

Candida Diet Recipes 2

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

DAY 1

Breakfast	Spinach, Ground Beef, and Potato Breakfast Skillet	2 serving (512 g)
Lunch	Garlic Butter Shrimp Pasta with Broccoli	1 serving (240 g)
Dinner	Baked Salmon with Broccoli and Carrots over Cooked Quinoa	1 serving (487 g)
Snack	Vegan Microwave Banana Chocolate Mug Cake	2 serving (252 g)

DAY 2

Breakfast	Turkey Carrot and Cabbage Hash	2 serving (440 g)
Lunch	Tunisian Couscous with Vegetables and Harissa	1 serving (551 g)
Dinner	Avocado Stuffed with Greek Salad	1 serving (194 g)
Snack	Crispy Seitan Corn Salad	2 serving (1080 g)

DAY 3

Breakfast	Herbed Spinach and Tomato Frittata	1 serving (215 g)
Lunch	Baked Cod with Zucchini and Peppers	2 serving (552 g)
Dinner	One-Pan Chicken Breast, Green Beans and Quinoa	2 serving (998 g)
Snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)

DAY 4

Breakfast	White Grapefruit, Fresh	2 fruit (3-3/4" dia) (472 g)
Lunch	Air Fried Carrots, Cauliflower, and Ground Chicken with Quinoa	1 serving (559 g)
Dinner	Baked Soy Sauce Ginger Salmon with Broccoli over Rice	2 serving (668 g)
Snack	Whole Wheat Bread	2 slice (64 g)
	Almond Butter	3 tablespoons (48 g)

DAY 5

Breakfast	Vegan Mongolian Tofu over Brown Rice	2 serving (654 g)
Lunch	Seitan Stir-Fry with Broccoli and Brown Rice	1 serving (302 g)
Dinner	Baked Pork Slices with Potatoes and Kale	2 serving (536 g)
Snack	Plain Yogurt (Low Fat)	1 container (4 oz) (226 g)
	Blueberries	200 berries (272 g)

DAY 6

Breakfast	Chicken, Green Peas and Carrots Wrap	2 serving (596 g)
Lunch	Baked Butter Beef Strips with Potato and Brussels Sprouts	2 serving (694 g)
Dinner	Collards Stir-Fry with Tofu	1 serving (207 g)
Snack	Dark Chocolate (70%-85%)	2 oz (56.7 g)

DAY 7

Breakfast	Vegan Breakfast Potatoes with Tomatoes and Tofu	1 serving (381 g)
Lunch	Canned Tuna with Arugula and Lemon over Quinoa	2 serving (432 g)
Dinner	Turkey Lettuce Wraps with Carrots and Bell Peppers	2 serving (644 g)
Snack	Cashew Butter Banana Toast	2 serving (412 g)

Tunisian Couscous with Vegetables and Harissa

🕒 35 min 🍽️ 4 servings

Per serving: 552 Kcal 19g Protein 11g Fat 96g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Paprika**, 1 teaspoon (2 g)
- **Cilantro**, 4 servings (0.4 g)
- **Carrots**, 2 portion (122 g)
- **Olive oil**, 2 servings (28 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Zucchini**, 1 medium (196 g)
- **Garlic**, 2 portion (6 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Chickpeas**, 1 can (453 g)
- **Couscous**, 2 cup (346 g)
- **Harissa paste**, 2 tablespoons (30 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and sauté until softened.

Add the carrots, zucchini, and red bell pepper to the pot. Cook for about 5 minutes, until the vegetables start to soften.

Stir in the harissa paste, cumin, coriander, and paprika. Cook for another minute to allow the flavors to meld.

Add the couscous and vegetable broth to the pot. Season with salt and pepper to taste. Bring the mixture to a boil.

Once boiling, reduce the heat to low and cover the pot. Simmer for about 10 minutes, or until the couscous is tender and has absorbed the liquid.

Fluff the couscous with a fork and stir in the chickpeas. Cook for an additional 2-3 minutes to heat through.

Serve the Tunisian couscous hot, garnished with fresh cilantro.

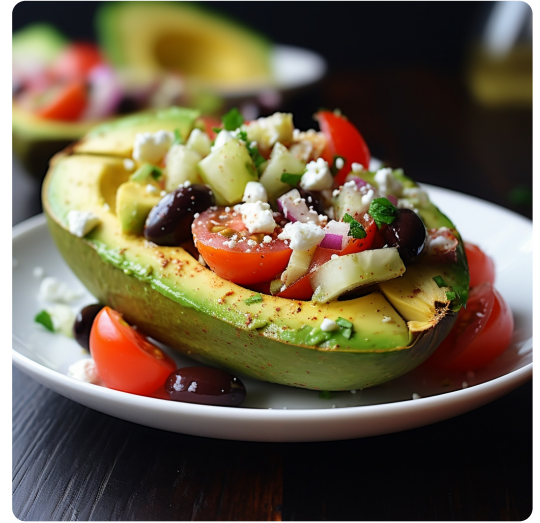
Avocado Stuffed with Greek Salad

🕒 10 min 🍽️ 4 servings

Per serving: 275 Kcal 4g Protein 25g Fat 12g Carbs

Ingredients

- Avocados, 2 avocado, ns as to florida or california (402 g)
- Feta cheese, 1/4 cup (39.2 g)
- Lemon juice, 1 t (14.9 g)
- Dill, 1 tbsp (0.4 g)
- Cucumber, 1/2 cup (64.1 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/4 cup (40 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Extra virgin olive oil, 2 tablespoons (28 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Cut the avocados in half and remove the pits.

In a bowl, combine cherry tomatoes, cucumber, red onion, Kalamata olives, feta cheese, olive oil, lemon juice, parsley, dill, salt, and pepper.

Gently toss the salad mixture until well combined.

Scoop out a small amount of avocado flesh from each half to create a larger cavity for the salad.

Fill each avocado half with the Greek salad mixture.

Serve immediately and enjoy!

Baked Cod with Zucchini and Peppers

🕒 40 min 🍽️ 2 servings

Per serving: 284 Kcal 32g Protein 15g Fat 5g Carbs

Ingredients

- **Onion powder**, 1/2 teaspoon (1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Salt**, 2 teaspoon (10 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Mushrooms**, 1/2 cup, whole (48 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Zucchini**, 1/2 cup, chopped (62 g)
- **Cod**, 2 servings (340 g)
- **Bell peppers**, 1/2 (59.5 g)
- **Black Pepper**, 1 tsp, ground (2.3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the cod fillets and drizzle with 1 tablespoon of olive oil. Season with salt and pepper.

In a separate bowl, combine the sliced zucchini, bell peppers, and mushrooms. Toss with the remaining olive oil, dried thyme, dried oregano, garlic powder, onion powder, salt, and pepper.

Spread the vegetable mixture around the cod fillets in the baking dish.

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

Serve the cod and vegetables hot, and enjoy!

Turkey Lettuce Wraps with Carrots and Bell Peppers

🕒 25 min 🍽️ 4 servings

Per serving: 205 Kcal 29g Protein 6g Fat 11g Carbs

Ingredients

- **Ginger powder**, 1 teaspoons (2 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Carrots**, 1 cup chopped (128 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Lettuce**, 1 head (538.9 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Bell pepper**, 1 medium (120 g)
- **Coconut aminos**, 2 tablespoon (30 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add bell pepper and shredded carrots. Sauté until vegetables are tender.

Add ground turkey to the skillet and cook until browned, breaking it up with a spatula.

In a small bowl, whisk together coconut aminos, ginger powder, and salt.

Pour the sauce over the turkey mixture in the skillet and stir well to combine.

Cook for an additional 2-3 minutes, until the flavors are well incorporated.

Remove from heat and let the mixture cool slightly.

Spoon the turkey mixture onto lettuce leaves, wrap them up, and secure with toothpicks if needed.

Serve immediately and enjoy!

Collards Stir-Fry with Tofu

🕒 30 min 🍽️ 4 servings

Per serving: 245 Kcal 14g Protein 16g Fat 16g Carbs

Ingredients

- **Turmeric powder**, 1 teaspoons (2.3 g)
- **Cayenne pepper**, 1/2 teaspoon (1 g)
- **Carrot**, 1 portion (61 g)
- **Collard greens**, 2 cup (134 g)
- **Mushrooms**, 1 cup, whole (96 g)
- **Olive oil**, 1 servings (14 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Ginger**, 1 tablespoon (7 g)
- **Garlic**, 3 clove (9 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Sesame seeds**, 2 tablespoon (16 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Rice vinegar**, 1 tablespoon (16 g)
- **Salt**, 1 tsp (2 g)
- **Black Pepper**, 1 tsp, ground (2.3 g)
- **Tofu**, 1 extra firm, drained (200 g)



Instructions

Heat olive oil in a large pan or wok over medium heat.

Add the onion, garlic, and ginger. Sauté until the onion becomes translucent.

Add the cubed tofu until partially cooked. Add the bell pepper, carrot, and mushrooms. Cook for 3-4 minutes until the vegetables start to soften.

Add the collard greens and sauté until wilted, about 5 minutes.

In a small bowl, whisk together tamari or soy sauce, rice vinegar, turmeric powder, cayenne pepper (if using), salt, and pepper.

Pour the sauce over the collard greens mixture and stir well to combine.

Continue cooking for another 2-3 minutes until the flavors meld together.

Remove from heat and garnish with sesame seeds.

Vegan Microwave Banana Chocolate Mug Cake

🕒 6 min 🍽️ 2 servings

Per serving: 239 Kcal 4g Protein 7g Fat 47g Carbs

Ingredients

- **Vanilla extract**, 1/4 teaspoons (1 g)
- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Baking powder**, 1/4 teaspoon (1 g)
- **Flour**, 2 tablespoon (18 g)
- **Cocoa powder**, 2 tablespoon (10 g)
- **Maple syrup**, 2 tablespoons (40 g)
- **Almond milk**, 2 tablespoons (30 g)
- **Dairy-free chocolate chips**, 1 tablespoon (33.5 g)



Instructions

In a microwave-safe mug, combine the mashed banana, flour, cocoa powder, maple syrup, baking powder, vanilla extract, and almond milk.

Mix well until all the ingredients are thoroughly combined.

Fold in the dairy-free chocolate chips.

Place the mug in the microwave and cook on high for 1-2 minutes, or until the cake is set in the middle.

Let the mug cake cool for a minute before serving.

Enjoy your vegan microwave banana chocolate mug cake!

Cashew Butter Banana Toast

🕒 5 min 🍽️ 1 serving

Per serving: 438 Kcal 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

1. Toast the bread slices until golden brown.
2. Spread peanut butter evenly on both slices of toast.
3. Arrange the banana slices on top of one slice of toast.
4. Place the other slice of toast on top to make a sandwich.
5. Cut the sandwich diagonally into two triangles.
6. Serve and enjoy!

Garlic Butter Shrimp Pasta with Broccoli

🕒 20 min 🍽️ 4 servings

Per serving: 455 Kcal 34g Protein 15g Fat 47g Carbs

Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Butter**, 4 tablespoon (56 g)
- **Garlic**, 4 clove (12 g)
- **Shrimp**, 1 pound (453.6 g)
- **Pasta**, 8 ounces (226.8 g)
- **Broccoli florets**, 2 cups (182 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

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

In a large skillet, melt the butter over medium heat.

Add the minced garlic and cook for 1-2 minutes until fragrant.

Add the shrimp to the skillet and cook for 2-3 minutes on each side until pink and cooked through.

Remove the shrimp from the skillet and set aside.

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

Return the shrimp to the skillet and add the cooked pasta.

Stir in the grated Parmesan cheese and season with salt and pepper to taste.

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

Serve hot and enjoy!

Spinach, Ground Beef, and Potato Breakfast Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 258 Kcal 28g Protein 7g Fat 20g Carbs

Ingredients

- **Oregano**, 1/2 teaspoon (1 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Potatoes**, 2 medium (425.5 g)
- **Chicken broth**, 1/4 cup (62 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Spinach**, 2 cups (60 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **lean ground beef**, 1 pound (454 g)



Instructions

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

Add ground turkey and cook until browned, breaking it up into crumbles.

Add diced potatoes and cook for 5 minutes, stirring occasionally.

Sprinkle paprika, dried thyme, dried oregano, salt, and black pepper over the turkey and potatoes. Stir well to coat.

Pour chicken broth into the skillet, cover, and cook for 10 minutes or until potatoes are tender.

Add chopped spinach to the skillet and cook for an additional 2-3 minutes until wilted.

Serve hot and enjoy!

Air Fried Carrots, Cauliflower, and Ground Chicken with Quinoa

🕒 15 min 🍽️ 2 servings

Per serving: 581 Kcal 34g Protein 22g Fat 65g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ground chicken**, 1/2 lb (226.8 g)
- **Water**, 2 cups (473.2 g)
- **Quinoa**, 1 cup (170 g)
- **Cauliflower florets**, 1 cup (100 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Rinse the quinoa under cold water and drain well.

In a medium saucepan, bring the water to a boil. Add the quinoa and reduce heat to low. Cover and simmer for about 12-15 minutes until the quinoa is cooked and the water is absorbed. Fluff the quinoa with a fork and set aside.

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

In a mixing bowl, toss the diced carrots and cauliflower florets with olive oil, garlic powder, paprika, salt, and pepper.

Place the seasoned carrots and cauliflower in the air fryer basket. Cook for 5 minutes, then shake the basket to ensure even cooking. Add the ground chicken to the basket and cook for an additional 5-7 minutes, until the chicken is cooked through and the vegetables are crispy.

In a serving dish, combine the cooked quinoa with the air-fried crispy vegetables and ground chicken. Mix well to combine all the flavors.

Serve hot and enjoy!

Chicken, Green Peas and Carrots Wrap

🕒 15 min 🍽️ 1 serving

Per serving: 375 Kcal 32g Protein 10g Fat 38g Carbs

Ingredients

- **Salt**, 1/4 tsp (1.5 g)
- **Paprika**, 1/4 teaspoon (0.5 g)
- **Peas**, 1/2 cup (72.5 g)
- **Carrots**, 1/2 cup chopped (64 g)
- **Olive oil**, 1 teaspoons (4 g)
- **Chicken breast**, 1/2 small breast (112.5 g)
- **Tortilla**, 1 piece (42 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Garlic powder**, 1/4 teaspoon (0.8 g)



Instructions

In a small bowl, combine salt, black pepper, garlic powder, and paprika.

Season the chicken breast with the spice mixture on both sides.

Heat olive oil in a skillet over medium heat.

Cook the chicken breast for 6-8 minutes per side, or until cooked through.

Remove the cooked chicken from the skillet and let it rest for a few minutes.

In the same skillet, add frozen green peas and diced carrots.

Cook for 3-4 minutes, or until the vegetables are tender.

Slice the cooked chicken breast into thin strips.

Warm the whole wheat tortilla in the skillet for a few seconds on each side.

Place the sliced chicken, green peas, and carrots on the tortilla.

Wrap the tortilla tightly, folding in the sides as you go.

Serve immediately and enjoy!

Crispy Seitan Corn Salad

🕒 10 min 🍽️ 1 serving

Per serving: 391 Kcal 36g Protein 13g Fat 42g Carbs

Ingredients

- Cilantro, 1/4 cup (3.8 g)
- Corn kernels, 1 cup (164 g)
- Lime juice, 2 tbsp (30 g)
- Olive oil, 2 teaspoons (8 g)
- Seitan, 1 cup (140 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/4 cup (40 g)
- Cumin, 1 teaspoon (2 g)
- Paprika, 1/2 teaspoon (1 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

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

Add seitan strips to the skillet and cook for 3-4 minutes, until crispy.

In a mixing bowl, combine corn kernels, cherry tomatoes, red onion, cilantro, lime juice, cumin, smoked paprika, salt, and pepper.

Add the cooked seitan to the bowl and toss everything together until well combined.

Serve the crispy seitan corn salad immediately and enjoy!

Seitan Stir-Fry with Broccoli and Brown Rice

🕒 15 min 🍽️ 2 servings

Per serving: 311 Kcal 27g Protein 9g Fat 33g Carbs

Ingredients

- **Salt**, 1/2 tsp (3 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Brown rice**, 1 cup (195 g)
- **Seitan**, 1 1/2 cup (210 g)
- **Broccoli florets**, 2 cups (182 g)



Instructions

Heat 1/2 tablespoon of olive oil in a large skillet over medium heat.

Add the seitan to the skillet and cook for about 5 minutes, stirring occasionally, until it starts to brown.

Remove the seitan from the skillet and set aside.

In the same skillet, add another 1/2 tablespoon of olive oil and the broccoli florets.

Cook the broccoli for about 5 minutes, stirring occasionally, until it becomes tender-crisp.

Return the seitan to the skillet with the broccoli.

Sprinkle salt over the mixture and stir well to combine.

Cook for an additional 2 minutes to heat everything through.

Serve the seitan stir-fry over cooked brown rice.

Enjoy!

Canned Tuna with Arugula and Lemon over Quinoa

🕒 10 min 🍽️ 2 servings

Per serving: 196 Kcal 21g Protein 3g Fat 21g Carbs

Ingredients

- **lemon juice**, 1 tablespoon (16 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Tuna**, 1 can (170 g)
- **Arugula**, 2 cup (56 g)
- **Quinoa, cooked**, 1 cup (185 g)



Instructions

In a bowl, combine the drained tuna, arugula, and lemon juice.

Season with salt and pepper to taste.

Serve the tuna mixture over a bed of cooked quinoa.

Garnish with additional lemon slices if desired.

Enjoy!

Baked Pork Slices with Potatoes and Kale

🕒 30 min 🍽️ 4 servings

Per serving: 299 Kcal 27g Protein 11g Fat 23g Carbs

Ingredients

- Salt, 1 teaspoon (7 g)
- Potatoes, 1 pound (453.6 g)
- Pork tenderloin, 1 lbs (454 g)
- Olive oil, 2 tablespoon (27 g)
- Kale, 1 bunch (131 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the pork slices on a baking sheet lined with parchment paper.

In a bowl, toss the sliced potatoes with olive oil and salt. Arrange them around the pork slices on the baking sheet.

Bake in the preheated oven for 15 minutes.

After 15 minutes, add the kale to the baking sheet, drizzle with olive oil, and sprinkle with salt.

Return the baking sheet to the oven and bake for an additional 10-15 minutes, or until the pork is cooked through and the potatoes are golden and crispy.

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

Serve the baked pork slices with potatoes and kale as a complete meal.

Comments

Add your favorite herbs and spices as desired.

Baked Salmon with Broccoli and Carrots over Cooked Quinoa

🕒 15 min 🍽️ 2 servings

Per serving: 616 Kcal 57g Protein 28g Fat 32g Carbs

Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Ginger powder**, 1 teaspoons (2 g)
- **Carrot**, 1 cup chopped (128 g)
- **Olive oil**, 4 tsp (20 g)
- **Quinoa**, 1 cup (185 g)
- **Salmon**, 3 fillet (510 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Broccoli florets**, 1 cup (91 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together olive oil, lemon juice, turmeric, ginger powder, garlic powder, salt, and pepper. Place the salmon fillets in a baking dish and pour the marinade over them. Let them marinate for 5 minutes. Meanwhile, steam the broccoli florets and carrot slices for 3-4 minutes until slightly tender.

Place the marinated salmon fillets in the preheated oven and bake for 10 minutes or until cooked through.

In the last 5 minutes of baking, add the steamed broccoli and carrot slices to the baking dish alongside the salmon.

While the salmon and vegetables are baking, cook the quinoa according to package instructions.

Once the salmon is cooked and the vegetables are tender, remove from the oven.

Serve the baked salmon and vegetables over a bed of cooked quinoa.

Garnish with fresh herbs or lemon slices if desired.

Enjoy the Baked Salmon with Broccoli and Carrots over Cooked Quinoa!

Baked Soy Sauce Ginger Salmon with Broccoli over Rice

🕒 20 min 🍽️ 4 servings

Per serving: 379 Kcal 39g Protein 12g Fat 28g Carbs

Ingredients

- **Ginger**, 2 tablespoon (14 g)
- **Soy sauce**, 1/4 cup (60.4 g)
- **Brown rice**, 2 cup (390 g)
- **Salmon**, 4 fillet (680 g)
- **Broccoli**, 2 cup (190 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 rice.

Serve the baked ginger salmon over the rice and enjoy!

Baked Butter Beef Strips with Potato and Brussels Sprouts

🕒 30 min 🍽️ 4 servings

Per serving: 309 Kcal 31g Protein 8g Fat 30g Carbs

Ingredients

- Brussels sprouts, 1 pound (453.6 g)
- Beef sirloin, sliced, 1 pound (453.6 g)
- Salt and pepper, 2 pinch (0.2 g)
- Baby potatoes, 1 lb (453.6 g)
- Unsalted Butter, melted, 2 tablespoon (28 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the beef strips, baby potatoes, and Brussels sprouts.

Mix melted butter over the mixture and season with salt and pepper.

Toss everything together until well coated.

Spread the mixture evenly in the baking dish.

Bake for 20-25 minutes, or until the beef is cooked to your desired doneness and the potatoes and Brussels sprouts are tender.

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

Serve hot and enjoy!

One-Pan Chicken Breast, Green Beans and Quinoa

🕒 20 min 🍽️ 2 servings

Per serving: 318 Kcal 32g Protein 6g Fat 35g Carbs

Ingredients

- **Water**, 2 cups (473.2 g)
- **Quinoa**, 1/2 cup (85 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Chicken breasts**, 2 portion (226 g)
- **Green Beans**, 1/2 pound (210 g)



Instructions

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

Season the chicken breasts with salt and pepper, then add them to the pan. Cook for about 4-5 minutes on each side, or until cooked through. Remove the chicken from the pan and set aside.

In the same pan, add the green beans and cook for about 2-3 minutes, until slightly tender.

Meanwhile, rinse the quinoa under cold water and drain well.

Add the quinoa and water to the pan with the green beans. Bring to a boil, then reduce the heat to low and cover the pan. Cook for about 15 minutes, or until the quinoa is cooked and the water is absorbed.

Slice the cooked chicken breasts into thin strips.

Divide the quinoa and green beans mixture between two plates, and top with the sliced chicken breasts.

Serve hot and enjoy!

Vegan Breakfast Potatoes with Tomatoes and Tofu

🕒 10 min 🍽️ 2 servings

Per serving: 367 Kcal 14g Protein 19g Fat 39g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoons (1.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 2 potato small (1-3/4" to 2-1/2" dia) (340 g)
- **Olive oil**, 2 servings (28 g)
- **Onion**, 1/2 small (35 g)
- **Garlic**, 2 clove (6 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Block tofu**, 1/2 portion (198 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced potatoes and cook for about 5 minutes, until they start to soften.

Add diced onion and minced garlic to the skillet and cook for an additional 2 minutes.

Crumble the tofu into the skillet and mix well with the potatoes and onions.

Season with paprika, turmeric, salt, and pepper. Stir to evenly coat the ingredients.

Add cherry tomatoes to the skillet and cook for another 3-4 minutes, until the tomatoes are slightly softened.

Remove from heat.

Serve hot and enjoy!

Vegan Mongolian Tofu over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 362 Kcal 21g Protein 12g Fat 43g Carbs

Ingredients

- Olive oil, 2 teaspoons (8 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 1/4 cup (55.8 g)
- Maple syrup, 2 tablespoons (40 g)
- Block of tofu, 1 block (340 g)
- cooked brown rice, 1 cup (190 g)
- Ginger, minced, 1 tsp (2 g)
- green onions, chopped, 1 stalk (12 g)



Instructions

Cut the tofu into small bite-sized cubes.

In a small bowl, whisk together soy sauce, maple syrup, ginger and minced garlic.

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

Add the tofu cubes to the skillet and cook for about 5 minutes, until lightly browned.

Pour the soy sauce mixture over the tofu and stir to coat evenly.

Continue cooking for another 5 minutes, until the sauce thickens slightly and coats the tofu.

Serve the Mongolian tofu over cooked brown rice.

Garnish with sliced green onions.

Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

Per serving: 288 Kcal 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!

Herbed Spinach and Tomato Frittata

🕒 10 min 🍽️ 2 servings

Per serving: 293 Kcal 20g Protein 22g Fat 4g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 tablespoon (15 g)
- Baby spinach, 1 cup (30 g)
- Herbs, 4 tablespoons (8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Cherry tomatoes, 1/2 cup (74.4 g)



Instructions

In a medium bowl, whisk the eggs until well beaten.

Add the chopped spinach, halved cherry tomatoes, fresh herbs, salt, and black pepper to the bowl. Mix well to combine.

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

Pour the egg mixture into the skillet and spread it evenly.

Cook for about 5 minutes or until the edges start to set.

Using a spatula, gently lift and fold the frittata in half.

Continue cooking for another 2-3 minutes or until the center is set.

Remove from heat and let it cool for a minute.

Slice and serve warm.

Turkey Carrot and Cabbage Hash

🕒 15 min 🍽️ 4 servings

Per serving: 197 Kcal 28g Protein 6g Fat 9g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Carrots**, 2 cup strips or slices (244 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Garlic**, 2 cloves (5.8 g)
- **Cabbage**, 2 cup, shredded (140 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Salt and pepper**, 1 tsp (1.5 g)
- **Parsley**, 4 tablespoon (16 g)
- **Ground cumin**, 1 tsp (2 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add ground turkey to the skillet and cook until browned, breaking it up into small crumbles.

Stir in shredded carrots and cabbage, and cook for another 5 minutes until vegetables are slightly softened.

Season with ground cumin, paprika, salt, and pepper. Mix well to combine.

Continue cooking for another 2-3 minutes until the flavors meld together.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Shopping List

Spices and Herbs

- Oregano, 1.5 g
- Salt, 21.6 g
- Paprika, 5.5 g
- Thyme, 0.7 g
- Pepper, 1.5 g
- Salt and pepper, 18.9 g
- Ground cumin, 1.5 g
- Garlic powder, 3.7 g
- Turmeric powder, 2.3 g
- Ground coriander, 0.5 g
- Onion powder, 1 g
- Black Pepper, 2.9 g
- Ginger powder, 2 g
- Dill, 0.1 g
- Cayenne pepper, 0.2 g
- Vanilla extract, 1 g
- Cumin, 4 g
- Paprika, 2 g

Vegetables and Vegetable Products

- Potatoes, 610.1 g
- Spinach, 30.1 g
- Carrots, 488 g
- Garlic, 18.6 g
- Cabbage, 70.2 g
- Parsley, 9 g
- Baby spinach, 15 g
- Herbs, 4 g
- Cherry tomatoes, 447.1 g
- Ginger, 10.8 g
- green onions, chopped, 12 g
- Peas, 144.9 g
- Onion, 72.6 g
- Broccoli florets, 182.2 g
- Cilantro, 7.8 g
- Zucchini, 111.1 g

- Bell pepper, 59.7 g
- Mushrooms, 72.1 g
- Bell pepper, 119.6 g
- Cauliflower florets, 50 g
- Brussels sprouts, 226.6 g
- Baby potatoes, 226.6 g
- Arugula, 56.1 g
- Cucumber, 16 g
- Onion, 90 g
- Green Beans, 210 g
- Broccoli, 95.1 g
- Kale, 65.5 g
- Collard greens, 33.6 g
- Lettuce, 269.3 g
- Corn kernels, 328.1 g

Soups, Sauces, and Gravies

- Chicken broth, 31.1 g
- Vegetable broth, 196 g

Fats and Oils

- Olive oil, 134.8 g
- Coconut oil, 13.1 g
- Unsalted Butter, melted, 14 g
- Extra virgin olive oil, 7 g

Beef Products

- lean ground beef, 227.5 g
- Beef sirloin, sliced, 226.6 g

Poultry Products

- Ground turkey, 454.1 g
- Ground chicken, 113.3 g

Dairy and Egg Products

- Eggs, 150.2 g
- Parmesan cheese, 6.5 g
- Butter, 14 g
- Feta cheese, 9.8 g
- Almond milk, 280.5 g
- Plain Yogurt (Low Fat), 226 g

Fruits and Fruit Juices

- White Grapefruit, Fresh, 472 g
- Lemon juice, 34.8 g
- Avocados, 100.3 g
- Banana, 590.2 g
- Lime juice, 60 g
- Blueberries, 272 g

Legumes and Legume Products

- Soy sauce, 95.1 g
- Chickpeas, 113.4 g
- Tofu, 50.1 g
- Peanut butter, 63.8 g

Sweets

- Maple syrup, 80.1 g
- Cocoa powder, 20 g
- Dark Chocolate (70%-85%), 56.7 g

Other

- Block tofu, 439.2 g
- Tortilla, 83.9 g
- Seitan, 385.2 g
- Rice vinegar, 4 g
- Coconut aminos, 15 g
- Dairy-free chocolate chips, 33.6 g

Cereal Grains and Pasta

- Brown rice, 482.9 g
- Pasta, 56.8 g
- Couscous, 86.6 g
- Quinoa, 169.9 g
- Quinoa, 278 g
- Flour, 18 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 450.8 g

Finfish and Shellfish Products

- Shrimp, 113.6 g
- Cod, 340.5 g

- Salmon, 595.5 g

Ethnic Foods

- Harissa paste, 7.5 g

Beverages

- Water, 709.6 g

Canned and Jarred

- Tuna, 170.4 g
- Kalamata olives, 8.4 g

Pork Products

- Pork tenderloin, 226.9 g

Nut and Seed Products

- Sesame seeds, 4 g
- Almond Butter, 48 g

Baked Products

- Baking powder, 1 g
- Bread, 176.7 g

Breakfast Cereals

- Rolled oats, 81.2 g