |
| TOTAL FOR LUNCH | 762 | 81.7 | 25.6 | 48.7 | 8 | 40.7 |
| Dinner | | | | | | |
| Turkey Breast and Peppers over Quinoa 2 serving (390 g) | 443.5 | 38.5 | 12.3 | 44 | 5.8 | 38.2 |
| TOTAL FOR DINNER | 443.5 | 38.5 | 12.3 | 44 | 5.8 | 38.2 |
| Snack | | | | | | |
| Orange Juice 2 glass (500 g) | 270 | 1 | 0 | 67.1 | 1 | 66.1 |
| TOTAL FOR SNACK | 270 | 1 | 0 | 67.1 | 1 | 66.1 |
| TOTAL FOR DAY 7 | 1944.9 | 144.7 | 70.2 | 186.9 | 19.7 | 167.2 |

Blueberry Protein Smoothie

🕒 5 min 🍷 2 servings

147 Kcal / serving

12g Protein 5g Fat 17g Carbs

Ingredients

- Blueberries, 1 cup (148 g)
- Chia seeds, 1 tbsp (12 g)
- Vanilla protein powder, 1 scoop (30 g)
- Almond milk, 1 cup (250 g)



Instructions

1. Add frozen blueberries, ripe banana, vanilla protein powder, almond milk, honey, and chia seeds to a blender.
2. Blend on high speed until smooth and creamy. If desired, add a few ice cubes for a colder smoothie.
3. Pour into glasses and serve immediately.
4. Enjoy your refreshing and protein-packed blueberry smoothie!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 293.1 | 66.6 | 146.6 |
| Protein [g] | 23.6 | 5.4 | 11.8 |
| Fat [g] | 9.1 | 2.1 | 4.6 |
| Carbs [g] | 33.7 | 7.7 | 16.9 |
| Fiber [g] | 8.4 | 1.9 | 4.2 |
| Net Carbs [g] | 25.3 | 5.8 | 12.7 |



Protein Fat Carbs

Cashew 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

Mediterranean Omelet

🕒 20 min 🍽️ 1 serving

350 Kcal / serving

19g Protein 28g Fat 8g Carbs

Ingredients

- Feta cheese, 2 tbsp (34.1 g)
- Eggs, 2 large (100 g)
- Olive oil, 2 teaspoons (8 g)
- Zucchini, 1/4 cup, chopped (31 g)
- Tomatoes, 1/4 cup (37.2 g)
- Bell peppers, 1/4 cup (37.3 g)
- Olives, 2 tablespoons (16 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a bowl, whisk the eggs until well beaten. Set aside.

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

Add the bell peppers and zucchini to the skillet and sauté for 2-3 minutes until slightly softened.

Add the tomatoes and black olives to the skillet and sauté for another 1-2 minutes.

Pour the beaten eggs into the skillet, spreading them evenly over the vegetables.

Cook the omelet for 2-3 minutes until the edges start to set.

Sprinkle the feta cheese and parsley over one half of the omelet.

Fold the other half of the omelet over the filling.

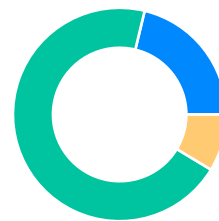
Continue cooking for another 1-2 minutes until the cheese is melted and the omelet is cooked through.

Season with salt and pepper to taste.

Remove the omelet from the skillet and serve hot.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 350.1 | 129.9 | 350.1 |
| Protein [g] | 18.8 | 7 | 18.8 |
| Fat [g] | 27.5 | 10.2 | 27.5 |
| Carbs [g] | 7.6 | 2.8 | 7.6 |
| Fiber [g] | 2.2 | 0.8 | 2.2 |
| Net Carbs [g] | 5.4 | 2 | 5.4 |



Protein Fat Carbs

Tuna Tomato and Cucumber Sandwich

🕒 10 min 🍽️ 1 serving

319 Kcal / serving

23g Protein 11g Fat 33g Carbs

Ingredients

- Lemon juice, 1 tablespoons (15 g)
- Cucumber, 1/4 cup, pared, chopped (33.3 g)
- Olive oil, 2 teaspoons (8 g)
- Tomato, 1 small whole (2-2/5" dia) (91 g)
- Tuna in water, 1/2 can (82.5 g)
- Bread, 2 slices (57.5 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 1 leaves (1 g)



Instructions

In a bowl, combine the drained tuna, chopped cucumber, olive oil, lemon juice, salt, and pepper. Mix well.

Toast the slices of gluten-free bread until golden brown.

Spread the tuna mixture evenly on one slice of bread.

Top with sliced tomatoes and lettuce leaves.

Place the second slice of bread on top.

Cut the sandwich in half and serve.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 318.9 | 109.9 | 318.9 |
| Protein [g] | 23.3 | 8 | 23.3 |
| Fat [g] | 10.9 | 3.8 | 10.9 |
| Carbs [g] | 33.3 | 11.5 | 33.3 |
| Fiber [g] | 3.7 | 1.3 | 3.7 |
| Net Carbs [g] | 29.6 | 10.2 | 29.6 |



Protein Fat Carbs

Pork with Broccoli and Carrot Stir Fry over Rice

🕒 10 min 🍽️ 4 servings

313 Kcal / serving

28g Protein 8g Fat 31g Carbs

Ingredients

- Salt, 1 teaspoon (12 g)
- Carrot, 1 cup chopped (128 g)
- Garlic, 2 cloves (6 g)
- Coconut oil, 1 tablespoons (13.1 g)
- Broccoli florets, 2 cups (182 g)
- brown rice, cooked, 2 cup (310 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Soy sauce made from soy (tamari), 1 tbsp (18 g)



Instructions

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

Add the pork slices and cook for 2-3 minutes until browned.

Add the minced garlic and cook for another minute.

Add the broccoli florets and carrot to the skillet and stir-fry for 3-4 minutes until they are slightly tender.

Pour the sauce over the pork and vegetables in the skillet.

Season with salt to taste.

Continue cooking for another 1-2 minutes until the sauce thickens slightly and coats the pork and vegetables.

Remove from heat and serve with brown rice.

Serve hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1250.7 | 111.4 | 312.7 |
| Protein [g] | 111.8 | 10 | 28 |
| Fat [g] | 32.6 | 2.9 | 8.2 |
| Carbs [g] | 124.4 | 11.1 | 31.1 |
| Fiber [g] | 13.9 | 1.2 | 3.5 |
| Net Carbs [g] | 110.5 | 9.8 | 27.6 |



Protein Fat Carbs

Tuna Panzanella Salad

🕒 10 min 🍽️ 4 servings

441 Kcal / serving

27g Protein 15g Fat 49g Carbs

Ingredients

- Basil leaves, 1/4 cup (6.2 g)
- Cucumber, 1 small (6-3/8" long) (158 g)
- Bread, 1 1/2 cups (364.2 g)
- Cherry tomatoes, 1 cups (149 g)
- Onion, 1/2 large (75 g)
- Kalamata olives, 1/8 cup (16.9 g)
- Tuna, 2 cans (340 g)
- Parsley, 1/4 cup (15 g)
- Extra virgin olive oil, 3 tablespoons (42 g)
- Red wine vinegar, 2 tablespoons (30 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large bowl, combine cherry tomatoes, cucumber, red onion, Kalamata olives, stale bread, and tuna.

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

Drizzle the dressing over the salad and toss to combine.

Add fresh basil leaves and parsley, and gently toss again.

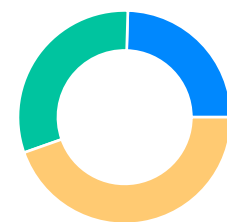
Let the salad sit for a few minutes to allow the flavors to meld together.

Serve the tuna panzanella salad immediately.

Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1762.4 | 147.1 | 440.6 |
| Protein [g] | 107.6 | 9 | 26.9 |
| Fat [g] | 60.2 | 5 | 15.1 |
| Carbs [g] | 195.8 | 16.3 | 49 |
| Fiber [g] | 19.1 | 1.6 | 4.8 |
| Net Carbs [g] | 176.7 | 14.7 | 44.2 |



Protein Fat Carbs

Chicken Breast with Green Beans and Brown Rice

🕒 15 min 🍽️ 4 servings

323 Kcal / serving

29g Protein 11g Fat 27g 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)
- Brown rice, 2 cup (390 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 brown rice.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1290.1 | 116.9 | 322.5 |
| Protein [g] | 115.3 | 10.4 | 28.8 |
| Fat [g] | 42.6 | 3.9 | 10.7 |
| Carbs [g] | 107.5 | 9.7 | 26.9 |
| Fiber [g] | 13.1 | 1.2 | 3.3 |
| Net Carbs [g] | 94.4 | 8.6 | 23.6 |



Protein Fat Carbs

Lemon Salmon with Broccoli over Brown Rice

🕒 20 min 🍽️ 4 servings

409 Kcal / serving

38g Protein 15g Fat 30g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Salmon**, 4 fillet (680 g)
- **Broccoli florets**, 2 cup (182 g)
- **cooked brown rice**, 2 cup (310 g)



Instructions

Preheat the oven to 400°F (200°C).

Line a baking sheet with foil and place the salmon fillets on it.

Drizzle the salmon with olive oil and squeeze the juice of half a lemon over each fillet.

Season with salt and pepper.

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

Drizzle the broccoli with olive oil and sprinkle with salt and pepper.

Place a few lemon slices on top of each salmon fillet.

Bake in the preheated oven for about 15-18 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 the salmon and broccoli are done, serve them over the cooked brown rice.

Garnish with additional lemon slices, if desired.

Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1633.8 | 126.3 | 408.5 |
| Protein [g] | 150.8 | 11.7 | 37.7 |
| Fat [g] | 60.2 | 4.7 | 15.1 |
| Carbs [g] | 119.3 | 9.2 | 29.8 |
| Fiber [g] | 13 | 1 | 3.3 |
| Net Carbs [g] | 106.3 | 8.2 | 26.6 |



Protein Fat Carbs

Banana Granola Yogurt

🕒 10 min 🍽️ 2 servings

282 Kcal / serving

16g Protein 10g Fat 33g Carbs

Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Banana, 1 small (6" to 6-7/8" long) (101 g)

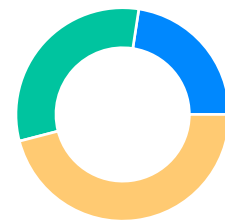


Instructions

Slice banana into bite size pieces. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of banana on top of the yogurt. Sprinkle the granola evenly over the banana. Repeat the layers until all the ingredients are used, ending with a final layer of banana. Serve immediately and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 564.8 | 145.2 | 282.4 |
| Protein [g] | 32.2 | 8.3 | 16.1 |
| Fat [g] | 19.9 | 5.1 | 10 |
| Carbs [g] | 65.5 | 16.8 | 32.8 |
| Fiber [g] | 8.1 | 2.1 | 4.1 |
| Net Carbs [g] | 57.4 | 14.8 | 28.7 |



Protein Fat Carbs

Chicken Pasta with Broccoli

🕒 15 min 🍽️ 2 servings

412 Kcal / serving

34g Protein 12g Fat 47g Carbs

Ingredients

- Broccoli, 1 cups (88 g)
- Olive oil, 1 tablespoon (13.5 g)
- Pasta, 2 cups (118.6 g)
- Salt and pepper, 2 tsp (4 g)
- Chicken breasts, 2 portion (226 g)



Instructions

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

Season the chicken breasts with salt and pepper.

Heat olive oil in a skillet over medium heat.

Add the chicken breasts and cook for 5-6 minutes per side until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

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

Add the cooked pasta and sliced chicken to the skillet with broccoli.

Toss everything together and cook for an additional 2-3 minutes to heat through.

Serve hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 824.5 | 183.2 | 412.3 |
| Protein [g] | 66.9 | 14.9 | 33.5 |
| Fat [g] | 23.2 | 5.2 | 11.6 |
| Carbs [g] | 92.9 | 20.6 | 46.5 |
| Fiber [g] | 13.2 | 2.9 | 6.6 |
| Net Carbs [g] | 79.7 | 17.7 | 39.9 |



Protein Fat Carbs

Baked Soy Sauce Ginger Salmon with Broccoli over Quinoa

🕒 20 min 🍽️ 4 servings

380 Kcal / serving

41g Protein 13g Fat 24g Carbs

Ingredients

- **Ginger**, 2 tablespoon (14 g)
- **Soy sauce**, 1/4 cup (60.4 g)
- **Salmon**, 4 fillet (680 g)
- **Broccoli**, 2 cup (190 g)
- **Quinoa, cooked**, 2 cup (370 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

While the salmon is baking, reheat the cooked quinoa.

Serve the baked ginger salmon over the quinoa and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1521.7 | 115.8 | 380.4 |
| Protein [g] | 163.2 | 12.4 | 40.8 |
| Fat [g] | 51.1 | 3.9 | 12.8 |
| Carbs [g] | 97.3 | 7.4 | 24.3 |
| Fiber [g] | 16.1 | 1.2 | 4 |
| Net Carbs [g] | 81.2 | 6.2 | 20.3 |



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

Roasted Turkey Breast and Garlic Potatoes with Brussel Sprouts

🕒 20 min 🍽️ 4 servings

328 Kcal / serving

32g Protein 5g Fat 39g Carbs

Ingredients

- Potatoes, 750 g (750 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Brussels sprouts, halved, 1/2 pound (218.5 g)
- Turkey Breast, sliced, 4 portion(s) (440 g)



Instructions

Preheat the oven to 425°F (220°C).

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

Toss everything together until the turkey, Brussel Sprouts, and potatoes are evenly coated with the oil and garlic.

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

Place the dish in the preheated oven and roast for 15-20 minutes.

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

Serve the roasted turkey breast, garlic potatoes, and Brussel Sprouts together as a delicious and quick meal.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1310.3 | 91.4 | 327.6 |
| Protein [g] | 127.6 | 8.9 | 31.9 |
| Fat [g] | 21.4 | 1.5 | 5.4 |
| Carbs [g] | 155.3 | 10.8 | 38.8 |
| Fiber [g] | 24.3 | 1.7 | 6.1 |
| Net Carbs [g] | 131 | 9.1 | 32.8 |



Protein Fat Carbs

Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts

🕒 20 min 🍽️ 2 servings

316 Kcal / serving

28g Protein 9g Fat 35g 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)
- Brussels sprouts, halved, 1/2 pound (227 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the turkey 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 turkey fillets on the baking sheet.

Roast in the preheated oven for 15 minutes.

After 15 minutes, add the Brussel Sprouts to the baking sheet and toss them with the sweet potatoes and turkey.

Continue roasting for an additional 5 minutes, or until the turkey 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 turkey breast with garlic sweet potatoes and Brussel Sprouts.

Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 631.2 | 93 | 315.6 |
| Protein [g] | 55.1 | 8.1 | 27.6 |
| Fat [g] | 17.7 | 2.6 | 8.9 |
| Carbs [g] | 69.8 | 10.3 | 34.9 |
| Fiber [g] | 15.7 | 2.3 | 7.9 |
| Net Carbs [g] | 54.1 | 8 | 27.1 |



Protein Fat Carbs

Pork and Carrots with Quinoa

🕒 15 min 🍽️ 4 servings

283 Kcal / serving

28g Protein 9g Fat 21g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Pork tenderloin, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Carrots, sliced, 1 medium (61 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

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

Add the pork slices and cook until browned, about 3-4 minutes.

Remove the pork from the skillet and set aside.

In the same skillet, add the sliced carrots and cook for 2-3 minutes until slightly tender.

Return the pork to the skillet and season with salt.

Stir-fry for an additional 2 minutes until the pork is cooked through.

Serve the stir-fry over the cooked quinoa.

Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1132.7 | 125.7 | 283.2 |
| Protein [g] | 110.5 | 12.3 | 27.6 |
| Fat [g] | 36.8 | 4.1 | 9.2 |
| Carbs [g] | 84.7 | 9.4 | 21.2 |
| Fiber [g] | 12.1 | 1.3 | 3 |
| Net Carbs [g] | 72.6 | 8.1 | 18.2 |



Protein Fat Carbs

Turkey Breast and Peppers over Quinoa

🕒 15 min 🍽️ 4 servings

222 Kcal / serving

19g Protein 6g Fat 22g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Red/Yellow Pepper, 1 cup (139 g)
- Quinoa, cooked, 2 cup (370 g)
- Turkey Breast, 15 oz (250 g)



Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the peppers slices and cook for 2-3 minutes, or until cooked.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and peppers over cooked quinoa.
8. Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 885.9 | 113.8 | 221.5 |
| Protein [g] | 76.8 | 9.9 | 19.2 |
| Fat [g] | 24.6 | 3.2 | 6.2 |
| Carbs [g] | 87.9 | 11.3 | 22 |
| Fiber [g] | 11.6 | 1.5 | 2.9 |
| Net Carbs [g] | 76.3 | 9.8 | 19.1 |



Protein Fat Carbs

Chicken Spinach Pasta

🕒 15 min 🍽️ 2 servings

393 Kcal / serving

33g Protein 12g Fat 42g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Whole Wheat Pasta, 4 ounces (112 g)
- Salt and pepper, 2 pinch (0.2 g)
- Spinach, 2 cup (60 g)
- Chicken breasts, 2 portion (226 g)



Instructions

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

Meanwhile, heat olive oil in a large skillet over medium heat.

Season the chicken breasts with salt and pepper, then add them to the skillet. Cook for about 5-6 minutes per side, or until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes. Slice it into thin strips.

In the same skillet, add the chopped spinach and cook until wilted, about 2-3 minutes.

Add the cooked pasta, about a quarter cup of pasta water, and sliced chicken back to the skillet. Toss everything together until well combined.

Serve the chicken spinach pasta hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 785 | 190.7 | 392.5 |
| Protein [g] | 65.2 | 15.8 | 32.6 |
| Fat [g] | 22.9 | 5.6 | 11.5 |
| Carbs [g] | 84.4 | 20.5 | 42.2 |
| Fiber [g] | 11.6 | 2.8 | 5.8 |
| Net Carbs [g] | 72.8 | 17.7 | 36.4 |



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.

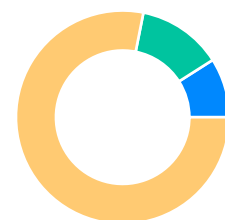
Bake for 15 minutes or until the top is set and slightly golden.

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

Garlicky White Beans and Spinach Pasta

🕒 15 min 🍽️ 4 servings

289 Kcal / serving

11g Protein 4g Fat 51g 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)
- Spinach leaves, 2 cup (60 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 spinach leaves to the skillet and cook until wilted, about 2 minutes.

Season with salt and pepper to taste.

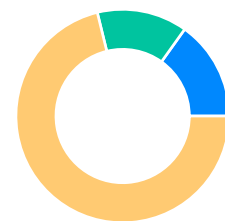
Add the cooked pasta to the skillet and toss everything together until well combined.

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

Serve hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1156.4 | 239.7 | 289.1 |
| Protein [g] | 43.6 | 9 | 10.9 |
| Fat [g] | 17.6 | 3.6 | 4.4 |
| Carbs [g] | 205.4 | 42.6 | 51.4 |
| Fiber [g] | 17.1 | 3.5 | 4.3 |
| Net Carbs [g] | 188.3 | 39 | 47.1 |



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

- Blueberries, 1 cup (148 g)
- Blackberries, 8 ounces (224 g)
- Banana, 1 small (6" to 6-7/8" long) (101.3 g)
- Lemon, 1/2 lemon (54.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (117.8 g)
- Apple, 1 small (2-3/4" dia) (149 g)
- Lemon juice, 2 tablespoons (30 g)
- Bananas, 1/2 medium (7" to 7-7/8" long) (58.9 g)

Nut and Seed Products

- Chia seeds, 1 tbsp (12 g)
- Sunflower seeds, 2 portion(s) (56 g)
- Walnuts, 1 oz (29 g)
- Almond Butter, 1 tablespoon (14 g)
- Hazelnut, Nut, 1 oz (28.4 g)

Health Foods

- Vanilla protein powder, 1 scoop (30 g)

Dairy and Egg Products

- Almond milk, 1 1/4 cup (312.4 g)
- Egg whites, 1 1/2 cup (364.1 g)
- Plain Yogurt (Low Fat), 2 1/2 container (4 oz) (565 g)
- Feta cheese, 2 tbsp (34.2 g)
- Eggs, 2 large (100.2 g)
- Greek yogurt, 1 cups (226.6 g)
- Parmesan cheese, 1/2 cup (50.2 g)

Spices and Herbs

- Salt, 2 2/3 teaspoon (15.2 g)
- Pepper, 1/3 teaspoon (0.7 g)
- Herbs, 1/3 teaspoon (0.4 g)
- Salt and pepper, 6 1/2 tsp (13 g)
- Salt, 1 1/2 tsp (9 g)
- Salt and pepper, 2 pinch (0.2 g)
- Basil leaves, 1/7 cup (3.1 g)

Fats and Oils

- Olive oil, 11 teaspoons (44 g)
- Olive oil, 5 1/2 tablespoon (74.3 g)
- Coconut oil, 1/2 tablespoons (6.5 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Extra virgin olive oil, 1 1/2 tablespoons (21 g)
- Red wine vinegar, 1 tablespoons (15 g)

Vegetables and Vegetable Products

- Onions, 1/3 cup (57.6 g)
- Tomatoes, 2/3 cup (89.5 g)
- Spinach, 1/3 cups (10.8 g)
- Bell peppers, 1 1/3 cup (197.1 g)
- Zucchini, 1/3 cup, chopped (31 g)
- Parsley, 1 tablespoon (4 g)
- Garlic, 6 clove (18 g)
- Spinach leaves, 1 cup (30.1 g)
- Green beans, 1/3 lb (113.5 g)
- Carrot, 1/2 cup chopped (64.1 g)
- Garlic, 1 cloves (3 g)
- Broccoli florets, 1 cups (91.1 g)
- Spinach, 2 cup (60 g)
- Red/Yellow Pepper, 1 cup (139.3 g)
- Broccoli, 1 cups (88 g)
- Ginger, 1 tablespoon (7 g)
- Broccoli, 1 cup (95.1 g)
- Broccoli florets, 2 cup (182.3 g)
- Carrots, sliced, 1/2 medium (30.5 g)
- Cucumber, 1/2 small (6-3/8" long) (79.1 g)
- Cherry tomatoes, 1/2 cups (74.6 g)
- Onion, 1/3 large (37.6 g)
- Parsley, 1/7 cup (7.5 g)
- Potatoes, 375 1/2 g (375.5 g)
- Brussels sprouts, halved, 1/2 pound (227.4 g)
- Sweet potatoes, 1/2 medium (113.2 g)
- Cucumber, 1/2 cup, pared, chopped (66.5 g)
- Tomato, 2 small whole (2-2/5" dia) (181.9 g)
- Lettuce leaves, 2 leaves (2 g)

Baked Products

- Whole Wheat Toast, 3 slice (74.9 g)

- Bread, 3/4 cups (182.4 g)
- Bread, 2 slices (56.3 g)
- Bread, 4 slices (114.8 g)

Canned and Jarred

- Olives, 2 tablespoons (16 g)
- Kalamata olives, 0 cup (8.5 g)
- Tuna, 1 cans (170.3 g)

Breakfast Cereals

- Granola, 2 serving (62.2 g)
- Rolled oats, 1/4 c (20.2 g)

Legumes and Legume Products

- Beans, 1/2 cup (89.8 g)
- Soy sauce made from soy (tamari), 1/2 tbsp (9 g)
- Soy sauce, 1/7 cup (30.2 g)
- Peanut butter, 2 tbsp (31.9 g)

Cereal Grains and Pasta

- Pasta, 2 serving (108.3 g)
- Brown rice, 1 cup (195.1 g)
- brown rice, cooked, 1 cup (155.2 g)
- Whole Wheat Pasta, 4 ounces (112.1 g)
- Quinoa, cooked, 5 cup (926 g)
- Pasta, 2 cups (118.6 g)
- cooked brown rice, 1 cup (155.3 g)

Poultry Products

- Chicken breasts, 1/2 lb (226.9 g)
- Turkey Breast, 15 oz (250.5 g)
- Turkey Breast, sliced, 2 portion(s) (220.3 g)
- Turkey breast, 100 1/4 grams (100.2 g)

Pork Products

- Pork Tenderloin, 1/2 pound (227.1 g)
- Pork tenderloin, 1/2 pound (226.5 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 4 portion (452.1 g)

Finfish and Shellfish Products

- Salmon, 4 fillet (681.1 g)
- Fish, 2 fillet (340.4 g)
- Tuna in water, 1 can (164.9 g)

Sweets

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

Beverages

- Orange Juice, 2 glass (500 g)