

Anti-inflammatory Diet

📅 2024-05-12 👤 Testimony Olajire Ⓜ Example Client

DAY 1

Breakfast	Millet Chickpea Kale Carrot Breakfast Bake	2 serving (328 g)
Lunch	Baked Salmon with Squash and Broccoli	2 serving (434 g)
Dinner	Meaty Beef Spaghetti	2 serving (720 g)
Snack	Plain Yogurt (Low Fat) Walnuts	1/2 container (4 oz) (113 g) 1 oz (29 g)

DAY 2

Breakfast	Spinach, Ground Turkey, and Potato Skillet	2 serving (510 g)
Lunch	Meaty Beef Spaghetti	1 serving (360 g)
Dinner	Vegan Hummus and Pan Fried Onions Toast	2 serving (272 g)
Snack	Almonds Plain soy yogurt	2 handful (52 g) 2 cup (450 g)

DAY 3

Breakfast	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)
Lunch	Sheet Pan Chicken, Broccoli, and Potatoes	2 serving (476 g)
Dinner	Garlic Rosemary Chicken with Asparagus	1 serving (191 g)
Snack	Raw Vegan Cauliflower with Hemp Seeds Bowl	2 serving (608 g)

DAY 4

Breakfast	Spinach, Ground Turkey, and Potato Skillet	2 serving (510 g)
Lunch	Baked Salmon Rosemary with Zucchini and Squash	1 serving (618 g)
Dinner	Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans	1 serving (280 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Walnuts	2 small handful (52 g)

DAY 5

Breakfast	Plain Yogurt (Low Fat)	1 container (4 oz) (226 g)
	Flaxseed	8 tbsp, ground (56 g)
Lunch	Pan Fried Chicken Breast with Side Salad	2 serving (1106 g)
Dinner	Brown Rice Jollof with Chicken	1 serving (481 g)
Snack	Vegan Hummus Veggie Wrap	1 serving (244 g)

DAY 6

Breakfast	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	2 serving (128 g)
Lunch	Baked Garlic Salmon and Zucchini	2 serving (490 g)
Dinner	Meaty Pork Spaghetti	1 serving (362 g)
Snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)

DAY 7

Breakfast	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Lunch	Turkey and Kale Stir-Fry	1 serving (191 g)
Dinner	Chicken, Arugula and Avocado Salad	1 serving (406 g)
Snack	Crispy Seitan Corn Salad	2 serving (1080 g)

	BREAKFAST	LUNCH	DINNER	SNACK
1	D Millet Chickpea Kale Carrot A Breakfast Bake Y 2 serving (328 g)	Baked Salmon with Squash and Broccoli 2 serving (434 g)	Meaty Beef Spaghetti 2 serving (720 g)	Plain Yogurt (Low Fat) ½ container (4 oz) (113 g) Walnuts 1 oz (29 g)
2	D Spinach, Ground Turkey, and A Potato Skillet Y 2 serving (510 g)	Meaty Beef Spaghetti 1 serving (360 g)	Vegan Hummus and Pan Fried Onions Toast 2 serving (272 g)	Almonds 2 handful (52 g) Plain soy yogurt 2 cup (450 g)
3	D Vegan Chocolate Banana Baked A Oatmeal (Unsweetened) Y 2 serving (578 g)	Sheet Pan Chicken, Broccoli, and Potatoes 2 serving (476 g)	Garlic Rosemary Chicken with Asparagus 1 serving (191 g)	Raw Vegan Cauliflower with Hemp Seeds Bowl 2 serving (608 g)
4	D Spinach, Ground Turkey, and A Potato Skillet Y 2 serving (510 g)	Baked Salmon Rosemary with Zucchini and Squash 1 serving (618 g)	Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans 1 serving (280 g)	Plain soy yogurt 2 cup (450 g) Walnuts 2 small handful (52 g)
5	D Plain Yogurt (Low Fat) A 1 container (4 oz) (226 g) Y Flaxseed 8 tbsp, ground (56 g)	Pan Fried Chicken Breast with Side Salad 2 serving (1106 g)	Brown Rice Jollof with Chicken 1 serving (481 g)	Vegan Hummus Veggie Wrap 1 serving (244 g)
6	D Vegan Chickpea Flour and Tofu A Omelette Muffins with Mushrooms Y 2 serving (128 g)	Baked Garlic Salmon and Zucchini 2 serving (490 g)	Meaty Pork Spaghetti 1 serving (362 g)	Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 2 serving (578 g)
7	D Vegan Chocolate Banana Baked A Oatmeal (Unsweetened) Y 1 serving (289 g)	Turkey and Kale Stir-Fry 1 serving (191 g)	Chicken, Arugula and Avocado Salad 1 serving (406 g)	Crispy Seitan Corn Salad 2 serving (1080 g)

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13707.1	1958.2
Protein [g]	970	138.6
Fat [g]	565.1	80.7
Carbs [g]	1280	182.9
Fiber [g]	228.6	32.7
Net Carbs [g]	1051.4	150.2



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	410	28.2	11.6	52.3	10.3	42
Lunch	484.5	45	22.3	27.2	5.4	21.7
Dinner	482	36.7	16.3	47.8	6.8	41
Snack	581.7	28.7	30.5	55.5	10.1	45.5



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1916.9	129.3	70.7	198.9	31.1	167.8
Day 2	1974	134.1	75.6	198.9	32.1	166.8
Day 3	2010.3	140.6	86.3	184.4	37.1	147.3
Day 4	1921.2	145	87.6	150.8	22.5	128.3
Day 5	1915.6	127.8	78.4	187.7	42.2	145.5
Day 6	2007.4	134.3	79.7	198.6	30.5	168.1
Day 7	1961.7	158.8	86.9	160.6	33.2	127.4

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Millet Chickpea Kale Carrot Breakfast Bake 2 serving (328 g)	319.7	16.3	4.4	55.2	12.3	43.9
TOTAL FOR BREAKFAST	319.7	16.3	4.4	55.2	12.3	43.9
Lunch						
Baked Salmon with Squash and Broccoli 2 serving (434 g)	458.4	36.3	24.2	27	6.1	20.9
TOTAL FOR LUNCH	458.4	36.3	24.2	27	6.1	20.9
Dinner						
Meaty Beef Spaghetti 2 serving (720 g)	878	66.3	21.4	103.8	10.7	93.1
TOTAL FOR DINNER	878	66.3	21.4	103.8	10.7	93.1
Snack						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Walnuts 1 oz (29 g)	189.7	4.4	18.9	4	1.9	2.1
TOTAL FOR SNACK	260.9	10.3	20.7	11.9	1.9	10
TOTAL FOR DAY 1	1916.9	129.3	70.7	198.9	31.1	167.8

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach, Ground Turkey, and Potato Skillet 2 serving (510 g)	494.2	59.5	11.8	39.8	5.8	34
TOTAL FOR BREAKFAST	494.2	59.5	11.8	39.8	5.8	34
Lunch						
Meaty Beef Spaghetti 1 serving (360 g)	439	33.2	10.7	51.9	5.3	46.6
TOTAL FOR LUNCH	439	33.2	10.7	51.9	5.3	46.6
Dinner						
Vegan Hummus and Pan Fried Onions Toast 2 serving (272 g)	442.7	18.6	19.2	52.4	12.6	39.8
TOTAL FOR DINNER	442.7	18.6	19.2	52.4	12.6	39.8
Snack						
Almonds 2 handful (52 g)	301.1	11	26	11.2	6.5	4.7
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
TOTAL FOR SNACK	598.1	22.9	33.9	54.8	8.3	46.5
TOTAL FOR DAY 2	1974	134.1	75.6	198.9	32.1	166.8

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 2 serving (578 g)	576.1	16.5	10.5	115.8	18.8	97
TOTAL FOR BREAKFAST	576.1	16.5	10.5	115.8	18.8	97
Lunch						
Sheet Pan Chicken, Broccoli, and Potatoes 2 serving (476 g)	464.7	53.7	13.1	32.3	5.7	26.6
TOTAL FOR LUNCH	464.7	53.7	13.1	32.3	5.7	26.6
Dinner						
Garlic Rosemary Chicken with Asparagus 1 serving (191 g)	152.3	26	3.1	4.7	1.6	3.1
TOTAL FOR DINNER	152.3	26	3.1	4.7	1.6	3.1
Snack						
Raw Vegan Cauliflower with Hemp Seeds Bowl 2 serving (608 g)	817.1	44.4	59.7	31.6	11	20.6
TOTAL FOR SNACK	817.1	44.4	59.7	31.6	11	20.6
TOTAL FOR DAY 3	2010.3	140.6	86.3	184.4	37.1	147.3

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach, Ground Turkey, and Potato Skillet 2 serving (510 g)	494.2	59.5	11.8	39.8	5.8	34
TOTAL FOR BREAKFAST	494.2	59.5	11.8	39.8	5.8	34
Lunch						
Baked Salmon Rosemary with Zucchini and Squash 1 serving (618 g)	519.4	38.5	26.8	35.2	7.7	28.5
TOTAL FOR LUNCH	519.4	38.5	26.8	35.2	7.7	28.5
Dinner						
Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans 1 serving (280 g)	270.5	27.2	7.1	24.1	3.5	20.5
TOTAL FOR DINNER	270.5	27.2	7.1	24.1	3.5	20.5
Snack						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Walnuts 2 small handful (52 g)	340.1	7.9	33.9	7.1	3.5	3.6
TOTAL FOR SNACK	637.1	19.8	41.8	50.7	5.3	45.4
TOTAL FOR DAY 4	1921.2	145	87.6	150.8	22.5	128.3

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Plain Yogurt (Low Fat) 1 container (4 oz) (226 g)	142.4	11.9	3.5	15.9	0	15.9
Flaxseed 8 tbsp, ground (56 g)	299	10.2	23.6	16.2	15.3	0.9
TOTAL FOR BREAKFAST	441.4	22.1	27.1	32.1	15.3	16.8
Lunch						
Pan Fried Chicken Breast with Side Salad 2 serving (1106 g)	531.6	55.6	22.6	29.3	10.1	19.2
TOTAL FOR LUNCH	531.6	55.6	22.6	29.3	10.1	19.2
Dinner						
Brown Rice Jollof with Chicken 1 serving (481 g)	540.8	34.7	6.4	86.9	6.7	80.2
TOTAL FOR DINNER	540.8	34.7	6.4	86.9	6.7	80.2
Snack						
Vegan Hummus Veggie Wrap 1 serving (244 g)	401.7	15.5	22.3	39.4	10.1	29.3
TOTAL FOR SNACK	401.7	15.5	22.3	39.4	10.1	29.3
TOTAL FOR DAY 5	1915.6	127.8	78.4	187.7	42.2	145.5

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms 2 serving (128 g)	256.2	15.2	10.6	24.8	4.9	19.9
TOTAL FOR BREAKFAST	256.2	15.2	10.6	24.8	4.9	19.9
Lunch						
Baked Garlic Salmon and Zucchini 2 serving (490 g)	751.5	69.4	49	5.9	1.5	4.4
TOTAL FOR LUNCH	751.5	69.4	49	5.9	1.5	4.4
Dinner						
Meaty Pork Spaghetti 1 serving (362 g)	423.6	33.3	9.6	52.1	5.3	46.8
TOTAL FOR DINNER	423.6	33.3	9.6	52.1	5.3	46.8
Snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 2 serving (578 g)	576.1	16.5	10.5	115.8	18.8	97
TOTAL FOR SNACK	576.1	16.5	10.5	115.8	18.8	97
TOTAL FOR DAY 6	2007.4	134.3	79.7	198.6	30.5	168.1

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR BREAKFAST	288.1	8.2	5.2	57.9	9.4	48.5
Lunch						
Turkey and Kale Stir-Fry 1 serving (191 g)	226.8	28.3	9.5	7.8	1.6	6.2
TOTAL FOR LUNCH	226.8	28.3	9.5	7.8	1.6	6.2
Dinner						
Chicken, Arugula and Avocado Salad 1 serving (406 g)	665.8	50.9	47.3	10.5	7.2	3.3
TOTAL FOR DINNER	665.8	50.9	47.3	10.5	7.2	3.3
Snack						
Crispy Seitan Corn Salad 2 serving (1080 g)	781	71.4	24.9	84.4	14.9	69.5
TOTAL FOR SNACK	781	71.4	24.9	84.4	14.9	69.5
TOTAL FOR DAY 7	1961.7	158.8	86.9	160.6	33.2	127.4

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	408.6			
Vitamin C [mg]	178.3			
Vitamin D [ug]	2.2			
Vitamin E [mg]	11.1			
Vitamin K [ug]	227.9			
Thiamin [mg]	1.9			
Riboflavin [mg]	1.6			
Niacin [mg]	44.3			
Vitamin B6 [mg]	4.7			
Vitamin B12 [ug]	5.2			
Calcium, Ca [mg]	774			
Iron, Fe [mg]	17.5			
Magnesium, Mg [mg]	489.7			
Phosphorus, P [mg]	1871.7			
Zinc, Zn [mg]	12.5			
Potassium, K [mg]	4599.5			
Sodium, Na [mg]	2959.8			

Chicken, Arugula and Avocado Salad

🕒 20 min 🍽️ 2 servings

Per serving: 666 Kcal 51g Protein 47g Fat 11g Carbs

Ingredients

- Avocado, 1 avocado (193 g)
- Apple cider vinegar, 2 tablespoons (30 g)
- Arugula, 4 cup (80 g)
- Chicken breasts, 2 small breast (450 g)
- Extra virgin olive oil, 1/4 cup (54 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Sea salt, 1/2 tsp (3 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat your grill or stovetop grill pan over medium-high heat.

Season the chicken breasts with garlic powder, sea salt, and black pepper (if using).

Grill the chicken breasts for about 6-8 minutes per side until cooked through.

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

Meanwhile, in a small bowl, whisk together the olive oil, apple cider vinegar, sea salt, and black pepper (if using).

Slice the grilled chicken into thin strips.

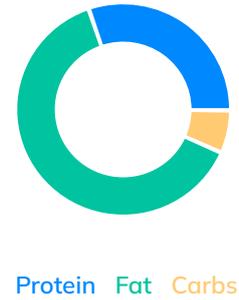
In a large bowl, combine the arugula, avocado slices, and sliced chicken.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1331.7	164	665.9
Protein [g]	101.8	12.5	50.9
Fat [g]	94.5	11.6	47.3
Carbs [g]	21.1	2.6	10.6
Fiber [g]	14.5	1.8	7.3
Net Carbs [g]	6.6	0.8	3.3



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	108.7	13.4	54.4
Vitamin C [mg]	36.7	4.5	18.4
Vitamin D [ug]	0.5	0.1	0.3
Vitamin E [mg]	13	1.6	6.5
Vitamin K [ug]	161.6	19.9	80.8
Thiamin [mg]	0.4	0	0.2
Riboflavin [mg]	0.8	0.1	0.4
Niacin [mg]	50.6	6.2	25.3
Vitamin B6 [mg]	4	0.5	2
Vitamin B12 [ug]	0.9	0.1	0.5
Calcium, Ca [mg]	180.4	22.2	90.2
Iron, Fe [mg]	4.4	0.5	2.2
Magnesium, Mg [mg]	214.1	26.4	107.1
Phosphorus, P [mg]	1096.4	135	548.2
Zinc, Zn [mg]	4.3	0.5	2.2
Potassium, K [mg]	2943.5	362.5	1471.8
Sodium, Na [mg]	1723.4	212.2	861.7

Baked Salmon with Squash and Broccoli

🕒 30 min 🍽️ 4 servings

Per serving: 230 Kcal 18g Protein 12g Fat 14g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Oregano**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoons (27 g)
- **Squash**, 2 cup (296 g)
- **Broccoli florets**, 2 cups (182 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salmon, Fresh**, 4 small fillet (can be frozen) (320 g)
- **Lemon Juice**, 2 tablespoons (28 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the salmon, squash slices, and broccoli florets.

Drizzle olive oil and lemon juice over the salmon, squash, and broccoli.

Sprinkle garlic powder, onion powder, dried oregano, and salt evenly over the ingredients.

Using your hands, gently toss the ingredients in the baking dish to ensure they are coated with the oil and seasonings.

Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the salmon is cooked through and the vegetables are tender.

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

Garnish with fresh parsley and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	917.8	105.6	229.5
Protein [g]	72.7	8.4	18.2
Fat [g]	48.5	5.6	12.1
Carbs [g]	54	6.2	13.5
Fiber [g]	12.3	1.4	3.1
Net Carbs [g]	41.7	4.8	10.4



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	56.9	6.5	14.2
Vitamin C [mg]	241.2	27.8	60.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	10	1.2	2.5
Vitamin K [ug]	283.3	32.6	70.8
Thiamin [mg]	1.2	0.1	0.3
Riboflavin [mg]	1.5	0.2	0.4
Niacin [mg]	30.1	3.5	7.5
Vitamin B6 [mg]	3.5	0.4	0.9
Vitamin B12 [ug]	10.2	1.2	2.6
Calcium, Ca [mg]	316.7	36.4	79.2
Iron, Fe [mg]	7.4	0.9	1.9
Magnesium, Mg [mg]	245.4	28.2	61.4
Phosphorus, P [mg]	884.2	101.7	221.1
Zinc, Zn [mg]	3.5	0.4	0.9
Potassium, K [mg]	3317.5	381.8	829.4
Sodium, Na [mg]	2157.4	248.3	539.4

Turkey and Kale Stir-Fry

🕒 35 min 🍽️ 4 servings

Per serving: 227 Kcal 28g Protein 10g Fat 8g Carbs

Ingredients

- Ground turmeric, 1 teaspoons (2.3 g)
- Ground ginger, 1/2 teaspoon (1 g)
- Apple cider vinegar, 1 tablespoon (15.1 g)
- Ground turkey, 1 pound (453.6 g)
- Olive oil, 2 servings (28 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Garlic, 3 clove (9 g)
- Kale, 2 cups (95.8 g)
- Coconut aminos, 2 tablespoon (30 g)
- Salt and pepper, 1 tsp (2 g)
- Peppers, sweet, red, raw, 2 tablespoon (18.6 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced onion, sliced bell pepper and minced garlic to the skillet and sauté until fragrant.

Add ground turkey to the skillet and cook until browned and cooked through.

Stir in chopped kale, coconut aminos, apple cider vinegar, ground turmeric, ground ginger, salt, and pepper.

Cook for an additional 5 minutes, or until kale is wilted and tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	908.2	118.7	227.1
Protein [g]	113.3	14.8	28.3
Fat [g]	38.1	5	9.5
Carbs [g]	31.1	4.1	7.8
Fiber [g]	6.5	0.8	1.6
Net Carbs [g]	24.6	3.2	6.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	539.8	70.5	135
Vitamin C [mg]	149.6	19.5	37.4
Vitamin D [ug]	1.8	0.2	0.5
Vitamin E [mg]	6.2	0.8	1.6
Vitamin K [ug]	693.6	90.6	173.4
Thiamin [mg]	0.5	0.1	0.1
Riboflavin [mg]	0.7	0.1	0.2
Niacin [mg]	45.5	5.9	11.4
Vitamin B6 [mg]	4.5	0.6	1.1
Vitamin B12 [ug]	2.3	0.3	0.6
Calcium, Ca [mg]	206.9	27	51.7
Iron, Fe [mg]	7	0.9	1.8
Magnesium, Mg [mg]	199.6	26.1	49.9
Phosphorus, P [mg]	1177.9	153.9	294.5
Zinc, Zn [mg]	9	1.2	2.3
Potassium, K [mg]	2115.6	276.5	528.9
Sodium, Na [mg]	1729.7	226	432.4

Raw Vegan Cauliflower with Hemp Seeds Bowl

🕒 15 min 🍽️ 4 servings

Per serving: 409 Kcal 22g Protein 30g Fat 16g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Salt**, 1 teaspoon (5 g)
- **Cauliflower**, 1 medium head (575 g)
- **Cucumber**, 1 cup, pared, chopped (133 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Hemp seeds**, 1 cup (200 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onion**, 1/2 cup (80 g)
- **Parsley**, 1/4 cup (15 g)
- **Pepper**, 1 teaspoon (2 g)



Instructions

Cut the cauliflower into florets and pulse in a food processor until it resembles rice-like grains.

In a large bowl, combine the cauliflower rice, hemp seeds, cherry tomatoes, cucumber, red onion, and parsley.

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

Pour the dressing over the cauliflower mixture and toss until well combined.

Let the bowl sit for about 10 minutes to allow the flavors to meld together.

Serve the raw vegan cauliflower hemp seeds bowl chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1634.2	134.4	408.6
Protein [g]	88.9	7.3	22.2
Fat [g]	119.3	9.8	29.8
Carbs [g]	63.2	5.2	15.8
Fiber [g]	21.9	1.8	5.5
Net Carbs [g]	41.3	3.4	10.3



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	5.3	0.4	1.3
Vitamin C [mg]	352.9	29	88.2
Vitamin D [ug]	0	0	0
Vitamin E [mg]	5.4	0.4	1.4
Vitamin K [ug]	368.7	30.3	92.2
Thiamin [mg]	1.2	0.1	0.3
Riboflavin [mg]	0.9	0.1	0.2
Niacin [mg]	9	0.7	2.3
Vitamin B6 [mg]	1.4	0.1	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	490.7	40.4	122.7
Iron, Fe [mg]	33	2.7	8.3
Magnesium, Mg [mg]	136.4	11.2	34.1
Phosphorus, P [mg]	2606.1	214.3	651.5
Zinc, Zn [mg]	2.3	0.2	0.6
Potassium, K [mg]	2483.1	204.2	620.8
Sodium, Na [mg]	2142.3	176.2	535.6

Spinach, Ground Turkey, and Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 247 Kcal 30g Protein 6g 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)
- Ground turkey, 1 pound (453.6 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)



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!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	989.5	96.9	247.4
Protein [g]	119.1	11.7	29.8
Fat [g]	23.7	2.3	5.9
Carbs [g]	79.7	7.8	19.9
Fiber [g]	11.7	1.1	2.9
Net Carbs [g]	68	6.7	17



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	82.7	8.1	20.7
Vitamin C [mg]	101	9.9	25.3
Vitamin D [ug]	1.8	0.2	0.5
Vitamin E [mg]	4.3	0.4	1.1
Vitamin K [ug]	323	31.6	80.8
Thiamin [mg]	0.7	0.1	0.2
Riboflavin [mg]	0.8	0.1	0.2
Niacin [mg]	50.1	4.9	12.5
Vitamin B6 [mg]	5.3	0.5	1.3
Vitamin B12 [ug]	2.4	0.2	0.6
Calcium, Ca [mg]	158.5	15.5	39.6
Iron, Fe [mg]	10.2	1	2.6
Magnesium, Mg [mg]	285.5	28	71.4
Phosphorus, P [mg]	1329.7	130.2	332.4
Zinc, Zn [mg]	9.8	1	2.5
Potassium, K [mg]	3603	352.8	900.8
Sodium, Na [mg]	1443.3	141.3	360.8

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!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	390.5	72.3	390.5
Protein [g]	35.7	6.6	35.7
Fat [g]	12.5	2.3	12.5
Carbs [g]	42.2	7.8	42.2
Fiber [g]	7.5	1.4	7.5
Net Carbs [g]	34.7	6.4	34.7



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	16.8	3.1	16.8
Vitamin C [mg]	50.1	9.3	50.1
Vitamin D [ug]	0	0	0
Vitamin E [mg]	2.7	0.5	2.7
Vitamin K [ug]	22.2	4.1	22.2
Thiamin [mg]	0.2	0	0.2
Riboflavin [mg]	0.2	0	0.2
Niacin [mg]	2.8	0.5	2.8
Vitamin B6 [mg]	0.3	0.1	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	58.8	10.9	58.8
Iron, Fe [mg]	5	0.9	5
Magnesium, Mg [mg]	51.2	9.5	51.2
Phosphorus, P [mg]	147.9	27.4	147.9
Zinc, Zn [mg]	1	0.2	1
Potassium, K [mg]	713.6	132.2	713.6
Sodium, Na [mg]	1761.7	326.3	1761.7

Vegan Hummus Veggie Wrap

🕒 10 min 🍽️ 1 serving

Per serving: 402 Kcal 16g Protein 22g Fat 39g Carbs

Ingredients

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



Instructions

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

Macronutrient summary

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



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	20.6	8.4	20.6
Vitamin C [mg]	7.7	3.1	7.7
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.2	0.1	0.2
Vitamin K [ug]	9.5	3.9	9.5
Thiamin [mg]	0.6	0.2	0.6
Riboflavin [mg]	0.2	0.1	0.2
Niacin [mg]	3.2	1.3	3.2
Vitamin B6 [mg]	0.3	0.1	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	123.6	50.6	123.6
Iron, Fe [mg]	5	2	5
Magnesium, Mg [mg]	115.5	47.2	115.5
Phosphorus, P [mg]	414.9	169.7	414.9
Zinc, Zn [mg]	3.2	1.3	3.2
Potassium, K [mg]	528.6	216.2	528.6
Sodium, Na [mg]	1471.8	602.1	1471.8

Sheet Pan Chicken, Broccoli, and Potatoes

🕒 30 min 🍽️ 4 servings

Per serving: 232 Kcal 27g Protein 7g Fat 16g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken breasts, 4 portion (452 g)
- Broccoli florets, 2 cup (182 g)
- Baby potatoes, 2 cups (300 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, broccoli florets, and baby potatoes.

Drizzle olive oil over the mixture and sprinkle with salt, and pepper. Toss well to coat everything evenly.

Arrange the chicken, broccoli, and potatoes on a sheet pan in a single layer.

Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the potatoes are tender.

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

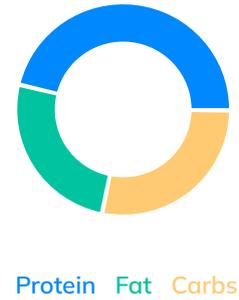
Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	927.5	97.7	231.9
Protein [g]	107.2	11.3	26.8
Fat [g]	26.2	2.8	6.5
Carbs [g]	64.5	6.8	16.1
Fiber [g]	11.3	1.2	2.8
Net Carbs [g]	53.2	5.6	13.3



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	226.9	23.9	56.7
Vitamin D [ug]	0.5	0.1	0.1
Vitamin E [mg]	4.2	0.4	1.1
Vitamin K [ug]	200.4	21.1	50.1
Thiamin [mg]	0.6	0.1	0.2
Riboflavin [mg]	0.8	0.1	0.2
Niacin [mg]	51.5	5.4	12.9
Vitamin B6 [mg]	4.6	0.5	1.2
Vitamin B12 [ug]	0.9	0.1	0.2
Calcium, Ca [mg]	144.8	15.3	35.2
Iron, Fe [mg]	5.4	0.6	1.4
Magnesium, Mg [mg]	224.8	23.7	56.2
Phosphorus, P [mg]	1240.3	130.6	310.1
Zinc, Zn [mg]	4.2	0.4	1.1
Potassium, K [mg]	3510.8	369.8	877.7
Sodium, Na [mg]	1377.8	145.1	344.5

Air Fried Salt and Pepper Chicken, Potatoes, and Green Beans

🕒 15 min 🍽️ 2 servings

Per serving: 271 Kcal 27g Protein 7g Fat 24g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken breasts, 2 portion (226 g)
- Green Beans, 2 portion(s) (80 g)



Instructions

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

Cut the chicken breasts into bite-sized pieces.

Wash and dice the potatoes and green beans into small cubes.

In a bowl, combine the chicken, potatoes, green beans, olive oil, salt, and black pepper. Toss until well coated.

Place the chicken, potatoes, and green beans in the air fryer basket. Make sure to spread them out evenly.

Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

Once the chicken is cooked through and the potatoes and green beans are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	541	96.6	270.5
Protein [g]	54.4	9.7	27.2
Fat [g]	14.2	2.5	7.1
Carbs [g]	48.3	8.6	24.2
Fiber [g]	7.3	1.3	3.7
Net Carbs [g]	41	7.3	20.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	28	5	14
Vitamin C [mg]	60.5	10.8	30.3
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	1.9	0.3	1
Vitamin K [ug]	44.5	7.9	22.3
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	26.7	4.8	13.4
Vitamin B6 [mg]	2.5	0.4	1.3
Vitamin B12 [ug]	0.5	0.1	0.3
Calcium, Ca [mg]	70.7	12.6	35.4
Iron, Fe [mg]	3.7	0.7	1.9
Magnesium, Mg [mg]	134.9	24.1	67.5
Phosphorus, P [mg]	644.1	115	322.1
Zinc, Zn [mg]	2.2	0.4	1.1
Potassium, K [mg]	2042.2	354.7	1021.1
Sodium, Na [mg]	1056.9	188.7	528.5

Baked Garlic Salmon and Zucchini

🕒 20 min 🍽️ 2 servings

Per serving: 376 Kcal 35g Protein 25g Fat 3g 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)
- Zucchini, 1 small (118 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 zucchini and arrange them around the salmon on the baking sheet.

Drizzle the zucchini 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 zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	751.5	153.4	375.8
Protein [g]	69.4	14.2	34.7
Fat [g]	49	10	24.5
Carbs [g]	5.9	1.2	3
Fiber [g]	1.5	0.3	0.8
Net Carbs [g]	4.4	0.9	2.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	11.8	2.4	5.9
Vitamin C [mg]	21.2	4.3	10.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4	0.8	2
Vitamin K [ug]	21.3	4.3	10.7
Thiamin [mg]	0.8	0.2	0.4
Riboflavin [mg]	1.4	0.3	0.7
Niacin [mg]	27.3	5.6	13.7
Vitamin B6 [mg]	3	0.6	1.5
Vitamin B12 [ug]	10.8	2.2	5.4
Calcium, Ca [mg]	62.8	12.8	31.4
Iron, Fe [mg]	3.5	0.7	1.8
Magnesium, Mg [mg]	122.2	24.9	61.1
Phosphorus, P [mg]	737.3	150.5	368.7
Zinc, Zn [mg]	2.6	0.5	1.3
Potassium, K [mg]	2010.2	410.2	1005.1
Sodium, Na [mg]	936.5	191.1	468.3

Garlic Rosemary Chicken with Asparagus

🕒 15 min 🍽️ 2 servings

Per serving: 152 Kcal 26g Protein 3g Fat 5g 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)
- Asparagus, 2 portion(s) (140 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 asparagus.

Place the chicken breasts and asparagus 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]	303.8	79.7	151.9
Protein [g]	51.8	13.6	25.9
Fat [g]	6.1	1.6	3.1
Carbs [g]	9.4	2.5	4.7
Fiber [g]	3.2	0.8	1.6
Net Carbs [g]	6.2	1.6	3.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	53.5	14	26.8
Vitamin C [mg]	14.3	3.8	7.2
Vitamin D [ug]	0.2	0.1	0.1
Vitamin E [mg]	2	0.5	1
Vitamin K [ug]	58.9	15.5	29.5
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	25	6.6	12.5
Vitamin B6 [mg]	2	0.5	1
Vitamin B12 [ug]	0.5	0.1	0.3
Calcium, Ca [mg]	68	17.8	34
Iron, Fe [mg]	4.1	1.1	2.1
Magnesium, Mg [mg]	81.6	21.4	40.8
Phosphorus, P [mg]	565.9	148.5	283
Zinc, Zn [mg]	2.2	0.6	1.1
Potassium, K [mg]	1168.7	306.6	584.4
Sodium, Na [mg]	1429.8	375.1	714.9

Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms

🕒 20 min 🍽️ 6 servings

Per serving: 127 Kcal 8g Protein 5g Fat 12g Carbs

Ingredients

- Salt, 1/2 tsp (3.1 g)
- Chickpea flour, 1 cup (117.7 g)
- Tofu, 1/2 package (197.5 g)
- Olive Oil, 1 tablespoon (15 g)
- Mushrooms, sliced, 1/2 cups (48.5 g)



Instructions

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

In a pan on medium heat, stir fry mushrooms with 1/2 tablespoon oil until cooked.

In a mixing bowl, combine chickpea flour, crumbled tofu, cooked mushrooms, and salt.

Stir well until all ingredients are evenly combined.

Divide the mixture equally among the muffin cups, filling each about 3/4 full.

Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

Remove from the oven and let cool for a few minutes before removing the muffins from the tin.

Serve warm and enjoy as a delicious snack or light meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	764.5	200.2	127.4
Protein [g]	45.4	11.9	7.6
Fat [g]	31.7	8.3	5.3
Carbs [g]	74.1	19.4	12.4
Fiber [g]	14.8	3.9	2.5
Net Carbs [g]	59.3	15.5	9.9



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2.4	0.6	0.4
Vitamin C [mg]	1	0.3	0.2
Vitamin D [ug]	0.1	0	0
Vitamin E [mg]	3.1	0.8	0.5
Vitamin K [ug]	19.7	5.2	3.3
Thiamin [mg]	0.6	0.2	0.1
Riboflavin [mg]	0.3	0.1	0
Niacin [mg]	3.8	1	0.6
Vitamin B6 [mg]	0.6	0.2	0.1
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	302.2	79.2	50.4
Iron, Fe [mg]	8.4	2.2	1.4
Magnesium, Mg [mg]	199.7	52.3	33.3
Phosphorus, P [mg]	415.8	108.9	69.3
Zinc, Zn [mg]	3.6	0.9	0.6
Potassium, K [mg]	1149.9	301.2	191.7
Sodium, Na [mg]	1297.1	339.8	216.2

Millet Chickpea Kale Carrot Breakfast Bake

🕒 30 min 🍽️ 4 servings

Per serving: 160 Kcal 8g Protein 2g Fat 28g Carbs

Ingredients

- Turmeric, 1/2 teaspoon (1.1 g)
- Carrots, 1 cup chopped (128 g)
- Kale, 1 cups (47.8 g)
- Chickpeas, 1 cup (164 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 g)
- Almond milk, 1/2 cup (120.3 g)
- Nutritional yeast, 2 tablespoon (15 g)
- Millet, cooked, 1 cup (174 g)



Instructions

Preheat the oven to 375°F (190°C).

In a large mixing bowl, combine the cooked millet, chickpeas, kale, grated carrots, almond milk, nutritional yeast, garlic powder, turmeric, salt, and pepper. Mix well until all ingredients are evenly combined.

Transfer the mixture to a greased baking dish and spread it out evenly.

Bake in the preheated oven for 15-20 minutes, or until the edges are golden brown and crispy.

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

Cut into squares or slices and serve as a delicious and nutritious breakfast bake.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	638.4	97.4	159.6
Protein [g]	32.6	5	8.2
Fat [g]	8.9	1.4	2.2
Carbs [g]	112.2	17.1	28.1
Fiber [g]	24.7	3.8	6.2
Net Carbs [g]	87.5	13.4	21.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1309.6	199.9	327.4
Vitamin C [mg]	67.1	10.2	16.8
Vitamin D [ug]	0	0	0
Vitamin E [mg]	2.3	0.4	0.6
Vitamin K [ug]	361.3	55.1	90.3
Thiamin [mg]	0.5	0.1	0.1
Riboflavin [mg]	0.4	0.1	0.1
Niacin [mg]	5	0.8	1.3
Vitamin B6 [mg]	0.8	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	348.6	53.2	87.2
Iron, Fe [mg]	8.6	1.3	2.2
Magnesium, Mg [mg]	197.7	30.2	49.4
Phosphorus, P [mg]	554	84.5	138.5
Zinc, Zn [mg]	4.8	0.7	1.2
Potassium, K [mg]	1588.1	242.4	397
Sodium, Na [mg]	1055.1	161	263.8

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

Per serving: 221 Kcal 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

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	5.8	2.1	2.9
Vitamin D [ug]	0	0	0
Vitamin E [mg]	2.4	0.9	1.2
Vitamin K [ug]	8.3	3.1	4.2
Thiamin [mg]	0.5	0.2	0.3
Riboflavin [mg]	0.2	0.1	0.1
Niacin [mg]	3.6	1.3	1.8
Vitamin B6 [mg]	0.5	0.2	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	167.9	62.1	84
Iron, Fe [mg]	4.8	1.8	2.4
Magnesium, Mg [mg]	143.2	52.9	71.6
Phosphorus, P [mg]	374.9	138.6	187.5
Zinc, Zn [mg]	3.5	1.3	1.8
Potassium, K [mg]	557.7	206.2	278.9
Sodium, Na [mg]	760.6	281.2	380.3

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!

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

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	7.1	1.2	3.6
Vitamin C [mg]	20.5	3.6	10.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.6	0.1	0.3
Vitamin K [ug]	3.1	0.5	1.6
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	2.7	0.5	1.4
Vitamin B6 [mg]	1	0.2	0.5
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	366.8	63.6	183.4
Iron, Fe [mg]	5.4	0.9	2.7
Magnesium, Mg [mg]	225.5	39.1	112.8
Phosphorus, P [mg]	457.7	79.3	228.9
Zinc, Zn [mg]	4	0.7	2
Potassium, K [mg]	1290.8	223.7	645.4
Sodium, Na [mg]	334.3	57.9	167.2

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, 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.

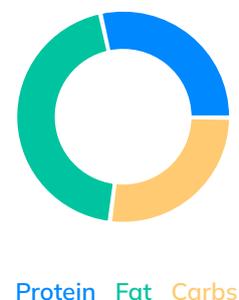
Place lemon slices on top of the salmon fillets.

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!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1038.8	84	519.4
Protein [g]	77	6.2	38.5
Fat [g]	53.6	4.3	26.8
Carbs [g]	72.3	5.8	36.2
Fiber [g]	15.4	1.2	7.7
Net Carbs [g]	56.9	4.6	28.5



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2454	198.5	1227
Vitamin C [mg]	198	16	99
Vitamin D [ug]	0	0	0
Vitamin E [mg]	11.4	0.9	5.7
Vitamin K [ug]	38.4	3.1	19.2
Thiamin [mg]	1.4	0.1	0.7
Riboflavin [mg]	1.7	0.1	0.9
Niacin [mg]	33.7	2.7	16.9
Vitamin B6 [mg]	4.1	0.3	2.1
Vitamin B12 [ug]	10.8	0.9	5.4
Calcium, Ca [mg]	349.9	28.3	175
Iron, Fe [mg]	8.1	0.7	4.1
Magnesium, Mg [mg]	322.7	26.1	161.4
Phosphorus, P [mg]	969.1	78.4	484.6
Zinc, Zn [mg]	4	0.3	2
Potassium, K [mg]	4255.7	344.3	2127.9
Sodium, Na [mg]	1359.6	110	679.8

Pan Fried Chicken Breast with Side Salad

🕒 15 min 🍽️ 2 servings

Per serving: 266 Kcal 28g Protein 11g Fat 15g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Cucumber**, 1 medium (210 g)
- **Olive oil**, 1 tablespoon (15 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Tomatoes**, 2 cup, chopped or sliced (360 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Chicken breasts**, 2 portion (226 g)



Instructions

In a small bowl, combine paprika, garlic powder, salt, and pepper. Rub the mixture evenly over both sides of the chicken breasts.

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

Add the seasoned chicken breasts to the skillet and cook for about 6-7 minutes per side, or until cooked through and golden brown.

While the chicken is cooking, prepare the side salad by combining diced tomatoes, sliced cucumber, and torn lettuce in a large bowl.

Once the chicken is cooked, remove it from the skillet and let it rest for a few minutes.

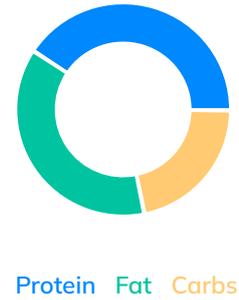
Slice the chicken into thin strips.

Serve the pan-fried chicken breast alongside the side salad.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	531.2	48.1	265.6
Protein [g]	55.5	5	27.8
Fat [g]	22.5	2	11.3
Carbs [g]	29.3	2.7	14.7
Fiber [g]	10.1	0.9	5.1
Net Carbs [g]	19.2	1.7	9.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	280.9	25.4	140.5
Vitamin C [mg]	66.9	6.1	33.5
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	5.7	0.5	2.9
Vitamin K [ug]	124.1	11.2	62.1
Thiamin [mg]	0.5	0	0.3
Riboflavin [mg]	0.4	0	0.2
Niacin [mg]	26.4	2.4	13.2
Vitamin B6 [mg]	2.3	0.2	1.2
Vitamin B12 [ug]	0.5	0	0.3
Calcium, Ca [mg]	134.9	12.2	67.5
Iron, Fe [mg]	4	0.4	2
Magnesium, Mg [mg]	148.5	13.4	74.3
Phosphorus, P [mg]	675.2	61.1	337.6
Zinc, Zn [mg]	2.8	0.3	1.4
Potassium, K [mg]	2444.9	221.4	1222.5
Sodium, Na [mg]	1090.9	98.8	545.5

Meaty Beef Spaghetti

🕒 15 min 🍽️ 4 servings

Per serving: 438 Kcal 33g Protein 11g Fat 52g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (15 g)
- Onion, 1/2 cup (76.9 g)
- Canned tomatoes, 14 1/2 oz (436.2 g)
- Garlic, 2 cloves (6 g)
- Tomato sauce, 8 ounce (226.8 g)
- Pepper, 1/4 tsp (0.5 g)
- Seasoning, 1 tsp (1.8 g)
- Spaghetti, 8 ounces (226.8 g)
- Beef, ground, 95% lean meat / 5% fat, raw, 1 pound (445 g)

Instructions

Cook spaghetti according to package instructions, drain and set aside.

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

Add onions and garlic, sauté until fragrant.

Add ground beef, cook until browned.

Stir in diced tomatoes, tomato sauce, Italian seasoning, salt, and pepper.

Simmer for 5 minutes, stirring occasionally.

Add cooked spaghetti to the skillet, toss to combine.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1753.6	122	438.4
Protein [g]	132.5	9.2	33.1
Fat [g]	42.6	3	10.7
Carbs [g]	207.3	14.4	51.8
Fiber [g]	21.3	1.5	5.3
Net Carbs [g]	186	12.9	46.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	154.9	10.8	38.7
Vitamin C [mg]	78.4	5.5	19.6
Vitamin D [ug]	0.4	0	0.1
Vitamin E [mg]	9.4	0.7	2.4
Vitamin K [ug]	40.7	2.8	10.2
Thiamin [mg]	3	0.2	0.8
Riboflavin [mg]	1.2	0.1	0.3
Niacin [mg]	33.9	2.4	8.5
Vitamin B6 [mg]	3	0.2	0.8
Vitamin B12 [ug]	10	0.7	2.5
Calcium, Ca [mg]	323.7	22.5	80.9
Iron, Fe [mg]	19.3	1.3	4.8
Magnesium, Mg [mg]	310.7	21.6	77.7
Phosphorus, P [mg]	1480	102.9	370
Zinc, Zn [mg]	27.1	1.9	6.8
Potassium, K [mg]	3718.2	258.6	929.6
Sodium, Na [mg]	3007	209.1	751.8

Meaty Pork Spaghetti

🕒 15 min 🍽️ 4 servings

Per serving: 423 Kcal 33g Protein 10g Fat 52g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (15 g)
- Onion, 1/2 cup (76.9 g)
- Canned tomatoes, 14 1/2 oz (436.2 g)
- Garlic, 2 cloves (6 g)
- Tomato sauce, 8 ounce (226.8 g)
- Pepper, 1/4 tsp (0.5 g)
- Seasoning, 1 tsp (1.8 g)
- Spaghetti, 8 ounces (226.8 g)
- Pork, ground, 96% lean / 4% fat, raw, 1 lb (454 g)



Instructions

Cook spaghetti according to package instructions, drain and set aside.

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

Add onions and garlic, sauté until fragrant.

Add ground pork, cook until browned.

Stir in diced tomatoes, tomato sauce, Italian seasoning, salt, and pepper.

Simmer for 5 minutes, stirring occasionally.

Add cooked spaghetti to the skillet, toss to combine.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1693.3	117	423.3
Protein [g]	133	9.2	33.3
Fat [g]	38.6	2.7	9.7
Carbs [g]	208.2	14.4	52.1
Fiber [g]	21.3	1.5	5.3
Net Carbs [g]	186.9	12.9	46.7



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	137.1	9.5	34.3
Vitamin C [mg]	78.4	5.4	19.6
Vitamin D [ug]	0.5	0	0.1
Vitamin E [mg]	9.9	0.7	2.5
Vitamin K [ug]	39.4	2.7	9.9
Thiamin [mg]	4.7	0.3	1.2
Riboflavin [mg]	2.2	0.2	0.6
Niacin [mg]	45.4	3.1	11.4
Vitamin B6 [mg]	4.2	0.3	1.1
Vitamin B12 [ug]	2.9	0.2	0.7
Calcium, Ca [mg]	351.8	24.3	88
Iron, Fe [mg]	12.6	0.9	3.2
Magnesium, Mg [mg]	299.1	20.7	74.8
Phosphorus, P [mg]	1461.5	101	365.4
Zinc, Zn [mg]	13.2	0.9	3.3
Potassium, K [mg]	3585.9	247.8	896.5
Sodium, Na [mg]	3017.5	208.6	754.4

Brown Rice Jollof with Chicken

🕒 40 min 🍽️ 4 servings

Per serving: 541 Kcal 35g Protein 6g Fat 87g Carbs

Ingredients

- Thyme, 1 teaspoon (2 g)
- Paprika, 1 teaspoon (2 g)
- Chicken breast, 4 portion(s) (400 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Red Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
- Brown rice, 2 cup (380 g)
- Salt and pepper, 2 pinch (0.2 g)
- Garlic powder, 1 teaspoon (3 g)
- Parsley, 4 tablespoon (16 g)
- Canned tomatoes, 1 can (411 g)
- Chicken broth, low sodium, 2 cup (480 g)



Instructions

In a large pot, heat some olive oil over medium heat.

Add the diced chicken breast and cook until browned.

Add the chopped onion and red bell pepper, and cook until softened.

Stir in the diced tomatoes, chicken broth, paprika, garlic powder, thyme, salt, and pepper.

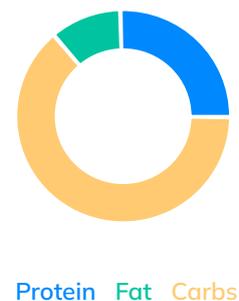
Bring the mixture to a boil, then reduce heat to low and simmer for 20 minutes.

Stir in the brown rice and cover the pot. Cook for an additional 20 minutes, or until the rice is cooked through.

Garnish with fresh parsley before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2162.2	112.4	540.6
Protein [g]	138.6	7.2	34.7
Fat [g]	25.6	1.3	6.4
Carbs [g]	347.4	18.1	86.9
Fiber [g]	26.9	1.4	6.7
Net Carbs [g]	320.5	16.7	80.1



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	275.8	14.4	69.2
Vitamin C [mg]	222.4	11.6	55.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	10	0.5	2.5
Vitamin K [ug]	292.1	15.2	73
Thiamin [mg]	2.4	0.1	0.6
Riboflavin [mg]	1.4	0.1	0.4
Niacin [mg]	68.1	3.5	17
Vitamin B6 [mg]	6.4	0.3	1.6
Vitamin B12 [ug]	1.3	0.1	0.3
Calcium, Ca [mg]	375.1	19.5	93.8
Iron, Fe [mg]	17.3	0.9	4.3
Magnesium, Mg [mg]	784.7	40.8	196.2
Phosphorus, P [mg]	2223.6	115.6	555.9
Zinc, Zn [mg]	12.9	0.7	3.2
Potassium, K [mg]	4565.2	237.4	1141.3
Sodium, Na [mg]	980.7	51	245.2

Shopping List

Spices and Herbs

- Ground turmeric, 1.1 g
- Salt and pepper, 13.6 g
- Garlic powder, 9 g
- Oregano, 2 g
- Salt, 13.3 g
- Paprika, 4.5 g
- Thyme, 0.5 g
- Pepper, 2.8 g
- Onion powder, 1 g
- Seasoning, 1.8 g
- Rosemary, 2.1 g
- Sea salt, 3 g
- Ground ginger, 0.2 g
- Apple cider vinegar, 18.8 g
- Thyme, 0.5 g
- Cumin, 4 g
- Paprika, 2 g

Vegetables and Vegetable Products

- Carrots, 64.1 g
- Kale, 47.8 g
- Potatoes, 546.9 g
- Spinach, 59.9 g
- Mushrooms, sliced, 16.3 g
- Parsley, 2 g
- Squash, 147.8 g
- Broccoli florets, 182.1 g
- Onion, 230.1 g
- Canned tomatoes, 436.7 g
- Garlic, 14.2 g
- Tomato sauce, 227.1 g
- Baby potatoes, 150.4 g
- Zucchini, 278 g
- Squash, butternut, 227 g
- Cucumber, 276.8 g
- Lettuce, 306.4 g

- Tomato, 397.6 g
- Red Bell pepper, 34.4 g
- Asparagus, 70.1 g
- Green Beans, 1 portion(s) (40 g)
- Parsley, 11.5 g
- Arugula, 40 g
- Cauliflower, 287.5 g
- Cherry tomatoes, 372.6 g
- Onion, 120 g
- Cilantro, 7.7 g
- Corn kernels, 328.1 g

Legumes and Legume Products

- Chickpeas, 82.1 g
- Chickpea flour, 39.4 g
- Hummus, 246.5 g
- Plain soy yogurt, 900 g

Dairy and Egg Products

- Almond milk, 686.2 g
- Plain Yogurt (Low Fat), 339 g

Other

- Nutritional yeast, 7.5 g
- Tofu, 66.2 g
- Coconut aminos, 7.5 g
- Seitan, 280.1 g

Cereal Grains and Pasta

- Millet, cooked, 87.1 g
- Spaghetti, 227.1 g
- Brown rice, 95 g

Poultry Products

- Ground turkey, 566.2 g
- Chicken breast, 100 g

Soups, Sauces, and Gravies

- Chicken broth, low sodium, 182 g

Fats and Oils

- Olive oil, 156.3 g

- Extra virgin olive oil, 27 g

Fruits and Fruit Juices

- Bananas, 590.9 g
- Lemon juice, 29 g
- Lemon, 42 g
- Avocado, 96.5 g
- Lime juice, 60 g

Breakfast Cereals

- Rolled oats, 203 g

Sweets

- Cocoa powder, 25 g

Nut and Seed Products

- Flaxseed, 56 g
- Walnuts, 81 g
- Almonds, 52 g
- Tahini sauce, 15 g

Finfish and Shellfish Products

- Salmon, Fresh, 159.8 g
- Salmon, 510 g

Beef Products

- Beef, ground, 95% lean meat / 5% fat, raw, 334.3 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 904.1 g

Baked Products

- Whole Wheat Bread, 64.4 g
- Tortilla wrap, 29.9 g

Canned and Jarred

- Canned tomatoes, 102.8 g

Pork Products

- Pork, ground, 96% lean / 4% fat, raw, 113.6 g

Health Foods

- Hemp seeds, 100 g

