

Diabetic Diet Meal Plan

📅 2024-05-18 👤 Testimony Olajire 🏠 Example Client

DAY 1

Breakfast	Hazelnut, Nut	1 oz (28.4 g)
Lunch	Tunisian Couscous with Vegetables and Harissa	2 serving (1102 g)
Dinner	Quick Mushroom and Spinach Stuffed Chicken Breast	1 serving (313 g)
Snack	Vegan Falafel Lettuce Wraps	2 serving (206 g)

DAY 2

Breakfast	Plain soy yogurt Granola	2 cup (450 g) 1/2 cup (61 g)
Lunch	Chicken Avocado Wraps	2 serving (548 g)
Dinner	Butternut Squash, White Beans, Brown Rice Casserole	2 serving (726 g)
Snack	Hazelnut, Nut	1 oz (28.4 g)

DAY 3

Breakfast	Raspberries Plain soy yogurt	20 raspberries (38 g) 1 cup (225 g)
Lunch	Turkey Breast and Peppers over Quinoa	2 serving (390 g)
Dinner	Vegan Seitan Garlic Pasta with Broccoli	1 serving (324 g)
Snack	Vegan Tofu, Bell Pepper and Spinach Fritters	1 serving (279 g)

DAY 4

Breakfast	Kale and Zucchini Breakfast Scramble	1 serving (191 g)
Lunch	Mushroom Pasta with Baby Spinach	2 serving (402 g)
Dinner	Tuna Spinach Salad with Cucumber and Carrots	2 serving (316 g)
Snack	Hummus and Avocado Sandwich	2 serving (428 g)

DAY 5

Breakfast	Banana Overnight Oats with Chia Seeds	2 serving (666 g)
Lunch	Pork and Broccoli with Quinoa	2 serving (602 g)
Dinner	Baked Lemon Salmon with Green Beans over Brown Rice	2 serving (638 g)
Snack	Cottage Cheese	8 oz (226 g)
	Raspberries	20 raspberries (38 g)

DAY 6

Breakfast	Vegan Chocolate Oatmeal with Bananas and Almonds	2 serving (580 g)
Lunch	Pan Fried Chicken with Broccoli, and Brown Rice	2 serving (652 g)
Dinner	Broccoli Beef Brown Rice	2 serving (496 g)
Snack	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	2 serving (128 g)

DAY 7

Breakfast	Chickpea Avocado Salad Sandwich	2 serving (658 g)
Lunch	Turkey and Kale Stir-Fry	2 serving (382 g)
Dinner	Chicken and Zucchini over Rice	2 serving (460 g)
Snack	Pear	2 medium (356 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D	Hazelnut, Nut	Tunisian Couscous with Vegetables and Harissa	Quick Mushroom and Spinach Stuffed Chicken Breast	Vegan Falafel Lettuce Wraps
A	1 oz (28.4 g)			2 serving (206 g)
Y		2 serving (1102 g)	1 serving (313 g)	
1				
D	Plain soy yogurt	Chicken Avocado Wraps	Butternut Squash, White Beans, Brown Rice Casserole	Hazelnut, Nut
A	2 cup (450 g)	2 serving (548 g)	2 serving (726 g)	1 oz (28.4 g)
Y	Granola			
	½ cup (61 g)			
2				
D	Raspberries	Turkey Breast and Peppers over Quinoa	Vegan Seitan Garlic Pasta with Broccoli	Vegan Tofu, Bell Pepper and Spinach Fritters
A	20 raspberries (38 g)	2 serving (390 g)	1 serving (324 g)	1 serving (279 g)
Y	Plain soy yogurt			
	1 cup (225 g)			
3				
D	Kale and Zucchini Breakfast Scramble	Mushroom Pasta with Baby-Spinach	Tuna Spinach Salad with Cucumber and Carrots	Hummus and Avocado Sandwich
A		2 serving (402 g)	2 serving (316 g)	2 serving (428 g)
Y	1 serving (191 g)			
4				
D	Banana Overnight Oats with Chia Seeds	Pork and Broccoli with Quinoa	Baked Lemon Salmon with Green Beans over Brown Rice	Cottage Cheese
A		2 serving (602 g)	2 serving (638 g)	8 oz (226 g)
Y	2 serving (666 g)			Raspberries
				20 raspberries (38 g)
5				
D	Vegan Chocolate Oatmeal with Bananas and Almonds	Pan Fried Chicken with Broccoli, and Brown Rice	Broccoli Beef Brown Rice	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms
A		2 serving (652 g)	2 serving (496 g)	2 serving (128 g)
Y	2 serving (580 g)			
6				
D	Chickpea Avocado Salad Sandwich	Turkey and Kale Stir-Fry	Chicken and Zucchini over Rice	Pear
A		2 serving (382 g)	2 serving (460 g)	2 medium (356 g)
Y	2 serving (658 g)			
7				

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13835.9	1976.6
Protein [g]	887.3	126.8
Fat [g]	469.7	67.1
Carbs [g]	1586.9	226.7
Fiber [g]	280.9	40.1
Net Carbs [g]	1306	186.6



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	433.4	16.4	19	53.1	11.6	41.5
Lunch	667.1	47.7	19.8	76.4	11.3	65.1
Dinner	498.7	43.6	13.4	52	7	45.1
Snack	377.3	19.1	15	45.2	10.3	34.9



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1958.3	110.2	64.8	241.3	42.2	199.1
Day 2	1998.4	104.9	75.3	237.3	41.8	195.5
Day 3	1940.7	127	65.8	216.7	29.1	187.6
Day 4	1991.8	107.8	77.6	230.3	42	188.3
Day 5	1907.6	144.4	56.3	214.7	42.8	171.9
Day 6	2085.7	145.6	70.8	227.7	35.4	192.3
Day 7	1953.4	147.4	59.2	219	47.6	171.4

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Hazelnut, Nut 1 oz (28.4 g)	178.3	3.9	17.3	4.8	3.1	1.7
TOTAL FOR BREAKFAST	178.3	3.9	17.3	4.8	3.1	1.7
Lunch						
Tunisian Couscous with Vegetables and Harissa 2 serving (1102 g)	1105.1	38.1	21.1	191.8	24.8	167
TOTAL FOR LUNCH	1105.1	38.1	21.1	191.8	24.8	167
Dinner						
Quick Mushroom and Spinach Stuffed Chicken Breast 1 serving (313 g)	354	53	13.2	4	1.4	2.6
TOTAL FOR DINNER	354	53	13.2	4	1.4	2.6
Snack						
Vegan Falafel Lettuce Wraps 2 serving (206 g)	320.9	15.2	13.1	40.8	12.9	27.9
TOTAL FOR SNACK	320.9	15.2	13.1	40.8	12.9	27.9
TOTAL FOR DAY 1	1958.3	110.2	64.8	241.3	42.2	199.1

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Granola 1/2 cup (61 g)	298.3	8.3	14.8	32.9	5.4	27.5
TOTAL FOR BREAKFAST	595.3	20.2	22.7	76.5	7.2	69.3
Lunch						
Chicken Avocado Wraps 2 serving (548 g)	761.6	61.3	33.3	56.4	13.6	42.8
TOTAL FOR LUNCH	761.6	61.3	33.3	56.4	13.6	42.8
Dinner						
Butternut Squash, White Beans, Brown Rice Casserole 2 serving (726 g)	463.1	19.5	2	99.5	17.8	81.7
TOTAL FOR DINNER	463.1	19.5	2	99.5	17.8	81.7
Snack						
Hazelnut, Nut 1 oz (28.4 g)	178.3	3.9	17.3	4.8	3.1	1.7
TOTAL FOR SNACK	178.3	3.9	17.3	4.8	3.1	1.7
TOTAL FOR DAY 2	1998.4	104.9	75.3	237.3	41.8	195.5

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Plain soy yogurt 1 cup (225 g)	148.5	5.9	4	21.8	0.9	20.9
TOTAL FOR BREAKFAST	168.3	6.4	4.2	26.3	3.4	22.9
Lunch						
Turkey Breast and Peppers over Quinoa 2 serving (390 g)	443.5	38.5	12.3	44	5.8	38.2
TOTAL FOR LUNCH	443.5	38.5	12.3	44	5.8	38.2
Dinner						
Vegan Seitan Garlic Pasta with Broccoli 1 serving (324 g)	719.4	46	17.6	95	6.8	88.2
TOTAL FOR DINNER	719.4	46	17.6	95	6.8	88.2
Snack						
Vegan Tofu, Bell Pepper and Spinach Fritters 1 serving (279 g)	609.5	36.1	31.6	51.3	13.1	38.2
TOTAL FOR SNACK	609.5	36.1	31.6	51.3	13.1	38.2
TOTAL FOR DAY 3	1940.7	127	65.8	216.7	29.1	187.6

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Kale and Zucchini Breakfast Scramble 1 serving (191 g)	231.7	14.3	17.5	4.7	1.5	3.2
TOTAL FOR BREAKFAST	231.7	14.3	17.5	4.7	1.5	3.2
Lunch						
Mushroom Pasta with Baby-Spinach 2 serving (402 g)	581.5	20.8	18.1	94.1	13.7	80.4
TOTAL FOR LUNCH	581.5	20.8	18.1	94.1	13.7	80.4
Dinner						
Tuna Spinach Salad with Cucumber and Carrots 2 serving (316 g)	308.2	34.5	15.9	6.5	2.4	4.1
TOTAL FOR DINNER	308.2	34.5	15.9	6.5	2.4	4.1
Snack						
Hummus and Avocado Sandwich 2 serving (428 g)	870.6	38.2	26.1	125.1	24.5	100.6
TOTAL FOR SNACK	870.6	38.2	26.1	125.1	24.5	100.6
TOTAL FOR DAY 4	1991.8	107.8	77.6	230.3	42	188.3

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Overnight Oats with Chia Seeds 2 serving (666 g)	547.3	17.8	18.9	80.7	19.5	61.2
TOTAL FOR BREAKFAST	547.3	17.8	18.9	80.7	19.5	61.2
Lunch						
Pork and Broccoli with Quinoa 2 serving (602 g)	615.7	60.1	19	51.5	9.9	41.6
TOTAL FOR LUNCH	615.7	60.1	19	51.5	9.9	41.6
Dinner						
Baked Lemon Salmon with Green Beans over Brown Rice 2 serving (638 g)	541.7	42.5	13.1	67.2	10.9	56.3
TOTAL FOR DINNER	541.7	42.5	13.1	67.2	10.9	56.3
Snack						
Cottage Cheese 8 oz (226 g)	183.1	23.6	5.1	10.8	0	10.8
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
TOTAL FOR SNACK	202.8	24.1	5.4	15.3	2.5	12.8
TOTAL FOR DAY 5	1907.6	144.4	56.3	214.7	42.8	171.9

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chocolate Oatmeal with Bananas and Almonds 2 serving (580 g)	541.9	18.1	26.8	69.5	16.5	53
TOTAL FOR BREAKFAST	541.9	18.1	26.8	69.5	16.5	53
Lunch						
Pan Fried Chicken with Broccoli, and Brown Rice 2 serving (652 g)	708.7	58.2	15.6	81.4	8.1	73.3
TOTAL FOR LUNCH	708.7	58.2	15.6	81.4	8.1	73.3
Dinner						
Broccoli Beef Brown Rice 2 serving (496 g)	579	54.1	17.7	51.9	5.9	46
TOTAL FOR DINNER	579	54.1	17.7	51.9	5.9	46
Snack						
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 SNACK	256.2	15.2	10.6	24.8	4.9	19.9
TOTAL FOR DAY 6	2085.7	145.6	70.8	227.7	35.4	192.3

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Chickpea Avocado Salad Sandwich 2 serving (658 g)	771.2	33.8	25.4	109	29.8	79.2
TOTAL FOR BREAKFAST	771.2	33.8	25.4	109	29.8	79.2
Lunch						
Turkey and Kale Stir-Fry 2 serving (382 g)	453.5	56.6	19	15.5	3.3	12.2
TOTAL FOR LUNCH	453.5	56.6	19	15.5	3.3	12.2
Dinner						
Chicken and Zucchini over Rice 2 serving (460 g)	525.8	55.7	14.3	40.2	3.5	36.7
TOTAL FOR DINNER	525.8	55.7	14.3	40.2	3.5	36.7
Snack						
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR SNACK	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR DAY 7	1953.4	147.4	59.2	219	47.6	171.4

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	580.4			
Vitamin C [mg]	172.7			
Vitamin D [ug]	2.3			
Vitamin E [mg]	13.2			
Vitamin K [ug]	307.6			
Thiamin [mg]	1.8			
Riboflavin [mg]	1.6			
Niacin [mg]	38.9			
Vitamin B6 [mg]	4.1			
Vitamin B12 [ug]	3			
Calcium, Ca [mg]	852.1			
Iron, Fe [mg]	17.2			
Magnesium, Mg [mg]	531			
Phosphorus, P [mg]	1736.3			
Zinc, Zn [mg]	12.4			
Potassium, K [mg]	3634.3			
Sodium, Na [mg]	3698.4			

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.

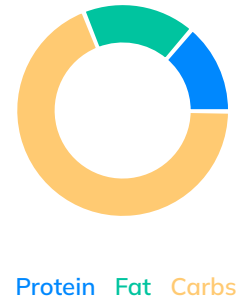
Once boiling, reduce the heat to low and cover the pot. Simmer for about 10 minutes, or until the couscous is tender and has absorbed the liquid.

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.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2208.1	100.3	552
Protein [g]	76.2	3.5	19.1
Fat [g]	42.2	1.9	10.6
Carbs [g]	383.2	17.4	95.8
Fiber [g]	49.6	2.3	12.4
Net Carbs [g]	333.6	15.2	83.4



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1390.3	63.1	347.6
Vitamin C [mg]	213.4	9.7	53.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	8.2	0.4	2.1
Vitamin K [ug]	52.2	2.4	13.1
Thiamin [mg]	1.2	0.1	0.3
Riboflavin [mg]	0.9	0	0.2
Niacin [mg]	17.8	0.8	4.5
Vitamin B6 [mg]	3.7	0.2	0.9
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	425.6	19.3	106.4
Iron, Fe [mg]	14.4	0.7	3.6
Magnesium, Mg [mg]	380.3	17.3	95.1
Phosphorus, P [mg]	1203.5	54.7	300.9
Zinc, Zn [mg]	8	0.4	2
Potassium, K [mg]	2941.3	133.6	735.3
Sodium, Na [mg]	4960.8	225.3	1240.2

Quick Mushroom and Spinach Stuffed Chicken Breast

🕒 40 min 🍽️ 2 servings

Per serving: 354 Kcal 53g Protein 13g Fat 4g Carbs

Ingredients

- Thyme, 1 tsp, leaves (1 g)
- Mushrooms, 1 cup, whole (96 g)
- Olive oil, 1 servings (14 g)
- Garlic, 2 clove (6 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 2 servings (1 g)
- Chicken Breast, 2 breast (448 g)



Instructions

Preheat the oven to 400°F (200°C).

Using a sharp knife, carefully butterfly each chicken breast by cutting horizontally through the center, but not all the way through, opening it like a book.

In a skillet, heat olive oil over medium heat. Add minced garlic and sliced mushrooms. Cook until mushrooms are soft and lightly browned, about 5 minutes.

Add fresh spinach to the skillet and cook until wilted, about 2 minutes. Season with salt, pepper, and dried thyme.

Stuff each chicken breast with the mushroom and spinach mixture, then secure with toothpicks to hold the filling in place.

Place the stuffed chicken breasts on a baking sheet and bake for 20-25 minutes, or until the chicken is cooked through and no longer pink in the center.

Remove the toothpicks before serving. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	708	113.1	354
Protein [g]	106	16.9	53
Fat [g]	26.4	4.2	13.2
Carbs [g]	7.9	1.3	4
Fiber [g]	2.8	0.4	1.4
Net Carbs [g]	5.1	0.8	2.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	42.2	6.7	21.1
Vitamin C [mg]	21.2	3.4	10.6
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	5.8	0.9	2.9
Vitamin K [ug]	315.5	50.4	157.8
Thiamin [mg]	0.6	0.1	0.3
Riboflavin [mg]	1.3	0.2	0.7
Niacin [mg]	47	7.5	23.5
Vitamin B6 [mg]	3.9	0.6	2
Vitamin B12 [ug]	1	0.2	0.5
Calcium, Ca [mg]	114.8	18.3	57.4
Iron, Fe [mg]	5.2	0.8	2.6
Magnesium, Mg [mg]	185.2	29.6	92.6
Phosphorus, P [mg]	1077.4	172.1	538.7
Zinc, Zn [mg]	4	0.6	2
Potassium, K [mg]	2168.8	346.5	1084.4
Sodium, Na [mg]	643.2	102.7	321.6

Tuna Spinach Salad with Cucumber and Carrots

🕒 15 min 🍽️ 4 servings

Per serving: 154 Kcal 17g Protein 8g Fat 3g Carbs

Ingredients

- Lemon juice, 1 tablespoon (14.7 g)
- Salt, 1 teaspoon (5 g)
- Carrots, 1/2 cup (61.5 g)
- Cucumber, 1/2 cup (64.1 g)
- Tuna, 2 cans (340 g)
- Spinach leaves, 4 cups (120 g)
- Extra virgin olive oil, 2 tablespoons (28 g)



Instructions

In a large bowl, combine the drained tuna, fresh spinach leaves, cucumber and carrots.

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

Drizzle the dressing over the tuna and vegetable mixture and toss gently to coat.

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

Serve the tuna spinach salad immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	617.3	97.5	154.3
Protein [g]	69	10.9	17.3
Fat [g]	31.9	5	8
Carbs [g]	12.9	2	3.2
Fiber [g]	4.9	0.8	1.2
Net Carbs [g]	8	1.3	2



Micronutrient summary

TOTAL /100 G /SERVING

Vitamin A, RAE [ug]	516.4	81.5	129.1
Vitamin C [mg]	45.1	7.1	11.3
Vitamin D [ug]	4.1	0.6	1
Vitamin E [mg]	8	1.3	2
Vitamin K [ug]	609.9	96.3	152.5
Thiamin [mg]	0.3	0	0.1
Riboflavin [mg]	0.6	0.1	0.2
Niacin [mg]	35.2	5.6	8.8
Vitamin B6 [mg]	1.4	0.2	0.4
Vitamin B12 [ug]	8.7	1.4	2.2
Calcium, Ca [mg]	211.6	33.4	52.9
Iron, Fe [mg]	9.4	1.5	2.4
Magnesium, Mg [mg]	189	29.8	47.3
Phosphorus, P [mg]	560.8	88.5	140.2
Zinc, Zn [mg]	3.1	0.5	0.8
Potassium, K [mg]	1567.9	247.6	392
Sodium, Na [mg]	2821.8	445.5	705.5

Banana Overnight Oats with Chia Seeds

🕒 10 min 🍽️ 1 serving

Per serving: 274 Kcal 9g Protein 9g Fat 40g Carbs

Ingredients

- Banana, 1 portion(s) (30 g)
- Rolled oats, 1/2 c (40.5 g)
- Chia seeds, 1 tbsp (12 g)
- Almond milk, 1 cup (250 g)



Instructions

In a mason jar or airtight container, mash the ripe banana using a fork.

Add the rolled oats, chia seeds, almond milk, maple syrup, and vanilla extract to the mashed banana.

Stir well to combine all the ingredients.

Cover the container and refrigerate overnight or for at least 4 hours.

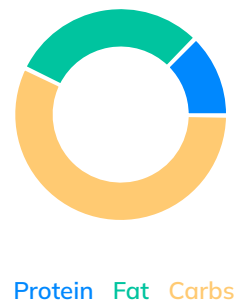
In the morning, give the mixture a good stir. If it appears too thick, you can add a little more plant-based milk to achieve your desired consistency.

Serve the overnight oats in a bowl or glass.

Enjoy your delicious raw vegan banana overnight oats with chia seeds!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	273.7	82.3	273.7
Protein [g]	8.9	2.7	8.9
Fat [g]	9.4	2.8	9.4
Carbs [g]	40.4	12.1	40.4
Fiber [g]	9.8	2.9	9.8
Net Carbs [g]	30.6	9.2	30.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0.9	0.3	0.9
Vitamin C [mg]	2.8	0.8	2.8
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.3	0.1	0.3
Vitamin K [ug]	1	0.3	1
Thiamin [mg]	0.3	0.1	0.3
Riboflavin [mg]	0.1	0	0.1
Niacin [mg]	1.7	0.5	1.7
Vitamin B6 [mg]	0.2	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	398.3	119.8	398.3
Iron, Fe [mg]	2.7	0.8	2.7
Magnesium, Mg [mg]	104.2	31.3	104.2
Phosphorus, P [mg]	276	83	276
Zinc, Zn [mg]	2.1	0.6	2.1
Potassium, K [mg]	303	91.1	303
Sodium, Na [mg]	329.7	99.1	329.7

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

Mushroom Pasta with Baby Spinach

🕒 30 min 🍽️ 4 servings

Per serving: 291 Kcal 10g Protein 9g Fat 47g Carbs

Ingredients

- **Vegetable broth**, 1 cups (196 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Mushrooms**, 8 ounces (226.7 g)
- **Olive oil**, 2 servings (28 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 portion (6 g)
- **Baby spinach**, 1 cup (30.1 g)
- **Pasta**, 8 ounces (224.2 g)
- **Pepper flakes**, 1/2 teaspoon (1 g)
- **Parsley**, 1/4 cup (15 g)
- **Salt**, 1 tsp (2 g)
- **Black Pepper**, 1 tsp, ground (2.3 g)



Instructions

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

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

Add the diced onion and minced garlic to the skillet, sauté until fragrant and translucent.

Add the sliced mushrooms, dried oregano, dried thyme, and red pepper flakes. Cook until the mushrooms are tender and slightly browned.

Pour in the vegetable broth and bring to a simmer. Cook for 5 minutes.

Add the cooked pasta, baby spinach, and chopped parsley to the skillet. Toss well to combine and cook for an additional 2-3 minutes until the spinach wilts.

Season with salt and pepper to taste.

Serve hot and garnish with additional parsley if desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1162.9	144.7	290.7
Protein [g]	41.6	5.2	10.4
Fat [g]	36.2	4.5	9.1
Carbs [g]	188.1	23.4	47
Fiber [g]	27.3	3.4	6.8
Net Carbs [g]	160.8	20	40.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	171.8	21.4	43
Vitamin C [mg]	41.3	5.1	10.3
Vitamin D [ug]	0.5	0.1	0.1
Vitamin E [mg]	6.6	0.8	1.7
Vitamin K [ug]	437.1	54.4	109.3
Thiamin [mg]	1.2	0.1	0.3
Riboflavin [mg]	1.6	0.2	0.4
Niacin [mg]	28.7	3.6	7.2
Vitamin B6 [mg]	1.2	0.1	0.3
Vitamin B12 [ug]	0.1	0	0
Calcium, Ca [mg]	210.5	26.2	52.6
Iron, Fe [mg]	13.3	1.7	3.3
Magnesium, Mg [mg]	361.1	44.9	90.3
Phosphorus, P [mg]	1033.5	128.6	258.4
Zinc, Zn [mg]	8.6	1.1	2.2
Potassium, K [mg]	2190.3	272.5	547.6
Sodium, Na [mg]	1448	180.1	362

Vegan Falafel Lettuce Wraps

🕒 25 min 🍽️ 4 servings

Per serving: 160 Kcal 8g Protein 7g Fat 20g Carbs

Ingredients

- **Lemon juice**, 1 tablespoon (14.6 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Mint leaves**, 1/4 cup (11.7 g)
- **Garlic**, 3 clove (9 g)
- **Tahini**, 1 tablespoon (14.7 g)
- **Chickpeas**, 1 cup (164 g)
- **Hummus**, 4 heaped tablespoon (120 g)
- **Parsley**, 1/4 cup (15 g)
- **Onion**, 1/2 small (35 g)
- **Ground cumin**, 1 tablespoon (6 g)
- **Ground coriander**, 5 g (5 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Lettuce leaves**, 8 leaves (8 g)



Instructions

Drain and rinse the soaked chickpeas.

In a food processor, combine the chickpeas, parsley, cilantro, mint, red onion, garlic, cumin, coriander, lemon juice, tahini, sea salt, and black pepper.

Process until well combined and the mixture holds together when pressed between your fingers. If the mixture is too dry, you can add a little water or more lemon juice.

Take small portions of the mixture and shape them into falafel patties.

Place the falafel patties on a dehydrator tray or a lined baking sheet.

Dehydrate at 115°F (46°C) for about 4-6 hours, or bake in a preheated oven at 350°F (175°C) for about 20-25 minutes, flipping halfway through.

Once the falafel patties are crispy on the outside and cooked through, remove from the dehydrator or oven and let them cool slightly.

To assemble the lettuce wraps, place a falafel patty on a lettuce leaf

Drizzle with hummus and wrap the lettuce leaf around the filling.

Repeat with the remaining falafel patties and lettuce leaves.

Serve the vegan falafel lettuce wraps immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	640.3	155.9	160.1
Protein [g]	30.4	7.4	7.6
Fat [g]	26.2	6.4	6.5
Carbs [g]	81.3	19.8	20.3
Fiber [g]	25.7	6.3	6.4
Net Carbs [g]	55.6	13.5	13.9



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	41	10	10.3
Vitamin C [mg]	41.5	10.1	10.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	1.1	0.3	0.3
Vitamin K [ug]	266.9	65	66.7
Thiamin [mg]	0.8	0.2	0.2
Riboflavin [mg]	0.3	0.1	0.1
Niacin [mg]	3.4	0.8	0.9
Vitamin B6 [mg]	0.7	0.2	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	321	78.2	80.3
Iron, Fe [mg]	15.1	3.7	3.8
Magnesium, Mg [mg]	242.9	59.1	60.7
Phosphorus, P [mg]	700.8	170.7	175.2
Zinc, Zn [mg]	6.4	1.6	1.6
Potassium, K [mg]	1285.1	312.9	321.3
Sodium, Na [mg]	1665.4	405.5	416.4

Chicken Avocado Wraps

🕒 20 min 🍽️ 4 servings

Per serving: 381 Kcal 31g Protein 17g Fat 28g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Greek yogurt**, 1/4 cup (53.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Lime juice**, 1 tablespoon (15 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Lettuce**, 1/2 cup (34.6 g)
- **Chicken breasts**, 2 small breast (450 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Tortillas**, 4 piece (168 g)
- **Cherry tomatoes**, 1 cup (149 g)



Instructions

In a small bowl, mix together garlic powder, paprika, salt, and pepper.

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

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

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

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

In a separate bowl, mix Greek yogurt, lime juice, and chopped cilantro to make the sauce.

Warm the tortillas in a microwave or on a stovetop.

Spread the Greek yogurt sauce on each tortilla.

Divide the sliced chicken, avocado, cherry tomatoes, and shredded lettuce equally among the tortillas.

Roll up the tortillas tightly to form wraps.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1523.2	139	380.8
Protein [g]	122.5	11.2	30.7
Fat [g]	66.5	6.1	16.5
Carbs [g]	112.9	10.3	28.2
Fiber [g]	27.3	2.5	6.8
Net Carbs [g]	85.6	7.8	21.4



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	86.9	7.9	21.7
Vitamin C [mg]	66.1	6	16.5
Vitamin D [ug]	0.5	0	0.1
Vitamin E [mg]	8.6	0.8	2.2
Vitamin K [ug]	78.4	7.2	19.6
Thiamin [mg]	0.5	0	0.1
Riboflavin [mg]	0.9	0.1	0.2
Niacin [mg]	51.7	4.7	12.9
Vitamin B6 [mg]	4.2	0.4	1.1
Vitamin B12 [ug]	1.3	0.1	0.3
Calcium, Ca [mg]	439.6	40.1	109.9
Iron, Fe [mg]	8.8	0.8	2.2
Magnesium, Mg [mg]	205.2	18.7	51.3
Phosphorus, P [mg]	1193.7	108.9	298.4
Zinc, Zn [mg]	4.6	0.4	1.2
Potassium, K [mg]	3210.4	292.9	802.6
Sodium, Na [mg]	2401.1	219	600.3

Vegan Seitan Garlic Pasta with Broccoli

🕒 10 min 🍽️ 2 servings

Per serving: 720 Kcal 46g Protein 18g Fat 95g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Garlic, 4 clove (12 g)
- Pasta, 8 ounces (226.8 g)
- Broccoli florets, 1 cup (91 g)
- Seitan, 2 cup (280 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Salt and pepper, 1 tsp (2 g)
- Parsley, 2 tablespoons (8 g)



Instructions

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

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

Add minced garlic and red pepper flakes. Sauté for 1-2 minutes until fragrant.

Add sliced seitan to the skillet and cook for 3-4 minutes until lightly browned.

Add broccoli florets to the skillet and cook for an additional 3-4 minutes until tender-crisp.

Season with salt and pepper to taste.

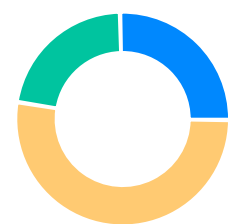
Add the cooked pasta to the skillet and toss everything together until well combined.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1438.9	221.9	719.5
Protein [g]	92	14.2	46
Fat [g]	35.3	5.4	17.7
Carbs [g]	189.9	29.3	95
Fiber [g]	13.7	2.1	6.9
Net Carbs [g]	176.2	27.2	88.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	95.6	14.7	47.8
Vitamin D [ug]	0	0	0
Vitamin E [mg]	5.2	0.8	2.6
Vitamin K [ug]	241.8	37.3	120.9
Thiamin [mg]	0.3	0	0.2
Riboflavin [mg]	0.3	0	0.2
Niacin [mg]	4.7	0.7	2.4
Vitamin B6 [mg]	0.6	0.1	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	125.6	19.4	62.8
Iron, Fe [mg]	8.1	1.2	4.1
Magnesium, Mg [mg]	147.1	22.7	73.6
Phosphorus, P [mg]	513.2	79.2	256.6
Zinc, Zn [mg]	3.8	0.6	1.9
Potassium, K [mg]	896	138.2	448
Sodium, Na [mg]	2085.7	321.7	1042.9

Vegan Tofu, Bell Pepper and Spinach Fritters

🕒 15 min 🍽️ 2 servings

Per serving: 608 Kcal 36g Protein 32g Fat 51g Carbs

Ingredients

- **Turmeric powder**, 1/2 teaspoon (1.1 g)
- **Salt**, 1/4 tsp (1.6 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1/4 cup (41.7 g)
- **Garlic**, 2 cloves (6 g)
- **Water**, 1/2 cup (113.8 g)
- **Chickpea flour**, 1 cup (120 g)
- **Nutritional yeast**, 1/4 cup (11 g)
- **Spinach**, 1/4 cup (7.5 g)
- **Bell peppers**, 1/4 cup (37.3 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Tofu, crumbled**, 1 extra firm, drained (200 g)



Instructions

In a large mixing bowl, combine chickpea flour, nutritional yeast, crumbled tofu chopped spinach, diced bell peppers, finely chopped onion, minced garlic, ground cumin, turmeric powder, paprika, salt, and black pepper.

Gradually add water while stirring the mixture until a thick batter consistency is achieved.

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

Drop spoonfuls of the batter onto the skillet and flatten them slightly with the back of the spoon to form fritters.

Cook the fritters for about 3-4 minutes on each side or until they turn golden brown.

Remove the fritters from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

Serve the high protein vegan snack fritters hot with your favorite dipping sauce or enjoy them as is.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1216.8	218.5	608.4
Protein [g]	72.1	12.9	36.1
Fat [g]	63.2	11.4	31.5
Carbs [g]	102.5	18.4	51.3
Fiber [g]	26.2	4.7	13.1
Net Carbs [g]	76.3	13.7	38.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	27.9	5	14
Vitamin C [mg]	54.9	9.9	27.5
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.2	0.8	2.1
Vitamin K [ug]	74.8	13.4	37.4
Thiamin [mg]	1	0.2	0.5
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	3	0.5	1.5
Vitamin B6 [mg]	1.1	0.2	0.6
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	857.2	153.9	428.6
Iron, Fe [mg]	19	3.4	9.5
Magnesium, Mg [mg]	348.5	62.6	174.3
Phosphorus, P [mg]	1007.2	180.9	503.6
Zinc, Zn [mg]	7.8	1.4	3.9
Potassium, K [mg]	1819.4	326.7	909.7
Sodium, Na [mg]	734.9	132	367.5

Broccoli Beef Brown Rice

🕒 30 min 🍽️ 4 servings

Per serving: 290 Kcal 27g Protein 9g Fat 26g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cups (182 g)
- Beef, sirloin steak, raw, lean, 400 grams (400 g)



Instructions

Cook the rice according to package instructions.

Season the beef slices with salt and pepper.

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

Add the beef slices to the skillet and cook for about 6-8 minutes per side, or until cooked through.

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

In the same skillet, add the broccoli florets and cook for about 5 minutes, or until they are tender-crisp.

Add the sliced beef back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and beef mixture over the cooked rice.

Enjoy your delicious Broccoli Beef Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1158	116.8	289.5
Protein [g]	108.2	10.9	27.1
Fat [g]	35.4	3.6	8.9
Carbs [g]	103.8	10.5	26
Fiber [g]	11.8	1.2	3
Net Carbs [g]	92	9.3	23



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	162.3	16.4	40.6
Vitamin D [ug]	2	0.2	0.5
Vitamin E [mg]	4	0.4	1
Vitamin K [ug]	193.8	19.5	48.5
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	1.3	0.1	0.3
Niacin [mg]	28.4	2.9	7.1
Vitamin B6 [mg]	3.1	0.3	0.8
Vitamin B12 [ug]	8	0.8	2
Calcium, Ca [mg]	146.1	14.7	36.5
Iron, Fe [mg]	9.9	1	2.5
Magnesium, Mg [mg]	297.9	30	74.5
Phosphorus, P [mg]	1220.4	123.1	305.1
Zinc, Zn [mg]	19.2	1.9	4.8
Potassium, K [mg]	2323.8	234.4	581
Sodium, Na [mg]	2669.7	269.3	667.4

Hummus and Avocado Sandwich

🕒 5 min 🍽️ 1 serving

Per serving: 435 Kcal 19g Protein 13g Fat 63g Carbs

Ingredients

- Avocado, 1 half (40 g)
- Lettuce, 2 leaf, medium (16 g)
- Hummus, 2 tablespoons (28 g)
- Salt and pepper, 1 tsp (2 g)
- Whole Wheat Bread, 4 slice (128 g)

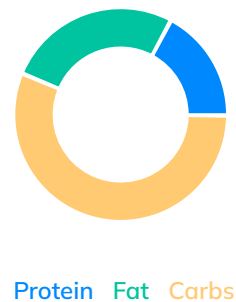


Instructions

- Spread hummus evenly on one side of each bread slice.
- Layer avocado slices on top of the hummus on one bread slice.
- Season with salt and pepper to taste.
- Add any desired toppings, such as lettuce and tomato.
- Cover with the other bread slice, hummus side down.
- Slice the sandwich in half or quarters.
- Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	435.3	203.4	435.3
Protein [g]	19.1	8.9	19.1
Fat [g]	13.1	6.1	13.1
Carbs [g]	62.6	29.3	62.6
Fiber [g]	12.2	5.7	12.2
Net Carbs [g]	50.4	23.6	50.4



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	6.8	3.2	6.8
Vitamin C [mg]	4.4	2.1	4.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.3	2	4.3
Vitamin K [ug]	22.2	10.4	22.2
Thiamin [mg]	0.6	0.3	0.6
Riboflavin [mg]	0.3	0.1	0.3
Niacin [mg]	6.6	3.1	6.6
Vitamin B6 [mg]	0.4	0.2	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	224.9	105.1	224.9
Iron, Fe [mg]	4.1	1.9	4.1
Magnesium, Mg [mg]	128.5	60.1	128.5
Phosphorus, P [mg]	344.6	161	344.6
Zinc, Zn [mg]	3.1	1.4	3.1
Potassium, K [mg]	605.7	283	605.7
Sodium, Na [mg]	1468.1	686	1468.1

Pan Fried Chicken with Broccoli, and Brown Rice

🕒 15 min 🍽️ 2 servings

Per serving: 354 Kcal 29g Protein 8g Fat 41g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1/2 tablespoon (6.8 g)
- Chicken breasts, 1/2 lb (226.8 g)
- Broccoli florets, 1 cup (91 g)
- cooked brown rice, 2 cup (320 g)



Instructions

1. Rinse the brown rice under cold water and cook it according to package instructions.
2. Season the chicken breasts with salt on both sides.
3. Heat olive oil in a large skillet over medium-high heat.
4. Add the chicken breasts to the skillet and cook for 4-5 minutes per side, or until cooked through and golden brown.
5. While the chicken is cooking, steam the broccoli florets until tender, about 3-4 minutes.
6. Once the chicken is cooked, remove it from the skillet and let it rest for a few minutes before slicing.
7. Serve the pan-fried chicken with steamed broccoli, brown rice, and additional salt to taste.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	707.6	108.8	353.8
Protein [g]	58.1	8.9	29.1
Fat [g]	15.6	2.4	7.8
Carbs [g]	81.3	12.5	40.7
Fiber [g]	8.1	1.2	4.1
Net Carbs [g]	73.2	11.3	35.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	83.9	12.9	42
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	2.1	0.3	1.1
Vitamin K [ug]	97.3	15	48.7
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	28.5	4.4	14.3
Vitamin B6 [mg]	2.3	0.4	1.2
Vitamin B12 [ug]	0.5	0.1	0.3
Calcium, Ca [mg]	87.6	13.5	43.8
Iron, Fe [mg]	3.3	0.5	1.7
Magnesium, Mg [mg]	218.9	33.6	109.5
Phosphorus, P [mg]	782.8	120.3	391.4
Zinc, Zn [mg]	3.7	0.6	1.9
Potassium, K [mg]	1380.2	212.2	690.1
Sodium, Na [mg]	2622	403	1311

Baked Lemon Salmon with Green Beans over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 271 Kcal 21g Protein 7g Fat 34g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Brown rice**, 1 cup (195 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Green Beans**, 4 portion(s) (160 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the green beans around the salmon.

Season the salmon and green beans with salt and pepper to taste.

Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is baking, cook the brown rice according to package instructions.

Once cooked, divide the brown rice onto two plates.

Remove the baked salmon and green beans from the oven and place them on top of the brown rice.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	540.9	84.9	270.5
Protein [g]	42.4	6.7	21.2
Fat [g]	13.1	2.1	6.5
Carbs [g]	67.1	10.5	33.6
Fiber [g]	10.9	1.7	5.5
Net Carbs [g]	56.2	8.8	28.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	57.1	9	28.6
Vitamin C [mg]	76.8	12.1	38.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.8	0.1	0.4
Vitamin K [ug]	68.8	10.8	34.4
Thiamin [mg]	0.8	0.1	0.4
Riboflavin [mg]	0.9	0.1	0.5
Niacin [mg]	17.2	2.7	8.6
Vitamin B6 [mg]	2	0.3	1
Vitamin B12 [ug]	5.4	0.8	2.7
Calcium, Ca [mg]	128.2	20.1	64.1
Iron, Fe [mg]	4.7	0.7	2.4
Magnesium, Mg [mg]	183.8	28.8	91.9
Phosphorus, P [mg]	568.4	89.2	284.2
Zinc, Zn [mg]	2.8	0.4	1.4
Potassium, K [mg]	1474.5	231.4	737.3
Sodium, Na [mg]	1638.9	257.2	819.5

Chicken and Zucchini over Rice

🕒 15 min 🍽️ 4 servings

Per serving: 262 Kcal 28g Protein 7g Fat 20g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 1 pound (454 g)
- brown rice, cooked, 2 cup (326 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Zucchini, 1 small (118 g)



Instructions

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1049.3	114.4	262.3
Protein [g]	111.1	12.1	27.8
Fat [g]	28.5	3.1	7.1
Carbs [g]	80.3	8.8	20.1
Fiber [g]	7	0.8	1.8
Net Carbs [g]	73.3	8	18.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	52.7	5.7	13.2
Vitamin C [mg]	21.1	2.3	5.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.6	0.5	1.2
Vitamin K [ug]	13.2	1.4	3.3
Thiamin [mg]	0.8	0.1	0.2
Riboflavin [mg]	1	0.1	0.3
Niacin [mg]	48.5	5.3	12.1
Vitamin B6 [mg]	4.4	0.5	1.1
Vitamin B12 [ug]	1	0.1	0.3
Calcium, Ca [mg]	75.8	8.3	19
Iron, Fe [mg]	3.9	0.4	1
Magnesium, Mg [mg]	291.9	31.8	73
Phosphorus, P [mg]	1262.9	137.6	315.7
Zinc, Zn [mg]	5.5	0.6	1.4
Potassium, K [mg]	2082.5	227	520.6
Sodium, Na [mg]	2542.8	277.1	635.7

Pork and Broccoli with Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 308 Kcal 30g Protein 10g Fat 26g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Pork tenderloin, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Broccoli, 4 cups (364 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

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

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

Remove the pork from the skillet and set aside.

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

Return the pork to the skillet and season with salt.

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

Serve the stir-fry over the cooked quinoa.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1231.4	102.3	307.9
Protein [g]	120.2	10	30.1
Fat [g]	38	3.2	9.5
Carbs [g]	103	8.6	25.8
Fiber [g]	19.8	1.6	5
Net Carbs [g]	83.2	6.9	20.8



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	112.8	9.4	28.2
Vitamin C [mg]	324.7	27	81.2
Vitamin D [ug]	1.4	0.1	0.4
Vitamin E [mg]	8.1	0.7	2
Vitamin K [ug]	378	31.4	94.5
Thiamin [mg]	5.1	0.4	1.3
Riboflavin [mg]	2.4	0.2	0.6
Niacin [mg]	33.8	2.8	8.5
Vitamin B6 [mg]	4.6	0.4	1.2
Vitamin B12 [ug]	2.4	0.2	0.6
Calcium, Ca [mg]	262	21.8	65.5
Iron, Fe [mg]	12.7	1.1	3.2
Magnesium, Mg [mg]	435.7	36.2	108.9
Phosphorus, P [mg]	1904.9	158.2	476.2
Zinc, Zn [mg]	14	1.2	3.5
Potassium, K [mg]	3569.6	296.5	892.4
Sodium, Na [mg]	1500.3	124.6	375.1

Turkey Breast and Peppers over Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 222 Kcal 19g Protein 6g Fat 22g Carbs

Ingredients

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



Instructions

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

Macronutrient summary

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



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	28.9	3.7	7.2
Vitamin C [mg]	255.1	32.8	63.8
Vitamin D [ug]	0.3	0	0.1
Vitamin E [mg]	4.4	0.6	1.1
Vitamin K [ug]	8.1	1	2
Thiamin [mg]	0.5	0.1	0.1
Riboflavin [mg]	0.8	0.1	0.2
Niacin [mg]	27.6	3.5	6.9
Vitamin B6 [mg]	2.7	0.3	0.7
Vitamin B12 [ug]	1.6	0.2	0.4
Calcium, Ca [mg]	107.3	13.8	26.8
Iron, Fe [mg]	8.1	1	2
Magnesium, Mg [mg]	323.5	41.6	80.9
Phosphorus, P [mg]	1098.3	141.1	274.6
Zinc, Zn [mg]	7.5	1	1.9
Potassium, K [mg]	1536.7	197.4	384.2
Sodium, Na [mg]	2636.9	338.7	659.2

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.

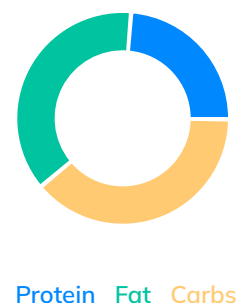
Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

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

Butternut Squash, White Beans, Brown Rice Casserole

🕒 20 min 🍽️ 4 servings

Per serving: 231 Kcal 10g Protein 1g Fat 50g Carbs

Ingredients

- **Vegetable broth**, 1 cups (196 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 portion (6 g)
- **Butternut squash**, 1 medium (750 g)
- **Brown rice**, 1 cup (195 g)
- **Nutritional yeast**, 2 tablespoon (15 g)
- **Beans**, 1 cup (179 g)



Instructions

Preheat the oven to 375°F (190°C).

In a large skillet, sauté the onion and garlic until translucent.

Add the diced butternut squash and cook until slightly tender.

In a mixing bowl, combine the cooked white beans, brown rice, nutritional yeast and butternut squash mixture.

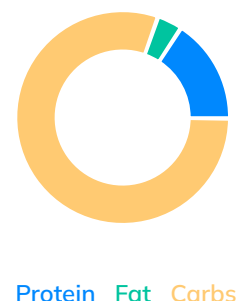
Pour the vegetable broth over the mixture and stir well to combine.

Bake in the preheated oven for 20 minutes.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	925.6	63.8	231.4
Protein [g]	39	2.7	9.8
Fat [g]	3.9	0.3	1
Carbs [g]	198.9	13.7	49.7
Fiber [g]	35.5	2.4	8.9
Net Carbs [g]	163.4	11.3	40.9



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	4017.7	276.9	1004.4
Vitamin C [mg]	168.3	11.6	42.1
Vitamin D [ug]	0	0	0
Vitamin E [mg]	12.5	0.9	3.1
Vitamin K [ug]	15.1	1	3.8
Thiamin [mg]	1.3	0.1	0.3
Riboflavin [mg]	0.3	0	0.1
Niacin [mg]	12.2	0.8	3.1
Vitamin B6 [mg]	1.8	0.1	0.5
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	582.6	40.2	145.7
Iron, Fe [mg]	14.3	1	3.6
Magnesium, Mg [mg]	468	32.3	117
Phosphorus, P [mg]	646.9	44.6	161.7
Zinc, Zn [mg]	5.1	0.4	1.3
Potassium, K [mg]	4322.1	297.9	1080.5
Sodium, Na [mg]	642	44.2	160.5

Chickpea Avocado Salad Sandwich

🕒 10 min 🍽️ 2 servings

Per serving: 386 Kcal 17g Protein 13g Fat 55g Carbs

Ingredients

- **Avocado**, 1/2 avocado, ns as to florida or california (100.5 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Juice of lime**, 1 tablespoon (14 g)
- **Chickpeas**, 3/4 can (339.8 g)
- **Whole wheat bread**, 4 slices (112.9 g)
- **Salt and pepper**, 1/2 tsp (1 g)
- **Onion**, 1/4 cup (38.5 g)
- **Lettuce leaves**, 2 large (48 g)



Instructions

In a medium bowl, mash the chickpeas using a fork or potato masher.

Add mashed avocado, red onion, cilantro, lime juice, salt, and pepper to the bowl. Mix well to combine.

Toast the bread slices until golden brown.

Spread the chickpea avocado salad evenly on two slices of bread.

Top with lettuce leaves if desired, and cover with the remaining bread slices.

Slice the sandwiches in half and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	771.2	117.1	385.6
Protein [g]	33.8	5.1	16.9
Fat [g]	25.4	3.9	12.7
Carbs [g]	109	16.6	54.5
Fiber [g]	29.8	4.5	14.9
Net Carbs [g]	79.2	12	39.6



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	23.7	3.6	11.9
Vitamin C [mg]	27.1	4.1	13.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	5.4	0.8	2.7
Vitamin K [ug]	42.1	6.4	21.1
Thiamin [mg]	0.7	0.1	0.4
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	7.5	1.1	3.8
Vitamin B6 [mg]	2.2	0.3	1.1
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	343.6	52.2	171.8
Iron, Fe [mg]	8.1	1.2	4.1
Magnesium, Mg [mg]	217.8	33.1	108.9
Phosphorus, P [mg]	592.2	89.9	296.1
Zinc, Zn [mg]	5.2	0.8	2.6
Potassium, K [mg]	1449.1	220.1	724.6
Sodium, Na [mg]	1869.8	284	934.9

Vegan Chocolate Oatmeal with Bananas and Almonds

🕒 10 min 🍽️ 2 servings

Per serving: 271 Kcal 9g Protein 13g Fat 35g Carbs

Ingredients

- Bananas, 1 medium (7" to 7-7/8" long) (118 g)
- Rolled oats, 1/2 cup (40.5 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 1/2 cup (375 g)
- Almonds, 1/4 cup (35.8 g)



Instructions

In a medium saucepan, combine the rolled oats and almond milk.

Bring the mixture to a boil over medium heat, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, or until the oats are tender and the mixture thickens.

Stir in the cocoa powder and mashed bananas, mixing well.

Continue cooking for another 2 minutes, until the oatmeal is heated through and the flavors are well combined.

Remove from heat and divide the oatmeal into serving bowls.

Top each bowl with sliced almonds.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	541	93.4	270.5
Protein [g]	18	3.1	9
Fat [g]	26.7	4.6	13.4
Carbs [g]	69.4	12	34.7
Fiber [g]	16.5	2.8	8.3
Net Carbs [g]	52.9	9.1	26.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3.5	0.6	1.8
Vitamin C [mg]	10.3	1.8	5.2
Vitamin D [ug]	0	0	0
Vitamin E [mg]	9.5	1.6	4.8
Vitamin K [ug]	1.7	0.3	0.9
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	0.6	0.1	0.3
Niacin [mg]	2.8	0.5	1.4
Vitamin B6 [mg]	0.5	0.1	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	585.9	101.1	293
Iron, Fe [mg]	4.7	0.8	2.4
Magnesium, Mg [mg]	234.2	40.4	117.1
Phosphorus, P [mg]	437.5	75.5	218.8
Zinc, Zn [mg]	3.4	0.6	1.7
Potassium, K [mg]	983.6	169.8	491.8
Sodium, Na [mg]	493.6	85.2	246.8

Kale and Zucchini Breakfast Scramble

🕒 20 min 🍽️ 2 servings

Per serving: 231 Kcal 14g Protein 17g Fat 5g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Olive oil, 1 tablespoon (15 g)
- Zucchini, 1 small (118 g)
- Kale, 1 cups (47.9 g)
- Salt and pepper, 1 pinch (0.1 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced zucchini and cook for 2-3 minutes until slightly softened.

Add chopped kale to the skillet and cook for an additional 2 minutes until wilted.

In a separate bowl, whisk together eggs, salt, and pepper.

Pour the egg mixture into the skillet with the vegetables.

Stir gently and cook until the eggs are scrambled and cooked to your desired consistency.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	462.1	121.3	231.1
Protein [g]	28.6	7.5	14.3
Fat [g]	34.8	9.1	17.4
Carbs [g]	9.3	2.4	4.7
Fiber [g]	2.9	0.8	1.5
Net Carbs [g]	6.4	1.7	3.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	571.1	149.9	285.6
Vitamin C [mg]	78.6	20.6	39.3
Vitamin D [ug]	4	1	2
Vitamin E [mg]	5.1	1.3	2.6
Vitamin K [ug]	352	92.4	176
Thiamin [mg]	0.2	0.1	0.1
Riboflavin [mg]	1.1	0.3	0.6
Niacin [mg]	1.2	0.3	0.6
Vitamin B6 [mg]	0.7	0.2	0.4
Vitamin B12 [ug]	1.8	0.5	0.9
Calcium, Ca [mg]	202.8	53.2	101.4
Iron, Fe [mg]	4.7	1.2	2.4
Magnesium, Mg [mg]	67.7	17.8	33.9
Phosphorus, P [mg]	484.9	127.3	242.5
Zinc, Zn [mg]	3.2	0.8	1.6
Potassium, K [mg]	819.1	215	409.6
Sodium, Na [mg]	350.7	92.1	175.4

Shopping List

Nut and Seed Products

- Hazelnut, Nut, 56.7 g
- Chia seeds, 24 g
- Tahini, 7.4 g

Legumes and Legume Products

- Plain soy yogurt, 675 g
- Chickpeas, 566.3 g
- Chickpeas, 82.3 g
- Hummus, 116.2 g
- Chickpea flour, 99.6 g
- Tofu, crumbled, 100.2 g

Breakfast Cereals

- Granola, 61 g
- Rolled oats, 121.8 g

Fruits and Fruit Juices

- Raspberries, 76 g
- Bananas, 178.2 g
- Avocado, 280.9 g
- Lime juice, 21.5 g
- Lemon juice, 14.6 g
- Lemon, 108.2 g
- Pear, 356 g

Dairy and Egg Products

- Eggs, 100.3 g
- Almond milk, 876.2 g
- Greek yogurt, 26.9 g
- Cottage Cheese, 226 g

Fats and Oils

- Olive Oil, 122.9 g
- Extra virgin olive oil, 14 g

Vegetables and Vegetable Products

- Zucchini, 216.4 g
- Kale, 71.8 g

- Cilantro, 8.2 g
- Onion, 56 g
- Lettuce leaves, 52 g
- Carrots, 91.8 g
- Onion, 220.9 g
- Garlic, 30 g
- Peppers, sweet, red, raw, 68.9 g
- Lettuce, 49.3 g
- Cherry tomatoes, 74.5 g
- Red/Yellow Pepper, 69.6 g
- Mushrooms, sliced, 177.6 g
- Baby spinach, 15 g
- Parsley, 19 g
- Broccoli, 182 g
- Broccoli florets, 227.7 g
- Spinach, 93.6 g
- Butternut squash, 375.3 g
- Cucumber, 32 g
- Green Beans, 160.2 g
- Bell peppers, 18.7 g

Spices and Herbs

- Salt and pepper, 14.6 g
- Paprika, 2.5 g
- Ground cumin, 5 g
- Ground coriander, 3.5 g
- Garlic powder, 1.5 g
- Salt, 20.8 g
- Oregano, 1 g
- Thyme, 0.7 g
- Pepper flakes, 0.7 g
- Black Pepper, 1.2 g
- Turmeric powder, 1.7 g
- Ground ginger, 0.5 g
- Apple cider vinegar, 7.5 g
- Mint leaves, 5.9 g
- Sea salt, 1.5 g
- Pepper, 0.5 g

Sweets

- Cocoa powder, 10 g

Baked Products

- Almonds, 35.8 g
- Whole Wheat Bread, 368.8 g

Soups, Sauces, and Gravies

- Vegetable broth, 588.1 g

Cereal Grains and Pasta

- Couscous, 173.2 g
- Quinoa, cooked, 370.4 g
- Pasta, 112.1 g
- brown rice, cooked, 972.1 g
- Pasta, 113.3 g

Ethnic Foods

- Harissa paste, 15 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 452.3 g

Other

- Tortillas, 84 g
- Coconut aminos, 15 g
- Nutritional yeast, 13 g
- Beans, 89.6 g
- Seitan, 139.9 g
- Tofu, 66.2 g

Poultry Products

- Turkey Breast, 125.2 g
- Ground turkey, 226.4 g
- Chicken breasts, 451.6 g

Pork Products

- Pork tenderloin, 226.8 g

Canned and Jarred

- Tuna, 169.6 g

Finfish and Shellfish Products

- Salmon, 170.3 g

Beef Products

- Beef, sirloin steak, raw, lean, 200.1 g

Beverages

- Water, 57 g