

# Candida Diet Meal Plan

📅 2024-04-23    👤 Testimony Olajire    🏠 Example Client

## DAY 1

<b>Breakfast</b>	Tangerines	2 small (2-1/4" dia) (152 g)
<b>Lunch</b>	Chicken and Mushroom over Cauliflower Rice	2 serving (756 g)
<b>Dinner</b>	Baked Salmon Rosemary with Zucchini and Squash	2 serving (1236 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)

## DAY 2

<b>Breakfast</b>	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)
<b>Lunch</b>	Garlic Rosemary Chicken with Brussel Sprouts	2 serving (516 g)
<b>Dinner</b>	Thai Chicken Cilantro Lime Cauliflower Rice	2 serving (666 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)

## DAY 3

<b>Breakfast</b>	Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash	2 serving (754 g)
<b>Lunch</b>	Paleo Chicken and Kale Stir Fry with Cauliflower Rice	2 serving (336 g)
<b>Dinner</b>	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	2 serving (754 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Blueberries	2 handful (152 g)

**DAY 4**

<b>Breakfast</b>	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	2 serving (754 g)
<b>Lunch</b>	Baked Garlic Salmon and Brussel Sprouts	2 serving (572 g)
<b>Dinner</b>	Tangerines	4 small (2-1/4" dia) (304 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Blueberries	2 handful (152 g)

**DAY 5**

<b>Breakfast</b>	Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash	1 serving (377 g)
<b>Lunch</b>	Keto Garlic Rosemary Chicken with Broccoli	2 serving (424 g)
<b>Dinner</b>	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	2 serving (754 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)

**DAY 6**

<b>Breakfast</b>	Tangerines	2 small (2-1/4" dia) (152 g)
<b>Lunch</b>	Baked Salmon Rosemary with Zucchini and Squash	2 serving (1236 g)
<b>Dinner</b>	Chicken and Mushroom over Cauliflower Rice	2 serving (756 g)
<b>Snack</b>	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)

**DAY 7**

<b>Breakfast</b>	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	2 serving (754 g)
<b>Lunch</b>	Garlic Rosemary Chicken with Brussel Sprouts	2 serving (516 g)
<b>Dinner</b>	Plain soy yogurt	2 cup (450 g)
	Flaxseed	8 tbsp, ground (56 g)
	Strawberries	2 cup, halves (304 g)
<b>Snack</b>	Chia Pudding with Berries	2 serving (446 g)

	BREAKFAST	LUNCH	DINNER	SNACK
1	D Tangerines A 2 small (2-¼" dia) (152 g) Y	Chicken and Mushroom over Cauliflower Rice 2 serving (756 g)	Baked Salmon Rosemary with Zucchini and Squash 2 serving (1236 g)	Plain soy yogurt 2 cup (450 g) Blackberries 8 ounces (224 g)
2	D Plain soy yogurt A 2 cup (450 g) Y Blackberries 8 ounces (224 g)	Garlic Rosemary Chicken with Brussel Sprouts 2 serving (516 g)	Thai Chicken Cilantro Lime Cau- liflower Rice 2 serving (666 g)	Plain soy yogurt 2 cup (450 g) Flaxseed 8 tbsp, ground (56 g) Strawberries 2 cup, halves (304 g)
3	D Cauliflower Breakfast Bowl with A Ground Pork and Butternut Y Squash 2 serving (754 g)	Paleo Chicken and Kale Stir Fry with Cauliflower Rice 2 serving (336 g)	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash 2 serving (754 g)	Plain soy yogurt 2 cup (450 g) Blueberries 2 handful (152 g)
4	D Cauliflower Breakfast Bowl with A Ground Turkey and Butternut Y Squash 2 serving (754 g)	Baked Garlic Salmon and Brussel Sprouts 2 serving (572 g)	Tangerines 4 small (2-¼" dia) (304 g)	Plain soy yogurt 2 cup (450 g) Blueberries 2 handful (152 g)
5	D Cauliflower Breakfast Bowl with A Ground Pork and Butternut Y Squash 1 serving (377 g)	Keto Garlic Rosemary Chicken with Broccoli 2 serving (424 g)	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash 2 serving (754 g)	Plain soy yogurt 2 cup (450 g) Flaxseed 8 tbsp, ground (56 g) Strawberries 2 cup, halves (304 g)
6	D Tangerines A 2 small (2-¼" dia) (152 g) Y	Baked Salmon Rosemary with Zucchini and Squash 2 serving (1236 g)	Chicken and Mushroom over Cauliflower Rice 2 serving (756 g)	Plain soy yogurt 2 cup (450 g) Blackberries 8 ounces (224 g)
7	D Cauliflower Breakfast Bowl with A Ground Turkey and Butternut Y Squash 2 serving (754 g)	Garlic Rosemary Chicken with Brussel Sprouts 2 serving (516 g)	Plain soy yogurt 2 cup (450 g) Flaxseed 8 tbsp, ground (56 g) Strawberries 2 cup, halves (304 g)	Chia Pudding with Berries 2 serving (446 g)

## Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13798	1971.1
Protein [g]	1103.3	157.6
Fat [g]	520.8	74.4
Carbs [g]	1292	184.6
Fiber [g]	297.8	42.5
Net Carbs [g]	994.2	142



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	373	31.3	11.5	41.1	8.1	33
Lunch	559.5	62.6	23.3	27.5	8.2	19.3
Dinner	573.9	47.5	23	49.6	11.5	38
Snack	464.7	16.1	16.6	66.4	14.8	51.6



Breakfast Lunch  
Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1948.9	154.4	75.7	181.9	40.3	141.6
Day 2	2023.3	165.7	69.9	193.5	51.7	141.8
Day 3	1973.4	152.6	76.1	185.4	31.2	154.2
Day 4	1941.1	150.2	76.7	178.1	29.4	148.7
Day 5	1930.5	161.8	71.1	177.2	44.1	133.1
Day 6	1948.9	154.4	75.7	181.9	40.3	141.6
Day 7	2031.9	164.2	75.7	194	60.7	133.3

## Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Tangerines</b> 2 small (2-1/4" dia) (152 g)	80.6	1.2	0.5	20.3	2.7	17.6
<b>TOTAL FOR BREAKFAST</b>	<b>80.6</b>	<b>1.2</b>	<b>0.5</b>	<b>20.3</b>	<b>2.7</b>	<b>17.6</b>
<b>Lunch</b>						
<b>Chicken and Mushroom over Cauliflower Rice</b> 2 serving (756 g)	436.2	61.1	12.6	24.2	8.5	15.7
<b>TOTAL FOR LUNCH</b>	<b>436.2</b>	<b>61.1</b>	<b>12.6</b>	<b>24.2</b>	<b>8.5</b>	<b>15.7</b>
<b>Dinner</b>						
<b>Baked Salmon Rosemary with Zucchini and Squash</b> 2 serving (1236 g)	1038.8	77	53.6	72.3	15.4	56.9
<b>TOTAL FOR DINNER</b>	<b>1038.8</b>	<b>77</b>	<b>53.6</b>	<b>72.3</b>	<b>15.4</b>	<b>56.9</b>
<b>Snack</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Blackberries</b> 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
<b>TOTAL FOR SNACK</b>	<b>393.3</b>	<b>15</b>	<b>9</b>	<b>65.1</b>	<b>13.7</b>	<b>51.4</b>
<b>TOTAL FOR DAY 1</b>	<b>1948.9</b>	<b>154.4</b>	<b>75.7</b>	<b>181.9</b>	<b>40.3</b>	<b>141.6</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Blackberries 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
<b>TOTAL FOR BREAKFAST</b>	<b>393.3</b>	<b>15</b>	<b>9</b>	<b>65.1</b>	<b>13.7</b>	<b>51.4</b>
<b>Lunch</b>						
Garlic Rosemary Chicken with Brussel Sprouts 2 serving (516 g)	447	71.4	8.5	22	7.9	14.1
<b>TOTAL FOR LUNCH</b>	<b>447</b>	<b>71.4</b>	<b>8.5</b>	<b>22</b>	<b>7.9</b>	<b>14.1</b>
<b>Dinner</b>						
Thai Chicken Cilantro Lime Cau- liflower Rice 2 serving (666 g)	489.7	55.2	20	23.3	7	16.3
<b>TOTAL FOR DINNER</b>	<b>489.7</b>	<b>55.2</b>	<b>20</b>	<b>23.3</b>	<b>7</b>	<b>16.3</b>
<b>Snack</b>						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Flaxseed 8 tbsp, ground (56 g)	299	10.2	23.6	16.2	15.3	0.9
Strawberries 2 cup, halves (304 g)	97.3	2	0.9	23.3	6.1	17.2
<b>TOTAL FOR SNACK</b>	<b>693.3</b>	<b>24.2</b>	<b>32.4</b>	<b>83.1</b>	<b>23.2</b>	<b>59.9</b>
<b>TOTAL FOR DAY 2</b>	<b>2023.3</b>	<b>165.7</b>	<b>69.9</b>	<b>193.5</b>	<b>51.7</b>	<b>141.8</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash</b> 2 serving (754 g)	599.1	54.4	22.8	52.3	10.6	41.7
<b>TOTAL FOR BREAKFAST</b>	<b>599.1</b>	<b>54.4</b>	<b>22.8</b>	<b>52.3</b>	<b>10.6</b>	<b>41.7</b>
<b>Lunch</b>						
<b>Paleo Chicken and Kale Stir Fry with Cauliflower Rice</b> 2 serving (336 g)	391.5	28.8	24.2	15.8	4.5	11.3
<b>TOTAL FOR LUNCH</b>	<b>391.5</b>	<b>28.8</b>	<b>24.2</b>	<b>15.8</b>	<b>4.5</b>	<b>11.3</b>
<b>Dinner</b>						
<b>Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash</b> 2 serving (754 g)	599.1	56.4	20.6	51.8	10.6	41.2
<b>TOTAL FOR DINNER</b>	<b>599.1</b>	<b>56.4</b>	<b>20.6</b>	<b>51.8</b>	<b>10.6</b>	<b>41.2</b>
<b>Snack</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Blueberries</b> 2 handful (152 g)	86.6	1.1	0.5	22	3.6	18.4
<b>TOTAL FOR SNACK</b>	<b>383.6</b>	<b>13</b>	<b>8.4</b>	<b>65.6</b>	<b>5.4</b>	<b>60.2</b>
<b>TOTAL FOR DAY 3</b>	<b>1973.4</b>	<b>152.6</b>	<b>76.1</b>	<b>185.4</b>	<b>31.2</b>	<b>154.2</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash</b> 2 serving (754 g)	578.9	60	18.2	51.8	10.6	41.2
<b>TOTAL FOR BREAKFAST</b>	<b>578.9</b>	<b>60</b>	<b>18.2</b>	<b>51.8</b>	<b>10.6</b>	<b>41.2</b>
<b>Lunch</b>						
<b>Baked Garlic Salmon and Brussel Sprouts</b> 2 serving (572 g)	817.4	74.7	49.2	20.1	7.9	12.2
<b>TOTAL FOR LUNCH</b>	<b>817.4</b>	<b>74.7</b>	<b>49.2</b>	<b>20.1</b>	<b>7.9</b>	<b>12.2</b>
<b>Dinner</b>						
<b>Tangerines</b> 4 small (2-1/4" dia) (304 g)	161.1	2.5	0.9	40.6	5.5	35.1
<b>TOTAL FOR DINNER</b>	<b>161.1</b>	<b>2.5</b>	<b>0.9</b>	<b>40.6</b>	<b>5.5</b>	<b>35.1</b>
<b>Snack</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Blueberries</b> 2 handful (152 g)	86.6	1.1	0.5	22	3.6	18.4
<b>TOTAL FOR SNACK</b>	<b>383.6</b>	<b>13</b>	<b>8.4</b>	<b>65.6</b>	<b>5.4</b>	<b>60.2</b>
<b>TOTAL FOR DAY 4</b>	<b>1941.1</b>	<b>150.2</b>	<b>76.7</b>	<b>178.1</b>	<b>29.4</b>	<b>148.7</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash</b> 1 serving (377 g)	299.6	27.2	11.4	26.1	5.3	20.8
<b>TOTAL FOR BREAKFAST</b>	<b>299.6</b>	<b>27.2</b>	<b>11.4</b>	<b>26.1</b>	<b>5.3</b>	<b>20.8</b>
<b>Lunch</b>						
<b>Keto Garlic Rosemary Chicken with Broccoli</b> 2 serving (424 g)	338.5	54	6.6	16.1	5	11.1
<b>TOTAL FOR LUNCH</b>	<b>338.5</b>	<b>54</b>	<b>6.6</b>	<b>16.1</b>	<b>5</b>	<b>11.1</b>
<b>Dinner</b>						
<b>Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash</b> 2 serving (754 g)	599.1	56.4	20.6	51.8	10.6	41.2
<b>TOTAL FOR DINNER</b>	<b>599.1</b>	<b>56.4</b>	<b>20.6</b>	<b>51.8</b>	<b>10.6</b>	<b>41.2</b>
<b>Snack</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Flaxseed</b> 8 tbsp, ground (56 g)	299	10.2	23.6	16.2	15.3	0.9
<b>Strawberries</b> 2 cup, halves (304 g)	97.3	2	0.9	23.3	6.1	17.2
<b>TOTAL FOR SNACK</b>	<b>693.3</b>	<b>24.2</b>	<b>32.4</b>	<b>83.1</b>	<b>23.2</b>	<b>59.9</b>
<b>TOTAL FOR DAY 5</b>	<b>1930.5</b>	<b>161.8</b>	<b>71.1</b>	<b>177.2</b>	<b>44.1</b>	<b>133.1</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Tangerines</b> 2 small (2-1/4" dia) (152 g)	80.6	1.2	0.5	20.3	2.7	17.6
<b>TOTAL FOR BREAKFAST</b>	<b>80.6</b>	<b>1.2</b>	<b>0.5</b>	<b>20.3</b>	<b>2.7</b>	<b>17.6</b>
<b>Lunch</b>						
<b>Baked Salmon Rosemary with Zucchini and Squash</b> 2 serving (1236 g)	1038.8	77	53.6	72.3	15.4	56.9
<b>TOTAL FOR LUNCH</b>	<b>1038.8</b>	<b>77</b>	<b>53.6</b>	<b>72.3</b>	<b>15.4</b>	<b>56.9</b>
<b>Dinner</b>						
<b>Chicken and Mushroom over Cauliflower Rice</b> 2 serving (756 g)	436.2	61.1	12.6	24.2	8.5	15.7
<b>TOTAL FOR DINNER</b>	<b>436.2</b>	<b>61.1</b>	<b>12.6</b>	<b>24.2</b>	<b>8.5</b>	<b>15.7</b>
<b>Snack</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Blackberries</b> 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
<b>TOTAL FOR SNACK</b>	<b>393.3</b>	<b>15</b>	<b>9</b>	<b>65.1</b>	<b>13.7</b>	<b>51.4</b>
<b>TOTAL FOR DAY 6</b>	<b>1948.9</b>	<b>154.4</b>	<b>75.7</b>	<b>181.9</b>	<b>40.3</b>	<b>141.6</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash</b> 2 serving (754 g)	578.9	60	18.2	51.8	10.6	41.2
<b>TOTAL FOR BREAKFAST</b>	<b>578.9</b>	<b>60</b>	<b>18.2</b>	<b>51.8</b>	<b>10.6</b>	<b>41.2</b>
<b>Lunch</b>						
<b>Garlic Rosemary Chicken with Brussel Sprouts</b> 2 serving (516 g)	447	71.4	8.5	22	7.9	14.1
<b>TOTAL FOR LUNCH</b>	<b>447</b>	<b>71.4</b>	<b>8.5</b>	<b>22</b>	<b>7.9</b>	<b>14.1</b>
<b>Dinner</b>						
<b>Plain soy yogurt</b> 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
<b>Flaxseed</b> 8 tbsp, ground (56 g)	299	10.2	23.6	16.2	15.3	0.9
<b>Strawberries</b> 2 cup, halves (304 g)	97.3	2	0.9	23.3	6.1	17.2
<b>TOTAL FOR DINNER</b>	<b>693.3</b>	<b>24.2</b>	<b>32.4</b>	<b>83.1</b>	<b>23.2</b>	<b>59.9</b>
<b>Snack</b>						
<b>Chia Pudding with Berries</b> 2 serving (446 g)	312.7	8.7	16.6	37.1	19	18.1
<b>TOTAL FOR SNACK</b>	<b>312.7</b>	<b>8.7</b>	<b>16.6</b>	<b>37.1</b>	<b>19</b>	<b>18.1</b>
<b>TOTAL FOR DAY 7</b>	<b>2031.9</b>	<b>164.2</b>	<b>75.7</b>	<b>194</b>	<b>60.7</b>	<b>133.3</b>

## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	2388.1			
Vitamin C [mg]	548.7			
Vitamin D [ug]	7.4			
Vitamin E [mg]	12.7			
Vitamin K [ug]	419.2			
Thiamin [mg]	2.1			
Riboflavin [mg]	2			
Niacin [mg]	62.7			
Vitamin B6 [mg]	6.1			
Vitamin B12 [ug]	7.2			
Calcium, Ca [mg]	1334.8			
Iron, Fe [mg]	15.7			
Magnesium, Mg [mg]	554			
Phosphorus, P [mg]	1882			
Zinc, Zn [mg]	12.6			
Potassium, K [mg]	6185.5			
Sodium, Na [mg]	2598.5			

# Formulas

FORMULA	VALUE	COMMENTS
BMI (Body Mass Index)	-	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	-	Harris/Benedict Equation
Weight maintenance level	-	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	-	Mifflin and St Jeor Equation
Weight maintenance level	-	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)	-	Katch-McArdle Formula
Weight maintenance level	-	BMR (Katch-McArdle) × Activity Level
PA values for different physical activity	-	BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	-	DRI as a function of body weight
Protein recommendation based on lean body mass	-	More accurate than DRI if LBM is known

# Thai Chicken Cilantro Lime Cauliflower Rice

🕒 35 min    🍽️ 4 servings

*Per serving:* 245 Kcal 28g Protein 10g Fat 12g Carbs

## Ingredients

- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Lime juice**, 2 tablespoon (30.1 g)
- **Cauliflower**, 1 medium head (575 g)
- **Zucchini**, 1 medium (196 g)
- **Garlic**, 2 clove (5.8 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Chicken breasts**, 1 lb (453.6 g)
- **Ginger**, 1 tablespoon (7 g)
- **Coconut aminos**, 2 tablespoon (30 g)



## Instructions

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

Add chicken pieces and cook until browned and cooked through, about 5-6 minutes. Remove from skillet and set aside.

In the same skillet, add zucchini, garlic, and ginger. Sauté until vegetables are tender, about 5 minutes.

Add cauliflower rice to the skillet and cook for an additional 3-4 minutes, until cauliflower is tender.

Return the cooked chicken to the skillet and stir in coconut aminos, lime juice, and chopped cilantro. Season with salt to taste.

Cook for an additional 2-3 minutes, until everything is well combined and heated through.

Serve hot and enjoy!

# Paleo Chicken and Kale Stir Fry with Cauliflower Rice

🕒 35 min    🍽️ 4 servings

*Per serving: 196 Kcal 14g Protein 12g Fat 8g Carbs*

## Ingredients

- **Cauliflower**, 1 small head (265 g)
- **Garlic**, 3 clove (9 g)
- **Kale**, 1 bunch (92.9 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Ginger**, 1 tablespoon (7 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Olive Oil**, 1 tablespoon (15 g)



## Instructions

Place cauliflower florets in a food processor and pulse until they resemble rice-like grains. Set aside.

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

Add minced garlic and ginger to the skillet and sauté for 1-2 minutes until fragrant.

Add chicken slices to the skillet and cook until browned and cooked through, about 5-7 minutes.

Remove chicken from the skillet and set aside.

In the same skillet, add kale leaves and cook until wilted, about 3-4 minutes.

Push the kale to one side of the skillet and add the cauliflower rice to the other side.

Cook cauliflower rice for 3-4 minutes, stirring occasionally, until slightly tender.

Combine the chicken, kale, and cauliflower rice in the skillet.

Add coconut aminos, and coconut oil to the skillet. Stir well to coat everything evenly.

Season with salt and pepper to taste.

Cook for an additional 2-3 minutes until all ingredients are heated through.

Serve hot and enjoy!

# Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash

🕒 30 min   🍽️ 4 servings

*Per serving:* 290 Kcal 30g Protein 9g Fat 26g Carbs

## Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground turkey to the skillet and cook until browned.

Remove the cooked turkey from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground turkey back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the turkey.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!



# Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash

🕒 30 min    🍽️ 4 servings

*Per serving:* 300 Kcal 27g Protein 11g Fat 26g Carbs

## Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)
- **lean ground pork**, 1 lb (454 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground pork to the skillet and cook until browned.

Remove the cooked pork from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground pork back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the pork.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

# Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash

🕒 30 min    🍽️ 4 servings

*Per serving:* 300 Kcal 28g Protein 10g Fat 26g Carbs

## Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)
- **lean ground beef**, 1 pound (454 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground beef to the skillet and cook until browned.

Remove the cooked beef from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground beef back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the beef.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

# Chia Pudding with Berries

🕒 20 min    🍽️ 2 servings

*Per serving:* 156 Kcal 4g Protein 8g Fat 19g Carbs

## Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (40.9 g)
- Almond milk, 1 cup (250 g)



## Instructions

In a bowl, combine chia seeds and almond milk.

Whisk the mixture well to avoid any clumps.

Let the mixture sit for 5 minutes, and then whisk again to break up any clumps.

Cover the bowl and refrigerate for at least 15 minutes or until the chia pudding thickens.

Once the chia pudding is ready, layer it with mixed berries in serving glasses or bowls.

Serve immediately and enjoy!

# Baked Garlic Salmon and Brussel Sprouts

🕒 20 min    🍽️ 2 servings

*Per serving:* 409 Kcal 37g Protein 25g Fat 10g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 g)
- Brussels Sprouts, 2 portion(s) (200 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

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

Slice the Brussel sprouts in half and arrange them around the salmon on the baking sheet.

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

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

Serve hot and enjoy!

# Keto Garlic Rosemary Chicken with Broccoli

🕒 15 min    🍽️ 2 servings

*Per serving:* 169 Kcal 27g Protein 3g Fat 8g 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)
- **Broccoli florets**, 2 cup (182 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.

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

While the chicken is cooking, steam the broccoli florets for about 5 minutes or until tender.

Serve the cooked chicken with steamed broccoli on the side.

# Garlic Rosemary Chicken with Brussel Sprouts

🕒 15 min 🍽️ 2 servings

*Per serving:* 223 Kcal 36g Protein 4g Fat 11g Carbs

## Ingredients

- **Rosemary**, 2 sprig (0.2 g)
- **Salt**, 1/2 tsp (3 g)
- **Garlic**, 4 clove (12 g)
- **Chicken breasts**, 300 g (300 g)
- **Brussels sprouts, halved**, 2 portion(s) (200 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 Brussel Sprouts.

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

Serve and enjoy!

# Chicken and Mushroom over Cauliflower Rice

🕒 30 min    🍽️ 2 servings

*Per serving:* 218 Kcal 31g Protein 6g Fat 12g Carbs

## Ingredients

- **Salt**, 1/2 teaspoon (2.5 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower**, 1 small head (265 g)
- **Chicken broth**, 1 tablespoons (15 g)
- **Mushrooms**, 8 oz (226.8 g)
- **Olive oil**, 1 tsp (5 g)
- **Garlic**, 2 clove (6 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Parsley**, 2 tablespoon (8 g)
- **Chicken breasts**, 2 portion (226 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and sliced mushrooms to the skillet. Cook until mushrooms are tender and slightly browned, about 5 minutes. Remove from skillet and set aside.

Season chicken breasts with dried thyme, salt, and black pepper.

In the same skillet, cook chicken breasts for about 6-7 minutes per side, or until cooked through. Remove from skillet and let rest for a few minutes before slicing into strips.

While the chicken is resting, steam the riced cauliflower until tender, about 5 minutes.

Return the cooked mushrooms to the skillet and add the steamed cauliflower rice. Stir in low-sodium chicken broth and cook for an additional 2-3 minutes, until everything is heated through.

Serve the chicken and mushroom mixture over the cauliflower rice.

Garnish with fresh parsley and enjoy!

# Baked Salmon Rosemary with Zucchini and Squash

🕒 30 min    🍽️ 2 servings

*Per serving: 519 Kcal 39g Protein 27g Fat 36g Carbs*

## Ingredients

- **Rosemary**, 2 tablespoons (4 g)
- **Lemon**, 1 fruit (2-3/8" dia) (84 g)
- **Olive oil**, 2 tablespoon (30 g)
- **Zucchini**s, 2 medium (320 g)
- **Salmon**, 2 fillet (340 g)
- **Sea salt**, 1/2 teaspoon (3 g)
- **Pepper**, 1/2 tsp (1 g)
- **Squash, butternut**, 1 lb (454 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the salmon fillets, cubed squash, and zucchini slices.

Drizzle olive oil over the salmon, squash and zucchini. Sprinkle with rosemary, sea salt, and black pepper.

Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 20-25 minutes, or until the salmon is cooked through and flakes easily with a fork.

Serve hot and enjoy!



# Shopping List

## Fruits and Fruit Juices

- Tangerines, 608 g
- Blackberries, 672 g
- Lemon, 168 g
- Lime juice, 15 g
- Strawberries, 912 g
- Blueberries, 304 g
- Berries, 155.1 g

## Legumes and Legume Products

- Plain soy yogurt, 3600 g

## Spices and Herbs

- Onion powder, 5.5 g
- Sage, 0.3 g
- Thyme, 4.7 g
- Salt, 23.4 g
- Pepper, 3 g
- Rosemary, 8.6 g
- Salt and pepper, 3 g
- Garlic powder, 1 teaspoon (3 g)
- Sea salt, 6 g

## Vegetables and Vegetable Products

- Cauliflower, 1678.4 g
- Butternut squash, 2969.8 g
- Parsley, 38 g
- Mushrooms, 453.7 g
- Garlic, 55.5 g
- Brussels sprouts, halved, 600.6 g
- Kale, 46.5 g
- Ginger, 7 g
- Broccoli florets, 182.3 g
- Zucchini, 737.9 g
- Cilantro, 2.1 g

## Fats and Oils

- Coconut oil, 98 g

- Olive oil, 104.5 g

### **Pork Products**

- lean ground pork, 340.3 g

### **Poultry Products**

- Ground turkey, 453.5 g

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

- Chicken broth, 30 g

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

- Chicken breasts, 1618.6 g

### **Other**

- Coconut aminos, 30 g

### **Finfish and Shellfish Products**

- Salmon, 1020 g

### **Beef Products**

- lean ground beef, 453.8 g

### **Nut and Seed Products**

- Flaxseed, 168 g
- Chia seeds, 40.9 g

### **Dairy and Egg Products**

- Almond milk, 250.1 g