

# Sample NutriAdmin Meal Plan Template

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DAY 1		
<b>Breakfast</b>	Easy Persian Herb Frittata with Toast	2 serving (464 g)
<b>Mid-morning snack</b>	string cheese	2 stringer (40 g)
<b>Lunch</b>	Chicken and Green Beans over Quinoa	1 serving (251 g)
<b>Mid-afternoon snack</b>	Orange Juice	1 glass (250 g)
<b>Dinner</b>	Tuna with Blanched Carrots over Brown Rice	2 serving (490 g)
DAY 2		
<b>Breakfast</b>	Chicken, Green Peas and Carrots Wrap	1 serving (298 g)
<b>Mid-morning snack</b>	Black olives	40 olives (280 g)
<b>Lunch</b>	Beef Slices with Green Beans and Brown Rice	1 serving (234 g)
<b>Mid-afternoon snack</b>	Tuna Greek Yogurt and Lettuce Sandwich	2 serving (614 g)
<b>Dinner</b>	Garlicky White Beans and Kale Pasta	1 serving (121 g)
DAY 3		
<b>Breakfast</b>	Vegan Hummus and Pan Fried Peppers Toast	2 serving (320 g)
<b>Mid-morning snack</b>	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
<b>Lunch</b>	White Fish with Zucchini over Quinoa	1 serving (254 g)
<b>Mid-afternoon snack</b>	Coffee (Unsweetened) Fat-Free Milk	2 portion(s) (100 g) 2 cup (490 g)
<b>Dinner</b>	Chicken and Quinoa Salad	2 serving (626 g)

**DAY 4**

<b>Breakfast</b>	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
<b>Mid-morning snack</b>	Hummus Celery sticks	1 tub (180 g) 1 stalk, large (11"-12" long) (64 g)
<b>Lunch</b>	Baked Lemon Salmon with Broccoli over Brown Rice	660 g
<b>Mid-afternoon snack</b>	Banana	1 banana (119 g)
<b>Dinner</b>	Herbed Chicken Breast with Brussel Sprouts	2 serving (350 g)

**DAY 5**

<b>Breakfast</b>	Vegan Hummus and Pan Fried Peppers Toast	2 serving (320 g)
<b>Mid-morning snack</b>	Tuna Tomato and Cucumber Sandwich	290 g
<b>Lunch</b>	Garlic Rosemary Chicken with Zucchini	2 serving (478 g)
<b>Mid-afternoon snack</b>	Almonds	1 handful (26 g)
<b>Dinner</b>	Butternut Squash, White Beans, Brown Rice Casserole	2 serving (726 g)

**DAY 6**

<b>Breakfast</b>	Spinach and Feta Omelette	2 serving (282 g)
<b>Mid-morning snack</b>	Mango	1 cup (153 g)
<b>Lunch</b>	Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli	2 serving (780 g)
<b>Mid-afternoon snack</b>	Blueberries	2 cup (248 g)
<b>Dinner</b>	Baked Lemon Salmon with Asparagus over Brown Rice	1 serving (352 g)

**DAY 7**

<b>Breakfast</b>	Kale and Zucchini Breakfast Scramble	2 serving (382 g)
<b>Mid-morning snack</b>	Blueberries	2 cup (248 g)
<b>Lunch</b>	One-Pan Chicken Breast, Zucchini and Quinoa	950 g
<b>Mid-afternoon snack</b>	Plain Yogurt (Whole Milk)	2 container (6 oz) (340 g)
	Blackberries	8 ounces (224 g)
<b>Dinner</b>	Spinach and Mushroom Scramble	1 serving (109 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D	Easy Persian Herb Frittata	string cheese	Chicken and Green Beans	Orange Juice	Tuna with Blanched Carrots over Brown Rice
A	with Toast	2 stringer (40 g)	over Quinoa	1 glass (250 g)	2 serving (490 g)
Y	2 serving (464 g)		1 serving (251 g)		
1					
D	Chicken, Green Peas and Carrots Wrap	Black olives	Beef Slices with Green Beans and Brown Rice	Tuna Greek Yogurt and Lettuce Sandwich	Garlicky White Beans and Kale Pasta
A		40 olives (280 g)	1 serving (234 g)	2 serving (614 g)	1 serving (121 g)
Y	1 serving (298 g)				
2					
D	Vegan Hummus and Pan Fried Peppers Toast	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	White Fish with Zucchini over Quinoa	Coffee (Unsweetened)	Chicken and Quinoa Salad
A		1 serving (289 g)	1 serving (254 g)	2 portion(s) (100 g)	2 serving (626 g)
Y	2 serving (320 g)			Fat-Free Milk 2 cup (490 g)	
3					
D	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	Hummus	Baked Lemon Salmon with Broccoli over Brown Rice	Banana	Herbed Chicken Breast with Brussel Sprouts
A		1 tub (180 g)	660 g	1 banana (119 g)	2 serving (350 g)
Y	1 serving (289 g)	Celery sticks 1 stalk, large (11"-12" long) (64 g)			
4					
D	Vegan Hummus and Pan Fried Peppers Toast	Tuna Tomato and Cucumber Sandwich	Garlic Rosemary Chicken with Zucchini	Almonds	Butternut Squash, White Beans, Brown Rice Casserole
A		290 g	2 serving (478 g)	1 handful (26 g)	2 serving (726 g)
Y	2 serving (320 g)				
5					
D	Spinach and Feta Omelette	Mango	Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli	Blueberries	Baked Lemon Salmon with Asparagus over Brown Rice
A		1 cup (153 g)	2 serving (780 g)	2 cup (248 g)	1 serving (352 g)
Y	2 serving (282 g)				
6					
D	Kale and Zucchini Breakfast Scramble	Blueberries	One-Pan Chicken Breast, Zucchini and Quinoa	Plain Yogurt (Whole Milk)	Spinach and Mushroom Scramble
A		2 cup (248 g)	950 g	2 container (6 oz) (340 g)	1 serving (109 g)
Y	2 serving (382 g)			Blackberries 8 ounces (224 g)	
7					

## Macronutrient summary

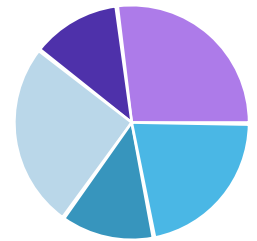
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12993.8	1856.3
Protein [g]	911.5	130.2
Fat [g]	471.6	67.4
Carbs [g]	1341.1	191.6
Fiber [g]	228.7	32.7
Net Carbs [g]	1112.4	158.9



28 % Protein 32 % Fat  
40 % Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	506.6	27	27.7	39.2	7.9	31.3
Mid-morning snack	227.6	9	10.5	27.9	6	21.9
Lunch	478.1	45.1	11.9	49	7.5	41.5
Mid-afternoon snack	238.4	17.9	4.8	32.2	4.3	27.9
Dinner	405.6	31.2	12.4	43.3	7	36.3



27 % Breakfast 12 %  
Mid-morning snack 26 %  
Lunch 13 % Mid-afternoon snack  
22 % Dinner

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1902.3	139.2	69.6	174.3	16.9	157.4
Day 2	1911.9	151	59.5	196.1	31.4	164.7
Day 3	1910.7	131.8	68.1	203.1	33.7	169.4
Day 4	1806.9	120.5	69.8	192.4	41.1	151.3
Day 5	1771.5	119	61	202.1	41.1	161
Day 6	1894.3	127.6	71.2	202.9	33.2	169.7
Day 7	1796.1	122.5	72.3	170.2	31.4	138.8

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Easy Persian Herb Frittata with Toast 2 serving (464 g)	868.3	51	46.1	60.4	5.6	54.8
<b>TOTAL FOR BREAKFAST</b>	<b>868.3</b>	<b>51</b>	<b>46.1</b>	<b>60.4</b>	<b>5.6</b>	<b>54.8</b>
<b>Mid-morning snack</b>						
string cheese 2 stringer (40 g)	119.6	11	8.3	0	0	0
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>119.6</b>	<b>11</b>	<b>8.3</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Lunch</b>						
Chicken and Green Beans over Quinoa 1 serving (251 g)	289.4	30.3	8.2	22.5	3.7	18.8
<b>TOTAL FOR LUNCH</b>	<b>289.4</b>	<b>30.3</b>	<b>8.2</b>	<b>22.5</b>	<b>3.7</b>	<b>18.8</b>
<b>Mid-afternoon snack</b>						
Orange Juice 1 glass (250 g)	135	0.5	0	33.5	0.5	33
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>135</b>	<b>0.5</b>	<b>0</b>	<b>33.5</b>	<b>0.5</b>	<b>33</b>
<b>Dinner</b>						
Tuna with Blanched Carrots over Brown Rice 2 serving (490 g)	490	46.3	7	57.9	7.1	50.8
<b>TOTAL FOR DINNER</b>	<b>490</b>	<b>46.3</b>	<b>7</b>	<b>57.9</b>	<b>7.1</b>	<b>50.8</b>
<b>TOTAL FOR DAY 1</b>	<b>1902.3</b>	<b>139.2</b>	<b>69.6</b>	<b>174.3</b>	<b>16.9</b>	<b>157.4</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Chicken, Green Peas and Carrots Wrap</b> 1 serving (298 g)	375.1	32.4	10.2	38.3	9.1	29.2
<b>TOTAL FOR BREAKFAST</b>	<b>375.1</b>	<b>32.4</b>	<b>10.2</b>	<b>38.3</b>	<b>9.1</b>	<b>29.2</b>
<b>Mid-morning snack</b>						
<b>Black olives</b> 40 olives (280 g)	322	2.4	29.9	17.5	9	8.5
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>322</b>	<b>2.4</b>	<b>29.9</b>	<b>17.5</b>	<b>9</b>	<b>8.5</b>
<b>Lunch</b>						
<b>Beef Slices with Green Beans and Brown Rice</b> 1 serving (234 g)	257.9	20.9	7.7	26.9	3.3	23.6
<b>TOTAL FOR LUNCH</b>	<b>257.9</b>	<b>20.9</b>	<b>7.7</b>	<b>26.9</b>	<b>3.3</b>	<b>23.6</b>
<b>Mid-afternoon snack</b>						
<b>Tuna Greek Yogurt and Lettuce Sandwich</b> 2 serving (614 g)	663.8	84.2	7.2	61.3	5.6	55.7
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>663.8</b>	<b>84.2</b>	<b>7.2</b>	<b>61.3</b>	<b>5.6</b>	<b>55.7</b>
<b>Dinner</b>						
<b>Garlicky White Beans and Kale Pasta</b> 1 serving (121 g)	293.1	11.1	4.5	52.1	4.5	47.6
<b>TOTAL FOR DINNER</b>	<b>293.1</b>	<b>11.1</b>	<b>4.5</b>	<b>52.1</b>	<b>4.5</b>	<b>47.6</b>
<b>TOTAL FOR DAY 2</b>	<b>1911.9</b>	<b>151</b>	<b>59.5</b>	<b>196.1</b>	<b>31.4</b>	<b>164.7</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Vegan Hummus and Pan Fried Peppers Toast 2 serving (320 g)	520.2	18.9	28.4	52.1	13.7	38.4
<b>TOTAL FOR BREAKFAST</b>	<b>520.2</b>	<b>18.9</b>	<b>28.4</b>	<b>52.1</b>	<b>13.7</b>	<b>38.4</b>
<b>Mid-morning snack</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 MID-MORNING SNACK</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>						
White Fish with Zucchini over Quinoa 1 serving (254 g)	295.4	29.5	10.7	20.6	2.9	17.7
<b>TOTAL FOR LUNCH</b>	<b>295.4</b>	<b>29.5</b>	<b>10.7</b>	<b>20.6</b>	<b>2.9</b>	<b>17.7</b>
<b>Mid-afternoon snack</b>						
Coffee (Unsweetened) 2 portion(s) (100 g)	2	0.3	0	0.2	0	0.2
Fat-Free Milk 2 cup (490 g)	166.6	16.5	0.4	24.3	0	24.3
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>168.6</b>	<b>16.8</b>	<b>0.4</b>	<b>24.5</b>	<b>0</b>	<b>24.5</b>
<b>Dinner</b>						
Chicken and Quinoa Salad 2 serving (626 g)	638.5	58.4	23.4	48	7.7	40.3
<b>TOTAL FOR DINNER</b>	<b>638.5</b>	<b>58.4</b>	<b>23.4</b>	<b>48</b>	<b>7.7</b>	<b>40.3</b>
<b>TOTAL FOR DAY 3</b>	<b>1910.7</b>	<b>131.8</b>	<b>68.1</b>	<b>203.1</b>	<b>33.7</b>	<b>169.4</b>



## Day 4 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>Mid-morning snack</b>						
Hummus 1 tub (180 g)	298.8	14.2	17.3	25.7	10.8	14.9
Celery sticks 1 stalk, large (11"-12" long) (64 g)	10.2	0.4	0.1	1.9	1	0.9
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>309</b>	<b>14.7</b>	<b>17.4</b>	<b>27.6</b>	<b>11.8</b>	<b>15.8</b>
<b>Lunch</b>						
Baked Lemon Salmon with Broccoli over Brown Rice 660 g	556.5	44.9	13.5	68.4	11.3	57.1
<b>TOTAL FOR LUNCH</b>	<b>556.5</b>	<b>44.9</b>	<b>13.5</b>	<b>68.4</b>	<b>11.3</b>	<b>57.1</b>
<b>Mid-afternoon snack</b>						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>105.9</b>	<b>1.3</b>	<b>0.4</b>	<b>27.2</b>	<b>3.1</b>	<b>24.1</b>
<b>Dinner</b>						
Herbed Chicken Breast with Brussel Sprouts 2 serving (350 g)	547.4	51.4	33.3	11.3	5.5	5.8
<b>TOTAL FOR DINNER</b>	<b>547.4</b>	<b>51.4</b>	<b>33.3</b>	<b>11.3</b>	<b>5.5</b>	<b>5.8</b>
<b>TOTAL FOR DAY 4</b>	<b>1806.9</b>	<b>120.5</b>	<b>69.8</b>	<b>192.4</b>	<b>41.1</b>	<b>151.3</b>

## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Vegan Hummus and Pan Fried Peppers Toast 2 serving (320 g)	520.2	18.9	28.4	52.1	13.7	38.4
<b>TOTAL FOR BREAKFAST</b>	<b>520.2</b>	<b>18.9</b>	<b>28.4</b>	<b>52.1</b>	<b>13.7</b>	<b>38.4</b>
<b>Mid-morning snack</b>						
Tuna Tomato and Cucumber Sandwich 290 g	321.1	23.4	11	33.5	3.7	29.8
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>321.1</b>	<b>23.4</b>	<b>11</b>	<b>33.5</b>	<b>3.7</b>	<b>29.8</b>
<b>Lunch</b>						
Garlic Rosemary Chicken with Zucchini 2 serving (478 g)	316.6	51.7	6.7	11.4	2.6	8.8
<b>TOTAL FOR LUNCH</b>	<b>316.6</b>	<b>51.7</b>	<b>6.7</b>	<b>11.4</b>	<b>2.6</b>	<b>8.8</b>
<b>Mid-afternoon snack</b>						
Almonds 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>						
Butternut Squash, White Beans, Brown Rice Casserole 2 serving (726 g)	463.1	19.5	2	99.5	17.8	81.7
<b>TOTAL FOR DINNER</b>	<b>463.1</b>	<b>19.5</b>	<b>2</b>	<b>99.5</b>	<b>17.8</b>	<b>81.7</b>
<b>TOTAL FOR DAY 5</b>	<b>1771.5</b>	<b>119</b>	<b>61</b>	<b>202.1</b>	<b>41.1</b>	<b>161</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Spinach and Feta Omelette</b> 2 serving (282 g)	510.9	31.3	40.5	4.3	0.8	3.5
<b>TOTAL FOR BREAKFAST</b>	<b>510.9</b>	<b>31.3</b>	<b>40.5</b>	<b>4.3</b>	<b>0.8</b>	<b>3.5</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>Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli</b> 2 serving (780 g)	881.9	71	22.8	107.3	18.3	89
<b>TOTAL FOR LUNCH</b>	<b>881.9</b>	<b>71</b>	<b>22.8</b>	<b>107.3</b>	<b>18.3</b>	<b>89</b>
<b>Mid-afternoon snack</b>						
<b>Blueberries</b> 2 cup (248 g)	141.4	1.8	0.8	35.9	6	29.9
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>141.4</b>	<b>1.8</b>	<b>0.8</b>	<b>35.9</b>	<b>6</b>	<b>29.9</b>
<b>Dinner</b>						
<b>Baked Lemon Salmon with Asparagus over Brown Rice</b> 1 serving (352 g)	268.3	22.2	6.5	32.4	5.6	26.8
<b>TOTAL FOR DINNER</b>	<b>268.3</b>	<b>22.2</b>	<b>6.5</b>	<b>32.4</b>	<b>5.6</b>	<b>26.8</b>
<b>TOTAL FOR DAY 6</b>	<b>1894.3</b>	<b>127.6</b>	<b>71.2</b>	<b>202.9</b>	<b>33.2</b>	<b>169.7</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Kale and Zucchini Breakfast Scramble</b> 2 serving (382 g)	463.3	28.7	34.9	9.3	2.9	6.4
<b>TOTAL FOR BREAKFAST</b>	<b>463.3</b>	<b>28.7</b>	<b>34.9</b>	<b>9.3</b>	<b>2.9</b>	<b>6.4</b>
<b>Mid-morning snack</b>						
<b>Blueberries</b> 2 cup (248 g)	141.4	1.8	0.8	35.9	6	29.9
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>141.4</b>	<b>1.8</b>	<b>0.8</b>	<b>35.9</b>	<b>6</b>	<b>29.9</b>
<b>Lunch</b>						
<b>One-Pan Chicken Breast, Zucchini and Quinoa</b> 950 g	749.3	67.6	14	85.7	10.1	75.6
<b>TOTAL FOR LUNCH</b>	<b>749.3</b>	<b>67.6</b>	<b>14</b>	<b>85.7</b>	<b>10.1</b>	<b>75.6</b>
<b>Mid-afternoon snack</b>						
<b>Plain Yogurt (Whole Milk)</b> 2 container (6 oz) (340 g)	207.4	11.8	11.1	15.8	0	15.8
<b>Blackberries</b> 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>303.7</b>	<b>14.9</b>	<b>12.1</b>	<b>37.4</b>	<b>11.9</b>	<b>25.5</b>
<b>Dinner</b>						
<b>Spinach and Mushroom Scramble</b> 1 serving (109 g)	138.5	9.5	10.4	1.8	0.6	1.2
<b>TOTAL FOR DINNER</b>	<b>138.5</b>	<b>9.5</b>	<b>10.4</b>	<b>1.8</b>	<b>0.6</b>	<b>1.2</b>
<b>TOTAL FOR DAY 7</b>	<b>1796.1</b>	<b>122.5</b>	<b>72.3</b>	<b>170.2</b>	<b>31.4</b>	<b>138.8</b>

## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	45.3			
Fiber [g]	32.7			
Calcium, Ca [mg]	726.4	1000	2500	73
Iron, Fe [mg]	19.3	18	45	107
Magnesium, Mg [mg]	503.1	310	*350 mg	162
Phosphorus, P [mg]	1887.2	700	4000	270
Potassium, K [mg]	3971.8	4700		85
Sodium, Na [mg]	3652.2	1500	2300	243
Zinc, Zn [mg]	13.3	8	40	166
Vitamin A, RAE [ug]	950	700	3000	136
Vitamin E [mg]	13.5	15	1000	90
Vitamin D [ug]	4.3	15	100	28
Vitamin C [mg]	208	75	2000	277
Thiamin [mg]	1.6	1.1		144
Riboflavin [mg]	2.3	1.1		205
Niacin [mg]	44	14	35	314
Vitamin B6 [mg]	4	1.3	100	308
Vitamin B12 [ug]	6.3	2.4		261
Vitamin K [ug]	313	90		348
Tryptophan [g]	20.4			
Threonine [g]	2.2			
Isoleucine [g]	2.5			
Leucine [g]	4.3			
Lysine [g]	3.9			
Methionine [g]	1.3			
Cystine [g]	0.8			
Tyrosine [g]	1.8			
Fatty acids, total trans [g]	0.2			
Sat Fat [g]	14.9			

# Tuna with Blanched Carrots over Brown Rice

🕒 10 min    👤 2 servings

*Per serving:* 245 Kcal 23g Protein 4g Fat 29g Carbs

## Ingredients

- Salt, 1 pinch (0.6 g)
- Carrots, 2 medium (122 g)
- Brown rice, 1 cup (195 g)
- Black Pepper, 1/4 tsp, ground (0.6 g)
- Canned tuna in water, 1 can (172 g)



## Instructions

Drain the canned tuna and flake it into small pieces.

Peel and slice the carrots into thin sticks.

Bring a pot of water to a boil and blanch the carrot slices for 2 minutes. Drain and set aside.

In a separate pot, cook the brown rice according to package instructions.

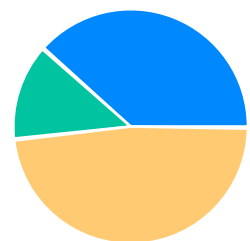
In a medium-sized bowl, combine the flaked tuna, blanched carrots, and cooked brown rice. Mix well.

Season with salt and black pepper to taste.

Serve the tuna mixture over a bed of brown rice and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	490	100	245
Protein [g]	46.3	9.4	23.2
Fat [g]	7	1.4	3.5
Carbs [g]	57.9	11.8	29
Fiber [g]	7.1	1.4	3.6
Net Carbs [g]	50.8	10.4	25.4



39% Protein 13% Fat 48% Carbs

# Baked Lemon Salmon with Broccoli over Brown Rice

🕒 20 min    🍽️ 2 servings

*Per serving:* 277 Kcal 22g 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**, 1/2 tsp (1 g)
- **Broccoli florets**, 2 cup (182 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the broccoli florets around the salmon.

Season the salmon and broccoli 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.

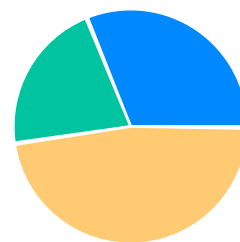
Once cooked, divide the brown rice onto two plates.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	553.1	84.3	276.6
Protein [g]	44.6	6.8	22.3
Fat [g]	13.4	2	6.7
Carbs [g]	68	10.4	34
Fiber [g]	11.3	1.7	5.7
Net Carbs [g]	56.7	8.6	28.4



31 % Protein 21 % Fat 48 %  
Carbs



# Tuna Tomato and Cucumber Sandwich

🕒 10 min 🍽️ 1 serving

*Per serving:* 319 Kcal 23g Protein 11g Fat 33g Carbs

## Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Cucumber**, 1/4 cup, pared, chopped (33.3 g)
- **Olive oil**, 2 teaspoons (8 g)
- **Tomato**, 1 small whole (2-2/5" dia) (91 g)
- **Tuna in water**, 1/2 can (82.5 g)
- **Bread**, 2 slices (57.5 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Lettuce leaves**, 1 leaves (1 g)



## Instructions

In a bowl, combine the drained tuna, chopped cucumber, olive oil, lemon juice, salt, and pepper. Mix well.

Toast the slices of gluten-free bread until golden brown.

Spread the tuna mixture evenly on one slice of bread.

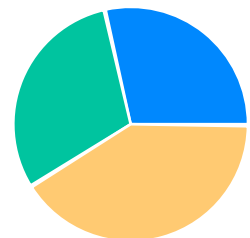
Top with sliced tomatoes and lettuce leaves.

Place the second slice of bread on top.

Cut the sandwich in half and serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	318.9	110.6	318.9
Protein [g]	23.3	8.1	23.3
Fat [g]	10.9	3.8	10.9
Carbs [g]	33.3	11.6	33.3
Fiber [g]	3.7	1.3	3.7
Net Carbs [g]	29.6	10.3	29.6



29 % Protein 30 % Fat 41 % Carbs

# Low-Carb Spinach and Feta Omelette

🕒 15 min    🍽️ 2 servings

*Per serving:* 255 Kcal 16g Protein 20g Fat 2g Carbs

## Ingredients

- Feta cheese, 1/4 cup (36.2 g)
- Eggs, 4 large (200 g)
- Salt, 1 pinch (0.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Baby spinach, 1 cup (30 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

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

Add the chopped spinach, feta cheese, salt, and black pepper to the bowl. Stir to combine.

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

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

Cook for 2-3 minutes, or until the edges start to set.

Using a spatula, gently lift the edges of the omelette and tilt the skillet to allow the uncooked eggs to flow to the edges.

Continue cooking for another 2-3 minutes, or until the omelette is mostly set.

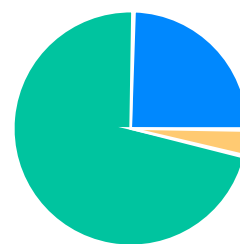
Fold the omelette in half and cook for an additional 1-2 minutes, or until the cheese is melted and the omelette is cooked through.

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

Cut the omelette into wedges and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	509	181.3	254.5
Protein [g]	31.2	11.1	15.6
Fat [g]	40.4	14.4	20.2
Carbs [g]	4.3	1.5	2.2
Fiber [g]	0.8	0.3	0.4
Net Carbs [g]	3.5	1.2	1.8



25 % Protein 72 % Fat 3 %  
Carbs

# Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli

🕒 20 min    🍽️ 4 servings

*Per serving:* 440 Kcal 36g Protein 11g Fat 54g Carbs

## Ingredients

- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1 teaspoons (2 g)
- Olive oil, 1 tablespoon (13.5 g)
- Ground beef, 1 lbs (453.6 g)
- Pasta, 8 ounces (224.2 g)
- Marinara sauce, 1 jar (680 g)
- Broccoli florets, 2 cups (182 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

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

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

Drain any excess fat from the skillet.

Add marinara sauce, dried oregano, dried basil, salt, and pepper to the skillet. Stir well to combine.

Reduce heat to low and let the sauce simmer for 10 minutes, stirring occasionally.

Meanwhile, cook whole wheat pasta according to package instructions. Drain and set aside.

In a separate pot, bring water to a boil and steam broccoli florets for about 5 minutes or until tender-crisp.

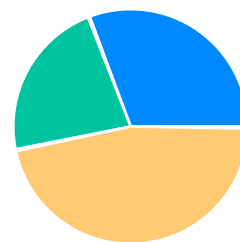
Once the marinara sauce has simmered, taste and adjust seasoning if needed.

Serve the lean ground beef with marinara sauce over whole wheat pasta, with steamed broccoli on the side.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1761.6	113.1	440.4
Protein [g]	141.8	9.1	35.5
Fat [g]	45.6	2.9	11.4
Carbs [g]	214.3	13.8	53.6
Fiber [g]	36.6	2.3	9.2
Net Carbs [g]	177.7	11.4	44.4



31 % Protein 22 % Fat 47 %  
Carbs

# One-Pan Chicken Breast, Zucchini and Quinoa

🕒 20 min    🍽️ 2 servings

Per serving: 374 Kcal 34g Protein 7g Fat 43g Carbs

## Ingredients

- Water, 2 cups (473.2 g)
- Quinoa, 3/4 cup (127.5 g)
- Salt and pepper, 1 tsp (2 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 1 small (118 g)



## Instructions

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

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

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

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

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

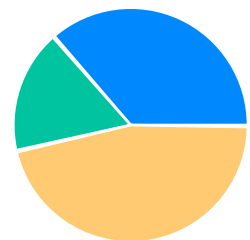
Slice the cooked chicken breasts into thin strips.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	746.9	78.9	373.5
Protein [g]	67.4	7.1	33.7
Fat [g]	14	1.5	7
Carbs [g]	85.5	9	42.8
Fiber [g]	10.1	1.1	5.1
Net Carbs [g]	75.4	8	37.7



37 % Protein 17 % Fat 46 % Carbs



# Chicken and Quinoa Salad

🕒 15 min    🍽️ 2 servings

*Per serving:* 319 Kcal 29g Protein 12g Fat 24g Carbs

## Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Salt**, 1 tsp (6 g)
- **Cucumber**, 1/4 cup (32.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Baby spinach**, 1 cup (30 g)
- **Bell pepper**, 1/4 cup (35.8 g)
- **Quinoa**, 1 cup (185 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Cherry tomatoes**, 1/2 cup (74.5 g)
- **Parsley**, 2 tablespoons (8 g)



## Instructions

Heat a grill pan or skillet over medium-high heat.

Season the chicken breasts with salt and pepper.

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

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

In a large bowl, combine the cooked quinoa, baby spinach, cherry tomatoes, cucumber, red bell pepper, and chopped parsley.

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

Pour the dressing over the salad and toss to combine.

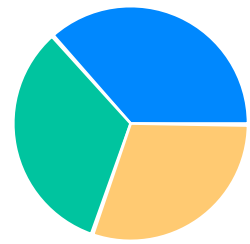
Add the sliced chicken on top of the salad.

Serve the chicken and quinoa salad immediately.



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	637.5	102	318.8
Protein [g]	58.3	9.3	29.2
Fat [g]	23.3	3.7	11.7
Carbs [g]	47.9	7.7	24
Fiber [g]	7.6	1.2	3.8
Net Carbs [g]	40.3	6.4	20.2



37 % Protein 33 % Fat 30 %  
Carbs

# Easy Persian Herb Frittata with Toast

🕒 15 min 🍽️ 2 servings

*Per serving:* 434 Kcal 26g Protein 23g Fat 30g Carbs

## Ingredients

- Eggs, 6 large (300 g)
- Dill, 1/4 cup (12.2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Cilantro, 1/4 cup (4.2 g)
- Parsley, 1/4 cup (15.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Bread, 4 slices (114.9 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

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

Add the chopped herbs, scallions, salt, and black pepper to the eggs. Mix well.

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

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

Cook the frittata for about 5 minutes or until the edges are set and the center is slightly jiggly.

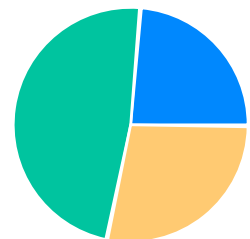
Meanwhile, toast the bread slices until golden brown.

Once the frittata is cooked, remove it from the heat and let it rest for a minute.

Cut the frittata into wedges and serve with the toasted bread slices.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	868.3	187.2	434.2
Protein [g]	51	11	25.5
Fat [g]	46.1	9.9	23.1
Carbs [g]	60.4	13	30.2
Fiber [g]	5.6	1.2	2.8
Net Carbs [g]	54.8	11.8	27.4



24 % Protein 48 % Fat 28 % Carbs



# Chicken, Green Peas and Carrots Wrap

🕒 15 min    🍽️ 1 serving

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

## Ingredients

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



## Instructions

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

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

Heat olive oil in a skillet over medium heat.

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

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

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

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

Slice the cooked chicken breast into thin strips.

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

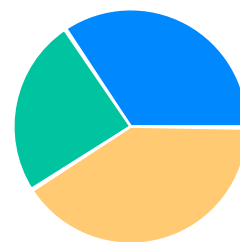
Place the sliced chicken, green peas, and carrots on the tortilla.

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

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	375.1	125.8	375.1
Protein [g]	32.4	10.9	32.4
Fat [g]	10.2	3.4	10.2
Carbs [g]	38.3	12.8	38.3
Fiber [g]	9.1	3.1	9.1
Net Carbs [g]	29.2	9.8	29.2



35 % Protein 25 % Fat 41 %  
Carbs

# Beef Slices with Green Beans and Brown Rice

🕒 15 min    🍽️ 4 servings

*Per serving:* 258 Kcal 21g Protein 8g Fat 27g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- String beans, 1/2 lb (226.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (390 g)
- Beef, sirloin, lean, 300 grams (300 g)



## Instructions

Season the beef slices with salt..

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

Add the beef to the skillet and cook for 4-5 minutes, or until cooked through.

Remove the beef from the skillet and set aside.

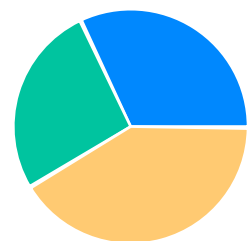
In the same skillet, add the green beans and sauté for 3-4 minutes, or until tender-crisp.

Return the beef to the skillet and cook for an additional 2 minutes to heat through.

Serve the beef and green beans over cooked brown rice.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1031.4	110.2	257.9
Protein [g]	83.7	8.9	20.9
Fat [g]	30.7	3.3	7.7
Carbs [g]	107.5	11.5	26.9
Fiber [g]	13.1	1.4	3.3
Net Carbs [g]	94.4	10.1	23.6



32 % Protein 27 % Fat 41 % Carbs

# White Fish with Zucchini over Quinoa

🕒 20 min 🍽️ 4 servings

*Per serving:* 296 Kcal 30g Protein 11g Fat 21g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 1 tsp (2 g)
- White Fish, 500 g (500 g)
- Zucchini, 1 small (118 g)
- Quinoa, cooked, 2 cup (370 g)



## Instructions

Cook quinoa according to package instructions.

Preheat oven to 400°F (200°C).

Place the white fish fillets and zucchini on a baking sheet lined with parchment paper.

Drizzle olive oil over the fish fillets and zucchini and season with salt and pepper.

Bake the fish and zucchini in the preheated oven for 12-15 minutes or until cooked through and flaky.

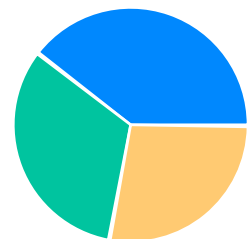
Once the quinoa, fish, and zucchini are cooked, divide the quinoa among serving plates.

Top each plate with a white fish fillet and serve with zucchini on the side.

Enjoy your 5 Ingredient White Fish with zucchini over quinoa!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1182.7	116.3	295.7
Protein [g]	118.1	11.6	29.5
Fat [g]	43	4.2	10.8
Carbs [g]	82.5	8.1	20.6
Fiber [g]	11.5	1.1	2.9
Net Carbs [g]	71	7	17.8



40 % Protein 33 % Fat 28 % Carbs





# Tuna Greek Yogurt and Lettuce Sandwich

🕒 10 min    🍽️ 1 serving

*Per serving:* 332 Kcal 42g Protein 4g Fat 31g Carbs

## Ingredients

- Greek yogurt, 2 tablespoons (31 g)
- Bread, 2 slices (57.5 g)
- Salt and pepper, 1 pinch (0.1 g)
- Lettuce leaves, 2 large (48 g)
- Tuna, 1 can (170 g)

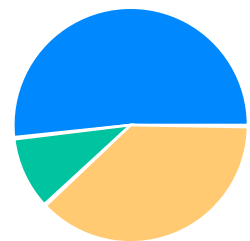


## Instructions

1. Drain the tuna and transfer it to a bowl.
2. Add Greek yogurt to the bowl and mix well to combine.
3. Season the tuna mixture with salt and pepper according to your taste.
4. Place a lettuce leaf on one slice of bread.
5. Spoon the tuna mixture over the lettuce leaf.
6. Top with another lettuce leaf and cover with the second slice of bread.
7. Press the sandwich gently to hold everything together.
8. Cut the sandwich diagonally into halves or quarters.
9. Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	331.9	108.3	331.9
Protein [g]	42.1	13.7	42.1
Fat [g]	3.6	1.2	3.6
Carbs [g]	30.7	10	30.7
Fiber [g]	2.8	0.9	2.8
Net Carbs [g]	27.9	9.1	27.9



52 % Protein 10 % Fat 38 % Carbs



# Baked Lemon Salmon with Asparagus over Brown Rice

🕒 20 min    🍽️ 2 servings

*Per serving:* 268 Kcal 22g Protein 7g Fat 32g 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)
- **Asparagus**, 1/2 pound (226.8 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the asparagus around the salmon.

Season the salmon and asparagus 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.

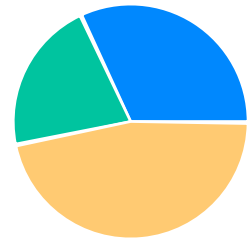
Once cooked, divide the brown rice onto two plates.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	535.6	76.2	268.3
Protein [g]	44.4	6.3	22.2
Fat [g]	13	1.8	6.5
Carbs [g]	64.7	9.2	32.4
Fiber [g]	11.3	1.6	5.7
Net Carbs [g]	53.4	7.6	26.7



32 % Protein 21 % Fat 47 %  
Carbs

# Chicken and Green Beans over Quinoa

🕒 15 min 🍽️ 4 servings

*Per serving:* 289 Kcal 30g Protein 8g Fat 23g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 1 pound (454 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Green Beans, 4 portion(s) (160 g)
- Quinoa, cooked, 2 cup (370 g)

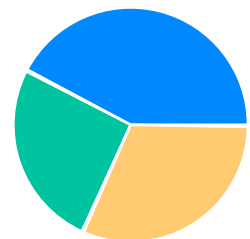


## Instructions

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 green beans and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked chicken breasts into strips.
7. Serve the sliced chicken and green beans over cooked quinoa.
8. Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1157.7	115.4	289.4
Protein [g]	121.4	12.1	30.4
Fat [g]	32.9	3.3	8.2
Carbs [g]	90	9	22.5
Fiber [g]	14.7	1.5	3.7
Net Carbs [g]	75.3	7.5	18.8



43 % Protein 26 % Fat 32 % Carbs



# Garlic Rosemary Chicken with Zucchini

🕒 15 min 🍽️ 2 servings

*Per serving:* 158 Kcal 26g Protein 3g Fat 6g Carbs

## Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 2 small (236 g)



## Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced zucchini.

Place the chicken breasts and zucchini on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	315.9	66.2	158
Protein [g]	51.6	10.8	25.8
Fat [g]	6.7	1.4	3.4
Carbs [g]	11.3	2.4	5.7
Fiber [g]	2.6	0.5	1.3
Net Carbs [g]	8.7	1.8	4.4



66% Protein 19% Fat 15% Carbs

# Herbed Chicken Breast with Brussel Sprouts

🕒 15 min    🍽️ 2 servings

*Per serving:* 274 Kcal 26g Protein 17g Fat 6g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 2 tsp (4 g)
- Italian Seasoning, 1 tablespoon (5 g)
- Chicken breasts, 2 portion (226 g)
- Brussels sprouts, halved, 2 serving (88 g)



## Instructions

Preheat the oven to 400°F (200°C).

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

Drizzle olive oil over the chicken breasts, then sprinkle with dried Italian herbs, salt, and pepper.

Toss the Brussel Sprouts with olive oil, salt, and pepper in a separate bowl.

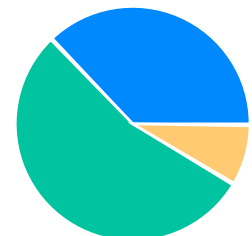
Arrange the Brussel Sprouts around the chicken breasts on the baking sheet.

Bake in the preheated oven for 10-12 minutes, or until the chicken is cooked through and the Brussel Sprouts is tender.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	547.4	156.4	273.7
Protein [g]	51.4	14.7	25.7
Fat [g]	33.3	9.5	16.7
Carbs [g]	11.3	3.2	5.7
Fiber [g]	5.5	1.6	2.8
Net Carbs [g]	5.8	1.7	2.9



37 % Protein 54 % Fat 8 % Carbs





# Spinach and Mushroom Scramble

🕒 10 min 🍽️ 2 servings

*Per serving:* 139 Kcal 10g Protein 10g Fat 2g Carbs

## Ingredients

- Eggs, 3 medium (132 g)
- Mushrooms, 1/2 cup, whole (48 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 pinch (0.1 g)
- Spinach, 1 cup (30 g)



## Instructions

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

Add mushrooms and sauté for 2-3 minutes until they start to soften.

Add spinach to the skillet and cook for another 1-2 minutes until wilted.

In a separate bowl, whisk the eggs with salt and pepper.

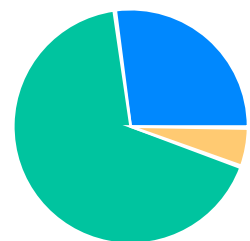
Pour the whisked eggs into the skillet with the spinach and mushrooms.

Stir gently until the eggs are fully cooked and scrambled, about 3-4 minutes.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	276.9	127	138.5
Protein [g]	18.9	8.7	9.5
Fat [g]	20.8	9.5	10.4
Carbs [g]	3.6	1.7	1.8
Fiber [g]	1.1	0.5	0.6
Net Carbs [g]	2.5	1.1	1.3



27 % Protein 68 % Fat 5 % Carbs

# 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.

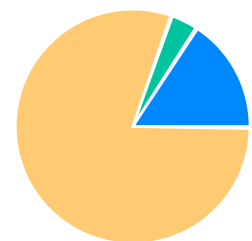
Pour the vegetable broth over the mixture and stir well to combine.

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



16 % Protein 4 % Fat 81 % Carbs

# Vegan Hummus and Pan Fried Peppers Toast

🕒 10 min 🍽️ 2 servings

*Per serving:* 260 Kcal 10g Protein 14g Fat 26g Carbs

## Ingredients

- Olive oil, 1 servings (14 g)
- Red/Yellow Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
- Vegan hummus, 1/2 cup (123 g)
- Whole Wheat Bread, 2 slice (64 g)



## Instructions

Heat olive oil in a pan over medium heat.

Add the sliced bell peppers and sauté for 5 minutes until they are slightly softened and charred.

Toast the bread slices until golden brown.

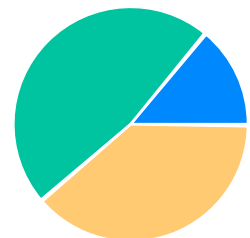
Spread a generous amount of vegan hummus on each slice of toast.

Top the hummus with the pan-fried peppers.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	520.2	162.6	260.1
Protein [g]	18.9	5.9	9.5
Fat [g]	28.4	8.9	14.2
Carbs [g]	52.1	16.3	26.1
Fiber [g]	13.7	4.3	6.9
Net Carbs [g]	38.4	12	19.2



14 % Protein 47 % Fat 39 % Carbs

# Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

Per serving: 288 Kcal 8g Protein 5g Fat 58g Carbs

## Ingredients

- Bananas, 2 medium (7" to 7-7/8" long) (236 g)
- Rolled oats, 1 c (81.1 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 cup (250 g)



## Instructions

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

In a mixing bowl, combine the mashed bananas, rolled oats, cocoa powder, and almond milk. Stir well to combine.

Pour the mixture into the greased baking dish and spread it evenly.

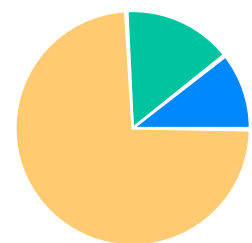
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	575.1	99.7	287.6
Protein [g]	16.4	2.8	8.2
Fat [g]	10.4	1.8	5.2
Carbs [g]	115.6	20	57.8
Fiber [g]	18.8	3.3	9.4
Net Carbs [g]	96.8	16.8	48.4



11 % Protein 15 % Fat 74 % Carbs

# Garlicky White Beans and Kale Pasta

🕒 15 min 🍽️ 4 servings

*Per serving:* 293 Kcal 11g Protein 5g Fat 52g Carbs

## Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Beans, 1 cup (179 g)
- Pasta, 4 serving (216 g)
- Salt and pepper, 1 tsp (2 g)
- Kale, chopped, 1 cup (61 g)



## Instructions

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

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

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

Add white beans to the skillet and cook for another 2-3 minutes, stirring occasionally.

Add fresh kale leaves to the skillet and cook until wilted, about 2 minutes.

Season with salt and pepper to taste.

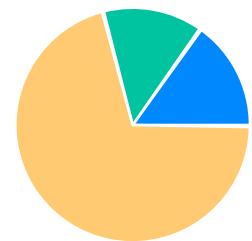
Add the cooked pasta to the skillet and toss everything together until well combined.

Cook for an additional 1-2 minutes to heat the pasta through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1172.5	242.5	293.1
Protein [g]	44.5	9.2	11.1
Fat [g]	17.9	3.7	4.5
Carbs [g]	208.5	43.1	52.1
Fiber [g]	18	3.7	4.5
Net Carbs [g]	190.5	39.4	47.6



15% Protein 14% Fat 71% Carbs



# 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.

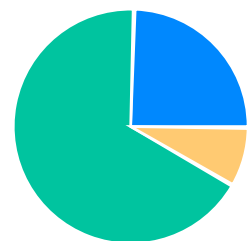
Pour the egg mixture into the skillet with the vegetables.

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



25 % Protein 67 % Fat 8 % Carbs



# Shopping List

## Dairy and Egg Products

- Eggs, 14 large (701.5 g)
- Almond milk, 1 cup (250.4 g)
- Feta cheese, 1/3 cup (36.4 g)
- string cheese, 2 stringer (40 g)
- Greek yogurt, 4 tablespoons (62.1 g)
- Fat-Free Milk, 2 cup (490 g)
- Plain Yogurt (Whole Milk), 2 container (6 oz) (340 g)
- Eggs, 1 1/2 medium (66 g)

## Spices and Herbs

- Dill, 1/3 cup (12.2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Pepper, 3/4 tsp (1.5 g)
- Salt, 2 1/3 tsp (13.5 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Garlic powder, 1/4 teaspoon (0.7 g)
- Salt, 2 pinch (1.2 g)
- Salt and pepper, 4 1/2 pinch (0.5 g)
- Salt and pepper, 5 1/2 tsp (11 g)
- Rosemary, 2 sprig (0.2 g)
- Basil, 1/3 teaspoon (0.2 g)
- Oregano, 1/2 teaspoons (1 g)
- Black Pepper, 1/4 tsp, ground (0.6 g)
- Italian Seasoning, 1 tablespoon (5 g)

## Vegetables and Vegetable Products

- Cilantro, 1/3 cup (4.2 g)
- Parsley, 1/3 cup (15.6 g)
- Peas, 1/2 cup (72.4 g)
- Carrots, 1/2 cup chopped (63.9 g)
- Red/Yellow Bell pepper, 2 medium (approx 2-3/4" long, 2-1/2 dia.) (238 g)
- Baby spinach, 2 cup (60.2 g)
- Zucchini, 4 1/3 small (502.6 g)
- Kale, 1 cups (48 g)
- Celery sticks, 1 stalk, large (11"-12" long) (64 g)
- Cucumber, 1/3 cup, pared, chopped (33.4 g)

- Tomato, 1 small whole (2-2/5" dia) (91.5 g)
- Lettuce leaves, 1 leaves (1 g)
- Green Beans, 1 portion(s) (40 g)
- String beans, 1/8 lb (56.7 g)
- Broccoli florets, 2 cup (183.1 g)
- Garlic, 5 clove (15 g)
- Broccoli florets, 1 cups (91.1 g)
- Lettuce leaves, 4 large (96.1 g)
- Carrots, 2 medium (122 g)
- Kale, chopped, 1/3 cup (15.3 g)
- Cucumber, 1/3 cup (32.1 g)
- Bell pepper, 1/3 cup (35.9 g)
- Cherry tomatoes, 1/2 cup (74.6 g)
- Parsley, 2 tablespoons (8 g)
- Brussels sprouts, halved, 2 serving (88 g)
- Onion, 1/2 medium (2-1/2" dia) (55 g)
- Garlic, 1 portion (3 g)
- Butternut squash, 1/2 medium (375.3 g)
- Asparagus, 1/3 pound (113.4 g)
- Mushrooms, 1/4 cup, whole (24 g)
- Spinach, 1/2 cup (15 g)

### **Fats and Oils**

- Olive oil, 7 1/2 tablespoon (101.4 g)
- Olive oil, 5 teaspoons (20 g)
- Olive oil, 2 servings (28 g)
- Olive Oil, 1/3 tablespoon (3.4 g)

### **Baked Products**

- Bread, 10 slices (287.8 g)
- Whole Wheat Bread, 4 slice (128 g)

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

- Chicken breast, 1/2 small breast (112.4 g)
- Chicken breasts, 6 portion (679.2 g)
- Chicken breasts, 1 small breast (225.4 g)

### **Other**

- Tortilla, 1 piece (42 g)
- Nutritional yeast, 1 tablespoon (7.5 g)

- Beans, 1/2 cup (89.6 g)

### **Legumes and Legume Products**

- Vegan hummus, 1 cup (246 g)
- Hummus, 1 tub (180 g)
- Beans, 1/3 cup (44.8 g)

### **Fruits and Fruit Juices**

- Bananas, 2 medium (7" to 7-7/8" long) (236.4 g)
- Black olives, 40 olives (280 g)
- Lemon juice, 2 tablespoons (30.1 g)
- Mango, 1 cup (153 g)
- Blueberries, 4 cup (496 g)
- Lemon, 1 1/2 lemon (162.7 g)
- Banana, 1 banana (119 g)
- Blackberries, 8 ounces (224 g)

### **Breakfast Cereals**

- Rolled oats, 1 c (81.2 g)

### **Sweets**

- Cocoa powder, 2 tablespoon (10 g)

### **Finfish and Shellfish Products**

- Tuna in water, 1/2 can (83 g)
- White Fish, 124 7/8 g (124.9 g)
- Salmon, 9 ounce (256.2 g)
- Canned tuna in water, 1 can (171.9 g)

### **Poultry Products**

- Chicken breasts, 1/3 pound (113.6 g)

### **Cereal Grains and Pasta**

- Quinoa, cooked, 1 cup (185 g)
- Brown rice, 3 1/2 cup (683.6 g)
- Pasta, 4 ounces (112.3 g)
- Marinara sauce, 1/2 jar (340.5 g)
- Quinoa, 3/4 cup (127.9 g)
- Pasta, 1 serving (54.1 g)
- Quinoa, 1 cup (185.3 g)

### **Beef Products**

- Beef, sirloin, lean, 75 grams (75 g)
- Ground beef, 1/2 lbs (227.1 g)

### **Beverages**

- Water, 2 cups (474.8 g)
- Orange Juice, 1 glass (250 g)
- Coffee (Unsweetened), 2 portion(s) (100 g)

### **Canned and Jarred**

- Tuna, 2 can (340.5 g)

### **Nut and Seed Products**

- Almonds, 1 handful (26 g)

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

- Vegetable broth, 1/2 cups (98.1 g)