

DASH Diet for Hypertension

📅 2024-06-08 👤 Testimony Olajire Ⓒ Example Client

DAY 1

Breakfast	Peaches Granola Yogurt	2 serving (438 g)
Lunch	Chicken Skillet Supper	2 serving (732 g)
Dinner	Air Fryer Chicken Breast with Potato and Zucchini	1 serving (651 g)
Snack	Tangerines	4 small (2-1/4" dia) (304 g)

DAY 2

Breakfast	Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula	2 serving (502 g)
Lunch	Baked Lemon Salmon with Carrots over Brown Rice	2 serving (538 g)
Dinner	Hot-Smoked Salmon and Rice Salad	2 serving (440 g)
Snack	Mediterranean Tuna Lettuce Cups	2 serving (422 g)

DAY 3

Breakfast	Pear	2 medium (356 g)
Lunch	Baked Salmon with Lettuce, Avocado and Cucumber Salad	2 serving (976 g)
Dinner	Baked Lemon White Fish with Broccoli over Brown Rice	2 serving (758 g)
Snack	Berry Yogurt Breakfast Smoothie	2 serving (736 g)

DAY 4

Breakfast	Almond Butter Banana Toast	2 serving (412 g)
Lunch	Air Fried Salt and Pepper Pork, Potatoes, and Zucchini	2 serving (678 g)
Dinner	Sheet Pan Chicken, Asparagus, and Sweet Potatoes	2 serving (670 g)
Snack	Seaweed snacks	2 snack pack (10 g)

DAY 5

Breakfast	Turkey Breakfast Patties over Brown Rice with Carrots and Spinach	2 serving (556 g)
Lunch	Pork and Carrots with Quinoa	2 serving (450 g)
Dinner	Broccoli Pork over Quinoa	1 serving (243 g)
Snack	Mango-Almond Smoothie Bowl	2 serving (468 g)

DAY 6

Breakfast	Rolled Oats Oat milk	6 tablespoon (60 g) 2 cup (256 g)
Lunch	Baked Chicken with Lettuce, Avocado and Cucumber Salad	2 serving (836 g)
Dinner	Roasted Pork Strips and Garlic Sweet Potatoes with Asparagus	2 serving (714 g)
Snack	Berry Yogurt Breakfast Smoothie	2 serving (736 g)

DAY 7

Breakfast	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast	2 serving (416 g)
Lunch	Mango and Grilled Chicken Salad	2 serving (636 g)
Dinner	Raw Vegan Zucchini Noodles with Garlic and Peanut Sauce	1 serving (290 g)
Snack	Cashew Butter Banana Toast	2 serving (412 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y	Peaches Granola Yogurt 2 serving (438 g)	Chicken Skillet Supper 2 serving (732 g)	Air Fryer Chicken Breast with Potato and Zucchini 1 serving (651 g)	Tangerines 4 small (2-¼" dia) (304 g)
1				
D A Y	Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula 2 serving (502 g)	Baked Lemon Salmon with Car- rots over Brown Rice 2 serving (538 g)	Hot-Smoked Salmon and Rice Salad 2 serving (440 g)	Mediterranean Tuna Lettuce Cups 2 serving (422 g)
2				
D A Y	Pear 2 medium (356 g)	Baked Salmon with Lettuce, Av- ocado and Cucumber Salad 2 serving (976 g)	Baked Lemon White Fish with Broccoli over Brown Rice 2 serving (758 g)	Berry Yogurt Breakfast Smoothie 2 serving (736 g)
3				
D A Y	Almond Butter Banana Toast 2 serving (412 g)	Air Fried Salt and Pepper Pork, Potatoes, and Zucchini 2 serving (678 g)	Sheet Pan Chicken, Asparagus, and Sweet Potatoes 2 serving (670 g)	Seaweed snacks 2 snack pack (10 g)
4				
D A Y	Turkey Breakfast Patties over Brown Rice with Carrots and Spinach 2 serving (556 g)	Pork and Carrots with Quinoa 2 serving (450 g)	Broccoli Pork over Quinoa 1 serving (243 g)	Mango-Almond Smoothie Bowl 2 serving (468 g)
5				
D A Y	Rolled Oats 6 tablespoon (60 g) Oat milk 2 cup (256 g)	Baked Chicken with Lettuce, Av- ocado and Cucumber Salad 2 serving (836 g)	Roasted Pork Strips and Garlic Sweet Potatoes with Asparagus 2 serving (714 g)	Berry Yogurt Breakfast Smoothie 2 serving (736 g)
6				
D A Y	Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast 2 serving (416 g)	Mango and Grilled Chicken Salad 2 serving (636 g)	Raw Vegan Zucchini Noodles with Garlic and Peanut Sauce 1 serving (290 g)	Cashew Butter Banana Toast 2 serving (412 g)
7				

Macronutrient summary

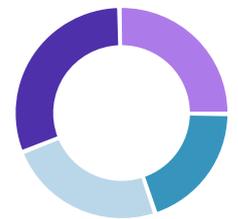
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13643.7	1949.1
Protein [g]	1011.9	144.6
Fat [g]	469.4	67.1
Carbs [g]	1416.7	202.4
Fiber [g]	240.8	34.4
Net Carbs [g]	1175.9	168



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	496.5	28.8	15.6	63.3	9.6	53.7
Lunch	599.7	54.3	23.6	43.1	8.1	35
Dinner	469.5	42	13.7	46	7.7	38.4
Snack	383.4	19.5	14.2	50	9.1	40.9



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1908.1	144.8	65.5	195.3	30.2	165.1
Day 2	1935.1	132.4	70.3	196.1	24	172.1
Day 3	1930.1	160.4	59.6	204.7	43	161.7
Day 4	2019.8	145.9	67.8	217.7	37.7	180
Day 5	1942.4	154.9	66.6	189.7	32	157.7
Day 6	1953.3	143.6	66.7	201.5	41.3	160.2
Day 7	1954.8	129.8	72.9	211.7	32.6	179.1

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Peaches Granola Yogurt 2 serving (438 g)	533.4	32.4	20	56.8	7.8	49
TOTAL FOR BREAKFAST	533.4	32.4	20	56.8	7.8	49
Lunch						
Chicken Skillet Supper 2 serving (732 g)	636.5	55.2	24.3	53.9	10	43.9
TOTAL FOR LUNCH	636.5	55.2	24.3	53.9	10	43.9
Dinner						
Air Fryer Chicken Breast with Potato and Zucchini 1 serving (651 g)	577	54.7	20.3	44.1	7	37.1
TOTAL FOR DINNER	577	54.7	20.3	44.1	7	37.1
Snack						
Tangerines 4 small (2-1/4" dia) (304 g)	161.1	2.5	0.9	40.6	5.5	35.1
TOTAL FOR SNACK	161.1	2.5	0.9	40.6	5.5	35.1
TOTAL FOR DAY 1	1908.1	144.8	65.5	195.3	30.2	165.1

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula 2 serving (502 g)	568.5	29.3	21.8	66.5	10.5	56
TOTAL FOR BREAKFAST	568.5	29.3	21.8	66.5	10.5	56
Lunch						
Baked Lemon Salmon with Carrots over Brown Rice 2 serving (538 g)	516.3	40	12.9	61.8	8.2	53.6
TOTAL FOR LUNCH	516.3	40	12.9	61.8	8.2	53.6
Dinner						
Hot-Smoked Salmon and Rice Salad 2 serving (440 g)	487.7	28.6	14.6	58.1	1.9	56.2
TOTAL FOR DINNER	487.7	28.6	14.6	58.1	1.9	56.2
Snack						
Mediterranean Tuna Lettuce Cups 2 serving (422 g)	362.7	34.5	21.1	9.7	3.4	6.3
TOTAL FOR SNACK	362.7	34.5	21.1	9.7	3.4	6.3
TOTAL FOR DAY 2	1935.1	132.4	70.3	196.1	24	172.1

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11	43.2
TOTAL FOR BREAKFAST	202.9	1.3	0.5	54.2	11	43.2
Lunch						
Baked Salmon with Lettuce, Avocado and Cucumber Salad 2 serving (976 g)	803.7	73.2	45.8	24.2	10.2	14
TOTAL FOR LUNCH	803.7	73.2	45.8	24.2	10.2	14
Dinner						
Baked Lemon White Fish with Broccoli over Brown Rice 2 serving (758 g)	556.1	60.9	6.9	68.9	12	56.9
TOTAL FOR DINNER	556.1	60.9	6.9	68.9	12	56.9
Snack						
Berry Yogurt Breakfast Smoothie 2 serving (736 g)	367.4	25.1	6.5	57.4	9.8	47.6
TOTAL FOR SNACK	367.4	25.1	6.5	57.4	9.8	47.6
TOTAL FOR DAY 3	1930.1	160.4	59.6	204.7	43	161.7

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Almond Butter Banana Toast 2 serving (412 g)	876.5	30.8	37.5	116.4	16.1	100.3
TOTAL FOR BREAKFAST	876.5	30.8	37.5	116.4	16.1	100.3
Lunch						
Air Fried Salt and Pepper Pork, Potatoes, and Zucchini 2 serving (678 g)	564.9	54.3	16.9	48.8	7.1	41.7
TOTAL FOR LUNCH	564.9	54.3	16.9	48.8	7.1	41.7
Dinner						
Sheet Pan Chicken, Asparagus, and Sweet Potatoes 2 serving (670 g)	548.1	56.2	13	52.3	11.1	41.2
TOTAL FOR DINNER	548.1	56.2	13	52.3	11.1	41.2
Snack						
Seaweed snacks 2 snack pack (10 g)	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR SNACK	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR DAY 4	2019.8	145.9	67.8	217.7	37.7	180

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Turkey Breakfast Patties over Brown Rice with Carrots and Spinach 2 serving (556 g)	582.1	60.1	13.2	55.8	6.8	50
TOTAL FOR BREAKFAST	582.1	60.1	13.2	55.8	6.8	50
Lunch						
Pork and Carrots with Quinoa 2 serving (450 g)	565.7	55.2	18.4	42.3	6	36.3
TOTAL FOR LUNCH	565.7	55.2	18.4	42.3	6	36.3
Dinner						
Broccoli Pork over Quinoa 1 serving (243 g)	276.3	26	8.8	22.7	3.8	18.9
TOTAL FOR DINNER	276.3	26	8.8	22.7	3.8	18.9
Snack						
Mango-Almond Smoothie Bowl 2 serving (468 g)	518.4	13.6	26.2	67.9	15.4	52.5
TOTAL FOR SNACK	518.4	13.6	26.2	67.9	15.4	52.5
TOTAL FOR DAY 5	1942.4	154.9	66.6	189.7	32	157.7

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Rolled Oats 6 tablespoon (60 g)	227.4	7.9	3.9	40.6	6.1	34.5
Oat milk 2 cup (256 g)	135.7	3.8	5.4	16.6	3.1	13.5
TOTAL FOR BREAKFAST	363.1	11.7	9.3	57.3	9.1	48.2
Lunch						
Baked Chicken with Lettuce, Avocado and Cucumber Salad 2 serving (836 g)	560.4	50.5	29.5	24.3	10.2	14.1
TOTAL FOR LUNCH	560.4	50.5	29.5	24.3	10.2	14.1
Dinner						
Roasted Pork Strips and Garlic Sweet Potatoes with Asparagus 2 serving (714 g)	662.5	56.2	21.4	62.5	12.2	50.3
TOTAL FOR DINNER	662.5	56.2	21.4	62.5	12.2	50.3
Snack						
Berry Yogurt Breakfast Smoothie 2 serving (736 g)	367.4	25.1	6.5	57.4	9.8	47.6
TOTAL FOR SNACK	367.4	25.1	6.5	57.4	9.8	47.6
TOTAL FOR DAY 6	1953.3	143.6	66.7	201.5	41.3	160.2

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast 2 serving (416 g)	349.4	36	6.7	35.2	6	29.2
TOTAL FOR BREAKFAST	349.4	36	6.7	35.2	6	29.2
Lunch						
Mango and Grilled Chicken Salad 2 serving (636 g)	550.1	51.6	17.9	46.6	4.9	41.7
TOTAL FOR LUNCH	550.1	51.6	17.9	46.6	4.9	41.7
Dinner						
Raw Vegan Zucchini Noodles with Garlic and Peanut Sauce 1 serving (290 g)	178.8	11.4	10.7	13.5	5.7	7.8
TOTAL FOR DINNER	178.8	11.4	10.7	13.5	5.7	7.8
Snack						
Cashew Butter Banana Toast 2 serving (412 g)	876.5	30.8	37.5	116.4	16.1	100.3
TOTAL FOR SNACK	876.5	30.8	37.5	116.4	16.1	100.3
TOTAL FOR DAY 7	1954.8	129.8	72.9	211.7	32.6	179.1

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	986.5			
Vitamin C [mg]	203.7			
Vitamin D [ug]	1.9			
Vitamin E [mg]	14.4			
Vitamin K [ug]	245.4			
Thiamin [mg]	2.6			
Riboflavin [mg]	2.4			
Niacin [mg]	50.2			
Vitamin B6 [mg]	5.3			
Vitamin B12 [ug]	5.7			
Calcium, Ca [mg]	710			
Iron, Fe [mg]	14.9			
Magnesium, Mg [mg]	513.7			
Phosphorus, P [mg]	1840.2			
Zinc, Zn [mg]	11.5			
Potassium, K [mg]	5079.3			
Sodium, Na [mg]	2913.5			

Air Fryer Chicken Breast with Potato and Zucchini

🕒 28 min 🍽️ 2 servings

Per serving: 577 Kcal 55g Protein 20g Fat 44g Carbs

Ingredients

- Oregano, 1/2 teaspoons (1 g)
- Salt, 1 teaspoon (5 g)
- Paprika, 1 teaspoon (2 g)
- Potatoes, 2 medium (424 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 2 medium (392 g)
- Chicken breasts, 2 small breast (450 g)



Instructions

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

In a bowl, combine the olive oil, paprika, dried oregano and salt.

Add the chicken breasts to the bowl and toss to coat them evenly with the marinade. Let them marinate for 10 minutes.

Place the marinated chicken breasts in the air fryer basket and cook for 8 minutes.

While the chicken is cooking, toss the cubed potatoes and sliced zucchinis in the remaining marinade.

After 8 minutes, flip the chicken breasts and add the marinated potatoes and zucchinis to the air fryer basket.

Continue cooking for an additional 10 minutes or until the chicken is cooked through and the potatoes and zucchinis are tender.

Serve the chicken breasts, potatoes, and zucchinis hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1153.1	88.6	576.6
Protein [g]	109.3	8.4	54.7
Fat [g]	40.6	3.1	20.3
Carbs [g]	88.1	6.8	44.1
Fiber [g]	13.9	1.1	7
Net Carbs [g]	74.2	5.7	37.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	89.3	6.9	44.7
Vitamin C [mg]	159.1	12.2	79.6
Vitamin D [ug]	0.5	0	0.3
Vitamin E [mg]	6	0.5	3
Vitamin K [ug]	50.3	3.9	25.2
Thiamin [mg]	0.8	0.1	0.4
Riboflavin [mg]	1	0.1	0.5
Niacin [mg]	53.4	4.1	26.7
Vitamin B6 [mg]	5.3	0.4	2.7
Vitamin B12 [ug]	0.9	0.1	0.5
Calcium, Ca [mg]	158.2	12.2	79.1
Iron, Fe [mg]	7.5	0.6	3.8
Magnesium, Mg [mg]	291.4	22.4	145.7
Phosphorus, P [mg]	1343.4	103.3	671.7
Zinc, Zn [mg]	5.3	0.4	2.7
Potassium, K [mg]	4549.1	349.7	2274.6
Sodium, Na [mg]	2518.9	193.6	1259.5

Baked Salmon with Lettuce, Avocado and Cucumber Salad

🕒 22 min 🍽️ 2 servings

Per serving: 402 Kcal 37g Protein 23g Fat 12g Carbs

Ingredients

- Avocado, 1/2 cup (67.5 g)
- Apple cider vinegar, 1 tablespoon (15.1 g)
- Salt, 1 teaspoon (5 g)
- Cilantro, 1/4 cup (3.8 g)
- Green onions, 1/4 cup (24 g)
- Cucumber, 1 medium (201 g)
- Olive oil, 1 tablespoon (13.5 g)
- Ginger, 1 teaspoon (3 g)
- Lettuce, 4 cup shredded (288 g)
- Salmon, 2 fillet (340 g)
- Coconut aminos, 1 tablespoon (15 g)



Instructions

Preheat your grill or oven to 400°F (200°C).

Season the salmon fillets with salt and pepper.

Grill or bake the salmon for about 10-12 minutes until cooked through.

While the salmon is cooking, prepare the salad ingredients.

In a large bowl, combine the chopped lettuce, sliced cucumber, sliced avocado, chopped cilantro, and sliced green onions.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, olive oil, grated ginger, and salt to make the dressing.

Once the salmon is cooked, remove it from the grill or oven and let it cool slightly.

Flake the salmon into bite-sized pieces.

Add the flaked salmon to the salad bowl and pour the dressing over the top.

Toss everything together until well combined.

Serve the salmon lettuce bowl immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	803.7	82.4	401.9
Protein [g]	73.2	7.5	36.6
Fat [g]	45.8	4.7	22.9
Carbs [g]	24.2	2.5	12.1
Fiber [g]	10.2	1	5.1
Net Carbs [g]	14	1.4	7



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	109.7	11.2	54.9
Vitamin C [mg]	27	2.8	13.5
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.1	0.4	2.1
Vitamin K [ug]	167.9	17.2	84
Thiamin [mg]	1	0.1	0.5
Riboflavin [mg]	1.5	0.2	0.8
Niacin [mg]	28.5	2.9	14.3
Vitamin B6 [mg]	3.2	0.3	1.6
Vitamin B12 [ug]	10.8	1.1	5.4
Calcium, Ca [mg]	151.6	15.5	75.8
Iron, Fe [mg]	5.3	0.5	2.7
Magnesium, Mg [mg]	170.4	17.5	85.2
Phosphorus, P [mg]	827.9	84.8	414
Zinc, Zn [mg]	3.5	0.4	1.8
Potassium, K [mg]	2783.2	285.2	1391.6
Sodium, Na [mg]	2471.1	253.2	1235.6

Baked Chicken with Lettuce, Avocado and Cucumber Salad

🕒 30 min 🍽️ 2 servings

Per serving: 280 Kcal 25g Protein 15g Fat 12g Carbs

Ingredients

- **Avocado**, 1/2 cup (67.5 g)
- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Green onions**, 1/4 cup (24 g)
- **Cucumber**, 1 medium (201 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ginger**, 1 teaspoon (3 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Coconut aminos**, 1 tablespoon (15 g)
- **Chicken Breast**, 1 large breasts (199 g)



Instructions

Preheat your grill or oven to 400°F (200°C).

Season the cubed chicken breast with salt and pepper.

Grill or bake the salmon for about 15-20 minutes until cooked through.

While the chicken is cooking, prepare the salad ingredients.

In a large bowl, combine the chopped lettuce, sliced cucumber, sliced avocado, chopped cilantro, and sliced green onions.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, olive oil, grated ginger, and salt to make the dressing.

Once the chicken is cooked, remove it from the grill or oven and let it cool slightly.

Toss vegetables together until well combined. Top with baked chicken.

Serve the chicken with lettuce, avocado and cucumber salad immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	559.7	67	279.9
Protein [g]	50.5	6	25.3
Fat [g]	29.4	3.5	14.7
Carbs [g]	24.2	2.9	12.1
Fiber [g]	10.2	1.2	5.1
Net Carbs [g]	14	1.7	7



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	127.7	15.3	63.9
Vitamin C [mg]	27	3.2	13.5
Vitamin D [ug]	0	0	0
Vitamin E [mg]	5.3	0.6	2.7
Vitamin K [ug]	167.9	20.1	84
Thiamin [mg]	0.4	0	0.2
Riboflavin [mg]	0.6	0.1	0.3
Niacin [mg]	20.9	2.5	10.5
Vitamin B6 [mg]	2	0.2	1
Vitamin B12 [ug]	0.4	0	0.2
Calcium, Ca [mg]	120.8	14.5	60.4
Iron, Fe [mg]	3.3	0.4	1.7
Magnesium, Mg [mg]	127.5	15.3	63.8
Phosphorus, P [mg]	571.7	68.5	285.9
Zinc, Zn [mg]	2.7	0.3	1.4
Potassium, K [mg]	1781.8	213.4	890.9
Sodium, Na [mg]	2411	288.8	1205.5

Almond Butter Banana Toast

🕒 5 min 🍽️ 1 serving

Per serving: 438 Kcal 15g Protein 19g Fat 58g Carbs

Ingredients

- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Peanut butter, 2 tbsp (31.9 g)
- Bread, 2 slices (56.4 g)



Instructions

- Toast the bread slices until golden brown.
- Spread peanut butter evenly on both slices of toast.
- Arrange the banana slices on top of one slice of toast.
- Place the other slice of toast on top to make a sandwich.
- Cut the sandwich diagonally into two triangles.
- Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	438.2	212.3	438.2
Protein [g]	15.4	7.5	15.4
Fat [g]	18.8	9.1	18.8
Carbs [g]	58.2	28.2	58.2
Fiber [g]	8.1	3.9	8.1
Net Carbs [g]	50.1	24.3	50.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3.5	1.7	3.5
Vitamin C [mg]	10.3	5	10.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.5	2.2	4.5
Vitamin K [ug]	5.1	2.5	5.1
Thiamin [mg]	0.3	0.1	0.3
Riboflavin [mg]	0.2	0.1	0.2
Niacin [mg]	7.5	3.6	7.5
Vitamin B6 [mg]	0.7	0.3	0.7
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	112.4	54.5	112.4
Iron, Fe [mg]	2.3	1.1	2.3
Magnesium, Mg [mg]	127.8	61.9	127.8
Phosphorus, P [mg]	252.6	122.4	252.6
Zinc, Zn [mg]	2	1	2
Potassium, K [mg]	744	360.5	744
Sodium, Na [mg]	394	190.9	394

Cashew Butter Banana Toast

🕒 5 min 🍽️ 1 serving

Per serving: 438 Kcal 15g Protein 19g Fat 58g Carbs

Ingredients

- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Peanut butter**, 2 tbsp (31.9 g)
- **Bread**, 2 slices (56.4 g)



Instructions

1. Toast the bread slices until golden brown.
2. Spread peanut butter evenly on both slices of toast.
3. Arrange the banana slices on top of one slice of toast.
4. Place the other slice of toast on top to make a sandwich.
5. Cut the sandwich diagonally into two triangles.
6. Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	438.2	212.3	438.2
Protein [g]	15.4	7.5	15.4
Fat [g]	18.8	9.1	18.8
Carbs [g]	58.2	28.2	58.2
Fiber [g]	8.1	3.9	8.1
Net Carbs [g]	50.1	24.3	50.1



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3.5	1.7	3.5
Vitamin C [mg]	10.3	5	10.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.5	2.2	4.5
Vitamin K [ug]	5.1	2.5	5.1
Thiamin [mg]	0.3	0.1	0.3
Riboflavin [mg]	0.2	0.1	0.2
Niacin [mg]	7.5	3.6	7.5
Vitamin B6 [mg]	0.7	0.3	0.7
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	112.4	54.5	112.4
Iron, Fe [mg]	2.3	1.1	2.3
Magnesium, Mg [mg]	127.8	61.9	127.8
Phosphorus, P [mg]	252.6	122.4	252.6
Zinc, Zn [mg]	2	1	2
Potassium, K [mg]	744	360.5	744
Sodium, Na [mg]	394	190.9	394

Chicken Skillet Supper

🕒 30 min 🍽️ 4 servings

Per serving: 319 Kcal 28g Protein 12g Fat 27g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Potatoes**, 2 cups (420 g)
- **Carrots**, 1 cup chopped (128 g)
- **Zucchini**, 1 cup, chopped (124 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Bell peppers**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Olive Oil**, 2 tbsp (28.4 g)
- **lean ground pork**, 1 lb (454 g)



Instructions

Heat a large skillet over medium heat and add the garlic-infused oil.

Add the ground pork and cook until browned.

Remove the pork from the skillet and set aside.

In the same skillet, add the diced potatoes and carrots. Cook for about 5 minutes, or until slightly tender.

Add the bell peppers, zucchini, and tomatoes to the skillet. Cook for another 5 minutes.

Return the cooked ground pork to the skillet and mix well with the vegetables.

Sprinkle the dried oregano, dried thyme, salt, and pepper over the mixture. Stir to combine.

Cover the skillet and let it simmer for about 10 minutes, or until the vegetables are cooked through.

Garnish with fresh parsley before serving.

Enjoy your pork skillet supper!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1273.9	86.9	318.5
Protein [g]	110.4	7.5	27.6
Fat [g]	48.6	3.3	12.2
Carbs [g]	107.8	7.4	27
Fiber [g]	20	1.4	5
Net Carbs [g]	87.8	6	22



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1147.3	78.3	286.8
Vitamin C [mg]	334.8	22.8	83.7
Vitamin D [ug]	0.5	0	0.1
Vitamin E [mg]	10.1	0.7	2.5
Vitamin K [ug]	227.6	15.5	56.9
Thiamin [mg]	2.5	0.2	0.6
Riboflavin [mg]	2.2	0.2	0.6
Niacin [mg]	44.8	3.1	11.2
Vitamin B6 [mg]	5.2	0.4	1.3
Vitamin B12 [ug]	2.9	0.2	0.7
Calcium, Ca [mg]	268.7	18.3	67.2
Iron, Fe [mg]	11.8	0.8	3
Magnesium, Mg [mg]	266.4	18.2	66.6
Phosphorus, P [mg]	1278	87.2	319.5
Zinc, Zn [mg]	11.6	0.8	2.9
Potassium, K [mg]	4671.1	318.8	1167.8
Sodium, Na [mg]	1222.3	83.4	305.6

Mediterranean Tuna Lettuce Cups

🕒 15 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

Mix well to combine all the ingredients.

Season with salt and pepper to taste.

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

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

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	362.7	86	181.4
Protein [g]	34.5	8.2	17.3
Fat [g]	21.1	5	10.6
Carbs [g]	9.7	2.3	4.9
Fiber [g]	3.4	0.8	1.7
Net Carbs [g]	6.3	1.5	3.2



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	57.5	13.6	28.8
Vitamin C [mg]	86.3	20.5	43.2
Vitamin D [ug]	2	0.5	1
Vitamin E [mg]	4.8	1.1	2.4
Vitamin K [ug]	144.5	34.3	72.3
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	17.8	4.2	8.9
Vitamin B6 [mg]	0.8	0.2	0.4
Vitamin B12 [ug]	4.4	1	2.2
Calcium, Ca [mg]	103.2	24.5	51.6
Iron, Fe [mg]	4.7	1.1	2.4
Magnesium, Mg [mg]	69.3	16.4	34.7
Phosphorus, P [mg]	285.2	67.6	142.6
Zinc, Zn [mg]	1.6	0.4	0.8
Potassium, K [mg]	694.3	164.7	347.2
Sodium, Na [mg]	1708	405.1	854

Turkey Breakfast Patties over Brown Rice with Carrots and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 291 Kcal 30g Protein 7g Fat 28g Carbs

Ingredients

- Sage, 1/2 teaspoon (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Carrots, 1 cup chopped (128 g)
- Ground turkey, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Onion, 1/4 cup (41.7 g)
- Garlic, 2 cloves (5.9 g)
- Brown rice, 2 cup (390 g)
- Parsley, 1/4 cup (15 g)
- Pepper, 1/4 tsp (0.5 g)
- Spinach leaves, 2 cups (60 g)



Instructions

In a large mixing bowl, combine ground turkey, chopped onion, minced garlic, parsley, thyme, sage, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the turkey mixture into small patties, about 2-3 inches in diameter.

Heat olive oil in a skillet over medium heat. Add the turkey patties and cook for about 4-5 minutes on each side, or until fully cooked and browned.

While the patties are cooking, steam the sliced carrots until tender.

In a separate pan, heat olive oil over medium heat. Add the spinach leaves and sauté until wilted.

To serve, place a scoop of cooked brown rice on a plate. Top with a few turkey breakfast patties, steamed carrots, and sautéed spinach.

Enjoy your clean eating turkey breakfast patties over brown rice with carrots and spinach!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1164.1	104.7	291
Protein [g]	120.3	10.8	30.1
Fat [g]	26.4	2.4	6.5
Carbs [g]	113.6	10.2	28.4
Fiber [g]	13.6	1.2	3.4
Net Carbs [g]	100	9	25



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1101.6	99.1	275.4
Vitamin C [mg]	49.6	4.5	12.4
Vitamin D [ug]	1.8	0.2	0.5
Vitamin E [mg]	4.5	0.4	1.1
Vitamin K [ug]	570.9	51.4	142.7
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	0.7	0.1	0.2
Niacin [mg]	51.2	4.6	12.8
Vitamin B6 [mg]	4.9	0.4	1.2
Vitamin B12 [ug]	2.3	0.2	0.6
Calcium, Ca [mg]	208.1	18.7	52
Iron, Fe [mg]	9.4	0.8	2.4
Magnesium, Mg [mg]	381.2	34.3	95.3
Phosphorus, P [mg]	1435.9	129.2	359
Zinc, Zn [mg]	11.4	1	2.9
Potassium, K [mg]	2569.8	231.2	642.5
Sodium, Na [mg]	1500.8	135	375.2

Vitamin A, RAE [ug]	5.8	0.7	1.5
Vitamin C [mg]	45.4	5.2	11.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3	0.3	0.8
Vitamin K [ug]	17.1	1.9	4.3
Thiamin [mg]	0.7	0.1	0.2
Riboflavin [mg]	1	0.1	0.3
Niacin [mg]	20.2	2.3	5.1
Vitamin B6 [mg]	2.4	0.3	0.6
Vitamin B12 [ug]	7.2	0.8	1.8
Calcium, Ca [mg]	102	11.6	25.5
Iron, Fe [mg]	3.9	0.4	1
Magnesium, Mg [mg]	136.6	15.5	34.2
Phosphorus, P [mg]	681.2	77.3	170.3
Zinc, Zn [mg]	3.7	0.4	0.9
Potassium, K [mg]	1732.9	196.7	433.2
Sodium, Na [mg]	898.9	102	224.7

Broccoli Pork over Quinoa

🕒 30 min 🍽️ 4 servings

Per serving: 276 Kcal 26g Protein 9g Fat 23g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Broccoli florets, 2 cups (182 g)
- Pork Tenderloin, 400 g (400 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Cook the quinoa according to package instructions.

Season the pork slices with salt and pepper.

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

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

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

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

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

Serve the broccoli and pork mixture over the cooked quinoa.

Enjoy your delicious Broccoli Pork Quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1105.2	113.8	276.3
Protein [g]	104	10.7	26
Fat [g]	35.4	3.6	8.9
Carbs [g]	90.9	9.4	22.7
Fiber [g]	15.1	1.6	3.8
Net Carbs [g]	75.8	7.8	19



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	162.3	16.7	40.6
Vitamin D [ug]	1.2	0.1	0.3
Vitamin E [mg]	6.6	0.7	1.7
Vitamin K [ug]	193.8	19.9	48.5
Thiamin [mg]	4.5	0.5	1.1
Riboflavin [mg]	2	0.2	0.5
Niacin [mg]	29.1	3	7.3
Vitamin B6 [mg]	3.8	0.4	1
Vitamin B12 [ug]	2.1	0.2	0.5
Calcium, Ca [mg]	174	17.9	43.5
Iron, Fe [mg]	10.8	1.1	2.7
Magnesium, Mg [mg]	383.1	39.4	95.8
Phosphorus, P [mg]	1654.5	170.3	413.6
Zinc, Zn [mg]	12.3	1.3	3.1
Potassium, K [mg]	2784.1	286.6	696
Sodium, Na [mg]	2619.7	269.7	654.9

Peaches Granola Yogurt

🕒 10 min 🍽️ 2 servings

Per serving: 267 Kcal 16g Protein 10g Fat 28g Carbs

Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Peach, 1 medium (2-2/3" dia) (150 g)



Instructions

Peel and slice peach into bite size pieces. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of peach on top of the yogurt. Sprinkle the granola evenly over the peach. Repeat the layers until all the ingredients are used, ending with a final layer of peach. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	533.4	121.8	266.7
Protein [g]	32.4	7.4	16.2
Fat [g]	20	4.6	10
Carbs [g]	56.8	13	28.4
Fiber [g]	7.8	1.8	3.9
Net Carbs [g]	49	11.2	24.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	24.6	5.6	12.3
Vitamin C [mg]	10.6	2.4	5.3

Vitamin D [ug]	0	0	0
Vitamin E [mg]	8	1.8	4
Vitamin K [ug]	7.2	1.6	3.6
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	2.9	0.7	1.5
Vitamin B6 [mg]	0.3	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	320.5	73.2	160.3
Iron, Fe [mg]	2.8	0.6	1.4
Magnesium, Mg [mg]	117.7	26.9	58.9
Phosphorus, P [mg]	297.2	67.9	148.6
Zinc, Zn [mg]	2.8	0.6	1.4
Potassium, K [mg]	619.2	141.4	309.6
Sodium, Na [mg]	108.8	24.8	54.4

Sheet Pan Chicken, Asparagus, and Sweet Potatoes

🕒 30 min 🍽️ 4 servings

Per serving: 274 Kcal 28g Protein 7g Fat 26g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Chicken breasts, 4 portion (452 g)
- Table salt, 1 teaspoon (5 g)
- Asparagus, Fresh, 1 bunch (433 g)
- Sweet Potato, 2 medium (436 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, sliced asparagus, and sweet potatoes.

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

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

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

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

Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1096.2	81.8	274.1
Protein [g]	112.3	8.4	28.1
Fat [g]	25.9	1.9	6.5
Carbs [g]	104.5	7.8	26.1
Fiber [g]	22.2	1.7	5.6
Net Carbs [g]	82.3	6.1	20.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3255.8	243.1	814
Vitamin C [mg]	40.1	3	10
Vitamin D [ug]	0.5	0	0.1
Vitamin E [mg]	8.8	0.7	2.2
Vitamin K [ug]	197	14.7	49.3
Thiamin [mg]	1.2	0.1	0.3
Riboflavin [mg]	1.3	0.1	0.3
Niacin [mg]	53.8	4	13.5
Vitamin B6 [mg]	4.7	0.4	1.2
Vitamin B12 [ug]	0.9	0.1	0.2
Calcium, Ca [mg]	258.7	19.3	64.7
Iron, Fe [mg]	13.7	1	3.4
Magnesium, Mg [mg]	287.2	21.4	71.8
Phosphorus, P [mg]	1379.3	103	344.8
Zinc, Zn [mg]	6.3	0.5	1.6
Potassium, K [mg]	4016.9	299.9	1004.2
Sodium, Na [mg]	2711	202.4	677.8

Mango-Almond Smoothie Bowl

🕒 10 min 🍽️ 2 servings

Per serving: 259 Kcal 7g Protein 13g Fat 34g Carbs

Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Mango cubes, 1 cup (172 g)
- Cinnamon, 1/4 teaspoon (0.5 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Chia seeds, 1 tbsp (12 g)
- Almond butter, 1 tbsp (16 g)
- Almond milk, 1/2 cup (125 g)
- Almonds, 1/4 cup (22.1 g)



Instructions

In a blender, combine the diced mango, frozen banana, almond milk, almond butter, chia seeds, turmeric powder, ginger powder, and cinnamon.

Blend until smooth and creamy.

Pour the smoothie mixture into a bowl.

Top with sliced almonds.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518.4	110.8	259.2
Protein [g]	13.6	2.9	6.8
Fat [g]	26.2	5.6	13.1
Carbs [g]	67.9	14.5	34
Fiber [g]	15.4	3.3	7.7
Net Carbs [g]	52.5	11.2	26.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	96.5	20.6	48.3
Vitamin C [mg]	73.1	15.6	35.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	11.3	2.4	5.7
Vitamin K [ug]	8.1	1.7	4.1
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	0.6	0.1	0.3
Niacin [mg]	4.4	0.9	2.2
Vitamin B6 [mg]	0.7	0.1	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	373.4	79.8	186.7
Iron, Fe [mg]	3.7	0.8	1.9
Magnesium, Mg [mg]	198.4	42.4	99.2
Phosphorus, P [mg]	346.3	74	173.2
Zinc, Zn [mg]	2.2	0.5	1.1
Potassium, K [mg]	1080.8	231.1	540.4
Sodium, Na [mg]	169.3	36.2	84.7

Berry Yogurt Breakfast Smoothie

🕒 10 min 🍽️ 2 servings

Per serving: 184 Kcal 13g Protein 3g Fat 29g Carbs

Ingredients

- Turmeric, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Greek yogurt, 1 cup (206.8 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Berries, 1 cups (155 g)
- Chia seeds, 1 teaspoon (4 g)
- Almond milk, 1 cup (250 g)

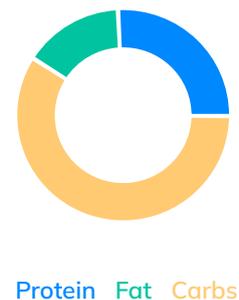


Instructions

Add all ingredients to a blender.
Blend until smooth and creamy.
Pour into glasses and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	367.4	49.9	183.7
Protein [g]	25.1	3.4	12.6
Fat [g]	6.5	0.9	3.3
Carbs [g]	57.4	7.8	28.7
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	47.6	6.5	23.8



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	8.7	1.2	4.4
Vitamin C [mg]	14.2	1.9	7.1

Vitamin D [ug]	0	0	0
Vitamin E [mg]	1	0.1	0.5
Vitamin K [ug]	26.2	3.6	13.1
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	0.7	0.1	0.4
Niacin [mg]	2.5	0.3	1.3
Vitamin B6 [mg]	0.7	0.1	0.4
Vitamin B12 [ug]	1.6	0.2	0.8
Calcium, Ca [mg]	574	78	287
Iron, Fe [mg]	1.9	0.3	1
Magnesium, Mg [mg]	80.2	10.9	40.1
Phosphorus, P [mg]	361.6	49.1	180.8
Zinc, Zn [mg]	1.6	0.2	0.8
Potassium, K [mg]	850.7	115.6	425.4
Sodium, Na [mg]	403.4	54.8	201.7

Mango and Grilled Chicken Salad

🕒 15 min 🍽️ 2 servings

Per serving: 275 Kcal 26g Protein 9g Fat 23g Carbs

Ingredients

- **Mango**, 1 1/2 cups (247.5 g)
- **Onion**, 1/2 medium (52.9 g)
- **Chicken breasts**, 2 portion (226 g)
- **Salad greens**, 2 cup (80 g)
- **Balsamic vinaigrette**, 2 tablespoons (30 g)



Instructions

Preheat grill to medium-high heat.

Season the chicken breasts with salt and pepper.

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

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

Slice the chicken into thin strips.

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

Drizzle the balsamic vinaigrette over the salad and toss to coat.

Divide the salad onto plates and top with the sliced grilled chicken.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	550.1	86.4	275.1
Protein [g]	51.6	8.1	25.8
Fat [g]	17.9	2.8	9
Carbs [g]	46.6	7.3	23.3
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	41.7	6.6	20.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	133.7	21	66.9
Vitamin C [mg]	115.3	18.1	57.7
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	2.7	0.4	1.4
Vitamin K [ug]	11.1	1.7	5.6
Thiamin [mg]	0.3	0	0.2
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	25.7	4	12.9
Vitamin B6 [mg]	2.1	0.3	1.1
Vitamin B12 [ug]	0.5	0.1	0.3
Calcium, Ca [mg]	64.1	10.1	32.1
Iron, Fe [mg]	1.8	0.3	0.9
Magnesium, Mg [mg]	97.6	15.3	48.8
Phosphorus, P [mg]	555.8	87.3	277.9
Zinc, Zn [mg]	1.8	0.3	0.9
Potassium, K [mg]	1466.8	230.5	733.4
Sodium, Na [mg]	557.6	87.6	278.8

Roasted Pork Strips and Garlic Sweet Potatoes with Asparagus

🕒 20 min 🍽️ 2 servings

Per serving: 331 Kcal 28g Protein 11g Fat 31g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 portion(s) (250 g)
- Pork Tenderloin, sliced, 1/2 lb (226.8 g)
- Asparagus, 1/2 pound (212.5 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the pork strips, sweet potatoes, asparagus, minced garlic, and olive oil. Toss well to coat everything evenly.

Spread the mixture in a single layer in the baking dish.

Roast in the preheated oven for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	662.5	92.7	331.3
Protein [g]	56.2	7.9	28.1
Fat [g]	21.4	3	10.7
Carbs [g]	62.5	8.7	31.3
Fiber [g]	12.2	1.7	6.1
Net Carbs [g]	50.3	7	25.2



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1853.3	259.5	926.7
Vitamin C [mg]	21.6	3	10.8
Vitamin D [ug]	0.7	0.1	0.4
Vitamin E [mg]	5.4	0.8	2.7
Vitamin K [ug]	100.9	14.1	50.5
Thiamin [mg]	2.8	0.4	1.4
Riboflavin [mg]	1.2	0.2	0.6
Niacin [mg]	18.5	2.6	9.3
Vitamin B6 [mg]	2.6	0.4	1.3
Vitamin B12 [ug]	1.2	0.2	0.6
Calcium, Ca [mg]	161.5	22.6	80.8
Iron, Fe [mg]	8.5	1.2	4.3
Magnesium, Mg [mg]	156.5	21.9	78.3
Phosphorus, P [mg]	797.5	111.6	398.8
Zinc, Zn [mg]	6.3	0.9	3.2
Potassium, K [mg]	2211.3	309.6	1105.7
Sodium, Na [mg]	262	36.7	131

Air Fried Salt and Pepper Pork, Potatoes, and Zucchini

🕒 15 min 🍽️ 2 servings

Per serving: 282 Kcal 27g Protein 9g Fat 24g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Zucchini, 1 medium (196 g)
- Salt and pepper, 1 tsp (2 g)
- Pork Tenderloin, 1/2 lb (226.8 g)



Instructions

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

Cut the pork into bite-sized pieces.

Wash and dice the potatoes and zucchini into small cubes.

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

Place the pork, potatoes, and zucchini in the air fryer basket. Make sure to spread them out evenly.

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

Once the pork is cooked through and the potatoes and zucchini are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	564.1	83.3	282.1
Protein [g]	54.2	8	27.1
Fat [g]	16.9	2.5	8.5
Carbs [g]	48.8	7.2	24.4
Fiber [g]	7.1	1	3.6
Net Carbs [g]	41.7	6.2	20.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	19.6	2.9	9.8
Vitamin C [mg]	83.2	12.3	41.6
Vitamin D [ug]	0.7	0.1	0.4
Vitamin E [mg]	1.9	0.3	1
Vitamin K [ug]	18.1	2.7	9.1
Thiamin [mg]	2.5	0.4	1.3
Riboflavin [mg]	1	0.1	0.5
Niacin [mg]	18.5	2.7	9.3
Vitamin B6 [mg]	2.8	0.4	1.4
Vitamin B12 [ug]	1.2	0.2	0.6
Calcium, Ca [mg]	74.8	11.1	37.4
Iron, Fe [mg]	5	0.7	2.5
Magnesium, Mg [mg]	152.7	22.6	76.4
Phosphorus, P [mg]	764.7	113	382.4
Zinc, Zn [mg]	5.6	0.8	2.8
Potassium, K [mg]	2440.1	360.5	1220.1
Sodium, Na [mg]	923.6	136.5	461.8

Baked Lemon Salmon with Carrots over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 258 Kcal 20g Protein 7g Fat 31g 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)
- **Carrots, sliced**, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the carrots slices around the salmon.

Season the salmon and carrots 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.

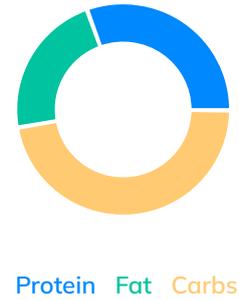
Once cooked, divide the brown rice onto two plates.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	516.3	95.9	258.2
Protein [g]	40	7.4	20
Fat [g]	12.9	2.4	6.5
Carbs [g]	61.8	11.5	30.9
Fiber [g]	8.2	1.5	4.1
Net Carbs [g]	53.6	10	26.8



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	510.4	94.9	255.2
Vitamin C [mg]	60.8	11.3	30.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.6	0.1	0.3
Vitamin K [ug]	8.1	1.5	4.1
Thiamin [mg]	0.7	0.1	0.4
Riboflavin [mg]	0.7	0.1	0.4
Niacin [mg]	16.7	3.1	8.4
Vitamin B6 [mg]	1.9	0.4	1
Vitamin B12 [ug]	5.4	1	2.7
Calcium, Ca [mg]	89.1	16.6	44.6
Iron, Fe [mg]	3.2	0.6	1.6
Magnesium, Mg [mg]	151.1	28.1	75.6
Phosphorus, P [mg]	529	98.3	264.5
Zinc, Zn [mg]	2.5	0.5	1.3
Potassium, K [mg]	1332.1	247.6	666.1
Sodium, Na [mg]	1671.4	310.6	835.7

Baked Lemon White Fish with Broccoli over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 278 Kcal 30g Protein 3g Fat 34g Carbs

Ingredients

- **Lemon**, 1 fruit (2-1/8" dia) (58 g)
- **Brown rice**, 1 cup (195 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **White Fish**, 2 fillet (240 g)
- **Broccoli**, 2 cups (264 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Squeeze the juice of half a lemon over the fish fillets and season with salt and pepper.

Arrange the broccoli florets around the fish fillets on the baking sheet.

Drizzle the broccoli with olive oil and sprinkle with salt and pepper.

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

Meanwhile, cook the brown rice according to package instructions.

Serve the baked lemon white fish and broccoli over a bed of cooked brown rice.

Garnish with a squeeze of fresh lemon juice and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	555.4	73.3	277.7
Protein [g]	60.8	8	30.4
Fat [g]	6.8	0.9	3.4
Carbs [g]	68.8	9.1	34.4
Fiber [g]	12	1.6	6
Net Carbs [g]	56.8	7.5	28.4



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	82.4	10.9	41.2
Vitamin C [mg]	266.2	35.2	133.1
Vitamin D [ug]	7.4	1	3.7
Vitamin E [mg]	3.1	0,4	1.6
Vitamin K [ug]	271.6	35.9	135.8
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.5	0.1	0.3
Niacin [mg]	13.7	1.8	6.9
Vitamin B6 [mg]	1.2	0.2	0.6
Vitamin B12 [ug]	3.8	0.5	1.9
Calcium, Ca [mg]	182.7	24.1	91.4
Iron, Fe [mg]	4.7	0.6	2.4
Magnesium, Mg [mg]	210.7	27.8	105.4
Phosphorus, P [mg]	741.7	98	370.9
Zinc, Zn [mg]	3.1	0,4	1.6
Potassium, K [mg]	1793.1	236.8	896.6
Sodium, Na [mg]	292.5	38.6	146.3

Pork and Carrots with Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 283 Kcal 28g Protein 9g Fat 21g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Pork tenderloin, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Carrots, sliced, 1 medium (61 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

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

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

Remove the pork from the skillet and set aside.

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

Return the pork to the skillet and season with salt.

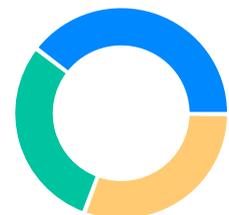
Stir-fry for an additional 2 minutes until the pork is cooked through.

Serve the stir-fry over the cooked quinoa.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1132.7	125.7	283.2
Protein [g]	110.5	12.3	27.6
Fat [g]	36.8	4.1	9.2
Carbs [g]	84.7	9.4	21.2
Fiber [g]	12.1	1.3	3
Net Carbs [g]	72.6	8.1	18.2



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	509.4	56.5	127.4
Vitamin C [mg]	3.6	0.4	0.9
Vitamin D [ug]	1.4	0.2	0.4
Vitamin E [mg]	5.7	0.6	1.4
Vitamin K [ug]	16.2	1.8	4.1
Thiamin [mg]	4.9	0.5	1.2
Riboflavin [mg]	2	0.2	0.5
Niacin [mg]	32.1	3.6	8
Vitamin B6 [mg]	4	0.4	1
Vitamin B12 [ug]	2.4	0.3	0.6
Calcium, Ca [mg]	111.1	12.3	27.8
Iron, Fe [mg]	10.2	1.1	2.6
Magnesium, Mg [mg]	366.6	40.7	91.7
Phosphorus, P [mg]	1686	187.1	421.5
Zinc, Zn [mg]	12.7	1.4	3.2
Potassium, K [mg]	2614.6	290.2	653.7
Sodium, Na [mg]	1422.3	157.9	355.6

Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula

🕒 20 min 🍽️ 2 servings

Per serving: 284 Kcal 15g Protein 11g Fat 33g Carbs

Ingredients

- **Sweet potatoes**, 1/2 cup, cubes (66.5 g)
- **Balsamic vinegar**, 2 tbsp (32 g)
- **Maple syrup**, 1 tablespoons (20 g)
- **Almonds**, 1/4 cup (22.1 g)
- **Farro**, 1/2 cup (78.5 g)
- **Tofu**, 8 oz (226.8 g)
- **Arugula**, 2 cup (56 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the cubed sweet potatoes on a baking sheet and drizzle with olive oil. Season with salt and pepper, then toss to coat. Roast in the preheated oven for 15-20 minutes or until tender and slightly caramelized.

While the sweet potatoes are roasting, prepare the tofu. Cut the tofu into small cubes.

Heat a non-stick skillet over medium heat and add the tofu cubes. Cook for about 5 minutes, stirring occasionally, until the tofu is lightly browned.

In a small bowl, whisk together the maple syrup and balsamic vinegar to make the dressing.

In a large bowl, combine the cooked farro, roasted sweet potatoes, cooked tofu, arugula, and sliced almonds. Drizzle the dressing over the salad and toss to combine.

Serve the vegan farro breakfast salad immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	568.5	113.3	284.3
Protein [g]	29.3	5.8	14.7
Fat [g]	21.8	4.3	10.9
Carbs [g]	66.5	13.2	33.3
Fiber [g]	10.5	2.1	5.3
Net Carbs [g]	56	11.2	28



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	538.1	107.2	269.1
Vitamin C [mg]	10	2	5
Vitamin D [ug]	0	0	0
Vitamin E [mg]	6.1	1.2	3.1
Vitamin K [ug]	62.6	12.5	31.3
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	0.6	0.1	0.3
Niacin [mg]	3	0.6	1.5
Vitamin B6 [mg]	0.3	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	491.6	97.9	245.8
Iron, Fe [mg]	6.1	1.2	3.1
Magnesium, Mg [mg]	128	25.5	64
Phosphorus, P [mg]	215.2	42.9	107.6
Zinc, Zn [mg]	2	0.4	1
Potassium, K [mg]	746.7	148.8	373.4
Sodium, Na [mg]	72.5	14.4	36.3

Raw Vegan Zucchini Noodles with Garlic and Peanut Sauce

🕒 10 min 🍽️ 2 servings

Per serving: 179 Kcal 11g Protein 11g Fat 14g Carbs

Ingredients

- Basil leaves, 1/4 cup (5.8 g)
- Zucchini, 2 medium (392 g)
- Garlic, 2 clove (6 g)
- Almond milk, 1/2 cup (125 g)
- Nutritional yeast, 2 tablespoon (15 g)
- Peanuts, 1/4 cup (36.5 g)



Instructions

1. Spiralize the zucchinis to create zucchini noodles.
2. In a blender, combine peanuts, nutritional yeast, basil leaves, garlic cloves, and almond milk. Blend until smooth and creamy.
3. Pour the sauce over the zucchini noodles and toss until well coated.
4. Let the noodles marinate in the sauce for a few minutes to enhance the flavors.
5. Serve the zucchini noodles with an extra sprinkle of peanuts and fresh basil leaves on top.
6. Enjoy your raw vegan zucchini noodles with peanuts, nutritional yeast, basil, garlic, and almond milk sauce!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	357.6	61.6	178.8
Protein [g]	22.8	3.9	11.4
Fat [g]	21.4	3.7	10.7
Carbs [g]	27	4.7	13.5
Fiber [g]	11.4	2	5.7
Net Carbs [g]	15.6	2.7	7.8



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	54.4	9.4	27.2
Vitamin C [mg]	73.1	12.6	35.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3.6	0.6	1.8
Vitamin K [ug]	40.9	7	20.5
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	6.3	1.1	3.2
Vitamin B6 [mg]	0.8	0.1	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	267.4	46.1	133.7
Iron, Fe [mg]	4.3	0.7	2.2
Magnesium, Mg [mg]	137.1	23.6	68.6
Phosphorus, P [mg]	298.6	51.5	149.3
Zinc, Zn [mg]	2.6	0.4	1.3
Potassium, K [mg]	1621.5	279.4	810.8
Sodium, Na [mg]	201.7	34.8	100.9

Egg White, Bell Pepper, and Spinach Scramble with Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

Per serving: 175 Kcal 18g Protein 3g Fat 18g 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)
- Whole Wheat Toast, 2 slice (50 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 with Whole wheat toast.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	349.4	83.9	174.7
Protein [g]	36	8.6	18
Fat [g]	6.7	1.6	3.4
Carbs [g]	35.2	8.5	17.6
Fiber [g]	6	1.4	3
Net Carbs [g]	29.2	7	14.6



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	15	3.6	7.5
Vitamin C [mg]	55.7	13.4	27.9
Vitamin D [ug]	0	0	0
Vitamin E [mg]	1.8	0.4	0.9
Vitamin K [ug]	51.2	12.3	25.6
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	1.3	0.3	0.7
Niacin [mg]	3.8	0.9	1.9
Vitamin B6 [mg]	0.3	0.1	0.2
Vitamin B12 [ug]	0.2	0	0.1
Calcium, Ca [mg]	111.1	26.7	55.6
Iron, Fe [mg]	2.6	0.6	1.3
Magnesium, Mg [mg]	95.4	22.9	47.7
Phosphorus, P [mg]	221.8	53.3	110.9
Zinc, Zn [mg]	1.4	0.3	0.7
Potassium, K [mg]	824.2	197.9	412.1
Sodium, Na [mg]	1255.7	301.6	627.9

Shopping List

Dairy and Egg Products

- Greek yogurt, 1 cups (226 g)
- Oat milk, 256 g
- Egg whites, 242.8 g
- Almond milk, 687.6 g
- Greek yogurt, 413.6 g

Breakfast Cereals

- Granola, 62 g
- Rolled Oats, 60 g

Fruits and Fruit Juices

- Peach, 1 medium (2-2/3" dia) (150 g)
- Pear, 356 g
- Banana, 825.2 g
- Lemon, 166 g
- Avocado, 135.1 g
- Mango cubes, 419.5 g
- Lemon juice, 37.4 g
- Tangerines, 304 g
- Berries, 310.1 g

Vegetables and Vegetable Products

- Sweet potatoes, 534.5 g
- Arugula, 56 g
- Carrots, sliced, 219.4 g
- Onions, 59.3 g
- Garlic, 18 g
- Parsley, 19.5 g
- Spinach, 37.2 g
- Tomatoes, 110.1 g
- Bell peppers, 110.2 g
- Potatoes, 666.4 g
- Zucchini, 650.4 g
- Cilantro, 7.7 g
- Green onions, 48.1 g
- Cucumber, 466.4 g
- Ginger, 6 g

- Lettuce, 576.4 g
- Onion, 72.8 g
- Salad greens, 80 g
- Cherry tomatoes, 74.4 g
- Broccoli, 264.3 g
- Asparagus, 429 g
- Broccoli florets, 45.5 g
- Bell pepper, 35.8 g
- Lettuce leaves, 96.1 g
- Seaweed snacks, 10 g

Spices and Herbs

- Balsamic vinegar, 32 g
- Sage, 0 g
- Salt, 20.8 g
- Thyme, 0.7 g
- Pepper, 0.7 g
- Herbs, 0.2 g
- Oregano, 1.5 g
- Salt and pepper, 10.2 g
- Apple cider vinegar, 30.1 g
- Paprika, 1 g
- Dill, 0.4 g
- Basil leaves, 2.9 g
- Turmeric, 3.4 g
- Ginger powder, 3 g
- Cinnamon, 0.5 g

Sweets

- Maple syrup, 20 g

Baked Products

- Almonds, 44.2 g
- Bread, 225.3 g
- Whole Wheat Toast, 50 g

Other

- Farro, 78.5 g
- Tofu, 226.8 g
- Coconut aminos, 30 g

- Nutritional yeast, 7.5 g

Legumes and Legume Products

- Peanut butter, 127.5 g
- Peanuts, 18.2 g

Poultry Products

- Ground turkey, 226.9 g
- Chicken Breast, 199.3 g

Fats and Oils

- Olive oil, 110.1 g
- Balsamic vinaigrette, 30 g
- Extra virgin olive oil, 14 g

Cereal Grains and Pasta

- Brown rice, 585.2 g
- Quinoa, cooked, 277.3 g
- Rice, 184.8 g

Pork Products

- lean ground pork, 226.8 g
- Pork Tenderloin, sliced, 780.5 g

Finfish and Shellfish Products

- Hot-smoked salmon fillet, 623.4 g
- White Fish, 240.3 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 677.1 g

Canned and Jarred

- Tuna, 170.2 g
- Kalamata olives, 33.8 g

Nut and Seed Products

- Chia seeds, 20 g
- Almond butter, 16 g