

# PCOS Diet

📅 2024-05-01    👤 Testimony Olajire    Ⓜ Example Client

## DAY 1

<b>Breakfast</b>	Low Carb Cinnamon Almond Protein Smoothie	2 serving (828 g)
<b>Lunch</b>	Air Fried Salt and Pepper Chicken, Potatoes, and Peppers	2 serving (620 g)
<b>Dinner</b>	Vegan High Protein Lentil and Seitan Pasta Bake	1 serving (573 g)
<b>Snack</b>	Vegan Almond Cranberry Protein Bars	1 serving (60 g)

## DAY 2

<b>Breakfast</b>	Raspberries	20 raspberries (38 g)
	Plain soy yogurt	1 cup (225 g)
<b>Lunch</b>	Raw Vegan Zucchini Bolognese	2 serving (924 g)
<b>Dinner</b>	Crispy Seitan Corn Salad	2 serving (1080 g)
<b>Snack</b>	Mediterranean Tuna Lettuce Cups	2 serving (422 g)

## DAY 3

<b>Breakfast</b>	Vegan Breakfast Potatoes with Kale and Tofu	1 serving (336 g)
<b>Lunch</b>	Mackerel with Chilli, Garlic and Lemon	1 serving (524 g)
<b>Dinner</b>	Brown Rice Jollof with Chicken	1 serving (481 g)
<b>Snack</b>	Pear	2 medium (356 g)

**DAY 4**

<b>Breakfast</b>	Vegan Breakfast Potatoes with Spinach and Tofu	2 serving (572 g)
<b>Lunch</b>	Pan Fried Chicken Breast with Side Salad	2 serving (1106 g)
<b>Dinner</b>	Brown Rice Jollof with Chicken	1 serving (481 g)
<b>Snack</b>	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)

**DAY 5**

<b>Breakfast</b>	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
<b>Lunch</b>	Lemon Chicken Meatballs with Rice and Bell Peppers	2 serving (536 g)
<b>Dinner</b>	Mackerel with Chilli, Garlic and Lemon	1 serving (524 g)
<b>Snack</b>	Grapes	2 cup (302 g)

**DAY 6**

<b>Breakfast</b>	Plain Yogurt (Low Fat)	1 container (4 oz) (226 g)
	Walnuts	2 oz (58 g)
	Blueberries	100 berries (136 g)
<b>Lunch</b>	Lemon Herb Chicken	2 serving (506 g)
<b>Dinner</b>	Vegan Red Lentil Carrot Soup	2 serving (678 g)
<b>Snack</b>	Banana and Oatmeal Cookies	2 serving (52 g)

**DAY 7**

<b>Breakfast</b>	Brazil nuts, kernel only	2 ounce (56.7 g)
<b>Lunch</b>	Chicken and Spinach over Rice	1 serving (230 g)
<b>Dinner</b>	Air Fried Lemon White Fish with Potatoes and Tomatoes	2 serving (640 g)
<b>Snack</b>	Hummus and Avocado Sandwich	2 serving (428 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D	Low Carb Cinnamon Almond	Air Fried Salt and Pepper Chick-	Vegan High Protein Lentil and	Vegan Almond Cranberry Protein
A	Protein Smoothie	en, Potatoes, and Peppers	Seitan Pasta Bake	Bars
Y	2 serving (828 g)	2 serving (620 g)	1 serving (573 g)	1 serving (60 g)
1				
D	Raspberries	Raw Vegan Zucchini Bolognese	Crispy Seitan Corn Salad	Mediterranean Tuna Lettuce
A	20 raspberries (38 g)	2 serving (924 g)	2 serving (1080 g)	Cups
Y	Plain soy yogurt			2 serving (422 g)
	1 cup (225 g)			
2				
D	Vegan Breakfast Potatoes with	Mackerel with Chilli, Garlic and	Brown Rice Jollof with Chicken	Pear
A	Kale and Tofu	Lemon	1 serving (481 g)	2 medium (356 g)
Y	1 serving (336 g)	1 serving (524 g)		
3				
D	Vegan Breakfast Potatoes with	Pan Fried Chicken Breast with	Brown Rice Jollof with Chicken	Vegan Hummus and Pan Fried
A	Spinach and Tofu	Side Salad	1 serving (481 g)	Onions Toast
Y	2 serving (572 g)	2 serving (1106 g)		1 serving (136 g)
4				
D	Vegan Chocolate Banana Baked	Lemon Chicken Meatballs with	Mackerel with Chilli, Garlic and	Grapes
A	Oatmeal (Unsweetened)	Rice and Bell Peppers	Lemon	2 cup (302 g)
Y	1 serving (289 g)	2 serving (536 g)	1 serving (524 g)	
5				
D	Plain Yogurt (Low Fat)	Lemon Herb Chicken	Vegan Red Lentil Carrot Soup	Banana and Oatmeal Cookies
A	1 container (4 oz) (226 g)	2 serving (506 g)	2 serving (678 g)	2 serving (52 g)
Y	Walnuts			
	2 oz (58 g)			
6				
	Blueberries			
	100 berries (136 g)			
D	Brazil nuts, kernel only	Chicken and Spinach over Rice	Air Fried Lemon White Fish with	Hummus and Avocado Sandwich
A	2 ounce (56.7 g)	1 serving (230 g)	Potatoes and Tomatoes	2 serving (428 g)
Y			2 serving (640 g)	
7				

## Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13562.5	1937.5
Protein [g]	993	141.9
Fat [g]	558.3	79.8
Carbs [g]	1227.1	175.3
Fiber [g]	229.5	32.8
Net Carbs [g]	997.6	142.5



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	417.2	20.4	24.7	32.7	5.7	27
Lunch	580.3	56	26.9	30	5.9	24.1
Dinner	613.3	51.2	16	69	13.1	55.9
Snack	326.8	14.2	12.2	43.6	8.1	35.5



Breakfast Lunch  
Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1947.4	162.7	84.4	151.8	37.8	114
Day 2	1916.7	134.9	86.2	186	39.6	146.4
Day 3	1969.2	141.6	75.1	185.5	25.3	160.2
Day 4	1902	125.1	75.5	189.3	31.6	157.7
Day 5	1950.4	145.7	87.7	151.7	16	135.7
Day 6	1902	153.8	72.4	165.8	45.3	120.5
Day 7	1974.7	129.3	76.9	197	34.1	162.9

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Low Carb Cinnamon Almond Protein Smoothie 2 serving (828 g)	500.9	59	27.1	14.4	5.1	9.3
<b>TOTAL FOR BREAKFAST</b>	<b>500.9</b>	<b>59</b>	<b>27.1</b>	<b>14.4</b>	<b>5.1</b>	<b>9.3</b>
<b>Lunch</b>						
Air Fried Salt and Pepper Chicken, Potatoes, and Peppers 2 serving (620 g)	554.7	54.5	14.4	51.5	6.4	45.1
<b>TOTAL FOR LUNCH</b>	<b>554.7</b>	<b>54.5</b>	<b>14.4</b>	<b>51.5</b>	<b>6.4</b>	<b>45.1</b>
<b>Dinner</b>						
Vegan High Protein Lentil and Seitan Pasta Bake 1 serving (573 g)	557	37.4	16.4	68.8	19.9	48.9
<b>TOTAL FOR DINNER</b>	<b>557</b>	<b>37.4</b>	<b>16.4</b>	<b>68.8</b>	<b>19.9</b>	<b>48.9</b>
<b>Snack</b>						
Vegan Almond Cranberry Protein Bars 1 serving (60 g)	334.9	11.8	26.5	17	6.4	10.6
<b>TOTAL FOR SNACK</b>	<b>334.9</b>	<b>11.8</b>	<b>26.5</b>	<b>17</b>	<b>6.4</b>	<b>10.6</b>
<b>TOTAL FOR DAY 1</b>	<b>1947.4</b>	<b>162.7</b>	<b>84.4</b>	<b>151.8</b>	<b>37.8</b>	<b>114</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Raspberries</b> 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
<b>Plain soy yogurt</b> 1 cup (225 g)	148.5	5.9	4	21.8	0.9	20.9
<b>TOTAL FOR BREAKFAST</b>	<b>168.3</b>	<b>6.4</b>	<b>4.2</b>	<b>26.3</b>	<b>3.4</b>	<b>22.9</b>
<b>Lunch</b>						
<b>Raw Vegan Zucchini Bolognese</b> 2 serving (924 g)	604.7	22.5	36	65.4	17.9	47.5
<b>TOTAL FOR LUNCH</b>	<b>604.7</b>	<b>22.5</b>	<b>36</b>	<b>65.4</b>	<b>17.9</b>	<b>47.5</b>
<b>Dinner</b>						
<b>Crispy Seitan Corn Salad</b> 2 serving (1080 g)	781	71.4	24.9	84.4	14.9	69.5
<b>TOTAL FOR DINNER</b>	<b>781</b>	<b>71.4</b>	<b>24.9</b>	<b>84.4</b>	<b>14.9</b>	<b>69.5</b>
<b>Snack</b>						
<b>Mediterranean Tuna Lettuce Cups</b> 2 serving (422 g)	362.7	34.5	21.1	9.7	3.4	6.3
<b>TOTAL FOR SNACK</b>	<b>362.7</b>	<b>34.5</b>	<b>21.1</b>	<b>9.7</b>	<b>3.4</b>	<b>6.3</b>
<b>TOTAL FOR DAY 2</b>	<b>1916.7</b>	<b>134.9</b>	<b>86.2</b>	<b>186</b>	<b>39.6</b>	<b>146.4</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Vegan Breakfast Potatoes with Kale and Tofu</b> 1 serving (336 g)	368.6	14.2	19	38.2	6.3	31.9
<b>TOTAL FOR BREAKFAST</b>	<b>368.6</b>	<b>14.2</b>	<b>19</b>	<b>38.2</b>	<b>6.3</b>	<b>31.9</b>
<b>Lunch</b>						
<b>Mackerel with Chilli, Garlic and Lemon</b> 1 serving (524 g)	856.9	91.5	49.3	6.2	1.2	5
<b>TOTAL FOR LUNCH</b>	<b>856.9</b>	<b>91.5</b>	<b>49.3</b>	<b>6.2</b>	<b>1.2</b>	<b>5</b>
<b>Dinner</b>						
<b>Brown Rice Jollof with Chicken</b> 1 serving (481 g)	540.8	34.7	6.4	86.9	6.7	80.2
<b>TOTAL FOR DINNER</b>	<b>540.8</b>	<b>34.7</b>	<b>6.4</b>	<b>86.9</b>	<b>6.7</b>	<b>80.2</b>
<b>Snack</b>						
<b>Pear</b> 2 medium (356 g)	202.9	1.3	0.5	54.2	11	43.2
<b>TOTAL FOR SNACK</b>	<b>202.9</b>	<b>1.3</b>	<b>0.5</b>	<b>54.2</b>	<b>11</b>	<b>43.2</b>
<b>TOTAL FOR DAY 3</b>	<b>1969.2</b>	<b>141.6</b>	<b>75.1</b>	<b>185.5</b>	<b>25.3</b>	<b>160.2</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Vegan Breakfast Potatoes with Spinach and Tofu</b> 2 serving (572 g)	608.2	25.5	36.9	46.9	8.5	38.4
<b>TOTAL FOR BREAKFAST</b>	<b>608.2</b>	<b>25.5</b>	<b>36.9</b>	<b>46.9</b>	<b>8.5</b>	<b>38.4</b>
<b>Lunch</b>						
<b>Pan Fried Chicken Breast with Side Salad</b> 2 serving (1106 g)	531.6	55.6	22.6	29.3	10.1	19.2
<b>TOTAL FOR LUNCH</b>	<b>531.6</b>	<b>55.6</b>	<b>22.6</b>	<b>29.3</b>	<b>10.1</b>	<b>19.2</b>
<b>Dinner</b>						
<b>Brown Rice Jollof with Chicken</b> 1 serving (481 g)	540.8	34.7	6.4	86.9	6.7	80.2
<b>TOTAL FOR DINNER</b>	<b>540.8</b>	<b>34.7</b>	<b>6.4</b>	<b>86.9</b>	<b>6.7</b>	<b>80.2</b>
<b>Snack</b>						
<b>Vegan Hummus and Pan Fried Onions Toast</b> 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
<b>TOTAL FOR SNACK</b>	<b>221.3</b>	<b>9.3</b>	<b>9.6</b>	<b>26.2</b>	<b>6.3</b>	<b>19.9</b>
<b>TOTAL FOR DAY 4</b>	<b>1902</b>	<b>125.1</b>	<b>75.5</b>	<b>189.3</b>	<b>31.6</b>	<b>157.7</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
<b>TOTAL FOR BREAKFAST</b>	<b>288.1</b>	<b>8.2</b>	<b>5.2</b>	<b>57.9</b>	<b>9.4</b>	<b>48.5</b>
<b>Lunch</b>						
Lemon Chicken Meatballs with Rice and Bell Peppers 2 serving (536 g)	597.1	43.8	32.7	33	2.6	30.4
<b>TOTAL FOR LUNCH</b>	<b>597.1</b>	<b>43.8</b>	<b>32.7</b>	<b>33</b>	<b>2.6</b>	<b>30.4</b>
<b>Dinner</b>						
Mackerel with Chilli, Garlic and Lemon 1 serving (524 g)	856.9	91.5	49.3	6.2	1.2	5
<b>TOTAL FOR DINNER</b>	<b>856.9</b>	<b>91.5</b>	<b>49.3</b>	<b>6.2</b>	<b>1.2</b>	<b>5</b>
<b>Snack</b>						
Grapes 2 cup (302 g)	208.4	2.2	0.5	54.7	2.7	52
<b>TOTAL FOR SNACK</b>	<b>208.4</b>	<b>2.2</b>	<b>0.5</b>	<b>54.7</b>	<b>2.7</b>	<b>52</b>
<b>TOTAL FOR DAY 5</b>	<b>1950.4</b>	<b>145.7</b>	<b>87.7</b>	<b>151.7</b>	<b>16</b>	<b>135.7</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Plain Yogurt (Low Fat)</b> 1 container (4 oz) (226 g)	142.4	11.9	3.5	15.9	0	15.9
<b>Walnuts</b> 2 oz (58 g)	379.3	8.8	37.8	8	3.9	4.1
<b>Blueberries</b> 100 berries (136 g)	77.5	1	0.4	19.7	3.3	16.4
<b>TOTAL FOR BREAKFAST</b>	<b>599.2</b>	<b>21.7</b>	<b>41.8</b>	<b>43.6</b>	<b>7.2</b>	<b>36.4</b>
<b>Lunch</b>						
<b>Lemon Herb Chicken</b> 2 serving (506 g)	654.7	96.2	25.8	5	1.4	3.6
<b>TOTAL FOR LUNCH</b>	<b>654.7</b>	<b>96.2</b>	<b>25.8</b>	<b>5</b>	<b>1.4</b>	<b>3.6</b>
<b>Dinner</b>						
<b>Vegan Red Lentil Carrot Soup</b> 2 serving (678 g)	561.5	33.7	3.7	99.1	34.4	64.7
<b>TOTAL FOR DINNER</b>	<b>561.5</b>	<b>33.7</b>	<b>3.7</b>	<b>99.1</b>	<b>34.4</b>	<b>64.7</b>
<b>Snack</b>						
<b>Banana and Oatmeal Cookies</b> 2 serving (52 g)	86.6	2.2	1	18.1	2.4	15.7
<b>TOTAL FOR SNACK</b>	<b>86.6</b>	<b>2.2</b>	<b>1</b>	<b>18.1</b>	<b>2.4</b>	<b>15.7</b>
<b>TOTAL FOR DAY 6</b>	<b>1902</b>	<b>153.8</b>	<b>72.4</b>	<b>165.8</b>	<b>45.3</b>	<b>120.5</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Brazil nuts, kernel only 2 ounce (56.7 g)	387.3	8.1	38.7	1.8	0	1.8
<b>TOTAL FOR BREAKFAST</b>	<b>387.3</b>	<b>8.1</b>	<b>38.7</b>	<b>1.8</b>	<b>0</b>	<b>1.8</b>
<b>Lunch</b>						
Chicken and Spinach over Rice 1 serving (230 g)	262.1	28.2	7.2	19.2	1.8	17.4
<b>TOTAL FOR LUNCH</b>	<b>262.1</b>	<b>28.2</b>	<b>7.2</b>	<b>19.2</b>	<b>1.8</b>	<b>17.4</b>
<b>Dinner</b>						
Air Fried Lemon White Fish with Potatoes and Tomatoes 2 serving (640 g)	454.8	54.8	4.9	50.9	7.8	43.1
<b>TOTAL FOR DINNER</b>	<b>454.8</b>	<b>54.8</b>	<b>4.9</b>	<b>50.9</b>	<b>7.8</b>	<b>43.1</b>
<b>Snack</b>						
Hummus and Avocado Sandwich 2 serving (428 g)	870.6	38.2	26.1	125.1	24.5	100.6
<b>TOTAL FOR SNACK</b>	<b>870.6</b>	<b>38.2</b>	<b>26.1</b>	<b>125.1</b>	<b>24.5</b>	<b>100.6</b>
<b>TOTAL FOR DAY 7</b>	<b>1974.7</b>	<b>129.3</b>	<b>76.9</b>	<b>197</b>	<b>34.1</b>	<b>162.9</b>

## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	322.5			
Vitamin C [mg]	226.6			
Vitamin D [ug]	13.6			
Vitamin E [mg]	14.9			
Vitamin K [ug]	222.6			
Thiamin [mg]	1.6			
Riboflavin [mg]	1.8			
Niacin [mg]	45.8			
Vitamin B6 [mg]	4			
Vitamin B12 [ug]	7.6			
Calcium, Ca [mg]	745.8			
Iron, Fe [mg]	17.5			
Magnesium, Mg [mg]	495.8			
Phosphorus, P [mg]	1589			
Zinc, Zn [mg]	9.6			
Potassium, K [mg]	4829.5			
Sodium, Na [mg]	3503			

# Low Carb Cinnamon Almond Protein Smoothie

🕒 5 min    🍵 1 serving

*Per serving: 250 Kcal 30g Protein 14g Fat 7g Carbs*

## Ingredients

- Cinnamon, 1/4 teaspoon (0.4 g)
- Almond butter, 1 tablespoons (15.4 g)
- Almond milk, 1 cup (250 g)
- Protein powder, 1 scoop (30 g)
- Ice cubes, 1/2 cup (118.3 g)



## Instructions

In a blender, combine almond milk, protein powder, almond butter, cinnamon, and ice cubes.

Blend on high speed until smooth and creamy.

Pour into a glass and serve immediately.

# Lemon Herb Chicken

🕒 30 min    🍽️ 4 servings

*Per serving:* 327 Kcal 48g Protein 13g Fat 3g Carbs

## Ingredients

- **Lemon juice**, 1 t (14.9 g)
- **Rosemary**, 1 serving (0.1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 2 portion (6 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Lemon**, 1 fruit (2-1/8" dia) (58 g)



## Instructions

In a small bowl, mix together the olive oil, minced garlic, lemon juice, dried thyme, dried rosemary, dried oregano, sea salt, and black pepper.

Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure each breast is coated evenly. Cover the dish and refrigerate for at least 1 hour or overnight for maximum flavor.

Preheat the oven to 400°F (200°C).

Heat a large oven-safe skillet over medium-high heat. Add the marinated chicken breasts and sear for 2-3 minutes on each side until golden brown.

Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken reaches an internal temperature of 165°F (74°C).

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

Serve the chicken with lemon slices on top for garnish.

Enjoy your Lemon Herb Chicken!

# Raw Vegan Zucchini Bolognese

🕒 15 min    🍽️ 2 servings

*Per serving:* 302 Kcal 11g Protein 18g Fat 33g Carbs

## Ingredients

- Basil leaves, 1/4 cup (5.8 g)
- Oregano, 1 teaspoon (2 g)
- Salt, 1/2 teaspoon (2.5 g)
- Olive oil, 1 tablespoon (13.5 g)
- Zucchini, 2 large (646 g)
- Garlic, 2 clove (6 g)
- Sun-dried tomatoes, 1/2 cup (55 g)
- Walnuts, 1/4 cup (28.1 g)
- Cherry tomatoes, 1 cup (149 g)
- Parsley leaves, 1/4 cup (15 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Using a spiralizer, spiralize the zucchini into thin noodles. Set aside.

In a food processor, combine cherry tomatoes, sun-dried tomatoes, basil, parsley, garlic, walnuts, olive oil, dried oregano, salt, and black pepper. Pulse until well combined and a chunky sauce is formed.

In a large mixing bowl, combine the zucchini noodles and the sauce. Toss well to coat the noodles evenly.

Let the mixture sit for about 5 minutes to allow the flavors to meld together.

Serve the raw vegan zucchini Bolognese immediately, garnished with additional fresh basil leaves if desired.

# Mackerel with Chilli, Garlic and Lemon

🕒 25 min    🍽️ 2 servings

*Per serving:* 857 Kcal 92g Protein 49g Fat 6g Carbs

## Ingredients

- **Lemon zest**, 1 tablespoon (6 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 clove (6 g)
- **Mackerel**, 2 (900 g)
- **Thyme**, 2 sprigs (2 g)
- **Chilli**, 2 (90 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Lemon Juice**, 1 tablespoons (15 g)



## Instructions

Preheat the oven to 180°C (350°F).

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

Sprinkle the thyme leaves, minced garlic, and sliced chilli over the fillets.

Drizzle the lemon juice and olive oil over the fillets.

Season with salt and pepper to taste.

Grate the lemon zest over the fillets.

Bake in the preheated oven for 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.

Serve the mackerel hot with a squeeze of fresh lemon juice.



# Lemon Chicken Meatballs with Rice and Bell Peppers

🕒 30 min 🍽️ 4 servings

*Per serving:* 298 Kcal 22g Protein 16g Fat 17g Carbs

## Ingredients

- **Lemon zest**, 1 tablespoon (6 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Chicken broth**, 1 cup (235.3 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Ground chicken**, 1 lb (453.6 g)
- **Rice**, 1 cup (185 g)
- **Bell pepper**, 1 medium (120 g)
- **Parsley**, 2 tablespoons (8 g)
- **Pepper**, 1/4 tsp (0.5 g)



## Instructions

In a large bowl, combine the ground chicken, cooked rice, diced bell pepper, lemon juice, lemon zest, parsley, oregano, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the mixture into small meatballs, about 1 inch in diameter.

Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook for about 5-6 minutes, or until browned on all sides.

Pour the chicken broth into the skillet and bring to a simmer. Cover and cook for an additional 10-15 minutes, or until the meatballs are cooked through and the flavors have melded together.

Serve the meatballs with rice and bell peppers, spooning some of the cooking liquid over the top. Enjoy!

# Vegan High Protein Lentil and Seitan Pasta Bake

🕒 30 min 🍽️ 2 servings

*Per serving: 557 Kcal 37g Protein 17g Fat 69g Carbs*

## Ingredients

- **Vegetable broth**, 2 cups (391.7 g)
- **Paprika**, 1 teaspoon (2 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Canned tomatoes**, 1 can (190 g)
- **Zucchini**, 1/2 cup (63.5 g)
- **Garlic**, 2 clove (6 g)
- **Pasta**, 1 cup (60 g)
- **Lentils**, 1/4 cup (48 g)
- **Bell pepper**, 1/2 medium (60 g)
- **Tomato paste**, 1 tablespoon (14.1 g)
- **Seasoning**, 1 tablespoon (14.8 g)
- **Pepper flakes**, 1/2 teaspoon (1 g)
- **Nutritional yeast**, 1/2 cup (22 g)
- **Salt and pepper**, 2 servings (1 g)
- **Parsley**, 1/4 cup (15 g)
- **ground seitan**, 1 cup (120 g)
- **Olive Oil**, 2 tablespoon (27 g)



## Instructions

Preheat your oven to 375°F (190°C).

In a large pot, cook the lentils in vegetable broth according to package instructions until tender.

While the lentils are cooking, cook the pasta according to package instructions until al dente. Drain and set aside.

In a separate pan, sauté the onion and garlic until translucent. Add the bell pepper and zucchini, and cook for another 5 minutes.

Add the seitan cooked lentils, diced tomatoes, tomato paste, Italian seasoning, paprika, red pepper flakes, nutritional yeast, salt, and pepper to the pan. Stir well to combine.

Add the cooked pasta to the lentil mixture and mix until everything is evenly coated.

Bake in the preheated oven for 15-20 minutes, or until the cheese is melted and bubbly.

Garnish with fresh parsley before serving.

# Mediterranean Tuna Lettuce Cups

🕒 15 min    🍽️ 2 servings

*Per serving:* 181 Kcal 17g Protein 11g Fat 5g Carbs

## Ingredients

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



## Instructions

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

Mix well to combine all the ingredients.

Season with salt and pepper to taste.

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

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

Serve immediately and enjoy!

# 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!

# Vegan Almond Cranberry Protein Bars

🕒 15 min    🍽️ 10 servings

*Per serving:* 332 Kcal 12g Protein 26g Fat 17g Carbs

## Ingredients

- **Vanilla extract**, 1 teaspoon (4 g)
- **Cranberries**, 1/4 cup (25.2 g)
- **Rolled oats**, 1 c (81.1 g)
- **Nuts**, 1/4 cup (24.4 g)
- **Chia seeds**, 1/4 cup (35.4 g)
- **Almond butter**, 1 1/2 cup (375 g)
- **Hemp seeds**, 1/4 cup (50 g)



## Instructions

In a large mixing bowl, combine rolled oats and almond butter.

Add hemp seeds, chia seeds, dried cranberries, chopped nuts, and vanilla extract. Mix well until all ingredients are evenly combined.

Line a square baking dish with parchment paper. Transfer the mixture into the dish and press it down firmly to create an even layer.

Place the dish in the refrigerator for about 10 minutes to allow the mixture to set.

Remove from the refrigerator and cut into desired bar shapes/sizes.

Store the bars in an airtight container in the refrigerator for up to one week.

Enjoy as a quick and nutritious snack!

# 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!



# Air Fried Salt and Pepper Chicken, Potatoes, and Peppers

🕒 15 min    🍽️ 2 servings

*Per serving:* 277 Kcal 27g Protein 7g Fat 26g 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)
- Red/Yellow Pepper, 1 cup (139 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 peppers into small cubes.

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

Place the chicken, potatoes, and peppers 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 peppers are crispy, remove from the air fryer.

Serve hot and enjoy!

# Air Fried Lemon White Fish with Potatoes and Tomatoes

🕒 15 min    🍽️ 2 servings

*Per serving:* 227 Kcal 27g Protein 3g Fat 26g Carbs

## Ingredients

- **Lemon**, 1 half (50 g)
- **Salt**, 1 tsp (6 g)
- **Potatoes**, 4 medium (244 g)
- **White Fish**, 2 fillet (240 g)
- **Tomatoes, cherry**, 100 grams (100 g)



## Instructions

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

Season the white fish fillets with salt on both sides.

Place the fish fillets in the air fryer basket and top each fillet with a few slices of lemon.

Add the diced potatoes and cherry tomatoes to the air fryer basket.

Cook for 10-12 minutes, or until the fish is cooked through and the potatoes are crispy, shaking the basket halfway through cooking.

Remove from the air fryer and serve hot.



# Chicken and Spinach over Rice

🕒 15 min    🍽️ 4 servings

*Per serving:* 262 Kcal 28g Protein 7g Fat 19g 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)
- Spinach, baby, 4 cup (120 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 spinach and cook for 2-3 minutes, or until wilted.
6. Slice the cooked chicken breasts into strips.
7. Serve the sliced chicken and spinach over cooked rice.
8. Enjoy!

# Banana and Oatmeal Cookies

🕒 20 min    🍽️ 12 servings

*Per serving:* 44 Kcal 1g Protein 1g Fat 9g Carbs

## Ingredients

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



## Instructions

Preheat the oven to 350°F (175°C).

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

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

Line a baking sheet with parchment paper.

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

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

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

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

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

# Vegan Breakfast Potatoes with Kale and Tofu

🕒 10 min    🍽️ 2 servings

*Per serving:* 369 Kcal 14g Protein 19g Fat 38g Carbs

## Ingredients

- **Turmeric**, 1/2 teaspoons (1.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 2 potato small (1-3/4" to 2-1/2" dia) (340 g)
- **Olive oil**, 2 servings (28 g)
- **Onion**, 1/2 small (35 g)
- **Garlic**, 2 clove (6 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Block tofu**, 1/2 portion (198 g)
- **Kale, chopped**, 60 g (60 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

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

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

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

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

Add kale to the skillet and cook for another 3-4 minutes, until the kale is slightly softened.

Remove from heat.

Serve hot and enjoy!

# Vegan Breakfast Potatoes with Spinach and Tofu

🕒 10 min    🍽️ 2 servings

*Per serving:* 304 Kcal 13g Protein 19g Fat 23g Carbs

## Ingredients

- **Turmeric**, 1/2 teaspoons (1.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 2 portion(s) (200 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1/2 small (35 g)
- **Garlic**, 2 clove (6 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Block tofu**, 1/2 portion (198 g)
- **Spinach, baby**, 100 grams (100 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

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

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

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

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

Add spinach to the skillet and cook for another 3-4 minutes, until the spinach are wilted.

Remove from heat.

Serve hot and enjoy!

# Vegan Red Lentil Carrot Soup

🕒 20 min    🍽️ 4 servings

*Per serving:* 280 Kcal 17g Protein 2g Fat 50g Carbs

## Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Carrots**, 2 large (7-1/4" to 8-1/2" long) (144 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 3 clove (9 g)
- **Lentils**, 1 cup (180 g)
- **Whole Wheat Bread, toasted**, 4 slice (128 g)



## Instructions

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

Add the chopped onion and minced garlic to the pot. Sauté until the onion becomes translucent.

Add the chopped carrots and red lentils to the pot. Stir well to combine.

Pour in the vegetable broth and bring the mixture to a boil.

Reduce the heat to low and let the soup simmer for about 15-20 minutes, or until the lentils and carrots are tender.

Using an immersion blender or regular blender, puree the soup until smooth and creamy.

If desired, season with salt and pepper to taste.

Serve hot and enjoy!

# 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!



# 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!

# 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!



# 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.

# Shopping List

## Spices and Herbs

- Cinnamon, 0.8 g
- Turmeric, 1.7 g
- Paprika, 7 g
- Salt and pepper, 19.6 g
- Basil leaves, 5.8 g
- Oregano, 3.5 g
- Salt, 11.4 g
- Pepper, 1 g
- Garlic powder, 3 g
- Rosemary, 0 g
- Thyme, 0.5 g
- Sea salt, 1.5 g
- Seasoning, 7.4 g
- Pepper flakes, 0.5 g
- Cumin, 4 g
- Paprika, 2 g
- Thyme, 1 g
- Vanilla extract, 0.4 g

## Nut and Seed Products

- Almond butter, 68.6 g
- Nuts, 88.6 g
- Brazil nuts, kernel only, 56.7 g
- Chia seeds, 3.6 g

## Dairy and Egg Products

- Almond milk, 625.1 g
- Plain Yogurt (Low Fat), 226 g

## Health Foods

- Protein powder, 60 g
- Hemp seeds, 5 g

## Frozen

- Ice cubes, 236.5 g

## Fruits and Fruit Juices

- Raspberries, 38 g

- Bananas, 156.3 g
- Blueberries, 136 g
- Lemon zest, 8.9 g
- Lemon juice, 67.5 g
- Lemon, 79 g
- Lime juice, 60 g
- Cranberries, 2.5 g
- Pear, 356 g
- Grapes, 302 g
- Avocado, 80 g

### **Legumes and Legume Products**

- Plain soy yogurt, 1 cup (225 g)
- Hummus, 117.8 g

### **Vegetables and Vegetable Products**

- Potatoes, 858.7 g
- Onion, thinly sliced, 257.1 g
- Garlic, 31.5 g
- Kale, chopped, 30 g
- Spinach, baby, 130.2 g
- Red/Yellow Pepper, 139.2 g
- Zucchini, 678.2 g
- Sun-dried tomatoes, 55 g
- Cherry tomatoes, 447.2 g
- Parsley, 42.5 g
- Thyme, 2 g
- Chilli, 90 g
- Cucumber, 242.4 g
- Lettuce, 320.4 g
- Tomatoes, 360.5 g
- Bell pepper, 90.1 g
- Canned tomatoes, 95 g
- Cilantro, 7.7 g
- Corn kernels, 328.1 g
- Onion, 80 g
- Bell pepper, 95.4 g
- Carrots, 72.1 g
- Tomatoes, cherry, 100 grams (100 g)
- Lettuce leaves, 96.1 g

## **Fats and Oils**

- Olive oil, 167.5 g
- Extra virgin olive oil, 14 g

## **Other**

- Block tofu, 297.3 g
- Lentils, 24 g
- Nutritional yeast, 11 g
- ground seitan, 60 g
- Seitan, 280.1 g
- Lentils, 90.1 g

## **Breakfast Cereals**

- Rolled oats, 62.7 g

## **Sweets**

- Cocoa powder, 5 g

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

- Chicken breasts, 902.5 g

## **Finfish and Shellfish Products**

- Mackerel, 900 g
- White Fish, 240 g

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

- Chicken broth, 117.9 g
- Vegetable broth, 588 g
- Chicken broth, low sodium, 240.1 g

## **Poultry Products**

- Ground chicken, 227.2 g
- Chicken breast, 313.6 g

## **Cereal Grains and Pasta**

- Rice, 92.6 g
- brown rice, cooked, 81.5 g
- Pasta, 30 g
- Brown rice, 190.1 g

## **Canned and Jarred**

- Canned tomatoes, 212.6 g

- Tuna, 170.2 g
- Kalamata olives, 33.8 g

### **Baked Products**

- Whole Wheat Bread, 352.3 g