

Dairy-Free Meal Plan

DAY 1

Breakfast	Egg White, Bell Pepper, and Spinach Scramble	2 serving (366 g)
Mid-morning snack	Almond Butter Banana Toast	1 serving (206 g)
Lunch	Broccoli Chicken Brown Rice	261 g
Mid-afternoon snack	Air Fried Popcorn Tofu	2 serving (484 g)
Dinner	Chickpeas and Spinach Skillet	1 serving (276 g)

DAY 2

Breakfast	Vegan Overnight Oats with Chia Seeds and Berries	1 serving (414 g)
Mid-morning snack	Banana	1 banana (119 g)
Lunch	Air Fried Lemon Salmon with Potatoes and Asparagus	576 g
Mid-afternoon snack	Apple	1 medium (3" dia) (182 g)
Dinner	Lean Beef Strips with Carrots and Peppers	2 serving (434 g)

DAY 3

Breakfast	Fried Egg	2 large (140 g)
	Avocado	1/2 avocado (79 g)
Mid-morning snack	Baked Onion Rings	1 serving (251 g)
Lunch	Turkey Strips and Eggplant over Rice	2 serving (606 g)
Mid-afternoon snack	Strawberries	1 cup, halves (152 g)
Dinner	Air Fried Salt and Pepper Chicken, Potatoes, and Carrots	542 g

DAY 4

Breakfast	Oat milk	2 cup (256 g)
	Granola	1/4 cup (30.5 g)
Mid-morning snack	roasted chickpea snack	1/2 cup (46 g)
Lunch	Teriyaki-Glazed White Fish with Brown Rice	2 serving (484 g)
Mid-afternoon snack	Apple Cinnamon and Chia Breakfast Bowl (Sweetened)	2 serving (466 g)
Dinner	Broccoli and Carrots Chicken Stir Fry over Brown Rice	1 serving (266 g)

DAY 5

Breakfast	Turkey Breakfast Patties over Brown Rice with Carrots and Spinach	2 serving (556 g)
Mid-morning snack	Cinnamon Roasted Carrot Sticks	2 serving (242 g)
Lunch	Beef Meatballs and Quinoa Salad	1 serving (247 g)
Mid-afternoon snack	Raspberries	20 raspberries (38 g)
	Plain soy yogurt	1 cup (225 g)
Dinner	Tofu and Green Peas Fried Rice	1 serving (431 g)

DAY 6

Breakfast	Avocado and Smoked Salmon Toast	234 g
Mid-morning snack	Apple	1 medium (3" dia) (182 g)
Lunch	Baked Lemon Salmon with Brussel Sprouts over Quinoa	2 serving (644 g)
Mid-afternoon snack	Apple	1 medium (3" dia) (182 g)
	Almonds	1 oz (23 whole kernels) (28.4 g)
Dinner	Chicken Pasta Salad with Tomatoes and Cucumber	2 serving (380 g)

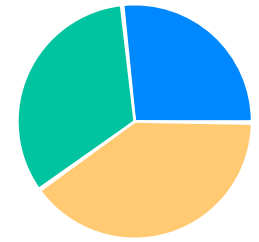
DAY 7

Breakfast	Breakfast Hash with Ground Turkey, Zucchini, Carrots and Peppers	334 g
Mid-morning snack	Baked Onion Rings	2 serving (502 g)
Lunch	Air Fried Salt and Pepper Beef, Potatoes, and Carrots	231 g
Mid-afternoon snack	Nectarine	1 medium (2-1/2" dia) (142 g)
Dinner	Chicken, Arugula and Avocado Salad	406 g

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Egg White, Bell Pepper, and Spinach Scramble A Y 2 serving (366 g)	Almond Butter Banana Toast 1 serving (206 g)	Broccoli Chicken Brown Rice 261 g	Air Fried Popcorn Tofu 2 serving (484 g)	Chickpeas and Spinach Skillet 1 serving (276 g)
2	D Vegan Overnight Oats with Chia Seeds and Berries A Y 1 serving (414 g)	Banana 1 banana (119 g)	Air Fried Lemon Salmon with Potatoes and Asparagus 576 g	Apple 1 medium (3" dia) (182 g)	Lean Beef Strips with Carrots and Peppers 2 serving (434 g)
3	D Fried Egg A 2 large (140 g) Y Avocado ½ avocado (79 g)	Baked Onion Rings 1 serving (251 g)	Turkey Strips and Eggplant over Rice 2 serving (606 g)	Strawberries 1 cup, halves (152 g)	Air Fried Salt and Pepper Chicken, Potatoes, and Carrots 542 g
4	D Oat milk A 2 cup (256 g) Y Granola ¼ cup (30.5 g)	roasted chickpea snack ½ cup (46 g)	Teriyaki-Glazed White Fish with Brown Rice 2 serving (484 g)	Apple Cinnamon and Chia Breakfast Bowl (Sweetened) 2 serving (466 g)	Broccoli and Carrots Chicken Stir Fry over Brown Rice 1 serving (266 g)
5	D Turkey Breakfast Patties over Brown Rice with Carrots and Spinach A Y 2 serving (556 g)	Cinnamon Roasted Carrot Sticks 2 serving (242 g)	Beef Meatballs and Quinoa Salad 1 serving (247 g)	Raspberries 20 raspberries (38 g) Plain soy yogurt 1 cup (225 g)	Tofu and Green Peas Fried Rice 1 serving (431 g)
6	D Avocado and Smoked Salmon Toast A Y 234 g	Apple 1 medium (3" dia) (182 g)	Baked Lemon Salmon with Brussel Sprouts over Quinoa 2 serving (644 g)	Apple 1 medium (3" dia) (182 g) Almonds 1 oz (23 whole kernels) (28.4 g)	Chicken Pasta Salad with Tomatoes and Cucumber 2 serving (380 g)
7	D Breakfast Hash with Ground Turkey, Zucchini, Carrots and Peppers A Y 334 g	Baked Onion Rings 2 serving (502 g)	Air Fried Salt and Pepper Beef, Potatoes, and Carrots 231 g	Nectarine 1 medium (2-½" dia) (142 g)	Chicken, Arugula and Avocado Salad 406 g

Macronutrient summary

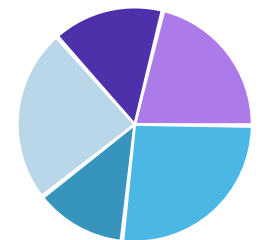
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12480.1	1782.9
Protein [g]	853.5	121.9
Fat [g]	469.3	67
Carbs [g]	1274.3	182
Fiber [g]	235.5	33.6
Net Carbs [g]	1038.8	148.4



27 % Protein 33 % Fat
40 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	379.5	26	17.5	31.1	8.5	22.6
Mid-morning snack	273.8	8.3	8.1	45.9	6.2	39.6
Lunch	429.3	41.7	12.6	38.6	6.3	32.3
Mid-afternoon snack	224.3	8.6	6.9	34.2	6.6	27.6
Dinner	476	37.3	21.9	32.3	6.1	26.2



21 % Breakfast 15 %
Mid-morning snack 24 %
Lunch 13 % Mid-afternoon snack 27 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1807.8	119	61.2	201.7	28.8	172.9
Day 2	1711.2	114.1	63.4	181.6	44.5	137.1
Day 3	1845.5	137.8	64.3	185.3	30.3	155
Day 4	1763.7	123.8	69.5	167.7	36.3	131.4
Day 5	1761.3	120.8	69.7	167.2	27	140.2
Day 6	1768.5	114.2	69.6	187.7	40.1	147.6
Day 7	1822	123.8	71.6	183.1	28.6	154.5

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble 2 serving (366 g)	196.4	27.9	4.7	9.6	2.2	7.4
TOTAL FOR BREAKFAST	196.4	27.9	4.7	9.6	2.2	7.4
Mid-morning snack						
Almond Butter Banana Toast 1 serving (206 g)	438.3	15.4	18.8	58.2	8.1	50.1
TOTAL FOR MID-MORNING SNACK	438.3	15.4	18.8	58.2	8.1	50.1
Lunch						
Broccoli Chicken Brown Rice 261 g	284.1	27.6	7.3	26.1	3	23.1
TOTAL FOR LUNCH	284.1	27.6	7.3	26.1	3	23.1
Mid-afternoon snack						
Air Fried Popcorn Tofu 2 serving (484 g)	556.2	35.9	12.3	74.6	4.8	69.8
TOTAL FOR MID-AFTERNOON SNACK	556.2	35.9	12.3	74.6	4.8	69.8
Dinner						
Chickpeas and Spinach Skillet 1 serving (276 g)	332.9	12.3	18.1	33.2	10.7	22.5
TOTAL FOR DINNER	332.9	12.3	18.1	33.2	10.7	22.5
TOTAL FOR DAY 1	1807.8	119	61.2	201.7	28.8	172.9

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Overnight Oats with Chia Seeds and Berries 1 serving (414 g)	584.9	19.8	32	59.1	24.5	34.6
TOTAL FOR BREAKFAST	584.9	19.8	32	59.1	24.5	34.6
Mid-morning snack						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
TOTAL FOR MID-MORNING SNACK	105.9	1.3	0.4	27.2	3.1	24.1
Lunch						
Air Fried Lemon Salmon with Potatoes and Asparagus 576 g	470.6	41.8	11.3	52.7	8.9	43.8
TOTAL FOR LUNCH	470.6	41.8	11.3	52.7	8.9	43.8
Mid-afternoon snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR MID-AFTERNOON SNACK	94.6	0.5	0.3	25.1	4.4	20.7
Dinner						
Lean Beef Strips with Carrots and Peppers 2 serving (434 g)	455.1	50.7	19.4	17.4	3.7	13.7
TOTAL FOR DINNER	455.1	50.7	19.4	17.4	3.7	13.7
TOTAL FOR DAY 2	1711.2	114.1	63.4	181.6	44.5	137.1

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Avocado 1/2 avocado (79 g)	126.4	1.6	11.6	6.7	5.3	1.4
TOTAL FOR BREAKFAST	400.8	20.6	32.4	7.9	5.3	2.6
Mid-morning snack						
Baked Onion Rings 1 serving (251 g)	282.9	10.1	4.4	53.9	5.5	48.4
TOTAL FOR MID-MORNING SNACK	282.9	10.1	4.4	53.9	5.5	48.4
Lunch						
Turkey Strips and Eggplant over Rice 2 serving (606 g)	568.9	52.1	12.8	63	9.7	53.3
TOTAL FOR LUNCH	568.9	52.1	12.8	63	9.7	53.3
Mid-afternoon snack						
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR MID-AFTERNOON SNACK	48.6	1	0.5	11.7	3	8.7
Dinner						
Air Fried Salt and Pepper Chicken, Potatoes, and Carrots 542 g	544.3	53.8	14.3	48.8	6.9	41.9
TOTAL FOR DINNER	544.3	53.8	14.3	48.8	6.9	41.9
TOTAL FOR DAY 3	1845.5	137.8	64.3	185.3	30.3	155

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Oat milk 2 cup (256 g)	135.7	3.8	5.4	16.6	3.1	13.5
Granola 1/4 cup (30.5 g)	149.1	4.2	7.4	16.4	2.7	13.7
TOTAL FOR BREAKFAST	284.8	8	12.8	33.1	5.8	27.3
Mid-morning snack						
roasted chickpea snack 1/2 cup (46 g)	213.4	8.2	9.9	26.3	4.9	21.4
TOTAL FOR MID-MORNING SNACK	213.4	8.2	9.9	26.3	4.9	21.4
Lunch						
Teriyaki-Glazed White Fish with Brown Rice 2 serving (484 g)	573.8	72.6	20.1	25.6	1.8	23.8
TOTAL FOR LUNCH	573.8	72.6	20.1	25.6	1.8	23.8
Mid-afternoon snack						
Apple Cinnamon and Chia Breakfast Bowl (Sweetened) 2 serving (466 g)	380.8	8.8	16.4	55.3	20.4	34.9
TOTAL FOR MID-AFTERNOON SNACK	380.8	8.8	16.4	55.3	20.4	34.9
Dinner						
Broccoli and Carrots Chicken Stir Fry over Brown Rice 1 serving (266 g)	310.9	26.2	10.4	27.4	3.4	24
TOTAL FOR DINNER	310.9	26.2	10.4	27.4	3.4	24
TOTAL FOR DAY 4	1763.7	123.8	69.5	167.7	36.3	131.4

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
Mid-morning snack						
Cinnamon Roasted Carrot Sticks 2 serving (242 g)	215.2	2.2	14.1	22.5	6.9	15.7
TOTAL FOR MID-MORNING SNACK	215.2	2.2	14.1	22.5	6.9	15.7
Lunch						
Beef Meatballs and Quinoa Salad 1 serving (247 g)	310.6	27.8	16.2	13	2.3	10.7
TOTAL FOR LUNCH	310.6	27.8	16.2	13	2.3	10.7
Mid-afternoon snack						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Plain soy yogurt 1 cup (225 g)	148.5	5.9	4	21.8	0.9	20.9
TOTAL FOR MID-AFTERNOON SNACK	168.3	6.4	4.2	26.3	3.4	22.9
Dinner						
Tofu and Green Peas Fried Rice 1 serving (431 g)	485.2	24.3	22	48.5	7.7	40.8
TOTAL FOR DINNER	485.2	24.3	22	48.5	7.7	40.8
TOTAL FOR DAY 5	1761.3	120.8	69.7	167.2	27	140.2

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Avocado and Smoked Salmon Toast 234 g	307.4	15.3	18.1	25.8	10	15.8
TOTAL FOR BREAKFAST	307.4	15.3	18.1	25.8	10	15.8
Mid-morning snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR MID-MORNING SNACK	94.6	0.5	0.3	25.1	4.4	20.7
Lunch						
Baked Lemon Salmon with Brussels Sprouts over Quinoa 2 serving (644 g)	571.4	49.1	15.2	65.3	14.9	50.4
TOTAL FOR LUNCH	571.4	49.1	15.2	65.3	14.9	50.4
Mid-afternoon snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
Almonds 1 oz (23 whole kernels) (28.4 g)	164.1	6	14.2	6.1	3.5	2.6
TOTAL FOR MID-AFTERNOON SNACK	258.8	6.5	14.5	31.2	7.9	23.3
Dinner						
Chicken Pasta Salad with Tomatoes and Cucumber 2 serving (380 g)	536.2	42.9	21.5	40.2	2.9	37.3
TOTAL FOR DINNER	536.2	42.9	21.5	40.2	2.9	37.3
TOTAL FOR DAY 6	1768.5	114.2	69.6	187.7	40.1	147.6

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Breakfast Hash with Ground Turkey, Zucchini, Carrots and Peppers 334 g	300.2	30.3	9.5	25.4	4.6	20.8
TOTAL FOR BREAKFAST	300.2	30.3	9.5	25.4	4.6	20.8
Mid-morning snack						
Baked Onion Rings 2 serving (502 g)	565.9	20.3	8.9	107.9	10.9	97
TOTAL FOR MID-MORNING SNACK	565.9	20.3	8.9	107.9	10.9	97
Lunch						
Air Fried Salt and Pepper Beef, Potatoes, and Carrots 231 g	225.6	20.7	5.4	24.4	3.4	21
TOTAL FOR LUNCH	225.6	20.7	5.4	24.4	3.4	21
Mid-afternoon snack						
Nectarine 1 medium (2-1/2" dia) (142 g)	62.5	1.5	0.5	15	2.4	12.6
TOTAL FOR MID-AFTERNOON SNACK	62.5	1.5	0.5	15	2.4	12.6
Dinner						
Chicken, Arugula and Avocado Salad 406 g	667.9	51.1	47.4	10.5	7.2	3.3
TOTAL FOR DINNER	667.9	51.1	47.4	10.5	7.2	3.3
TOTAL FOR DAY 7	1822	123.8	71.6	183.1	28.6	154.5

Avocado and Smoked Salmon Toast

🕒 15 min 🍽️ 2 servings

Per serving: 306 Kcal 15g Protein 18g Fat 26g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 teaspoon (0.2 g)
- **Salmon**, 100 g (100 g)
- **Bread**, 2 slices (56.4 g)
- **Salt and pepper**, 1 pinch (0.1 g)



Instructions

Toast the slices of whole wheat bread until golden brown.

Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.

Mash the avocado with a fork and squeeze in the juice of half a lemon. Season with salt and pepper to taste.

Spread the mashed avocado evenly on the toasted bread slices.

Top each slice with smoked salmon, dividing it equally between the two slices.

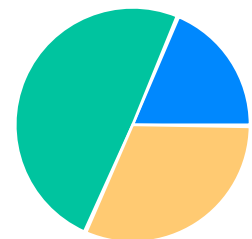
Squeeze the juice of the remaining half lemon over the smoked salmon.

Garnish with fresh dill.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	612.2	131.5	306.1
Protein [g]	30.5	6.5	15.3
Fat [g]	36.1	7.8	18.1
Carbs [g]	51.3	11	25.7
Fiber [g]	19.9	4.3	10
Net Carbs [g]	31.4	6.7	15.7



19% Protein 50% Fat 31% Carbs

Chicken, Arugula and Avocado Salad

🕒 20 min 🍽️ 2 servings

Per serving: 666 Kcal 51g Protein 47g Fat 11g Carbs

Ingredients

- **Avocado**, 1 avocado (193 g)
- **Apple cider vinegar**, 2 tablespoons (30 g)
- **Arugula**, 4 cup (80 g)
- **Chicken breasts**, 2 small breast (450 g)
- **Extra virgin olive oil**, 1/4 cup (54 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt**, 2 pinch (0.2 g)
- **Pepper**, 2 pinch (0.2 g)



Instructions

Preheat your grill or stovetop grill pan over medium-high heat.

Season the chicken breasts with garlic powder, sea salt, and black pepper (if using).

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

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

Meanwhile, in a small bowl, whisk together the olive oil, apple cider vinegar, sea salt, and black pepper (if using).

Slice the grilled chicken into thin strips.

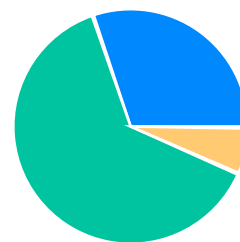
In a large bowl, combine the arugula, avocado slices, and sliced chicken.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1330.9	164.5	665.5
Protein [g]	101.7	12.6	50.9
Fat [g]	94.5	11.7	47.3
Carbs [g]	20.9	2.6	10.5
Fiber [g]	14.4	1.8	7.2
Net Carbs [g]	6.5	0.8	3.3



30 % Protein 63 % Fat 6 %
Carbs

Baked Onion Rings

🕒 27 min 🍽️ 4 servings

Per serving: 282 Kcal 10g Protein 4g Fat 54g Carbs

Ingredients

- Eggs, 2 large (100 g)
- Salt, 1/2 teaspoon (2.9 g)
- Paprika, 1 teaspoon (2 g)
- Onions, 2 onion (662 g)
- Flour, 1 cup (125 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Pepper, 1/4 tsp (0.5 g)
- Breadcrumbs, 1 cup (108 g)



Instructions

Preheat the oven to 450°F (232°C). Line a baking sheet with parchment paper.

Slice the onions into 1/2-inch thick rings and separate them.

In a shallow bowl, combine the gluten-free all-purpose flour, paprika, garlic powder, salt, and black pepper.

In another bowl, whisk the eggs until well beaten.

Dip each onion ring into the flour mixture, then into the beaten eggs, and finally into the gluten-free breadcrumbs, pressing gently to adhere.

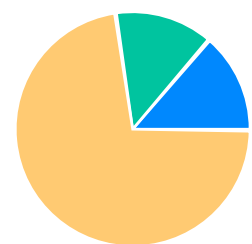
Place the coated onion rings on the prepared baking sheet in a single layer.

Bake for 12-15 minutes, or until the onion rings are golden brown and crispy.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1129.5	112.7	282.4
Protein [g]	40.5	4	10.1
Fat [g]	17.7	1.8	4.4
Carbs [g]	215.3	21.5	53.8
Fiber [g]	21.8	2.2	5.5
Net Carbs [g]	193.5	19.3	48.4



14 % Protein 13 % Fat 73 % Carbs

Tofu and Green Peas Fried Rice

🕒 30 min 🍽️ 2 servings

Per serving: 485 Kcal 24g Protein 22g Fat 49g Carbs

Ingredients

- **Salt**, 1 pinch (0.6 g)
- **Peas**, 1 cup (145 g)
- **Carrot**, 1/2 cup (80.5 g)
- **Onion**, 1 quarter cup (39 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 1 tablespoon (13.6 g)
- **Garlic**, 2 clove (6 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Rice**, 1 cup (185 g)
- **Tofu**, 1 block (340 g)
- **Pepper**, 1/2 teaspoon (1 g)



Instructions

Heat vegetable oil in a large pan or wok over medium heat.

Add minced garlic and diced onion to the pan and sauté until fragrant and onions are translucent.

Add diced tofu to the pan and cook until lightly browned on all sides.

Push the tofu to one side of the pan and add the diced carrot. Stir-fry for a few minutes until carrots are slightly tender.

Add frozen green peas to the pan and cook until heated through.

Push all the ingredients to one side of the pan and add the cooked rice to the other side. Break up any clumps of rice with a spatula.

Drizzle soy sauce and sesame oil over the rice and mix everything together until well combined.

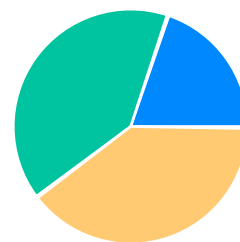
Season with salt and pepper to taste.

Continue cooking for another 2-3 minutes until everything is heated through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	969.2	112.6	484.6
Protein [g]	48.5	5.6	24.3
Fat [g]	44	5.1	22
Carbs [g]	96.9	11.3	48.5
Fiber [g]	15.3	1.8	7.7
Net Carbs [g]	81.6	9.5	40.8



20 % Protein 40 % Fat 40 %
Carbs

Cinnamon Roasted Carrot Sticks

🕒 20 min 🍽️ 4 servings

Per serving: 107 Kcal 1g Protein 7g Fat 11g Carbs

Ingredients

- Carrots, 1 pound (453.6 g)
- Olive oil, 2 tablespoon (27 g)
- Ground cinnamon, 1 teaspoon (2 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, toss the carrot sticks with olive oil, ground cinnamon, salt, and pepper until evenly coated.

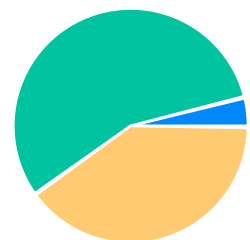
Spread the carrot sticks in a single layer on a baking sheet.

Roast in the preheated oven for about 15-20 minutes, or until the carrots are tender and slightly caramelized, stirring once halfway through.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	429.6	89	107.4
Protein [g]	4.3	0.9	1.1
Fat [g]	28.1	5.8	7
Carbs [g]	45.1	9.3	11.3
Fiber [g]	13.8	2.9	3.5
Net Carbs [g]	31.3	6.5	7.8



4 % Protein 56 % Fat 40 % Carbs

Air Fried Salt and Pepper Chicken, Potatoes, and Carrots

🕒 15 min 🍽️ 2 servings

Per serving: 271 Kcal 27g Protein 7g Fat 24g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 pinch (0.1 g)
- Chicken breasts, 2 portion (226 g)
- Carrots, sliced, 1 medium (61 g)



Instructions

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

Cut the chicken breasts into bite-sized pieces.

Wash and dice the potatoes and carrots into small cubes.

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

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

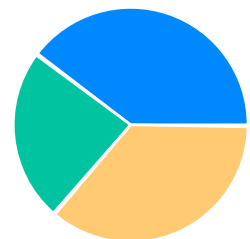
Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

Once the chicken is cooked through and the potatoes and carrots are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	541.3	100.4	270.7
Protein [g]	53.5	9.9	26.8
Fat [g]	14.2	2.6	7.1
Carbs [g]	48.5	9	24.3
Fiber [g]	6.8	1.3	3.4
Net Carbs [g]	41.7	7.7	20.9



40 % Protein 24 % Fat 36 % Carbs

Egg White, Bell Pepper, and Spinach Scramble

🕒 15 min 🍽️ 2 servings

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

Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1 pinch (0.6 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)



Instructions

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

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

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

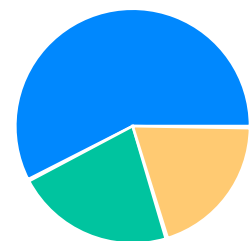
Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

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

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	196.4	53.7	98.2
Protein [g]	27.9	7.6	14
Fat [g]	4.7	1.3	2.4
Carbs [g]	9.6	2.6	4.8
Fiber [g]	2.2	0.6	1.1
Net Carbs [g]	7.4	2	3.7



58 % Protein 22 % Fat 20 % Carbs

Broccoli Chicken Brown Rice

🕒 30 min 🍽️ 4 servings

Per serving: 283 Kcal 27g Protein 7g Fat 26g Carbs

Ingredients

- Salt, 1/2 tsp (3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cups (182 g)
- Chicken breasts, 2 small breast (450 g)



Instructions

Cook the rice according to package instructions.

Season the chicken breasts with salt and pepper.

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

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

Remove the cooked chicken 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.

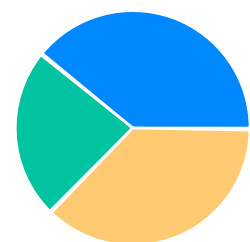
Add the sliced chicken back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and chicken mixture over the cooked rice.

Enjoy your delicious Broccoli Chicken Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1131	108.9	282.8
Protein [g]	109.7	10.6	27.4
Fat [g]	29.1	2.8	7.3
Carbs [g]	103.8	10	26
Fiber [g]	11.8	1.1	3
Net Carbs [g]	92	8.9	23



39 % Protein 23 % Fat 37 % Carbs

Breakfast Hash with Ground Turkey, Zucchini, Carrots and Peppers

🕒 30 min 🍽️ 4 servings

Per serving: 300 Kcal 30g Protein 10g Fat 25g Carbs

Ingredients

- Oregano, 1/2 teaspoon (1 g)
- Paprika, 1/2 teaspoons (1 g)
- Potatoes, 2 cups (420 g)
- Carrots, 1 cup chopped (128 g)
- Ground turkey, 1 pound (453.6 g)
- Parsley, 1/2 cup (28.8 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1 cup, chopped (124 g)
- Bell peppers, 1 cup (149 g)
- Salt and pepper, 1/2 tsp (1 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add ground meat and cook until browned, breaking it up into crumbles.

Remove the cooked meat from the skillet and set aside.

In the same skillet, add the diced potatoes and cook for 5 minutes, or until they start to soften.

Add the bell peppers, zucchini, and carrots to the skillet. Cook for another 5 minutes, or until the vegetables are tender.

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

Add the olive oil, dried oregano, paprika, salt, and pepper. Stir to combine.

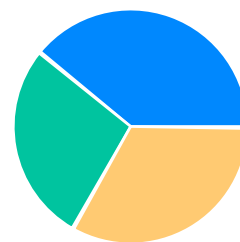
Cook for an additional 2-3 minutes to allow the flavors to meld together.

Remove from heat and sprinkle with chopped parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1198	89.8	299.5
Protein [g]	120.8	9.1	30.2
Fat [g]	37.8	2.8	9.5
Carbs [g]	101.6	7.6	25.4
Fiber [g]	18.5	1.4	4.6
Net Carbs [g]	83.1	6.2	20.8



39 % Protein 28 % Fat 33 %
Carbs

Air Fried Salt and Pepper Beef, Potatoes, and Carrots

🕒 15 min 🍽️ 2 servings

Per serving: 225 Kcal 21g Protein 5g Fat 24g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 1 teaspoons (4 g)
- Salt and pepper, 1/2 tsp (1 g)
- Carrots, sliced, 1 medium (61 g)
- Bee, lean, cubed, 150 grams (150 g)



Instructions

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

Cut the beef into bite-sized pieces.

Wash and dice the potatoes and carrots into small cubes.

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

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

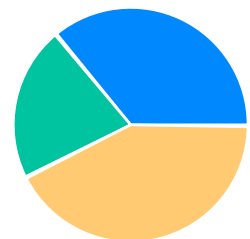
Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

Once the beef is cooked through and the potatoes and carrots are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	449.3	97.7	224.7
Protein [g]	41.3	9	20.7
Fat [g]	10.8	2.3	5.4
Carbs [g]	48.5	10.5	24.3
Fiber [g]	6.8	1.5	3.4
Net Carbs [g]	41.7	9.1	20.9



36 % Protein 21 % Fat 43 % Carbs

Chickpeas and Spinach Skillet

🕒 10 min 🍽️ 2 servings

Per serving: 332 Kcal 12g Protein 18g Fat 33g Carbs

Ingredients

- Salt, 1/4 tsp (1.5 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 3 clove (9 g)
- Chickpeas, 1 can (453 g)
- Spinach, 2 cup (60 g)



Instructions

Heat olive oil in a skillet over medium heat.

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

Add the drained chickpeas to the skillet and cook for 3-4 minutes, stirring occasionally.

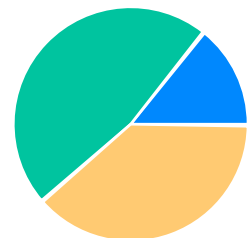
Add the fresh spinach to the skillet and cook for an additional 2-3 minutes until wilted.

Season with salt and stir well to combine all the ingredients.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	664.5	120.7	332.3
Protein [g]	24.6	4.5	12.3
Fat [g]	36.1	6.6	18.1
Carbs [g]	66.3	12	33.2
Fiber [g]	21.4	3.9	10.7
Net Carbs [g]	44.9	8.2	22.5



14 % Protein 47 % Fat 39 % Carbs

Air Fried Lemon Salmon with Potatoes and Asparagus

🕒 20 min 🍽️ 4 servings

Per serving: 235 Kcal 21g Protein 6g Fat 26g Carbs

Ingredients

- Lemon, 1 (107 g)
- Potatoes, 500 g (500 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Asparagus, Fresh, 1 bunch (200 g)

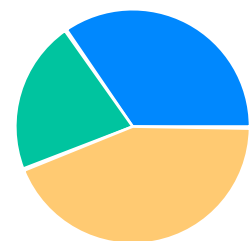


Instructions

1. Preheat your air fryer to 400°F (200°C).
2. Slice the potatoes into small wedges.
3. Season the salmon fillets with salt and pepper, and squeeze the juice of half a lemon over them.
4. Place the seasoned salmon fillets, potato wedges, and asparagus into the air fryer basket.
5. Cook for 12-15 minutes or until the salmon is cooked through and the potatoes are crispy.
6. Squeeze the juice of the remaining half lemon over the cooked salmon, potatoes, and asparagus.
7. Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	938.8	81.7	234.7
Protein [g]	83.3	7.2	20.8
Fat [g]	22.6	2	5.7
Carbs [g]	105.2	9.2	26.3
Fiber [g]	17.7	1.5	4.4
Net Carbs [g]	87.5	7.6	21.9



35 % Protein 21 % Fat 44 % Carbs

Air Fried Popcorn Tofu

🕒 30 min 🍽️ 2 servings

Per serving: 278 Kcal 18g Protein 6g Fat 37g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.5 g)
- Paprika, 1 teaspoon (2 g)
- Cooking oil, 1 teaspoons (4 g)
- Block of extra tofu, 1 (396 g)
- Cornstarch, 1/2 cup (64 g)
- Nutritional yeast, 1/4 cup (11 g)
- Garlic powder, 1 teaspoon (3 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Press the tofu to remove excess moisture. Cut the tofu into small bite-sized cubes.

In a bowl, combine cornstarch, nutritional yeast, garlic powder, paprika, salt, and black pepper. Mix well.

Toss the tofu cubes in the cornstarch mixture until evenly coated.

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

Spray the air fryer basket with cooking spray or lightly brush with oil to prevent sticking.

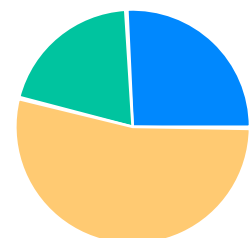
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

Air fry for 15-20 minutes, shaking the basket halfway through to ensure even cooking.

Once the tofu is crispy and golden brown, remove from the air fryer.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	555.1	114.9	277.6
Protein [g]	35.8	7.4	17.9
Fat [g]	12.3	2.5	6.2
Carbs [g]	74.5	15.4	37.3
Fiber [g]	4.8	1	2.4
Net Carbs [g]	69.7	14.4	34.9



26 % Protein 20 % Fat 54 % Carbs

Vegan Overnight Oats with Chia Seeds and Berries

🕒 10 min 🍽️ 1 serving

Per serving: 585 Kcal 20g Protein 32g Fat 59g Carbs

Ingredients

- **Vanilla extract**, 1/2 teaspoons (2 g)
- **Rolled oats**, 1/2 c (40.5 g)
- **Berries**, 1/4 cup (38.7 g)
- **Chia seeds**, 4 tbsp (48 g)
- **Almond Milk**, 1 cup (262 g)
- **Almonds**, 1/4 cup, sliced (23 g)



Instructions

In a jar or container, combine the rolled oats, chia seeds, plant-based milk, maple syrup or agave nectar, and vanilla extract.

Stir well to ensure all ingredients are fully combined.

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

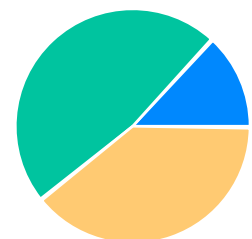
In the morning, give the oats a good stir. If the mixture is too thick, add a little more plant-based milk until desired consistency is reached.

Top the oats with mixed berries and sliced almonds.

Enjoy your vegan high protein overnight oats with chia seeds and berries!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	584.9	141.2	584.9
Protein [g]	19.8	4.8	19.8
Fat [g]	32	7.7	32
Carbs [g]	59.1	14.3	59.1
Fiber [g]	24.5	5.9	24.5
Net Carbs [g]	34.6	8.4	34.6



13% Protein 48% Fat 39% Carbs

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)

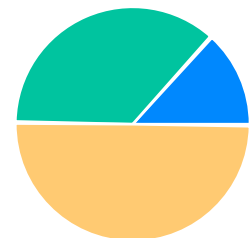


Instructions

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



13 % Protein 36 % Fat 50 % Carbs

Beef Meatballs and Quinoa Salad

🕒 30 min 🍽️ 4 servings

Per serving: 311 Kcal 28g Protein 16g Fat 13g Carbs

Ingredients

- **Basil**, 2 tablespoons (19.4 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Basil**, 1/2 teaspoon (0.5 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Cucumber**, 1/2 cup (64.1 g)
- **Quinoa**, 1 cup (185 g)
- **Parsley**, 2 tablespoons (8 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Kalamata olives**, 1/4 cup (33.8 g)
- **Olive oil**, 3 tablespoons (42 g)
- **Salt and pepper**, 1 tsp (2 g)
- **lean ground beef**, 1 pound (454 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large mixing bowl, combine the ground beef, parsley, olive oil, dried oregano, dried basil, salt, and black pepper. Mix well.

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

Place the meatballs on a baking sheet lined with parchment paper.

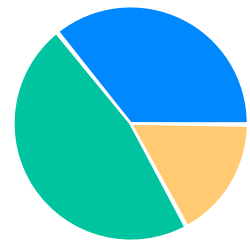
Bake in the preheated oven for 15-20 minutes, or until cooked through and browned.

In the meantime, prepare the quinoa salad. In a large bowl, combine the cooked quinoa, cherry tomatoes, cucumber, kalamata olives, chopped basil, lemon juice, and 2 tablespoon extra-virgin olive oil. Season with salt and pepper to taste. Toss well to combine.

Serve the meatballs alongside the quinoa salad. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1243.7	125.8	310.9
Protein [g]	111.2	11.2	27.8
Fat [g]	64.9	6.6	16.2
Carbs [g]	52	5.3	13
Fiber [g]	9	0.9	2.3
Net Carbs [g]	43	4.3	10.8



36 % Protein 47 % Fat 17 %
Carbs

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.

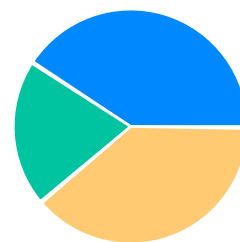
In a separate pan, heat olive oil over medium heat. Add the spinach leaves and sauté until wilted.

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



41 % Protein 20 % Fat 39 %
Carbs

Turkey Strips and Eggplant over Rice

🕒 10 min 🍽️ 2 servings

Per serving: 285 Kcal 26g Protein 6g Fat 32g Carbs

Ingredients

- Eggplant, 1/2 large (229 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Soy sauce, 1 tbsp (18 g)
- brown rice, cooked, 1 cup (155 g)
- turkey breast, strips, 200 grams (200 g)



Instructions

Cook the rice according to package instructions.

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

Add the turkey strips to the skillet and cook for 3-4 minutes, or until browned.

Add the sliced eggplant to the skillet and cook for an additional 3-4 minutes, or until tender.

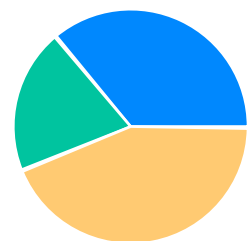
Stir in the soy sauce and cook for another minute to coat the turkey and eggplant.

Serve the turkey strips and eggplant over the cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	568.9	93.8	284.5
Protein [g]	52.1	8.6	26.1
Fat [g]	12.8	2.1	6.4
Carbs [g]	63	10.4	31.5
Fiber [g]	9.7	1.6	4.9
Net Carbs [g]	53.3	8.8	26.7



36 % Protein 20 % Fat 44 % Carbs

Chicken Pasta Salad with Tomatoes and Cucumber

🕒 15 min 🍽️ 4 servings

Per serving: 267 Kcal 21g Protein 11g Fat 20g Carbs

Ingredients

- Cucumber, 1/2 cup (64.1 g)
- Pasta, 2 cup (235 g)
- Cherry tomatoes, 1 cup (148.9 g)
- Chicken, 2 cups (280 g)
- Dressing, vinaigrette, homemade, 2 tablespoon (30 g)



Instructions

In a large bowl, combine the cooked chicken, pasta, cherry tomatoes, and cucumber.

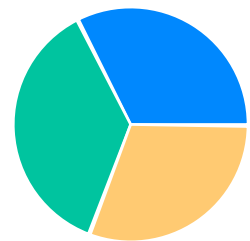
Drizzle the vinaigrette over the salad and toss to coat all the ingredients evenly.

Refrigerate for at least 10 minutes before serving to allow the flavors to meld together.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1069.6	141.1	267.4
Protein [g]	85.5	11.3	21.4
Fat [g]	42.9	5.7	10.7
Carbs [g]	80.2	10.6	20.1
Fiber [g]	5.8	0.8	1.5
Net Carbs [g]	74.4	9.8	18.6



33 % Protein 37 % Fat 31 % Carbs

Teriyaki-Glazed White Fish with Brown Rice

🕒 15 min 🍽️ 4 servings

Per serving: 287 Kcal 36g Protein 10g Fat 13g Carbs

Ingredients

- Teriyaki sauce, 1/4 cup (75 g)
- Green onions, 1/4 cup (26 g)
- Vegetable oil, 2 tablespoon (27.2 g)
- Fish, 4 fillet (680 g)
- brown rice, cooked, 1 cup (160 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets in a baking dish and pour the teriyaki sauce over them. Make sure the fillets are coated evenly.

Bake the fish in the preheated oven for 10-12 minutes or until cooked through.

While the fish is baking, heat the vegetable oil in a skillet over medium heat.

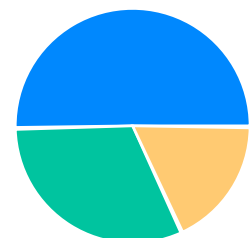
Serve the teriyaki-glazed white fish over the cooked brown rice.

Garnish with chopped green onions if desired.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1147.5	118.5	286.9
Protein [g]	145.2	15	36.3
Fat [g]	40.2	4.2	10.1
Carbs [g]	51.2	5.3	12.8
Fiber [g]	3.6	0.4	0.9
Net Carbs [g]	47.6	4.9	11.9



51 % Protein 32 % Fat 18 % Carbs

Baked Lemon Salmon with Brussel Sprouts over Quinoa

🕒 20 min 🍽️ 2 servings

Per serving: 285 Kcal 25g Protein 8g Fat 33g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Salmon**, 6 ounce (170.1 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Quinoa, cooked**, 1 cup (185 g)
- **Brussels sprouts, halved**, 2 cups (176 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Arrange the brussel sprouts around the salmon.

Season the salmon and brussel sprouts 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 quinoa according to package instructions.

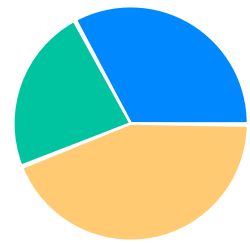
Once cooked, divide the quinoa onto two plates.

Remove the baked salmon and brussel sprouts from the oven and place them on top of the quinoa.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	570.5	88.7	285.3
Protein [g]	49	7.6	24.5
Fat [g]	15.2	2.4	7.6
Carbs [g]	65.2	10.1	32.6
Fiber [g]	14.9	2.3	7.5
Net Carbs [g]	50.3	7.8	25.2



33 % Protein 23 % Fat 44 %
Carbs

Broccoli and Carrots Chicken Stir Fry over Brown Rice

🕒 20 min 🍽️ 4 servings

Per serving: 311 Kcal 26g Protein 10g Fat 27g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Chicken breasts, 4 portion(s) (400 g)
- Olive oil, 2 tablespoon (27 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cup (182 g)
- Carrots, sliced, 1 medium (61 g)



Instructions

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

Add the sliced chicken breasts to the skillet and cook until browned and cooked through, about 5-6 minutes. Remove the chicken from the skillet and set aside.

In the same skillet, add the remaining tablespoon of olive oil and the sliced carrots. Cook for 2-3 minutes until slightly tender.

Add the broccoli florets to the skillet and cook for an additional 2-3 minutes until the vegetables are crisp-tender.

Return the cooked chicken to the skillet and season with salt. Stir everything together to combine.

Add the cooked brown rice to the skillet and cook for 1-2 minutes until heated through.

Serve the stir fry hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1242.4	116.9	310.6
Protein [g]	104.7	9.9	26.2
Fat [g]	41.5	3.9	10.4
Carbs [g]	109.6	10.3	27.4
Fiber [g]	13.5	1.3	3.4
Net Carbs [g]	96.1	9	24



34 % Protein 30 % Fat 36 % Carbs

Apple Cinnamon and Chia Breakfast Bowl (Sweetened)

🕒 10 min 🍽️ 2 servings

Per serving: 190 Kcal 4g Protein 8g Fat 28g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Apple, 1 medium (150 g)
- Chia seeds, 1/4 cup (42.5 g)
- Maple syrup, 1 tablespoons (20 g)
- Almond milk, 1 cup (250 g)



Instructions

In a bowl, mix together the grated apple, chia seeds, almond milk, cinnamon, and maple syrup.

Stir well to combine all the ingredients.

Cover the bowl and refrigerate for at least 10 minutes or overnight to allow the chia seeds to absorb the liquid and thicken the mixture.

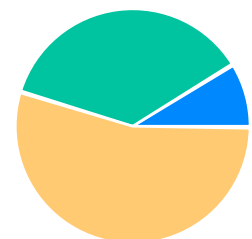
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

Serve the raw apple cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced apples, a sprinkle of cinnamon, or a drizzle of maple syrup.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	380	81.7	190
Protein [g]	8.8	1.9	4.4
Fat [g]	16.4	3.5	8.2
Carbs [g]	55.2	11.9	27.6
Fiber [g]	20.4	4.4	10.2
Net Carbs [g]	34.8	7.5	17.4



9 % Protein 37 % Fat 55 % Carbs

Lean Beef Strips with Carrots and Peppers

🕒 25 min 🍽️ 4 servings

Per serving: 227 Kcal 25g Protein 10g Fat 9g Carbs

Ingredients

- Carrots, 2 medium (122 g)
- Olive oil, 1 tablespoon (15 g)
- Yellow Bell pepper, 1 medium (121.4 g)
- Red Bell pepper, 1 medium (120.3 g)
- Beef strips, 1 lbs (453.6 g)
- Salt and pepper, 1/2 tsp (0.8 g)
- Garlic powder, 1 teaspoon (3 g)
- Coconut aminos, 2 tablespoon (30 g)



Instructions

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

Add the beef strips and cook until browned, about 5 minutes.

Remove the beef from the skillet and set aside.

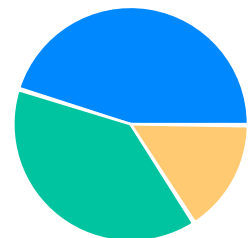
In the same skillet, add the carrots and peppers. Cook for 3-4 minutes until slightly tender.

Add the beef back to the skillet, along with coconut aminos, garlic powder, salt, and pepper. Stir well to combine.

Cook for an additional 5-7 minutes, until the beef is cooked to your desired level of doneness.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	908.1	104.9	227
Protein [g]	101.2	11.7	25.3
Fat [g]	38.6	4.5	9.7
Carbs [g]	34.8	4	8.7
Fiber [g]	7.3	0.8	1.8
Net Carbs [g]	27.5	3.2	6.9



45 % Protein 39 % Fat 16 % Carbs

Shopping List

Dairy and Egg Products

- Egg whites, 1 cup (243.3 g)
- Fried Egg, 2 large (140 g)
- Oat milk, 2 cup (256 g)
- Eggs, 1 1/2 large (75.2 g)
- Almond milk, 1 cup (250.5 g)

Spices and Herbs

- Salt, 1 1/2 pinch (0.9 g)
- Pepper, 1/3 teaspoon (0.8 g)
- Herbs, 1/3 teaspoon (0.2 g)
- Vanilla extract, 1/2 teaspoons (2 g)
- Sage, 1/3 teaspoon (0 g)
- Salt, 1 1/3 teaspoon (7.2 g)
- Thyme, 1/3 teaspoon (0.2 g)
- Pepper, 1/2 tsp (1.1 g)
- Dill, 1 teaspoon (0.1 g)
- Salt and pepper, 1 1/2 pinch (0.2 g)
- Oregano, 1/3 teaspoon (0.5 g)
- Paprika, 1/7 teaspoons (0.2 g)
- Salt and pepper, 3 1/3 tsp (5.1 g)
- Paprika, 1 3/4 teaspoon (3.5 g)
- Garlic powder, 1 1/3 teaspoon (4.1 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Salt, 1/3 tsp (1.5 g)
- Basil, 1/2 tablespoons (4.8 g)
- Basil, 1/8 teaspoon (0.1 g)
- Cinnamon, 1 tsp (2.6 g)
- Apple cider vinegar, 1 tablespoons (15.1 g)
- Salt, 1 pinch (0.1 g)
- Pepper, 1 pinch (0.1 g)

Fats and Oils

- Olive oil, 4 1/2 teaspoons (18.1 g)
- Olive oil, 4 1/3 tablespoon (57.5 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Vegetable oil, 1 1/2 tablespoon (20.4 g)

- Olive oil, 2/3 tablespoons (10.5 g)
- Cooking oil, 1 teaspoons (4 g)
- Sesame oil, 1/2 tablespoon (7 g)
- Extra virgin olive oil, 1/7 cup (27.1 g)

Vegetables and Vegetable Products

- Onions, 1/3 cup (38.5 g)
- Tomatoes, 1/3 cup (35.8 g)
- Spinach, 1/3 cups (7.2 g)
- Bell peppers, 1/2 cup (74.6 g)
- Carrots, 3/4 cup chopped (96.1 g)
- Onion, 1/7 cup (20.8 g)
- Garlic, 1 cloves (3 g)
- Parsley, 1/7 cup (7.5 g)
- Spinach leaves, 1 cups (30 g)
- Potatoes, 1/2 cups (105.2 g)
- Parsley, 1/7 cup (7.2 g)
- Zucchini, 1/3 cup, chopped (31.1 g)
- Onions, 1 1/2 onion (497.5 g)
- Carrots, 1/2 pound (227.5 g)
- Broccoli florets, 1/2 cups (45.7 g)
- Potatoes, 250 2/3 g (250.7 g)
- Asparagus, Fresh, 1/2 bunch (100.3 g)
- Eggplant, 1/2 large (228.9 g)
- Green onions, 1/8 cup (13 g)
- Cucumber, 1/3 cup (48.1 g)
- Parsley, 1/2 tablespoons (2 g)
- Cherry tomatoes, 3/4 cup (111.8 g)
- Brussels sprouts, halved, 2 cups (176.2 g)
- Potatoes, 6 medium (367.8 g)
- Carrots, sliced, 1 3/4 medium (107.2 g)
- Garlic, 2 1/2 clove (7.5 g)
- Spinach, 1 cup (30.1 g)
- Carrots, 1 medium (61.1 g)
- Yellow Bell pepper, 1/2 medium (60.9 g)
- Red Bell pepper, 1/2 medium (60.3 g)
- Broccoli florets, 1/2 cup (45.5 g)
- Peas, 1/2 cup (72.6 g)
- Carrot, 1/3 cup (40.3 g)

- Onion, 1/2 quarter cup (19.5 g)
- Arugula, 2 cup (40.2 g)

Breakfast Cereals

- Rolled oats, 1/2 c (40.5 g)
- Granola, 1/4 cup (30.5 g)

Fruits and Fruit Juices

- Berries, 1/4 cup (38.7 g)
- Avocado, 1 avocado (193.4 g)
- Avocado, 1/2 avocado, ns as to florida or california (101 g)
- Lemon, 1 1/2 lemon (162.4 g)
- Banana, 1 medium (7" to 7-7/8" long) (117.8 g)
- Banana, 1 banana (119 g)
- Apple, 3 medium (3" dia) (546 g)
- Lemon, 1/2 (53.6 g)
- Lemon juice, 1/2 tablespoons (7.5 g)
- Strawberries, 1 cup, halves (152 g)
- Apple, 1 medium (150.3 g)
- Raspberries, 20 raspberries (38 g)
- Nectarine, 1 medium (2-1/2" dia) (142 g)

Nut and Seed Products

- Chia seeds, 4 tbsp (48 g)
- Almonds, 1/4 cup, sliced (23 g)
- Chia seeds, 1/3 cup (42.6 g)
- Almonds, 1 oz (23 whole kernels) (28.4 g)

Beverages

- Almond Milk, 1 cup (261.8 g)

Poultry Products

- Ground turkey, 3/4 pound (340.5 g)
- turkey breast, strips, 199 5/6 grams (199.9 g)
- Chicken breasts, 1 portion(s) (100.1 g)

Cereal Grains and Pasta

- Brown rice, 2 cup (390.7 g)
- brown rice, cooked, 1 cup (154.9 g)
- brown rice, cooked, 1/2 cup (80 g)
- Quinoa, 1/4 cup (46.2 g)

- Quinoa, cooked, 1 cup (185.3 g)
- Cornstarch, 1/2 cup (64.1 g)
- Rice, 1/2 cup (92.6 g)
- Pasta, 1 cup (117.8 g)

Finfish and Shellfish Products

- Salmon, 50 1/4 g (50.2 g)
- Salmon, 1 fillet (170.4 g)
- Fish, 2 fillet (339.9 g)
- Salmon, 6 ounce (170.3 g)

Baked Products

- Bread, 3 slices (84.7 g)

Legumes and Legume Products

- Peanut butter, 2 tbsp (31.9 g)
- Soy sauce, 2 tbsp (36 g)
- Block of extra tofu, 1 (396.8 g)
- Plain soy yogurt, 1 cup (225 g)
- Chickpeas, 1/2 can (227.1 g)

Other

- Flour, 3/4 cup (93.9 g)
- Breadcrumbs, 3/4 cup (81.2 g)
- Nutritional yeast, 1/3 cup (11 g)
- Coconut aminos, 1 tablespoon (15 g)
- Tofu, 1/2 block (170.3 g)

Snacks

- roasted chickpea snack, 1/2 cup (46 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 1 1/2 small breast (339 g)
- Chicken breasts, 2 portion (227.2 g)
- Chicken, 1 cups (140.4 g)

Soups, Sauces, and Gravies

- Teriyaki sauce, 1/8 cup (37.5 g)
- Dressing, vinaigrette, homemade, 1 tablespoon (15 g)

Canned and Jarred

- Kalamata olives, 0 cup (8.4 g)

Beef Products

- lean ground beef, 1/4 pound (113.4 g)
- Bee, lean, cubed, 75 1/3 grams (75.3 g)
- Beef strips, 1/2 lbs (227.3 g)

Sweets

- Maple syrup, 1 tablespoons (20 g)