

Sample NutriAdmin Macro-Based Meal Plan 40% Carbs - 30% Protein - 30% Fat

DAY 1		
Breakfast	Egg with Avocado and Tomato	1 serving (290 g)
Mid-morning snack	Strawberries	2 cup, halves (304 g)
Lunch	Chargrilled Chicken Escalopes with Tomato and Spinach over Rice	2 serving (502 g)
Mid-afternoon snack	Raspberries Plain Yogurt (Whole Milk)	40 raspberries (76 g) 2 container (6 oz) (340 g)
Dinner	Rosemary Pork with Corn and Green Beans	2 serving (644 g)
Dessert	Tea, herbal, infusion	100 grams (100 g)
DAY 2		
Breakfast	Banana Oat Breakfast Bowl	2 serving (512 g)
Mid-morning snack	Cinnamon Roasted Carrot Sticks	1 serving (121 g)
Lunch	Parmesan Crusted White Fish with Asparagus over Brown Rice	1 serving (287 g)
Mid-afternoon snack	Peanuts, Raw	1 oz (28.4 g)
Dinner	Parmesan Baked White Fish with Broccoli over Quinoa	2 serving (668 g)
Dessert	Black Tea	1 cup (225 g)

DAY 3

Breakfast	Scrambled Egg with Onion and Tomato on Toast	2 serving (470 g)
Mid-morning snack	Whole Wheat Cheese Quesadilla with Salsa	1 serving (91 g)
Lunch	Beef and Carrots with Brown Rice	2 serving (368 g)
Mid-afternoon snack	Banana and Oatmeal Cookies	1 serving (26 g)
Dinner	Garlicky White Beans and Kale Pasta	1 serving (121 g)
Dessert	Plain Yogurt (Low Fat) Flaxseed	1/2 container (4 oz) (113 g) 4 tbsp, ground (28 g)

DAY 4

Breakfast	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	1 serving (208 g)
Mid-morning snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Lunch	Beef and Carrots with Brown Rice	2 serving (368 g)
Mid-afternoon snack	Swiss Cheese	2 ounce (56.7 g)
Dinner	Chicken Cutlets with Quinoa, Red Pepper and Arugula Relish	2 serving (424 g)
Dessert	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)

DAY 5

Breakfast	Plain Yogurt (Whole Milk) Blueberries	1 container (6 oz) (170 g) 3 oz (85.1 g)
Mid-morning snack	Low Fat Cream Cheese and Veggies Sandwich	1 serving (290 g)
Lunch	Baked Lemon Salmon with Broccoli over Quinoa	1 serving (325 g)
Mid-afternoon snack	Mediterranean Tuna Lettuce Cups	1 serving (211 g)
Dinner	Air Fried Lemon Salmon with Potatoes and Broccoli	2 serving (702 g)
Dessert	Plain Yogurt (Low Fat) Walnuts Blueberries	1/2 container (4 oz) (113 g) 1 oz (29 g) 50 berries (68 g)

DAY 6

Breakfast	Egg White, Bell Pepper, and Spinach Scramble	1 serving (183 g)
Mid-morning snack	Cinnamon Roasted Carrot Sticks	1 serving (121 g)
Lunch	Roasted Chicken Breast and Garlic Sweet Potatoes with Green Beans	1 serving (339 g)
Mid-afternoon snack	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
	Sunflower seeds	1 portion(s) (28 g)
Dinner	Parmesan Baked White Fish with Broccoli over Quinoa	2 serving (668 g)
Dessert	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)

DAY 7

Breakfast	Pear	2 medium (356 g)
Mid-morning snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Lunch	Parmesan Crusted White Fish with Asparagus over Brown Rice	1 serving (287 g)
Mid-afternoon snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Dinner	Garlic Rosemary Chicken with Zucchini	2 serving (478 g)
Dessert	Peanuts, Raw	2 oz (56.7 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER	DESSERT
D A Y 1	Egg with Avocado and Tomato	Strawberries	Chargrilled Chicken Escalopes with Tomato and Spinach over Rice	Raspberries Plain Yogurt (Whole Milk)	Rosemary Pork with Corn and Green Beans	Tea, herbal, infusion
D A Y 2	Banana Oat Breakfast Bowl	Cinnamon Roasted Carrot Sticks	Parmesan Crusted White Fish with Asparagus over Brown Rice	Peanuts, Raw	Parmesan Baked White Fish with Broccoli over Quinoa	Black Tea
D A Y 3	Scrambled Egg with Onion and Tomato on Toast	Whole Wheat Cheese Quesadilla with Salsa	Beef and Carrots with Brown Rice	Banana and Oatmeal Cookies	Garlicky White Beans and Kale Pasta	Plain Yogurt (Low Fat) Flaxseed
D A Y 4	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	Vegan Hummus and Pan Fried Onions Toast	Beef and Carrots with Brown Rice	Swiss Cheese	Chicken Cutlets with Quinoa, Red Pepper and Arugula Relish	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)
D A Y 5	Plain Yogurt (Whole Milk) Blueberries	Low Fat Cream Cheese and Veggies Sandwich	Baked Lemon Salmon with Broccoli over Quinoa	Mediterranean Tuna Lettuce Cups	Air Fried Lemon Salmon with Potatoes and Broccoli	Plain Yogurt (Low Fat) Walnuts Blueberries
D A Y 6	Egg White, Bell Pepper, and Spinach Scramble	Cinnamon Roasted Carrot Sticks	Roasted Chicken Breast and Garlic Sweet Potatoes with Green Beans	Plain Yogurt (Whole Milk) Sunflower seeds	Parmesan Baked White Fish with Broccoli over Quinoa	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)
D A Y 7	Pear	Vegan Hummus and Pan Fried Onions Toast	Parmesan Crusted White Fish with Asparagus over Brown Rice	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	Garlic Rosemary Chicken with Zucchini	Peanuts, Raw

Macronutrient summary

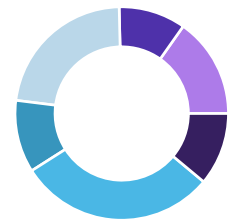
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12839.3	1834.2
Protein [g]	916.1	130.9
Fat [g]	475.3	67.9
Carbs [g]	1304.9	186.4
Fiber [g]	213.8	30.5
Net Carbs [g]	1091.1	155.9



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	279.2	14.9	8.9	37.1	6.3	30.8
Mid-morning snack	186.4	7.5	8.4	21.6	4.6	17.1
Lunch	415.2	35.2	13.3	38.8	4.2	34.6
Mid-afternoon snack	201.5	10.5	11.3	16.5	3.2	13.4
Dinner	549.1	55.1	15.6	49.1	7.3	41.8
Dessert	202.7	7.6	10.4	23.3	5	18.3



Breakfast Mid-morning snack Lunch Mid-afternoon snack Dinner Dessert

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1867	138.8	71.3	181.3	29.5	151.8
Day 2	1887	145.9	68	185.2	26.8	158.4
Day 3	1875	113.9	68.4	202.7	28.4	174.3
Day 4	1828.9	120.6	63.8	199.3	30.4	168.9
Day 5	1763.3	122.3	69.3	177.5	31.5	146
Day 6	1872.8	155.1	67.9	172.6	30.5	142.1
Day 7	1745.2	119.5	66.6	186.2	36.8	149.4

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg with Avocado and Tomato 1 serving (290 g)	274.4	13.7	20.2	12.2	6.8	5.4
TOTAL FOR BREAKFAST	274.4	13.7	20.2	12.2	6.8	5.4
Mid-morning snack						
Strawberries 2 cup, halves (304 g)	97.3	2	0.9	23.3	6.1	17.2
TOTAL FOR MID-MORNING SNACK	97.3	2	0.9	23.3	6.1	17.2
Lunch						
Chargrilled Chicken Escalopes with Tomato and Spinach over Rice 2 serving (502 g)	570.4	52	12.9	58.4	2.8	55.6
TOTAL FOR LUNCH	570.4	52	12.9	58.4	2.8	55.6
Mid-afternoon snack						
Raspberries 40 raspberries (76 g)	39.5	0.9	0.5	9.1	4.9	4.2
Plain Yogurt (Whole Milk) 2 container (6 oz) (340 g)	207.4	11.8	11.1	15.8	0	15.8
TOTAL FOR MID-AFTERNOON SNACK	246.9	12.7	11.5	24.9	4.9	20
Dinner						
Rosemary Pork with Corn and Green Beans 2 serving (644 g)	677	58.4	25.7	62.3	9	53.3
TOTAL FOR DINNER	677	58.4	25.7	62.3	9	53.3
Dessert						
Tea, herbal, infusion 100 grams (100 g)	1	0	0	0.2	0	0.2
TOTAL FOR DESSERT	1	0	0	0.2	0	0.2
TOTAL FOR DAY 1	1867	138.8	71.3	181.3	29.5	151.8

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Oat Breakfast Bowl 2 serving (512 g)	433.2	9.8	6.8	89.5	10.9	78.6
TOTAL FOR BREAKFAST	433.2	9.8	6.8	89.5	10.9	78.6
Mid-morning snack						
Cinnamon Roasted Carrot Sticks 1 serving (121 g)	107.2	1.1	7	11.2	3.4	7.8
TOTAL FOR MID-MORNING SNACK	107.2	1.1	7	11.2	3.4	7.8
Lunch						
Parmesan Crusted White Fish with Asparagus over Brown Rice 1 serving (287 g)	394.9	34.3	16.6	27.4	2.6	24.8
TOTAL FOR LUNCH	394.9	34.3	16.6	27.4	2.6	24.8
Mid-afternoon snack						
Peanuts, Raw 1 oz (28.4 g)	160.7	7.3	14	4.6	2.4	2.2
TOTAL FOR MID-AFTERNOON SNACK	160.7	7.3	14	4.6	2.4	2.2
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
Dessert						
Black Tea 1 cup (225 g)	0	0	0	0	0	0
TOTAL FOR DESSERT	0	0	0	0	0	0
TOTAL FOR DAY 2	1887	145.9	68	185.2	25.8	158.4

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Scrambled Egg with Onion and Tomato on Toast 2 serving (470 g)	619.1	40.9	23.3	60.9	9.4	51.5
TOTAL FOR BREAKFAST	619.1	40.9	23.3	60.9	9.4	51.5
Mid-morning snack						
Whole Wheat Cheese Quesadilla with Salsa 1 serving (91 g)	225.4	12.2	12	17	1.4	15.6
TOTAL FOR MID-MORNING SNACK	225.4	12.2	12	17	1.4	15.6
Lunch						
Beef and Carrots with Brown Rice 2 serving (368 g)	473.3	37.5	14.7	47.5	4.3	43.2
TOTAL FOR LUNCH	473.3	37.5	14.7	47.5	4.3	43.2
Mid-afternoon snack						
Banana and Oatmeal Cookies 1 serving (26 g)	43.3	1.1	0.5	9.1	1.2	7.9
TOTAL FOR MID-AFTERNOON SNACK	43.3	1.1	0.5	9.1	1.2	7.9
Dinner						
Garlicky White Beans and Kale Pasta 1 serving (121 g)	293.1	11.1	4.5	52.1	4.5	47.6
TOTAL FOR DINNER	293.1	11.1	4.5	52.1	4.5	47.6
Dessert						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Flaxseed 4 tbsp, ground (28 g)	149.5	5.1	11.8	8.1	7.6	0.5
TOTAL FOR DESSERT	220.7	11.1	13.6	16	7.6	8.4
TOTAL FOR DAY 3	1875	113.9	68.4	202.7	28.4	174.3

Day 4 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
Mid-morning snack						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
TOTAL FOR MID-MORNING SNACK	221.3	9.3	9.6	26.2	6.3	19.9
Lunch						
Beef and Carrots with Brown Rice 2 serving (368 g)	473.3	37.5	14.7	47.5	4.3	43.2
TOTAL FOR LUNCH	473.3	37.5	14.7	47.5	4.3	43.2
Mid-afternoon snack						
Swiss Cheese 2 ounce (56.7 g)	222.8	15.3	17.6	0.8	0	0.8
TOTAL FOR MID-AFTERNOON SNACK	222.8	15.3	17.6	0.8	0	0.8
Dinner						
Chicken Cutlets with Quinoa, Red Pepper and Arugula Relish 2 serving (424 g)	448.7	32.2	13.3	49.3	7.4	41.9
TOTAL FOR DINNER	448.7	32.2	13.3	49.3	7.4	41.9
Dessert						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR DESSERT	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR DAY 4	1828.9	120.6	63.8	199.3	30.4	168.9

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
Blueberries 3 oz (85.1 g)	48.5	0.6	0.3	12.3	2	10.3
TOTAL FOR BREAKFAST	152.2	6.5	5.8	20.2	2	18.2
Mid-morning snack						
Low Fat Cream Cheese and Veg- gies Sandwich 1 serving (290 g)	325.1	17.7	12.4	36.1	5	31.1
TOTAL FOR MID-MORNING SNACK	325.1	17.7	12.4	36.1	5	31.1
Lunch						
Baked Lemon Salmon with Broc- coli over Quinoa 1 serving (325 g)	278.8	24.1	7.7	30.8	6.5	24.3
TOTAL FOR LUNCH	278.8	24.1	7.7	30.8	6.5	24.3
Mid-afternoon snack						
Mediterranean Tuna Lettuce Cups 1 serving (211 g)	181.4	17.2	10.5	4.9	1.7	3.2
TOTAL FOR MID-AFTERNOON SNACK	181.4	17.2	10.5	4.9	1.7	3.2
Dinner						
Air Fried Lemon Salmon with Potatoes and Broccoli 2 serving (702 g)	526.2	45.8	12	63.7	12.6	51.1
TOTAL FOR DINNER	526.2	45.8	12	63.7	12.6	51.1
Dessert						
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

Blueberries

50 berries (68 g)

38.8	0.5	0.2	9.9	1.6	8.3
------	-----	-----	-----	-----	-----

TOTAL FOR DESSERT

299.6	10.9	20.9	21.8	3.6	18.2
--------------	-------------	-------------	-------------	------------	-------------

TOTAL FOR DAY 5

1763.3	122.3	69.3	177.5	31.5	146
---------------	--------------	-------------	--------------	-------------	------------

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 1 serving (183 g)	98.2	13.9	2.3	4.8	1.1	3.7
TOTAL FOR BREAKFAST	98.2	13.9	2.3	4.8	1.1	3.7
Mid-morning snack						
Cinnamon Roasted Carrot Sticks 1 serving (121 g)	107.2	1.1	7	11.2	3.4	7.8
TOTAL FOR MID-MORNING SNACK	107.2	1.1	7	11.2	3.4	7.8
Lunch						
Roasted Chicken Breast and Garlic Sweet Potatoes with Green Beans 1 serving (339 g)	321.1	26.8	9.7	32.6	6.6	26
TOTAL FOR LUNCH	321.1	26.8	9.7	32.6	6.6	26
Mid-afternoon snack						
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
Sunflower seeds 1 portion(s) (28 g)	163.5	5.8	14.4	5.6	2.4	3.2
TOTAL FOR MID-AFTERNOON SNACK	267.2	11.7	19.9	13.5	2.4	11.1
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
Dessert						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR DESSERT	288.1	8.2	5.2	57.9	9.4	48.5

TOTAL FOR DAY 6

1872.8

155.1

67.9

172.6

30.5

142.1

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR BREAKFAST	202.9	1.3	0.5	54.2	11	43.2
Mid-morning snack						
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
TOTAL FOR MID-MORNING SNACK	221.3	9.3	9.6	26.2	6.3	19.9
Lunch						
Parmesan Crusted White Fish with Asparagus over Brown Rice 1 serving (287 g)	394.9	34.3	16.6	27.4	2.6	24.8
TOTAL FOR LUNCH	394.9	34.3	16.6	27.4	2.6	24.8
Mid-afternoon snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR MID-AFTERNOON SNACK	288.1	8.2	5.2	57.9	9.4	48.5
Dinner						
Garlic Rosemary Chicken with Zucchini 2 serving (478 g)	316.6	51.7	6.7	11.4	2.6	8.8
TOTAL FOR DINNER	316.6	51.7	6.7	11.4	2.6	8.8
Dessert						
Peanuts, Raw 2 oz (56.7 g)	321.5	14.6	27.9	9.1	4.8	4.3
TOTAL FOR DESSERT	321.5	14.6	27.9	9.1	4.8	4.3
TOTAL FOR DAY 7	1745.2	119.5	66.6	186.2	36.8	149.4

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Calcium, Ca [mg]	945.6	1000	2500	95
Iron, Fe [mg]	13.5	18	45	75
Magnesium, Mg [mg]	504.2	310	*350 mg	163
Phosphorus, P [mg]	1943.3	700	4000	278
Potassium, K [mg]	4009.6	4700		85
Sodium, Na [mg]	2803.2	1500	2300	187
Zinc, Zn [mg]	13	8	40	162
Vitamin A, RAE [ug]	787.6	700	3000	113
Vitamin E [mg]	10.8	15	1000	72
Vitamin D [ug]	5.6	15	100	38
Vitamin C [mg]	184.9	75	2000	247
Thiamin [mg]	1.8	1.1		160
Riboflavin [mg]	2	1.1		179
Niacin [mg]	33.1	14	35	236
Vitamin B6 [mg]	3.5	1.3	100	271
Vitamin B12 [ug]	6.4	2.4		267
Vitamin K [ug]	187	90		208
Tryptophan [g]	0.8			
Threonine [g]	2.7			
Isoleucine [g]	3.1			
Leucine [g]	5.5			
Lysine [g]	4.8			
Methionine [g]	1.6			
Cystine [g]	0.9			
Tyrosine [g]	2.6			

Scrambled Egg with Onion and Tomato on Toast

🕒 20 min 🍽️ 1 serving

310 Kcal / serving

20g Protein 12g Fat 30g Carbs

Ingredients

- Eggs, 2 large (100 g)
- Salt, 1/2 tsp (3 g)
- Onion, 1/4 cup (38.5 g)
- Tomato, 1/4 cup (35.8 g)
- Bread, 2 slices (56.4 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

In a bowl, beat the eggs until well combined.

Heat a non-stick pan over medium heat and add a little oil.

Add the chopped onion and sauté until it becomes translucent.

Add the diced tomato and cook for another 2 minutes until it softens.

Season with salt and pepper to taste.

Push the onion and tomato mixture to one side of the pan and pour the beaten eggs into the other side.

Scramble the eggs gently until they are fully cooked.

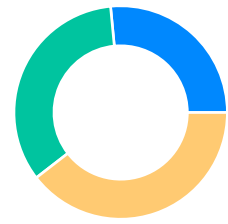
While the eggs are cooking, toast the bread slices until golden brown.

Place the scrambled eggs on one slice of bread and cover it with the other slice.

Cut the sandwich into halves or quarters and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	309.6	131.9	309.6
Protein [g]	20.4	8.7	20.4
Fat [g]	11.6	4.9	11.6
Carbs [g]	30.4	13	30.4
Fiber [g]	4.7	2	4.7
Net Carbs [g]	25.7	11	25.7



Protein Fat Carbs

Low Fat Cream Cheese and Veggies Sandwich

🕒 10 min 🍽️ 4 servings

325 Kcal / serving

18g Protein 12g Fat 36g Carbs

Ingredients

- Dill, 1/4 cup (12.2 g)
- Carrot, 1 portion (61 g)
- Cucumber, 1 cucumber (300 g)
- Bell pepper, 1 portion (119.1 g)
- Bread, 8 slices (225.8 g)
- Cream cheese, 1 cup (240 g)
- Greek yogurt, 1 cup (200 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a bowl, mix the low-fat cream cheese and Greek yogurt until well combined.

Spread the cream cheese mixture evenly on 4 slices of bread.

Layer cucumber slices, red bell pepper slices, and grated carrot on top of the cream cheese mixture.

Sprinkle fresh dill, salt, and pepper over the vegetables.

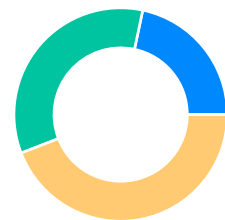
Cover with the remaining 4 slices of bread to form sandwiches.

Cut each sandwich diagonally into halves or quarters.

Serve immediately or refrigerate for later.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1300.5	112.1	325.1
Protein [g]	70.9	6.1	17.7
Fat [g]	49.7	4.3	12.4
Carbs [g]	144.3	12.4	36.1
Fiber [g]	20.1	1.7	5
Net Carbs [g]	124.2	10.7	31.1



Protein Fat Carbs

Whole Wheat Cheese Quesadilla with Salsa

🕒 11 min 🍽️ 2 servings

224 Kcal / serving

12g Protein 12g Fat 17g Carbs

Ingredients

- Flour tortillas, 2 (60 g)
- Cheese, 3/4 cup (84.8 g)
- salsa, 2 tbsp (36 g)



Instructions

Heat a non-stick skillet or griddle over medium heat.

Place one tortilla in the skillet and sprinkle half of the shredded cheese evenly over it.

Place the second tortilla on top to cover the cheese.

Cook for about 2-3 minutes, or until the bottom tortilla is golden brown and crispy.

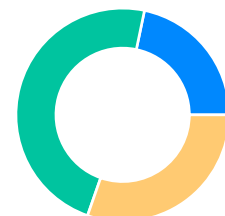
Carefully flip the quesadilla using a spatula and cook for another 2-3 minutes until the other side is golden brown and the cheese is melted.

Remove the quesadilla from the skillet and let it cool for a minute.

Cut into wedges and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	448.3	248	224.2
Protein [g]	24.3	13.4	12.2
Fat [g]	23.8	13.2	11.9
Carbs [g]	33.9	18.8	17
Fiber [g]	2.8	1.5	1.4
Net Carbs [g]	31.1	17.2	15.6



Protein Fat Carbs

Mediterranean Tuna Lettuce Cups

🕒 15 min 🍽️ 2 servings

181 Kcal / serving

17g Protein 11g Fat 5g Carbs

Ingredients

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



Instructions

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

Mix well to combine all the ingredients.

Season with salt and pepper to taste.

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

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

Serve immediately and enjoy!

Macronutrient summary

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



Protein Fat Carbs

Cinnamon Roasted Carrot Sticks

🕒 20 min 🍽️ 4 servings

107 Kcal / serving

1g Protein 7g Fat 11g Carbs

Ingredients

- Carrots, 1 pound (453.6 g)
- Olive oil, 2 tablespoon (27 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, toss the carrot sticks with olive oil, ground cinnamon, salt, and pepper until evenly coated.

Spread the carrot sticks in a single layer on a baking sheet.

Roast in the preheated oven for about 15-20 minutes, or until the carrots are tender and slightly caramelized, stirring once halfway through.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	429.6	88.7	107.4
Protein [g]	4.3	0.9	1.1
Fat [g]	28.1	5.8	7
Carbs [g]	45.1	9.3	11.3
Fiber [g]	13.8	2.8	3.5
Net Carbs [g]	31.3	6.5	7.8



Protein Fat Carbs

Chicken Cutlets with Quinoa, Red Pepper and Arugula Relish

🕒 15 min 🍽️ 4 servings

224 Kcal / serving

16g Protein 7g Fat 25g Carbs

Ingredients

- Arugula, 2 cup (40 g)
- Olive oil, 1 tablespoon (13.5 g)
- Balsamic vinegar, 2 tbsp (32 g)
- Peppers, 1 cup (149.1 g)
- Onion, 1/4 cup (40 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken Breast, 1 portion(s) (200 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken cutlets with salt and pepper.

Heat 1 tablespoon of olive oil in a skillet over medium-high heat.

Cook the chicken cutlets for 3-4 minutes on each side, or until cooked through.

In a separate bowl, combine the cooked quinoa, diced red peppers, arugula, red onion, balsamic vinegar, and remaining olive oil. Toss to combine.

Place the cooked chicken cutlets on a serving plate and top with the red pepper and arugula relish.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	896.3	105.9	224.1
Protein [g]	64.4	7.6	16.1
Fat [g]	26.6	3.1	6.7
Carbs [g]	98.4	11.6	24.6
Fiber [g]	14.8	1.7	3.7
Net Carbs [g]	83.6	9.9	20.9



Protein Fat Carbs

Chargrilled Chicken Escalopes with Tomato and Spinach over Rice

🕒 15 min 🍽️ 4 servings

285 Kcal / serving

26g Protein 7g Fat 29g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (6 g)
- **Baby spinach**, 2 cup (60 g)
- **Paprika**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Rice**, 2 cups (370 g)
- **Chicken Breast, thinly sliced**, 2 portion(s) (400 g)



Instructions

Preheat a grill or grill pan over medium-high heat.

In a small bowl, mix together olive oil, minced garlic, dried oregano, smoked paprika, salt, and pepper.

Brush both sides of the chicken escalopes with the olive oil mixture.

Grill the chicken for about 3-4 minutes per side or until cooked through.

Remove the chicken from the grill and set aside.

In the same pan, add the cherry tomatoes and cook for 2-3 minutes until slightly softened.

Add the baby spinach and cook for another 1-2 minutes until wilted.

Serve the grilled chicken escalopes over a bed of cooked rice, topped with the tomato and spinach mixture.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1140.8	113.6	285.2
Protein [g]	103.9	10.3	26
Fat [g]	25.8	2.6	6.5
Carbs [g]	116.8	11.6	29.2
Fiber [g]	5.5	0.5	1.4
Net Carbs [g]	111.3	11.1	27.8



Protein Fat Carbs

Rosemary Pork with Corn and Green Beans

🕒 15 min 🍽️ 4 servings

339 Kcal / serving

29g Protein 13g Fat 31g Carbs

Ingredients

- Rosemary, 1 tbsp (1.7 g)
- Olive oil, 2 tablespoon (27 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Corn, Fresh, kernels, 4 cups (580 g)
- Green Beans, sliced, 2 cup (226 g)



Instructions

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

Add the sliced pork to the skillet and cook for 3-4 minutes on each side, or until browned and cooked through.

Remove the pork from the skillet and set aside.

In the same skillet, add the corn kernels and green beans.

Cook for 5-6 minutes, or until the vegetables are tender-crisp.

Add the chopped rosemary to the skillet and stir to combine.

Return the cooked pork to the skillet and toss with the vegetables and rosemary.

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

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1354.1	105.1	338.5
Protein [g]	116.8	9.1	29.2
Fat [g]	51.4	4	12.9
Carbs [g]	124.6	9.7	31.2
Fiber [g]	17.9	1.4	4.5
Net Carbs [g]	106.7	8.3	26.7



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 Chicken Breast and Garlic Sweet Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

321 Kcal / serving

27g Protein 10g Fat 33g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 1 medium (226 g)
- Green Beans, 225 g (225 g)
- Chicken Breast, 1 portion(s) (200 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

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

Roast in the preheated oven for 15 minutes.

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

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

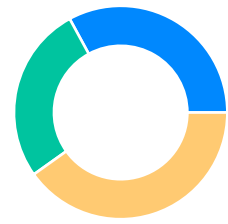
Remove from the oven and let it rest for a few minutes before serving.

Serve the roasted chicken breast with garlic sweet potatoes and green beans.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	641.3	94.8	320.7
Protein [g]	53.4	7.9	26.7
Fat [g]	19.4	2.9	9.7
Carbs [g]	65.1	9.6	32.6
Fiber [g]	13.1	1.9	6.6
Net Carbs [g]	52	7.7	26



Protein Fat Carbs

Air Fried Lemon Salmon with Potatoes and Broccoli

🕒 20 min 🍽️ 4 servings

263 Kcal / serving

23g Protein 6g Fat 32g Carbs

Ingredients

- Lemon, 1 (107 g)
- Potatoes, 500 g (500 g)
- Broccoli, 1 pounds (454 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 2 tsp (4 g)



Instructions

1. Preheat your air fryer to 400°F (200°C).
2. Slice the potatoes into small wedges and cut the broccoli into florets.
3. Season the salmon fillets with salt and pepper, and squeeze the juice of half a lemon over them.
4. Place the seasoned salmon fillets, potato wedges, and broccoli florets into the air fryer basket.
5. Cook for 12-15 minutes or until the salmon is cooked through and the potatoes are crispy.
6. Squeeze the juice of the remaining half lemon over the cooked salmon, potatoes, and broccoli.
7. Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1053.2	75	263.3
Protein [g]	91.7	6.5	22.9
Fat [g]	24	1.7	6
Carbs [g]	127.6	9.1	31.9
Fiber [g]	25.3	1.8	6.3
Net Carbs [g]	102.3	7.3	25.6



Protein Fat Carbs

Baked Lemon Salmon with Broccoli over Quinoa

🕒 20 min 🍽️ 2 servings

278 Kcal / serving

24g Protein 8g Fat 31g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Broccoli florets**, 2 cup (182 g)
- **Quinoa, cooked**, 1 cup (185 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the broccoli florets around the salmon.

Season the salmon and broccoli 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 quinoa according to package instructions.

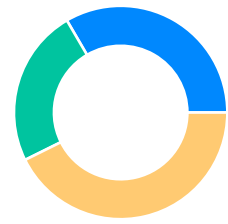
Once cooked, divide the quinoa onto two plates.

Remove the baked salmon and broccoli from the oven and place them on top of the quinoa.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	556.7	85.8	278.4
Protein [g]	48.2	7.4	24.1
Fat [g]	15.3	2.4	7.7
Carbs [g]	61.6	9.5	30.8
Fiber [g]	12.9	2	6.5
Net Carbs [g]	48.7	7.5	24.4



Protein Fat Carbs

Beef and Carrots with Brown Rice

🕒 15 min 🍽️ 4 servings

237 Kcal / serving

19g Protein 7g Fat 24g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (380 g)
- Carrots, sliced, 1 medium (61 g)
- Beef sirloin, thinly sliced, 280 grams (280 g)



Instructions

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

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

Remove the beef 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 beef to the skillet and season with salt.

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

Serve the stir-fry over the cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	948	128.6	237
Protein [g]	75.2	10.2	18.8
Fat [g]	29.4	4	7.4
Carbs [g]	95.2	12.9	23.8
Fiber [g]	8.5	1.2	2.1
Net Carbs [g]	86.7	11.8	21.7



Protein Fat Carbs

Garlic Rosemary Chicken with Zucchini

🕒 15 min 🍽️ 2 servings

158 Kcal / serving

26g Protein 3g Fat 6g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced zucchini.

Place the chicken breasts and zucchini on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	315.9	66.2	158
Protein [g]	51.6	10.8	25.8
Fat [g]	6.7	1.4	3.4
Carbs [g]	11.3	2.4	5.7
Fiber [g]	2.6	0.5	1.3
Net Carbs [g]	8.7	1.8	4.4



Protein Fat Carbs

Egg with Avocado and Tomato

🕒 10 min 🍽️ 1 serving

274 Kcal / serving

14g Protein 20g Fat 12g Carbs

Ingredients

- Avocado, 1 half (79 g)
- Eggs, 2 medium (88 g)
- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Salt and pepper, 1 pinch (0.1 g)



Instructions

1. Slice the avocado and tomato into thin slices.
2. In a non-stick skillet, crack the eggs and cook them over medium heat until desired doneness.
3. Season the eggs with salt and pepper.
4. Place the cooked eggs on a plate and arrange the avocado and tomato slices around them.
5. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	274.4	94.6	274.4
Protein [g]	13.7	4.7	13.7
Fat [g]	20.2	7	20.2
Carbs [g]	12.2	4.2	12.2
Fiber [g]	6.8	2.3	6.8
Net Carbs [g]	5.4	1.9	5.4



Protein Fat Carbs

Banana Oat Breakfast Bowl

🕒 7 min 🍽️ 1 serving

217 Kcal / serving

5g Protein 3g Fat 45g Carbs

Ingredients

- Bananas, 1 small (6" to 6-7/8" long) (101 g)
- Oats, 4 tbsp (24 g)
- Honey, 1 teaspoon (6 g)
- Almond milk, 1/2 cup (125 g)



Instructions

In a medium-sized bowl, mash the bananas with a fork.

Add the oats, almond milk, and honey to the mashed bananas. Stir well to combine.

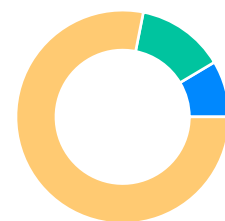
Microwave the mixture on high for 2 minutes.

Remove from the microwave and give it a good stir.

Enjoy your gluten-free breakfast bowl!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	216.6	84.6	216.6
Protein [g]	4.9	1.9	4.9
Fat [g]	3.4	1.3	3.4
Carbs [g]	44.8	17.5	44.8
Fiber [g]	5.4	2.1	5.4
Net Carbs [g]	39.4	15.4	39.4



Protein Fat Carbs

Banana and Oatmeal Cookies

🕒 20 min 🍽️ 12 servings

44 Kcal / serving

1g Protein 1g Fat 9g Carbs

Ingredients

- Bananas, 2 portion (231.3 g)
- Rolled oats, 1 cups (84.5 g)



Instructions

Preheat the oven to 350°F (175°C).

Peel the bananas and mash them in a mixing bowl until smooth.

Add the rolled oats to the mashed bananas and mix well until combined.

Line a baking sheet with parchment paper.

Scoop spoonfuls of the banana-oat mixture onto the prepared baking sheet, spacing them apart.

Flatten each spoonful with the back of a spoon or your fingers to form a cookie shape.

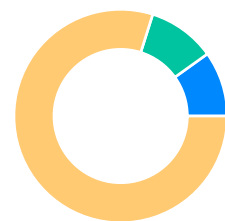
Bake in the preheated oven for 15 minutes or until the edges turn golden brown.

Remove from the oven and let the cookies cool on the baking sheet for a few minutes.

Transfer the cookies to a wire rack to cool completely before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	526	166.6	43.8
Protein [g]	13.6	4.3	1.1
Fat [g]	6.3	2	0.5
Carbs [g]	110	34.8	9.2
Fiber [g]	14.5	4.6	1.2
Net Carbs [g]	95.5	30.2	8



Protein Fat Carbs

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

221 Kcal / serving

9g Protein 10g Fat 26g Carbs

Ingredients

- Olive oil, 1 tsp (5 g)
- Vegan hummus, 1/2 cup (123 g)
- Whole Wheat Bread, 2 slice (64 g)
- Onion, thinly sliced, 1/2 cup (78.5 g)



Instructions

Heat olive oil in a pan over medium heat.

Add the sliced onions and sauté for 5 minutes until they are slightly softened and charred.

Toast the bread slices until golden brown.

Spread a generous amount of vegan hummus on each slice of toast.

Top the hummus with the pan-fried onions.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	441.1	163.1	220.6
Protein [g]	18.5	6.8	9.3
Fat [g]	19.1	7.1	9.6
Carbs [g]	52.2	19.3	26.1
Fiber [g]	12.6	4.7	6.3
Net Carbs [g]	39.6	14.6	19.8



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.

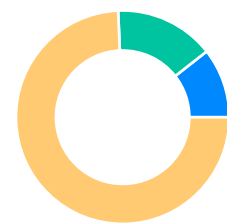
Bake for 15 minutes or until the top is set and slightly golden.

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.

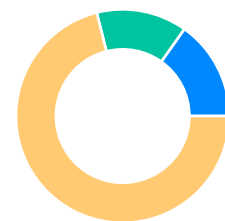
Add the cooked pasta to the skillet and toss everything together until well combined.

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

🕒 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

Fruits and Fruit Juices

- Avocado, 1 half (79 g)
- Bananas, 2 small (6" to 6-7/8" long) (202 g)
- Blueberries, 3 oz (85.1 g)
- Pear, 2 medium (356 g)
- Strawberries, 2 cup, halves (304 g)
- Lemon, 1/2 lemon (54.1 g)
- Raspberries, 40 raspberries (76 g)
- Bananas, 1/6 portion (19 g)
- Lemon juice, 1 tablespoons (15 g)
- Bananas, 3 medium (7" to 7-7/8" long) (354.6 g)
- Lemon, 1/2 (53.5 g)
- Blueberries, 50 berries (68 g)

Dairy and Egg Products

- Eggs, 2 medium (88 g)
- Almond milk, 2 1/2 cup (625.6 g)
- Eggs, 4 large (200.3 g)
- Egg whites, 1 cup (242.7 g)
- Plain Yogurt (Whole Milk), 4 container (6 oz) (680 g)
- Cheese, 1/3 cup (42.7 g)
- Cream cheese, 1/4 cup (60 g)
- Greek yogurt, 1/4 cup (50 g)
- Parmesan cheese, 1 1/2 cup (150.5 g)
- Swiss Cheese, 2 ounce (56.7 g)
- Plain Yogurt (Low Fat), 1 container (4 oz) (226 g)

Vegetables and Vegetable Products

- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Onion, 1/2 cup (77 g)
- Tomato, 1/2 cup (71.7 g)
- 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)
- Carrots, 1/2 pound (226.5 g)
- Onion, thinly sliced, 1/2 cup (78.9 g)

- Carrot, 1/4 portion (15.2 g)
- Cucumber, 1/4 cucumber (75 g)
- Bell pepper, 1/4 portion (29.8 g)
- Garlic, 1 cloves (3 g)
- Baby spinach, 1 cup (30 g)
- Cherry tomatoes, 1/2 cup (74.5 g)
- Asparagus, 2 portion(s) (80.1 g)
- Carrots, sliced, 1 medium (60.9 g)
- Broccoli florets, 3 cup (273.4 g)
- Garlic, 7 clove (21 g)
- Sweet potatoes, 1/2 medium (113.3 g)
- Green Beans, 1 1/2 cup (112.7 g)
- Cucumber, 1/7 cup (16 g)
- Bell pepper, 1/7 cup (17.9 g)
- Parsley, 1 tablespoons (4 g)
- Lettuce leaves, 2 large (48 g)
- Corn, Fresh, kernels, 2 cups (289.9 g)
- Green Beans, sliced, 1 cup (113 g)
- Kale, chopped, 1/3 cup (15.3 g)
- Arugula, 1 cup (20 g)
- Peppers, 1/2 cup (74.7 g)
- Onion, 1/7 cup (20 g)
- Potatoes, 2 4/5 g (249.8 g)
- Broccoli, 1/2 pounds (226.8 g)
- Zucchini, 2 small (236.4 g)

Spices and Herbs

- Salt and pepper, 1 pinch (0.1 g)
- Salt, 1 1/2 tsp (9 g)
- Pepper, 2 1/3 teaspoon (4.3 g)
- Salt, 2/3 teaspoon (4.3 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Salt and pepper, 5 1/2 tsp (11 g)
- Dill, 0 cup (3.1 g)
- Oregano, 1/2 teaspoons (1 g)
- Paprika, 1/2 teaspoon (1 g)
- Rosemary, 1/2 tbsp (0.9 g)
- Balsamic vinegar, 1 tbsp (16 g)

- Rosemary, 2 sprig (0.2 g)

Breakfast Cereals

- Oats, 8 tbsp (48 g)
- Rolled oats, 0 cups (7 g)
- Rolled oats, 1 1/2 c (121.8 g)

Sweets

- Honey, 2 teaspoon (12 g)
- Cocoa powder, 3 tablespoon (15 g)

Baked Products

- Bread, 6 slices (169.5 g)
- Whole Wheat Toast, 1 slice (25 g)
- Whole Wheat Bread, 2 slice (64.4 g)

Fats and Oils

- Olive oil, 1 teaspoons (4 g)
- Olive oil, 5 2/3 tablespoon (77.6 g)
- Olive oil, 1 tsp (5 g)
- Extra virgin olive oil, 1/2 tablespoon (7 g)

Other

- Flour tortillas, 1 (30.2 g)

Soups, Sauces, and Gravies

- salsa, 1 tbsp (18.1 g)

Legumes and Legume Products

- Vegan hummus, 1/2 cup (123.7 g)
- Peanuts, Raw, 3 oz (85.1 g)
- Beans, 1/3 cup (44.8 g)

Cereal Grains and Pasta

- Rice, 1 cups (184.9 g)
- cooked brown rice, 1 cup (190.1 g)
- Brown rice, 2 cup (379.3 g)
- Quinoa, cooked, 3 1/2 cup (648.4 g)
- Pasta, 1 serving (54.1 g)

Poultry Products

- Chicken Breast, thinly sliced, 1 portion(s) (199.9 g)

- Chicken Breast, 1 portion(s) (200.4 g)

Finfish and Shellfish Products

- Fish, 6 fillet (1021.1 g)
- Salmon, 3 ounce (85.2 g)
- Salmon, 1 fillet (169.9 g)

Beef Products

- Beef sirloin, thinly sliced, 279 1/2 grams (279.5 g)

Canned and Jarred

- Tuna, 1/2 can (85.1 g)
- Kalamata olives, 1/7 cup (16.9 g)

Nut and Seed Products

- Sunflower seeds, 1 portion(s) (28 g)
- Flaxseed, 4 tbsp, ground (28 g)
- Walnuts, 1 oz (29 g)

Pork Products

- Pork Tenderloin, 1/2 pound (226.7 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 2 portion (226.4 g)

Beverages

- Tea, herbal, infusion, 100 grams (100 g)
- Black Tea, 1 cup (225 g)