

# Paleo Diet Meal Plan

## DAY 1

<b>Breakfast</b>	Fried Egg	4 large (280 g)
	Tomato, Fresh	8 slices (216 g)
<b>Mid-morning snack</b>	Honeydew Melon	2 cup (328 g)
<b>Lunch</b>	Chopped Chicken and Sweet Potato Salad	2 serving (502 g)
<b>Mid-afternoon snack</b>	Cherries	1 cup, without pits (154 g)
<b>Dinner</b>	Simple Chicken, Brussels Sprouts & Mushroom Salad	2 serving (614 g)

## DAY 2

<b>Breakfast</b>	Egg with Avocado and Tomato	2 serving (580 g)
<b>Mid-morning snack</b>	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
<b>Lunch</b>	Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad	2 serving (612 g)
<b>Mid-afternoon snack</b>	Mango	1 cup (153 g)
<b>Dinner</b>	Sweet Potato Ground Beef Stew with Broccoli	1 serving (573 g)

## DAY 3

<b>Breakfast</b>	Turkey Carrot and Cabbage Hash	2 serving (440 g)
<b>Mid-morning snack</b>	Cinnamon Roasted Sweet Potato Fries	2 serving (356 g)
<b>Lunch</b>	Roasted Pork Strips and Garlic Sweet Potatoes with Arugula	1 serving (252 g)
<b>Mid-afternoon snack</b>	Pistachio, Nut	2 oz (49 kernels) (56.7 g)
<b>Dinner</b>	Baked Garlic Salmon and Asparagus	1 serving (411 g)

**DAY 4**

<b>Breakfast</b>	Fried Egg	4 large (280 g)
	Spinach	4 cups (116 g)
<b>Mid-morning snack</b>	Mango	1 cup (153 g)
<b>Lunch</b>	Roasted Chicken Breast and Garlic Sweet Potatoes with Brussel Sprouts	2 serving (680 g)
<b>Mid-afternoon snack</b>	Cherries	1 cup, without pits (154 g)
<b>Dinner</b>	Spinach Salad with Ground Beef	2 serving (368 g)

**DAY 5**

<b>Breakfast</b>	Fried Egg	2 large (140 g)
	Tomato, Fresh	4 slices (108 g)
	Avocado	1/2 avocado (79 g)
<b>Mid-morning snack</b>	Lemon Herb Zucchini Chips	1 serving (110 g)
<b>Lunch</b>	Lemon Basil Chicken Skewers with Bell Peppers and Onions	1 serving (408 g)
<b>Mid-afternoon snack</b>	Cherries	2 cup, without pits (308 g)
<b>Dinner</b>	Apple, Chicken and Walnut Salad	2 serving (694 g)

**DAY 6**

<b>Breakfast</b>	Fried Egg	4 large (280 g)
	Mushrooms, Fresh	2 cups (194 g)
<b>Mid-morning snack</b>	Cinnamon Roasted Sweet Potato Fries	2 serving (356 g)
<b>Lunch</b>	Pan Fried Chicken Breast with Side Salad	1 serving (553 g)
<b>Mid-afternoon snack</b>	Almonds	1 handful (26 g)
<b>Dinner</b>	Sweet Potato Ground Beef Stew with Broccoli	1 serving (573 g)

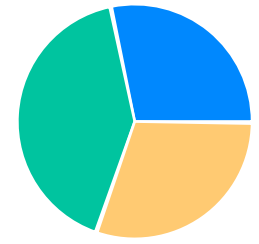
**DAY 7**

<b>Breakfast</b>	Egg White, Bell Pepper, and Spinach Scramble	2 serving (366 g)
<b>Mid-morning snack</b>	Cinnamon Roasted Sweet Potato Fries	2 serving (356 g)
<b>Lunch</b>	Beef and Cabbage Skillet	1 serving (366 g)
<b>Mid-afternoon snack</b>	Apple	2 small (2-3/4" dia) (298 g)
	Hazelnuts, kernel only	2 ounce (56.7 g)
<b>Dinner</b>	Garlic Shrimp Zoodles	2 serving (640 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Fried Egg A 4 large (280 g) Y Tomato, Fresh 8 slices (216 g)	Honeydew Melon 2 cup (328 g)	Chopped Chicken and Sweet Potato Salad 2 serving (502 g)	Cherries 1 cup, without pits (154 g)	Simple Chicken, Brus- sels Sprouts & Mushroom Salad 2 serving (614 g)
2	D Egg with Avocado and A Tomato Y 2 serving (580 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Pan Fried Beef Strips with Tomato, Lettuce, and Cu- cumber Salad 2 serving (612 g)	Mango 1 cup (153 g)	Sweet Potato Ground Beef Stew with Broccoli 1 serving (573 g)
3	D Turkey Carrot and Cab- A bage Hash Y 2 serving (440 g)	Cinnamon Roasted Sweet Potato Fries 2 serving (356 g)	Roasted Pork Strips and Garlic Sweet Potatoes with Arugula 1 serving (252 g)	Pistachio, Nut 2 oz (49 kernels) (56.7 g)	Baked Garlic Salmon and Asparagus 1 serving (411 g)
4	D Fried Egg A 4 large (280 g) Y Spinach 4 cups (116 g)	Mango 1 cup (153 g)	Roasted Chicken Breast and Garlic Sweet Potatoes with Brussel Sprouts 2 serving (680 g)	Cherries 1 cup, without pits (154 g)	Spinach Salad with Ground Beef 2 serving (368 g)
5	D Fried Egg A 2 large (140 g) Y Tomato, Fresh 4 slices (108 g) Avocado ½ avocado (79 g)	Lemon Herb Zucchini Chips 1 serving (110 g)	Lemon Basil Chicken Skewers with Bell Pep- pers and Onions 1 serving (408 g)	Cherries 2 cup, without pits (308 g)	Apple, Chicken and Wal- nut Salad 2 serving (694 g)
6	D Fried Egg A 4 large (280 g) Y Mushrooms, Fresh 2 cups (194 g)	Cinnamon Roasted Sweet Potato Fries 2 serving (356 g)	Pan Fried Chicken Breast with Side Salad 1 serving (553 g)	Almonds 1 handful (26 g)	Sweet Potato Ground Beef Stew with Broccoli 1 serving (573 g)
7	D Egg White, Bell Pepper, A and Spinach Scramble Y 2 serving (366 g)	Cinnamon Roasted Sweet Potato Fries 2 serving (356 g)	Beef and Cabbage Skillet 1 serving (366 g)	Apple 2 small (2-¾" dia) (298 g) Hazelnuts, kernel only 2 ounce (56.7 g)	Garlic Shrimp Zoodles 2 serving (640 g)

## Macronutrient summary

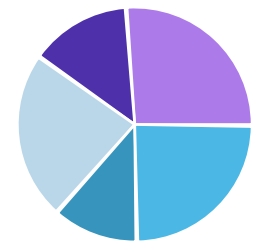
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12549	1792.7
Protein [g]	907.3	129.6
Fat [g]	588.5	84.1
Carbs [g]	963.9	137.7
Fiber [g]	203.6	29.1
Net Carbs [g]	760.3	108.6



28 % Protein 41 % Fat  
30 % Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	473.5	37	30.8	12.9	5.1	7.8
Mid-morning snack	249.5	3.3	8.1	42.8	6.3	36.5
Lunch	417.8	41.3	15.3	28.9	6.5	22.3
Mid-afternoon snack	210.2	4.8	11	26.7	5.1	21.6
Dinner	441.6	43.2	18.9	26.4	6.1	20.3



26 % Breakfast 14 %  
Mid-morning snack 23  
% Lunch 12 % Mid-af-  
ternoon snack 25 %  
Dinner

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1758	139.1	72.3	141.2	21.4	119.8
Day 2	1747.8	114.4	90.3	128.9	33.2	95.7
Day 3	1838.4	135.5	86.2	140.7	31.8	108.9
Day 4	1897	151.4	88	130.1	25.3	103.8
Day 5	1823	132.2	89	136	28.5	107.5
Day 6	1721	114.2	84.4	133.1	28.3	104.8
Day 7	1763.9	120.6	78.3	154	34.1	119.9

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 4 large (280 g)	548.8	38.1	41.6	2.3	0	2.3
<b>Tomato, Fresh</b> 8 slices (216 g)	38.9	1.9	0.4	8.4	2.6	5.8
<b>TOTAL FOR BREAKFAST</b>	<b>587.7</b>	<b>40</b>	<b>42</b>	<b>10.7</b>	<b>2.6</b>	<b>8.1</b>
<b>Mid-morning snack</b>						
<b>Honeydew Melon</b> 2 cup (328 g)	118.1	1.8	0.5	29.8	2.6	27.2
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>118.1</b>	<b>1.8</b>	<b>0.5</b>	<b>29.8</b>	<b>2.6</b>	<b>27.2</b>
<b>Lunch</b>						
<b>Chopped Chicken and Sweet Potato Salad</b> 2 serving (502 g)	456.7	40	9.5	51.7	7.7	44
<b>TOTAL FOR LUNCH</b>	<b>456.7</b>	<b>40</b>	<b>9.5</b>	<b>51.7</b>	<b>7.7</b>	<b>44</b>
<b>Mid-afternoon snack</b>						
<b>Cherries</b> 1 cup, without pits (154 g)	97	1.6	0.3	24.7	3.2	21.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>97</b>	<b>1.6</b>	<b>0.3</b>	<b>24.7</b>	<b>3.2</b>	<b>21.5</b>
<b>Dinner</b>						
<b>Simple Chicken, Brussels Sprouts &amp; Mushroom Salad</b> 2 serving (614 g)	498.5	55.7	20.1	24.3	5.2	19.1
<b>TOTAL FOR DINNER</b>	<b>498.5</b>	<b>55.7</b>	<b>20.1</b>	<b>24.3</b>	<b>5.2</b>	<b>19.1</b>
<b>TOTAL FOR DAY 1</b>	<b>1758</b>	<b>139.1</b>	<b>72.3</b>	<b>141.2</b>	<b>21.4</b>	<b>119.8</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Egg with Avocado and Tomato 2 serving (580 g)	548.8	27.4	40.4	24.3	13.5	10.8
<b>TOTAL FOR BREAKFAST</b>	<b>548.8</b>	<b>27.4</b>	<b>40.4</b>	<b>24.3</b>	<b>13.5</b>	<b>10.8</b>
<b>Mid-morning snack</b>						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>208</b>	<b>2.7</b>	<b>6.9</b>	<b>34.8</b>	<b>5.4</b>	<b>29.4</b>
<b>Lunch</b>						
Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad 2 serving (612 g)	602.1	51.6	38.3	12.2	4.6	7.6
<b>TOTAL FOR LUNCH</b>	<b>602.1</b>	<b>51.6</b>	<b>38.3</b>	<b>12.2</b>	<b>4.6</b>	<b>7.6</b>
<b>Mid-afternoon snack</b>						
Mango 1 cup (153 g)	91.8	1.3	0.6	22.9	2.4	20.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>91.8</b>	<b>1.3</b>	<b>0.6</b>	<b>22.9</b>	<b>2.4</b>	<b>20.5</b>
<b>Dinner</b>						
Sweet Potato Ground Beef Stew with Broccoli 1 serving (573 g)	297.1	31.4	4.2	34.7	7.3	27.4
<b>TOTAL FOR DINNER</b>	<b>297.1</b>	<b>31.4</b>	<b>4.2</b>	<b>34.7</b>	<b>7.3</b>	<b>27.4</b>
<b>TOTAL FOR DAY 2</b>	<b>1747.8</b>	<b>114.4</b>	<b>90.3</b>	<b>128.9</b>	<b>33.2</b>	<b>95.7</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Turkey Carrot and Cabbage Hash 2 serving (440 g)	394.5	56.4	11.7	18.2	6	12.2
<b>TOTAL FOR BREAKFAST</b>	<b>394.5</b>	<b>56.4</b>	<b>11.7</b>	<b>18.2</b>	<b>6</b>	<b>12.2</b>
<b>Mid-morning snack</b>						
Cinnamon Roasted Sweet Potato Fries 2 serving (356 g)	416	5.4	13.7	69.6	10.8	58.8
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>416</b>	<b>5.4</b>	<b>13.7</b>	<b>69.6</b>	<b>10.8</b>	<b>58.8</b>
<b>Lunch</b>						
Roasted Pork Strips and Garlic Sweet Potatoes with Arugula 1 serving (252 g)	299.6	23.4	10.5	27.6	4.1	23.5
<b>TOTAL FOR LUNCH</b>	<b>299.6</b>	<b>23.4</b>	<b>10.5</b>	<b>27.6</b>	<b>4.1</b>	<b>23.5</b>
<b>Mid-afternoon snack</b>						
Pistachio, Nut 2 oz (49 kernels) (56.7 g)	317.5	11.4	25.7	15.4	6	9.4
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>317.5</b>	<b>11.4</b>	<b>25.7</b>	<b>15.4</b>	<b>6</b>	<b>9.4</b>
<b>Dinner</b>						
Baked Garlic Salmon and Asparagus 1 serving (411 g)	410.7	38.9	24.6	9.8	4.9	4.9
<b>TOTAL FOR DINNER</b>	<b>410.7</b>	<b>38.9</b>	<b>24.6</b>	<b>9.8</b>	<b>4.9</b>	<b>4.9</b>
<b>TOTAL FOR DAY 3</b>	<b>1838.4</b>	<b>135.5</b>	<b>86.2</b>	<b>140.7</b>	<b>31.8</b>	<b>108.9</b>



## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 4 large (280 g)	548.8	38.1	41.6	2.3	0	2.3
<b>Spinach</b> 4 cups (116 g)	26.7	3.3	0.5	4.2	2.6	1.6
<b>TOTAL FOR BREAKFAST</b>	<b>575.5</b>	<b>41.4</b>	<b>42</b>	<b>6.5</b>	<b>2.6</b>	<b>3.9</b>
<b>Mid-morning snack</b>						
<b>Mango</b> 1 cup (153 g)	91.8	1.3	0.6	22.9	2.4	20.5
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>91.8</b>	<b>1.3</b>	<b>0.6</b>	<b>22.9</b>	<b>2.4</b>	<b>20.5</b>
<b>Lunch</b>						
<b>Roasted Chicken Breast and Garlic Sweet Potatoes with Brussel Sprouts</b> 2 serving (680 g)	670.2	57.1	19.6	69.9	15.7	54.2
<b>TOTAL FOR LUNCH</b>	<b>670.2</b>	<b>57.1</b>	<b>19.6</b>	<b>69.9</b>	<b>15.7</b>	<b>54.2</b>
<b>Mid-afternoon snack</b>						
<b>Cherries</b> 1 cup, without pits (154 g)	97	1.6	0.3	24.7	3.2	21.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>97</b>	<b>1.6</b>	<b>0.3</b>	<b>24.7</b>	<b>3.2</b>	<b>21.5</b>
<b>Dinner</b>						
<b>Spinach Salad with Ground Beef</b> 2 serving (368 g)	462.5	50	25.5	6.1	2.4	3.7
<b>TOTAL FOR DINNER</b>	<b>462.5</b>	<b>50</b>	<b>25.5</b>	<b>6.1</b>	<b>2.4</b>	<b>3.7</b>
<b>TOTAL FOR DAY 4</b>	<b>1897</b>	<b>151.4</b>	<b>88</b>	<b>130.1</b>	<b>26.3</b>	<b>103.8</b>

## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
<b>Tomato, Fresh</b> 4 slices (108 g)	19.4	1	0.2	4.2	1.3	2.9
<b>Avocado</b> 1/2 avocado (79 g)	125.4	1.6	11.6	6.7	5.3	1.4
<b>TOTAL FOR BREAKFAST</b>	<b>420.2</b>	<b>21.6</b>	<b>32.6</b>	<b>12.1</b>	<b>6.6</b>	<b>5.5</b>
<b>Mid-morning snack</b>						
<b>Lemon Herb Zucchini Chips</b> 1 serving (110 g)	80.6	1.2	7.4	3.6	1.1	2.5
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>80.6</b>	<b>1.2</b>	<b>7.4</b>	<b>3.6</b>	<b>1.1</b>	<b>2.5</b>
<b>Lunch</b>						
<b>Lemon Basil Chicken Skewers with Bell Peppers and Onions</b> 1 serving (408 g)	394.7	61.5	11	10	2.7	7.3
<b>TOTAL FOR LUNCH</b>	<b>394.7</b>	<b>61.5</b>	<b>11</b>	<b>10</b>	<b>2.7</b>	<b>7.3</b>
<b>Mid-afternoon snack</b>						
<b>Cherries</b> 2 cup, without pits (308 g)	194	3.3	0.6	49.3	6.5	42.8
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>194</b>	<b>3.3</b>	<b>0.6</b>	<b>49.3</b>	<b>6.5</b>	<b>42.8</b>
<b>Dinner</b>						
<b>Apple, Chicken and Walnut Salad</b> 2 serving (694 g)	733.4	44.6	37.5	61.1	11.7	49.4
<b>TOTAL FOR DINNER</b>	<b>733.4</b>	<b>44.6</b>	<b>37.5</b>	<b>61.1</b>	<b>11.7</b>	<b>49.4</b>
<b>TOTAL FOR DAY 5</b>	<b>1823</b>	<b>132.2</b>	<b>89</b>	<b>136</b>	<b>28.5</b>	<b>107.5</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 4 large (280 g)	548.8	38.1	41.6	2.3	0	2.3
<b>Mushrooms, Fresh</b> 2 cups (194 g)	42.7	6	0.7	6.3	1.9	4.4
<b>TOTAL FOR BREAKFAST</b>	<b>591.5</b>	<b>44.1</b>	<b>42.2</b>	<b>8.6</b>	<b>1.9</b>	<b>6.7</b>
<b>Mid-morning snack</b>						
<b>Cinnamon Roasted Sweet Potato Fries</b> 2 serving (356 g)	416	5.4	13.7	69.6	10.8	58.8
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>416</b>	<b>5.4</b>	<b>13.7</b>	<b>69.6</b>	<b>10.8</b>	<b>58.8</b>
<b>Lunch</b>						
<b>Pan Fried Chicken Breast with Side Salad</b> 1 serving (553 g)	265.8	27.8	11.3	14.6	5	9.6
<b>TOTAL FOR LUNCH</b>	<b>265.8</b>	<b>27.8</b>	<b>11.3</b>	<b>14.6</b>	<b>5</b>	<b>9.6</b>
<b>Mid-afternoon snack</b>						
<b>Almonds</b> 1 handful (26 g)	150.5	5.5	13	5.6	3.3	2.3
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>150.5</b>	<b>5.5</b>	<b>13</b>	<b>5.6</b>	<b>3.3</b>	<b>2.3</b>
<b>Dinner</b>						
<b>Sweet Potato Ground Beef Stew with Broccoli</b> 1 serving (573 g)	297.1	31.4	4.2	34.7	7.3	27.4
<b>TOTAL FOR DINNER</b>	<b>297.1</b>	<b>31.4</b>	<b>4.2</b>	<b>34.7</b>	<b>7.3</b>	<b>27.4</b>
<b>TOTAL FOR DAY 6</b>	<b>1721</b>	<b>114.2</b>	<b>84.4</b>	<b>133.1</b>	<b>28.3</b>	<b>104.8</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Egg White, Bell Pepper, and Spinach Scramble</b> 2 serving (366 g)	196.4	27.9	4.7	9.6	2.2	7.4
<b>TOTAL FOR BREAKFAST</b>	<b>196.4</b>	<b>27.9</b>	<b>4.7</b>	<b>9.6</b>	<b>2.2</b>	<b>7.4</b>
<b>Mid-morning snack</b>						
<b>Cinnamon Roasted Sweet Potato Fries</b> 2 serving (356 g)	416	5.4	13.7	69.6	10.8	58.8
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>416</b>	<b>5.4</b>	<b>13.7</b>	<b>69.6</b>	<b>10.8</b>	<b>58.8</b>
<b>Lunch</b>						
<b>Beef and Cabbage Skillet</b> 1 serving (366 g)	235.9	27.9	7	16	6	10
<b>TOTAL FOR LUNCH</b>	<b>235.9</b>	<b>27.9</b>	<b>7</b>	<b>16</b>	<b>6</b>	<b>10</b>
<b>Mid-afternoon snack</b>						
<b>Apple</b> 2 small (2-3/4" dia) (298 g)	155	0.8	0.5	41.2	7.2	34
<b>Hazelnuts, kernel only</b> 2 ounce (56.7 g)	368.6	8	36	3.4	3.9	-0.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>523.5</b>	<b>8.8</b>	<b>36.5</b>	<b>44.6</b>	<b>11.1</b>	<b>33.5</b>
<b>Dinner</b>						
<b>Garlic Shrimp Zoodles</b> 2 serving (640 g)	392.1	50.7	16.4	14.2	4	10.2
<b>TOTAL FOR DINNER</b>	<b>392.1</b>	<b>50.7</b>	<b>16.4</b>	<b>14.2</b>	<b>4</b>	<b>10.2</b>
<b>TOTAL FOR DAY 7</b>	<b>1763.9</b>	<b>120.6</b>	<b>78.3</b>	<b>154</b>	<b>34.1</b>	<b>119.9</b>

## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	60.5			
Fiber [g]	29.1			
Calcium, Ca [mg]	482.6	1000	2500	48
Iron, Fe [mg]	15.7	8	45	196
Magnesium, Mg [mg]	372.6	400	*350 mg	93
Phosphorus, P [mg]	1686.1	700	4000	241
Potassium, K [mg]	4989.2	4700		106
Sodium, Na [mg]	2152.4	1500	2300	143
Zinc, Zn [mg]	14.3	11	40	130
Vitamin A, RAE [ug]	2852.6	900	3000	317
Vitamin E [mg]	16.9	15	1000	113
Vitamin D [ug]	4	15	100	27
Vitamin C [mg]	211.4	90	2000	235
Thiamin [mg]	1.3	1.2		108
Riboflavin [mg]	2.4	1.3		187
Niacin [mg]	35.9	16	35	225
Vitamin B6 [mg]	4.4	1.3	100	335
Vitamin B12 [ug]	5.2	2.4		217
Vitamin K [ug]	393.7	120		328
Tryptophan [g]	1			
Threonine [g]	3.8			
Isoleucine [g]	4.2			
Leucine [g]	7			
Lysine [g]	6.8			
Methionine [g]	2.3			
Cystine [g]	1.3			
Tyrosine [g]	2.9			
Fatty acids, total trans [g]	0.2			
Sat Fat [g]	17.8			

# Pan Fried Beef Strips with Tomato, Lettuce, and Cucumber Salad

🕒 15 min    🍽️ 4 servings

Per serving: 301 Kcal 26g Protein 19g Fat 6g Carbs

## Ingredients

- Oregano, 1 teaspoon (1.6 g)
- Paprika, 1 teaspoon (1.6 g)
- Cucumber, 1 cups (135 g)
- Olive oil, 4 tablespoons (60 g)
- Lettuce, 4 cup shredded (288 g)
- Tomatoes, 2 medium whole (2-3/5" dia) (246 g)
- Beef sirloin, 1 pound (453.6 g)
- Red wine vinegar, 2 tbsp (29.8 g)
- Salt, 1 tsp (6 g)
- Black Pepper, 1 teaspoon (2 g)



## Instructions

In a large skillet, heat the 2 tablespoons of olive oil over medium-high heat.

Add the beef strips to the skillet and season with paprika, dried oregano, salt, and pepper. Cook for 3-4 minutes, or until the beef is browned and cooked to your liking.

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

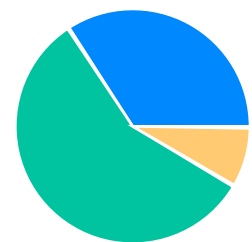
In a separate small bowl, whisk together the red wine vinegar and remaining olive oil to make the vinaigrette. Drizzle the vinaigrette over the salad and toss to coat evenly.

Serve the pan-fried beef strips alongside the tomato, lettuce, and cucumber salad.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1204.1	98.4	301
Protein [g]	103.1	8.4	25.8
Fat [g]	76.6	6.3	19.2
Carbs [g]	24.4	2	6.1
Fiber [g]	9.1	0.7	2.3
Net Carbs [g]	15.3	1.3	3.8



34 % Protein 57 % Fat 8 % Carbs



# Spinach Salad with Ground Beef

🕒 15 min 🍽️ 4 servings

*Per serving:* 231 Kcal 25g Protein 13g Fat 3g Carbs

## Ingredients

- **Apple cider vinegar**, 2 tablespoons (30.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Cucumber**, 1/2 cup (64.1 g)
- **Spinach**, 4 cups (120 g)
- **Onion**, 1/4 cup (40 g)
- **Extra virgin olive oil**, 2 tablespoons (28 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Ground beef**, 1 pound (445 g)



## Instructions

Heat a large skillet over medium-high heat and add the ground beef. Cook until browned and cooked through, breaking it up into crumbles with a spatula.

While the ground beef is cooking, prepare the salad dressing. In a small bowl, whisk together the olive oil, dried oregano, garlic powder, and salt.

In a large salad bowl, combine the fresh spinach, sliced cucumber, and red onion.

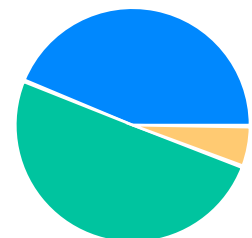
Once the ground beef is cooked, drain any excess fat and add it to the salad bowl.

Pour the dressing over the salad and toss well to coat all the ingredients.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	925.1	125.7	231.3
Protein [g]	100	13.6	25
Fat [g]	51	6.9	12.8
Carbs [g]	12.2	1.7	3.1
Fiber [g]	4.8	0.7	1.2
Net Carbs [g]	7.4	1	1.9



44 % Protein 51 % Fat 5 % Carbs



# Lemon Herb Zucchini Chips

🕒 20 min 🍽️ 4 servings

Per serving: 81 Kcal 1g Protein 7g Fat 4g Carbs

## Ingredients

- Lemon juice, 1 t (14.9 g)
- Rosemary, 1 serving (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 servings (28 g)
- Zucchini, 2 medium (392 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Preheat the oven to 425°F (220°C).

Slice the zucchinis into thin rounds, about 1/8 inch thick.

In a large bowl, combine olive oil, lemon juice, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Add the zucchini slices to the bowl and toss until they are evenly coated with the herb mixture.

Arrange the zucchini slices in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for 10 minutes.

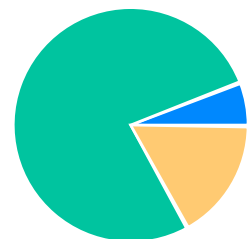
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

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

Enjoy as a healthy snack or side dish!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	321.8	73.2	80.5
Protein [g]	4.9	1.1	1.2
Fat [g]	29.4	6.7	7.4
Carbs [g]	14.2	3.2	3.6
Fiber [g]	4.5	1	1.1
Net Carbs [g]	9.7	2.2	2.4



6 % Protein 78 % Fat 17 % Carbs



# Cinnamon Roasted Sweet Potato Fries

🕒 20 min 🍽️ 4 servings

*Per serving:* 207 Kcal 3g Protein 7g Fat 35g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Sweet potatoes, 2 large (680 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Preheat the oven to 425°F (220°C).

Peel the sweet potatoes and cut them into thin fry-like strips.

In a large bowl, toss the sweet potato strips with olive oil, ground cinnamon, salt, and black pepper until well coated.

Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.

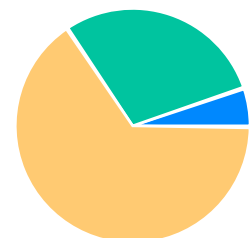
Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

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

Serve the cinnamon roasted sweet potato fries as a delicious side dish or snack.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	829.7	116.9	207.4
Protein [g]	10.8	1.5	2.7
Fat [g]	27.4	3.9	6.9
Carbs [g]	138.7	19.5	34.7
Fiber [g]	21.6	3	5.4
Net Carbs [g]	117.1	16.5	29.3



5 % Protein 29 % Fat 66 % Carbs



# Beef and Cabbage Skillet

🕒 20 min    🍽️ 4 servings

*Per serving:* 236 Kcal 28g Protein 7g Fat 16g Carbs

## Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 medium (121.4 g)
- **Onion**, 1 small (74 g)
- **Garlic**, 2 portion (6 g)
- **Cabbage**, 1 small head (714.1 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Water**, 1/4 cup (61.7 g)
- **Sea salt**, 1/2 tsp (3 g)
- **lean ground beef**, 1 pound (454 g)



## Instructions

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

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

Add ground beef to the skillet and cook until browned, breaking it up into smaller pieces with a spatula.

Add shredded cabbage and carrots to the skillet, stirring well to combine with the beef.

Pour apple cider vinegar over the mixture and sprinkle with dried thyme, dried oregano, and sea salt.

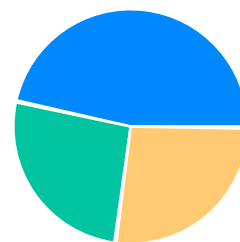
Pour water into the skillet, cover, and let simmer for 10-15 minutes or until the cabbage is tender.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	944	64.4	236
Protein [g]	111.5	7.6	27.9
Fat [g]	27.8	1.9	7
Carbs [g]	64.1	4.4	16
Fiber [g]	23.9	1.6	6
Net Carbs [g]	40.2	2.7	10.1



47 % Protein 26 % Fat 27 %  
Carbs

# Simple Chicken, Brussels Sprouts & Mushroom Salad

🕒 15 min    🍽️ 2 servings

*Per serving:* 249 Kcal 28g Protein 10g Fat 12g Carbs

## Ingredients

- **Mushrooms**, 1 cup, whole (96 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Balsamic vinegar**, 2 tbsp (32 g)
- **Brussels sprouts**, 1 cup (88 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Salad greens**, 2 cups (80 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)
- **Onion**, 1/4 cup (40 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

Season the chicken breasts with salt and pepper.

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

Add the chicken breasts to the skillet and cook for 5 minutes on each side, or until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes before slicing into thin strips.

In the same skillet, add another tablespoon of olive oil and sauté the Brussels sprouts and mushrooms until tender, about 3-4 minutes.

In a large bowl, combine the mixed salad greens, cherry tomatoes, and red onion.

Add the cooked Brussels sprouts, mushrooms, and sliced chicken to the bowl.

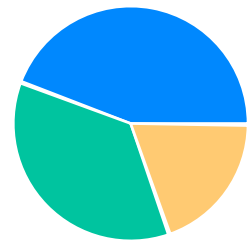
Drizzle with balsamic vinegar and the remaining olive oil.

Season with salt and pepper, and toss everything together until well combined.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	498.5	81.2	249.3
Protein [g]	55.7	9.1	27.9
Fat [g]	20.1	3.3	10.1
Carbs [g]	24.3	4	12.2
Fiber [g]	5.2	0.8	2.6
Net Carbs [g]	19.1	3.1	9.6



45 % Protein 36 % Fat 19 %  
Carbs



# Lemon Basil Chicken Skewers with Bell Peppers and Onions

🕒 20 min    🍽️ 4 servings

*Per serving:* 394 Kcal 61g Protein 11g Fat 10g Carbs

## Ingredients

- **Basil**, 1 small bunch (7.9 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Carrots**, 1 cup chopped (128 g)
- **Broccoli**, 1 cups (88 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (6 g)
- **Chicken breasts**, 5 small breast (1125 g)
- **Bell peppers**, 1 medium (120 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

In a bowl, combine olive oil, lemon juice, minced garlic, chopped basil, salt, and pepper. Mix well.

Add the chicken cubes to the marinade and toss to coat. Let it marinate for at least 10 minutes.

Preheat the grill or grill pan over medium-high heat.

Thread the marinated chicken, bell peppers, and onions onto skewers, alternating between the ingredients.

Grill the skewers for about 8-10 minutes, turning occasionally, until the chicken is cooked through and the vegetables are slightly charred.

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

Serve the lemon basil chicken skewers with steamed carrots and broccoli.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1576.7	96.7	394.2
Protein [g]	245.6	15.1	61.4
Fat [g]	43.9	2.7	11
Carbs [g]	39.9	2.4	10
Fiber [g]	10.6	0.7	2.7
Net Carbs [g]	29.3	1.8	7.3



64 % Protein 26 % Fat 10 %  
Carbs

# Apple, Chicken and Walnut Salad

🕒 20 min 🍽️ 4 servings

*Per serving:* 367 Kcal 22g Protein 19g Fat 31g Carbs

## Ingredients

- Apples, 4 medium (3" dia) (728 g)
- Apple cider vinegar, 2 tablespoon (30.1 g)
- Olive oil, 1 tablespoon (15 g)
- Walnuts, 1/2 cup, chopped (58.5 g)
- Chicken breast, 2 cups (300 g)
- Onion, 1/2 cup (80 g)
- Salad greens, 4 cups (160 g)
- Dijon mustard, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large bowl, combine the shredded chicken, diced apples, chopped walnuts, and sliced red onion.

In a separate small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.

Pour the dressing over the chicken mixture and toss until well coated.

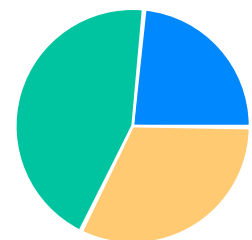
Divide the mixed salad greens onto serving plates.

Top each plate with the chicken mixture.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1467.8	105.7	367
Protein [g]	89.3	6.4	22.3
Fat [g]	75	5.4	18.8
Carbs [g]	122.3	8.8	30.6
Fiber [g]	23.4	1.7	5.9
Net Carbs [g]	98.9	7.1	24.7



23 % Protein 44 % Fat 32 % Carbs

# Chopped Chicken and Sweet Potato Salad

🕒 20 min 🍽️ 4 servings

*Per serving:* 228 Kcal 20g Protein 5g Fat 26g Carbs

## Ingredients

- **Chicken**, 2 cup, chopped or diced (280 g)
- **Sweet potatoes**, 2 medium (452 g)
- **Onion**, 1/4 cup (41.7 g)
- **Cherry tomatoes**, 1 cup (148.9 g)
- **Greens**, 2 cup (80 g)



## Instructions

Preheat the oven to 425°F (220°C).

Place the cubed sweet potatoes on a baking sheet and drizzle with olive oil. Season with salt and pepper to taste. Toss to coat evenly.

Roast the sweet potatoes in the preheated oven for about 15-20 minutes, or until they are tender and lightly browned. Remove from the oven and let cool.

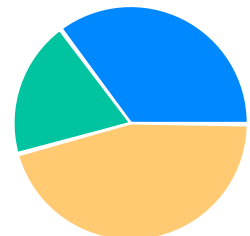
In a large bowl, combine the chopped chicken, roasted sweet potatoes, cherry tomatoes, red onion, and mixed greens.

Toss the ingredients together until well combined.

Serve the salad immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	912.6	91	228.2
Protein [g]	80	8	20
Fat [g]	19.1	1.9	4.8
Carbs [g]	103.4	10.3	25.9
Fiber [g]	15.3	1.5	3.8
Net Carbs [g]	88.1	8.8	22



35 % Protein 19 % Fat 46 % Carbs



# Garlic Shrimp Zoodles

🕒 15 min    🍽️ 4 servings

*Per serving:* 196 Kcal 25g Protein 8g Fat 7g Carbs

## Ingredients

- Olive oil, 2 servings (28 g)
- Zucchini, 4 medium (784 g)
- Garlic, 4 clove (12 g)
- Shrimp, 1 lb (453.6 g)
- Salt and pepper, 4 serving (2 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and cook until fragrant, about 1 minute.

Add shrimp to the skillet and cook until pink and opaque, about 3-4 minutes per side.

Remove shrimp from the skillet and set aside.

In the same skillet, add spiralized zucchini and cook for 2-3 minutes until slightly softened.

Season zoodles with salt and pepper to taste.

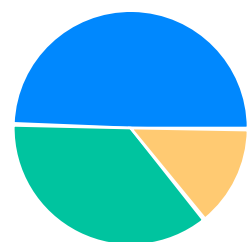
Return cooked shrimp to the skillet and toss with zoodles until well combined.

Cook for an additional 1-2 minutes until heated through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	784.2	61.3	196.1
Protein [g]	101.4	7.9	25.4
Fat [g]	32.9	2.6	8.2
Carbs [g]	28.3	2.2	7.1
Fiber [g]	8.1	0.6	2
Net Carbs [g]	20.2	1.6	5.1



50 % Protein 36 % Fat 14 % Carbs



# Roasted Chicken Breast and Garlic Sweet Potatoes with Brussel Sprouts

🕒 20 min    🍽️ 2 servings

*Per serving:* 335 Kcal 29g Protein 10g Fat 35g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 1 medium (226 g)
- Brussels sprouts, halved, 1/2 pound (227 g)
- Chicken Breast, 1 portion(s) (200 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

In a bowl, combine the diced sweet potatoes, minced garlic, and olive oil. Toss to coat the sweet potatoes evenly.

Spread the sweet potato mixture around the chicken fillets on the baking sheet.

Roast in the preheated oven for 15 minutes.

After 15 minutes, add the Brussel Sprouts to the baking sheet and toss them with the sweet potatoes and chicken.

Continue roasting for an additional 5 minutes, or until the chicken is cooked through and the sweet potatoes are tender.

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

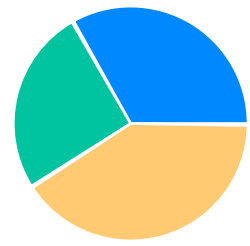
Serve the roasted chicken breast with garlic sweet potatoes and Brussel Sprouts.

Enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	669.2	98.6	334.6
Protein [g]	57	8.4	28.5
Fat [g]	19.6	2.9	9.8
Carbs [g]	69.8	10.3	34.9
Fiber [g]	15.7	2.3	7.9
Net Carbs [g]	54.1	8	27.1



33 % Protein 26 % Fat 41 %  
Carbs

# Roasted Pork Strips and Garlic Sweet Potatoes with Arugula

🕒 20 min 🍽️ 2 servings

Per serving: 300 Kcal 23g Protein 11g Fat 28g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 portion(s) (250 g)
- Arugula, 1 cup (28 g)
- Pork Tenderloin, 2 portion(s) (200 g)



## Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, combine the pork strips, minced garlic, and olive oil. Toss until the pork is well coated.

Spread the pork strips evenly on a baking sheet lined with parchment paper.

In the same bowl, add the sweet potato cubes, minced garlic, and olive oil. Toss until the sweet potatoes are well coated.

Spread the sweet potatoes evenly on a separate baking sheet lined with parchment paper.

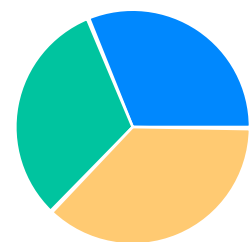
Place both baking sheets in the preheated oven and roast for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

Once done, remove from the oven and let cool for a few minutes.

Top the roasted pork strips and garlic sweet potatoes with lettuce and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	599.2	119	299.6
Protein [g]	46.7	9.3	23.4
Fat [g]	20.9	4.2	10.5
Carbs [g]	55.3	11	27.7
Fiber [g]	8.2	1.6	4.1
Net Carbs [g]	47.1	9.4	23.6



31 % Protein 32 % Fat 37 % Carbs



# Baked Garlic Salmon and Asparagus

🕒 20 min 🍽️ 2 servings

*Per serving:* 411 Kcal 39g Protein 25g Fat 10g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Asparagus, 1 bunches (450 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 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.

Trim the ends of the asparagus and arrange them around the salmon on the baking sheet.

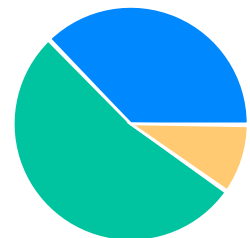
Drizzle the asparagus with the remaining tablespoon of olive oil and season with salt and pepper.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	821.4	99.9	410.7
Protein [g]	77.9	9.5	39
Fat [g]	49.1	6	24.6
Carbs [g]	19.6	2.4	9.8
Fiber [g]	9.7	1.2	4.9
Net Carbs [g]	9.9	1.2	5



37 % Protein 53 % Fat 9 % Carbs



# Egg with Avocado and Tomato

🕒 10 min 🍽️ 1 serving

**Per serving:** 274 Kcal 14g Protein 20g Fat 12g Carbs

## Ingredients

- Avocado, 1 half (79 g)
- Eggs, 2 medium (88 g)
- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Salt and pepper, 1 pinch (0.1 g)

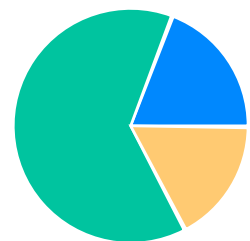


## Instructions

1. Slice the avocado and tomato into thin slices.
2. In a non-stick skillet, crack the eggs and cook them over medium heat until desired doneness.
3. Season the eggs with salt and pepper.
4. Place the cooked eggs on a plate and arrange the avocado and tomato slices around them.
5. Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	274.4	94.6	274.4
Protein [g]	13.7	4.7	13.7
Fat [g]	20.2	7	20.2
Carbs [g]	12.2	4.2	12.2
Fiber [g]	6.8	2.3	6.8
Net Carbs [g]	5.4	1.9	5.4



19% Protein 64% Fat 17% Carbs

# Sweet Potato Ground Beef Stew with Broccoli

🕒 20 min 🍽️ 4 servings

*Per serving:* 297 Kcal 31g Protein 4g Fat 35g Carbs

## Ingredients

- Vegetable stock, 4 cups (783.3 g)
- Sweet potatoes, 2 medium (452 g)
- Lean ground beef, 1 pound (454 g)
- salt, 1 teaspoon (5 g)
- Broccoli, 1 head (597 g)



## Instructions

In a large pot, brown the ground beef over medium heat until fully cooked.

Add the diced sweet potatoes and vegetable stock to the pot. Bring to a boil.

Reduce heat to low and simmer for 10 minutes or until the sweet potatoes are tender.

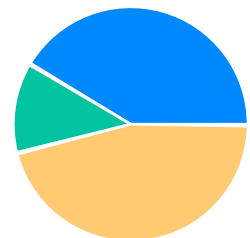
Stir in the broccoli florets and cook for an additional 2 minutes or until wilted.

Season with salt to taste.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1188	51.8	297
Protein [g]	125.5	5.5	31.4
Fat [g]	16.6	0.7	4.2
Carbs [g]	138.6	6	34.7
Fiber [g]	29.1	1.3	7.3
Net Carbs [g]	109.5	4.8	27.4



42 % Protein 12 % Fat 46 % Carbs

# Egg White, Bell Pepper, and Spinach Scramble

🕒 15 min 🍽️ 2 servings

Per serving: 98 Kcal 14g Protein 2g Fat 5g Carbs

## Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)

## Instructions

Heat a non-stick skillet over medium heat and coat it with olive oil.

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

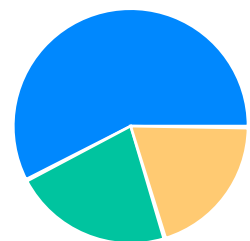
Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	196.4	53.6	98.2
Protein [g]	27.9	7.6	14
Fat [g]	4.7	1.3	2.4
Carbs [g]	9.6	2.6	4.8
Fiber [g]	2.2	0.6	1.1
Net Carbs [g]	7.4	2	3.7



58 % Protein 22 % Fat 20 % Carbs



# Turkey Carrot and Cabbage Hash

🕒 15 min 🍽️ 4 servings

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

## Ingredients

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



## Instructions

Heat coconut oil in a large skillet over medium heat.

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

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

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

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

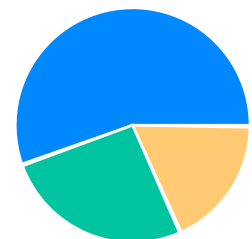
Continue cooking for another 2-3 minutes until the flavors meld together.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	787.3	89.7	196.8
Protein [g]	112.5	12.8	28.1
Fat [g]	23.4	2.7	5.9
Carbs [g]	36.4	4.1	9.1
Fiber [g]	11.9	1.4	3
Net Carbs [g]	24.5	2.8	6.1



56 % Protein 26 % Fat 18 % Carbs



# 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.

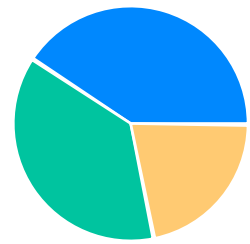
Slice the chicken into thin strips.

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



41 % Protein 37 % Fat 22 %  
Carbs

# Shopping List

## Dairy and Egg Products

- Fried Egg, 14 large (980 g)
- Eggs, 4 medium (175.9 g)
- Egg whites, 1 cup (242.7 g)

## Vegetables and Vegetable Products

- Tomato, Fresh, 12 slices (324 g)
- Tomato, 2 medium whole (2-3/5" dia) (245.9 g)
- Carrots, 1 cup strips or slices (122.3 g)
- Garlic, 1 1/2 cloves (4.5 g)
- Cabbage, 1 cup, shredded (70.2 g)
- Parsley, 2 tablespoon (8 g)
- Spinach, 4 cups (116 g)
- Mushrooms, Fresh, 2 cups (194 g)
- Onions, 1/4 cup (38.4 g)
- Tomatoes, 1/4 cup (35.8 g)
- Spinach, 3 cups (90 g)
- Bell peppers, 1/4 cup (35.8 g)
- Sweet potatoes, 3 1/2 large (1194.2 g)
- Zucchini, 1/2 medium (98.1 g)
- Sweet potatoes, 3 medium (678.9 g)
- Onion, 1 cup (170 g)
- Cherry tomatoes, 1/3 cup (55.9 g)
- Greens, 1 cup (40.1 g)
- Cucumber, 1/2 cups (67.5 g)
- Lettuce, 4 cup shredded (288.2 g)
- Tomatoes, 1 medium whole (2-3/5" dia) (123 g)
- Garlic, 8 clove (24 g)
- Sweet potatoes, 1 portion(s) (125.1 g)
- Arugula, 1/2 cup (14 g)
- Brussels sprouts, halved, 1/2 pound (227.5 g)
- Carrots, 1/3 cup chopped (32 g)
- Broccoli, 1/3 cups (22 g)
- Onion, 1/3 medium (2-1/2" dia) (27.5 g)
- Bell peppers, 1/3 medium (30 g)
- Cucumber, 1/2 medium (105.1 g)
- Tomatoes, 1 cup, chopped or sliced (180.2 g)

- Carrots, 1/2 medium (30.3 g)
- Onion, 1/4 small (18.5 g)
- Garlic, 1/2 portion (1.5 g)
- Cabbage, 1/4 small head (178.4 g)
- Mushrooms, 1 cup, whole (96 g)
- Brussels sprouts, 1 cup (88 g)
- Salad greens, 6 cups (240 g)
- Broccoli, 1/2 head (298.6 g)
- Asparagus, 1/2 bunches (225 g)
- Cucumber, 1/3 cup (32.1 g)
- Zucchini, 2 medium (392.1 g)

### **Fruits and Fruit Juices**

- Avocado, 2 half (157.9 g)
- Avocado, 1/2 avocado (79 g)
- Honeydew Melon, 2 cup (328 g)
- Mango, 2 cup (306 g)
- Lemon juice, 1/3 t (3.7 g)
- Lemon juice, 1/2 tablespoons (7.5 g)
- Cherries, 4 cup, without pits (616 g)
- Apple, 2 small (2-3/4" dia) (298 g)
- Apples, 2 medium (3" dia) (363.8 g)

### **Spices and Herbs**

- Salt and pepper, 2 pinch (0.2 g)
- Paprika, 1 1/2 teaspoon (3 g)
- Salt and pepper, 3 1/3 tsp (6.5 g)
- Ground cumin, 1/2 tsp (1 g)
- Salt, 7/8 teaspoon (4.4 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Ground cinnamon, 1 3/4 teaspoon (3.5 g)
- Pepper, 1/2 tsp (1 g)
- Rosemary, 1/3 serving (0 g)
- Thyme, 1/2 tsp, leaves (0.5 g)
- Oregano, 1/2 teaspoon (0.8 g)
- Salt, 1/2 tsp (3 g)
- Black Pepper, 1/2 teaspoon (1 g)
- Basil, 1/3 small bunch (2 g)
- Garlic powder, 2/3 teaspoon (1.9 g)

- Apple cider vinegar, 2 1/4 tablespoons (33.9 g)
- Oregano, 2/3 teaspoons (1.5 g)
- Sea salt, 1/8 tsp (0.7 g)
- Balsamic vinegar, 2 tbsp (32 g)
- salt, 1/2 teaspoon (2.5 g)
- Salt and pepper, 2 serving (1 g)

### **Poultry Products**

- Ground turkey, 1/2 pound (227.3 g)
- Chicken, 1 cup, chopped or diced (140.2 g)
- Chicken Breast, 1 portion(s) (200.4 g)

### **Fats and Oils**

- Coconut oil, 3/4 tablespoons (9.8 g)
- Olive oil, 1 teaspoons (4 g)
- Olive oil, 10 1/3 tablespoon (154 g)
- Olive oil, 1 1/2 servings (21 g)
- Red wine vinegar, 1 tbsp (14.9 g)
- Extra virgin olive oil, 1 tablespoons (14 g)

### **Beef Products**

- Beef sirloin, 1/2 pound (226.9 g)
- lean ground beef, 1/4 pound (113.4 g)
- Lean ground beef, 1/2 pound (227.1 g)
- Ground beef, 1/2 pound (222.6 g)

### **Pork Products**

- Pork Tenderloin, 1 portion(s) (100.1 g)

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

- Chicken breasts, 2 1/3 small breast (506.6 g)
- Chicken breasts, 1 portion (113.2 g)
- Chicken breast, 1 cups (149.9 g)

### **Beverages**

- Water, 0 cup (15.4 g)

### **Nut and Seed Products**

- Pistachio, Nut, 2 oz (49 kernels) (56.7 g)
- Almonds, 1 handful (26 g)
- Hazelnuts, kernel only, 2 ounce (56.7 g)
- Walnuts, 1/4 cup, chopped (29.2 g)

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

- Vegetable stock, 2 cups (391.8 g)
- Dijon mustard, 1/2 tablespoon (7.5 g)

### **Finfish and Shellfish Products**

- Salmon, 1 fillet (170 g)
- Shrimp, 1/2 lb (226.9 g)