

## Gluten Diet

📅 2024-06-13    👤 Testimony Olajire    🌐 Example Client

### Keto Vegetarian Broccoli and Cheese Casserole

🕒 30 min    🍽️ 4 servings

*Per serving:* 380 Kcal 13g Protein 33g Fat 10g Carbs

#### Ingredients

- Heavy cream, 1 cup, fluid (yields 2 cups whipped) (238 g)
- Parmesan cheese, 1/4 cup (26.1 g)
- Oregano, 1/2 teaspoon (1 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Garlic, 2 portion (6 g)
- Broccoli florets, 4 cups (364 g)
- Cheddar cheese, 1 cup (113 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Salt and pepper, 1 tsp (2 g)



#### Instructions

Preheat the oven to 375°F (190°C).

Steam the broccoli florets until tender, about 5 minutes. Drain and set aside.

In a saucepan, heat the heavy cream over medium heat until it starts to simmer.

Reduce the heat to low and stir in the cheddar cheese, Parmesan cheese, minced garlic, dried thyme, dried oregano, red pepper flakes, salt, and pepper. Stir until the cheeses are melted and the mixture is smooth.

Place the steamed broccoli in a greased casserole dish.

Pour the cheese mixture over the broccoli and gently stir to combine.

Bake in the preheated oven for 15-20 minutes, or until the casserole is bubbly and the top is golden brown.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1517.8	202.1	379.5
Protein [g]	51.3	6.8	12.8
Fat [g]	133.1	17.7	33.3
Carbs [g]	40.3	5.4	10.1
Fiber [g]	10.3	1.4	2.6
Net Carbs [g]	30	4	7.5



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1048.3	139.6	262.1
Vitamin C [mg]	328.2	43.7	82.1
Vitamin D [ug]	4.6	0.6	1.2
Vitamin E [mg]	6.4	0.9	1.6
Vitamin K [ug]	396.8	52.8	99.2
Thiamin [mg]	0.4	0.1	0.1
Riboflavin [mg]	1.5	0.2	0.4
Niacin [mg]	2.7	0.4	0.7
Vitamin B6 [mg]	0.9	0.1	0.2
Vitamin B12 [ug]	1.9	0.3	0.5
Calcium, Ca [mg]	1387	184.7	346.8
Iron, Fe [mg]	4.3	0.6	1.1
Magnesium, Mg [mg]	138.4	18.4	34.6
Phosphorus, P [mg]	1072.5	142.8	268.1
Zinc, Zn [mg]	7.5	1	1.9
Potassium, K [mg]	1560.2	207.7	390.1
Sodium, Na [mg]	2179.1	290.2	544.8

# Balsamic Chickpea, Avocado Feta Salad

🕒 30 min 🍽️ 4 servings

*Per serving:* 299 Kcal 9g Protein 20g Fat 23g Carbs

## Ingredients

- Avocado, 1 avocado (194 g)
- Feta cheese, 1/2 cup (72.4 g)
- Balsamic vinegar, 2 tbsp (32 g)
- Chickpeas, 1 can (453 g)
- Onion, 1/4 cup (40 g)
- Parsley, 1/4 cup (15 g)
- Extra virgin olive oil, 2 tablespoons (28 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large bowl, combine chickpeas, avocado, feta cheese, red onion, and parsley.

In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper.

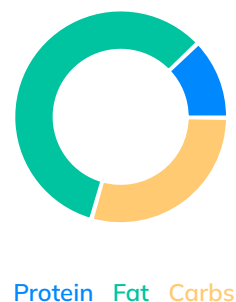
Pour the dressing over the chickpea mixture and toss gently to coat.

Let the salad marinate in the refrigerator for at least 30 minutes to allow the flavors to meld together.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1197.2	143.1	299.3
Protein [g]	37.5	4.5	9.4
Fat [g]	80.8	9.7	20.2
Carbs [g]	90.8	10.9	22.7
Fiber [g]	34.1	4.1	8.5
Net Carbs [g]	56.7	6.8	14.2



## Micronutrient summary

TOTAL

/100 G

/SERVING

Vitamin A, RAE [ug]	108.6	13	27.2
Vitamin C [mg]	42.8	5.1	10.7
Vitamin D [ug]	0.3	0	0.1
Vitamin E [mg]	8.3	1	2.1
Vitamin K [ug]	305.1	36.5	76.3
Thiamin [mg]	0.4	0	0.1
Riboflavin [mg]	1	0.1	0.3
Niacin [mg]	4.9	0.6	1.2
Vitamin B6 [mg]	3	0.4	0.8
Vitamin B12 [ug]	1.2	0.1	0.3
Calcium, Ca [mg]	578	69.1	144.5
Iron, Fe [mg]	8.5	1	2.1
Magnesium, Mg [mg]	207.7	24.8	51.9
Phosphorus, P [mg]	733.6	87.7	183.4
Zinc, Zn [mg]	6.7	0.8	1.7
Potassium, K [mg]	1815.9	217.1	454
Sodium, Na [mg]	2729.8	326.4	682.5



# Vegan Eggplant Chickpea Curry

🕒 30 min    🍽️ 4 servings

*Per serving:* 394 Kcal 12g Protein 10g Fat 67g Carbs

## Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Vegetable broth**, 1 cups (196 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Cilantro**, 4 tablespoon (2 g)
- **Eggplant**, 1 large (458.1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 3 clove (9 g)
- **Curry powder**, 2 tablespoon (11.6 g)
- **Chickpeas**, 1 can (453 g)
- **Rice**, 1 cup (185 g)
- **Cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Tomatoes**, 1 cup (142 g)



## Instructions

In a large pot, heat the olive oil over medium heat.

Add the diced onion and minced garlic, sauté until fragrant and translucent.

Add the cubed eggplant and cook for 5 minutes, stirring occasionally.

Add the drained chickpeas, diced tomatoes, vegetable broth, curry powder, cumin, turmeric, paprika, salt, and pepper. Stir well to combine.

Bring the mixture to a simmer and let it cook for 15-20 minutes, or until the eggplant is tender.

Taste and adjust the seasonings if needed.

Serve the curry hot, garnished with fresh cilantro.

Enjoy with rice.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1577.1	98.5	394.3
Protein [g]	45.9	2.9	11.5
Fat [g]	40.7	2.5	10.2
Carbs [g]	266.2	16.6	66.6
Fiber [g]	47.1	2.9	11.8
Net Carbs [g]	219.1	13.7	54.8



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	126.7	7.9	31.7
Vitamin C [mg]	42.5	2.7	10.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	9.7	0.6	2.4
Vitamin K [ug]	63.3	4	15.8
Thiamin [mg]	0.7	0	0.2
Riboflavin [mg]	0.5	0	0.1
Niacin [mg]	8.4	0.5	2.1
Vitamin B6 [mg]	3.2	0.2	0.8
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	400.7	25	100.2
Iron, Fe [mg]	14.2	0.9	3.6
Magnesium, Mg [mg]	307.3	19.2	76.8
Phosphorus, P [mg]	833.9	52.1	208.5
Zinc, Zn [mg]	7.3	0.5	1.8
Potassium, K [mg]	2737.6	171	684.4
Sodium, Na [mg]	2671.9	166.9	668

# Creamy Chicken Stew with Spinach

🕒 30 min    🍽️ 4 servings

*Per serving:* 285 Kcal 29g Protein 14g Fat 11g Carbs

## Ingredients

- **Chicken broth**, 2 cup (470 g)
- **Paprika**, 1 tsp (2.3 g)
- **Carrots**, 2 cup chopped (256 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Zucchini**, 2 cup, chopped (248 g)
- **Baby spinach**, 2 cup (60 g)
- **Coconut milk**, 1/2 cup (118.3 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Chicken Breast**, 1 pound (454 g)



## Instructions

In a large pot or Dutch oven, heat the olive oil over medium heat.

Add the chicken breast pieces and cook until browned on all sides, about 5 minutes.

Remove the chicken from the pot and set aside.

In the same pot, add the chopped carrots and zucchini. Cook for 5 minutes, or until the vegetables begin to soften.

Add the ground cumin, paprika, salt, and pepper to the pot. Stir to coat the vegetables with the spices.

Return the chicken to the pot and pour in the coconut milk and broth. Stir well to combine.

Bring the stew to a simmer and let it cook for 15 minutes, or until the chicken is cooked through and tender.

Add the baby spinach to the pot and cook for an additional 2-3 minutes, or until the spinach wilts.

Taste and adjust the seasoning if needed.

Serve the chicken stew hot, garnished with fresh herbs if desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1139.3	70.1	284.8
Protein [g]	115.6	7.1	28.9
Fat [g]	57	3.5	14.3
Carbs [g]	45.2	2.8	11.3
Fiber [g]	14.6	0.9	3.7
Net Carbs [g]	30.6	1.9	7.7



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2541.3	156.3	635.3
Vitamin C [mg]	79.8	4.9	20
Vitamin D [ug]	0	0	0
Vitamin E [mg]	8.8	0.5	2.2
Vitamin K [ug]	344.4	21.2	86.1
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	1.6	0.1	0.4
Niacin [mg]	49.9	3.1	12.5
Vitamin B6 [mg]	4.7	0.3	1.2
Vitamin B12 [ug]	1	0.1	0.3
Calcium, Ca [mg]	268.5	16.5	67.1
Iron, Fe [mg]	9.2	0.6	2.3
Magnesium, Mg [mg]	309.8	19.1	77.5
Phosphorus, P [mg]	1334.6	82.1	333.7
Zinc, Zn [mg]	6.1	0.4	1.5
Potassium, K [mg]	3801.8	233.8	950.5
Sodium, Na [mg]	2990	183.9	747.5

# Lebanese Beef Kofta Meatballs with Veggies over Rice

🕒 35 min    🍽️ 2 servings

*Per serving:* 835 Kcal 84g Protein 19g Fat 78g Carbs

## Ingredients

- Paprika, 1/2 teaspoons (1 g)
- Parsley, 1/4 cup (15.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Zucchini, 1 medium (196 g)
- Garlic, 2 cloves (5.9 g)
- Ground cumin, 1 teaspoon (2 g)
- Ground coriander, 1 teaspoon (2 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Salt and pepper, 1 tsp (2 g)
- Bell pepper, 1 medium (120 g)
- Cherry tomatoes, 1 cup (149 g)
- Rice, 2 1/2 cups (462.5 g)
- Lean ground beef, 1 1/2 pound (681 g)



## Instructions

In a large bowl, combine the ground beef, minced garlic, parsley, cumin, coriander, cinnamon, paprika, salt, and pepper. Mix well until all the ingredients are evenly incorporated.

Shape the mixture into small meatballs, about 1-2 inches in diameter.

Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides and cooked through, about 10-12 minutes. Remove the meatballs from the skillet and set aside.

In the same skillet, add the sliced bell pepper, zucchini, and cherry tomatoes. Cook for about 5 minutes, or until the vegetables are tender.

Return the meatballs to the skillet with the vegetables and stir gently to combine.

Serve the meatballs and vegetables over a bed of cooked rice. Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1669	101.1	834.5
Protein [g]	168.7	10.2	84.4
Fat [g]	37.5	2.3	18.8
Carbs [g]	155.9	9.4	78
Fiber [g]	9.9	0.6	5
Net Carbs [g]	146	8.8	73



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	136.1	8.2	68.1
Vitamin C [mg]	245.9	14.9	123
Vitamin D [ug]	0.7	0	0.4
Vitamin E [mg]	6.7	0.4	3.4
Vitamin K [ug]	284.8	17.2	142.4
Thiamin [mg]	0.6	0	0.3
Riboflavin [mg]	1.4	0.1	0.7
Niacin [mg]	43.8	2.7	21.9
Vitamin B6 [mg]	4.1	0.2	2.1
Vitamin B12 [ug]	15.4	0.9	7.7
Calcium, Ca [mg]	234.8	14.2	117.4
Iron, Fe [mg]	22.9	1.4	11.5
Magnesium, Mg [mg]	293.9	17.8	147
Phosphorus, P [mg]	1768.7	107.1	884.4
Zinc, Zn [mg]	39.4	2.4	19.7
Potassium, K [mg]	3880.5	235	1940.3
Sodium, Na [mg]	1281	77.6	640.5

# Spinach, Ground Turkey, and Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 247 Kcal 30g Protein 6g Fat 20g Carbs

## Ingredients

- Oregano, 1/2 teaspoon (1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Paprika, 1 teaspoon (2 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Potatoes, 2 medium (425.5 g)
- Ground turkey, 1 pound (453.6 g)
- Chicken broth, 1/4 cup (62 g)
- Olive oil, 1 tablespoon (13.5 g)
- Spinach, 2 cups (60 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

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

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

Add diced potatoes and cook for 5 minutes, stirring occasionally.

Sprinkle paprika, dried thyme, dried oregano, salt, and black pepper over the turkey and potatoes. Stir well to coat.

Pour chicken broth into the skillet, cover, and cook for 10 minutes or until potatoes are tender.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	989.5	96.9	247.4
Protein [g]	119.1	11.7	29.8
Fat [g]	23.7	2.3	5.9
Carbs [g]	79.7	7.8	19.9
Fiber [g]	11.7	1.1	2.9
Net Carbs [g]	68	6.7	17



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	82.7	8.1	20.7
Vitamin C [mg]	101	9.9	25.3
Vitamin D [ug]	1.8	0.2	0.5
Vitamin E [mg]	4.3	0.4	1.1
Vitamin K [ug]	323	31.6	80.8
Thiamin [mg]	0.7	0.1	0.2
Riboflavin [mg]	0.8	0.1	0.2
Niacin [mg]	50.1	4.9	12.5
Vitamin B6 [mg]	5.3	0.5	1.3
Vitamin B12 [ug]	2.4	0.2	0.6
Calcium, Ca [mg]	158.5	15.5	39.6
Iron, Fe [mg]	10.2	1	2.6
Magnesium, Mg [mg]	285.5	28	71.4
Phosphorus, P [mg]	1329.7	130.2	332.4
Zinc, Zn [mg]	9.8	1	2.5
Potassium, K [mg]	3603	352.8	900.8
Sodium, Na [mg]	1443.3	141.3	360.8



# Green Peas and Carrots with Chicken Strips over Rice

🕒 15 min    🍽️ 4 servings

*Per serving:* 434 Kcal 31g Protein 10g Fat 53g Carbs

## Ingredients

- **Chicken breasts**, 2 portion (429.4 g)
- **Peas**, 2 cup (290 g)
- **Carrots**, 2 cup chopped (256 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Salt and pepper**, 1 tsp (2 g)
- **White rice, cooked**, 2 cup (400 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add chicken strips, season with salt and pepper. Cook until browned and cooked through, about 5 minutes. Remove from skillet and set aside.

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

Add green peas to the skillet and cook for another 2 minutes.

Return the cooked chicken strips to the skillet and stir to combine with the vegetables.

Season with salt and pepper to taste.

Serve the chicken and vegetable mixture over cooked rice.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1733.8	123.5	433.5
Protein [g]	125.5	8.9	31.4
Fat [g]	40.4	2.9	10.1
Carbs [g]	210.4	15	52.6
Fiber [g]	27.7	2	6.9
Net Carbs [g]	182.7	13	45.7



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2286.4	162.8	571.6
Vitamin C [mg]	131.1	9.3	32.8
Vitamin D [ug]	0	0	0
Vitamin E [mg]	8.3	0.6	2.1
Vitamin K [ug]	122	8.7	30.5
Thiamin [mg]	1.4	0.1	0.4
Riboflavin [mg]	1.4	0.1	0.4
Niacin [mg]	50.2	3.6	12.6
Vitamin B6 [mg]	4.4	0.3	1.1
Vitamin B12 [ug]	0.9	0.1	0.2
Calcium, Ca [mg]	189.2	13.5	47.3
Iron, Fe [mg]	7	0.5	1.8
Magnesium, Mg [mg]	294.7	21	73.7
Phosphorus, P [mg]	1453.4	103.5	363.4
Zinc, Zn [mg]	9	0.6	2.3
Potassium, K [mg]	3085.4	219.7	771.4
Sodium, Na [mg]	1172.1	83.5	293

# Carrots Beef Slices over Quinoa

🕒 20 min    🍽️ 2 servings

*Per serving:* 331 Kcal 28g Protein 13g Fat 26g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Carrots, raw, 2 medium (122 g)
- Beef, sirloin, lean, 200 grams (200 g)
- Quinoa, cooked, 1 cup (185 g)



## Instructions

Cook the quinoa according to package instructions.

Season the beef slices with salt and pepper.

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

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

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

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

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

Serve the carrots and beef mixture over the cooked quinoa.

Enjoy your delicious Carrots Beef Quinoa!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	661.4	125.6	330.7
Protein [g]	56.3	10.7	28.2
Fat [g]	26.3	5	13.2
Carbs [g]	51.1	9.7	25.6
Fiber [g]	8.6	1.6	4.3
Net Carbs [g]	42.5	8.1	21.3



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1018.7	193.5	509.4
Vitamin C [mg]	7.2	1.4	3.6
Vitamin D [ug]	1	0.2	0.5
Vitamin E [mg]	4.2	0.8	2.1
Vitamin K [ug]	24.2	4.6	12.1
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.8	0.2	0.4
Niacin [mg]	13	2.5	6.5
Vitamin B6 [mg]	1.5	0.3	0.8
Vitamin B12 [ug]	4	0.8	2
Calcium, Ca [mg]	83.3	15.8	41.7
Iron, Fe [mg]	6.4	1.2	3.2
Magnesium, Mg [mg]	177.1	33.6	88.6
Phosphorus, P [mg]	723.9	137.5	362
Zinc, Zn [mg]	10.3	2	5.2
Potassium, K [mg]	1429.2	271.5	714.6
Sodium, Na [mg]	2562.9	486.8	1281.5

# Grapes Granola Yogurt

🕒 10 min 🍽️ 2 servings

*Per serving:* 264 Kcal 16g Protein 10g Fat 28g Carbs

## Ingredients

- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)
- Grapes, 1/2 cup (75.5 g)



## Instructions

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

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	527	145	263.5
Protein [g]	31.6	8.7	15.8
Fat [g]	19.7	5.4	9.9
Carbs [g]	56.1	15.4	28.1
Fiber [g]	6.2	1.7	3.1
Net Carbs [g]	49.9	13.7	25



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2.9	0.8	1.5
Vitamin C [mg]	3.2	0.9	1.6

Vitamin D [ug]	0	0	0
Vitamin E [mg]	7	1.9	3.5
Vitamin K [ug]	14.3	3.9	7.2
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	1.8	0.5	0.9
Vitamin B6 [mg]	0.3	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	319.1	87.8	159.6
Iron, Fe [mg]	2.7	0.7	1.4
Magnesium, Mg [mg]	109.4	30.1	54.7
Phosphorus, P [mg]	282.3	77.7	141.2
Zinc, Zn [mg]	2.6	0.7	1.3
Potassium, K [mg]	478.4	131.6	239.2
Sodium, Na [mg]	110.3	30.3	55.2

# 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

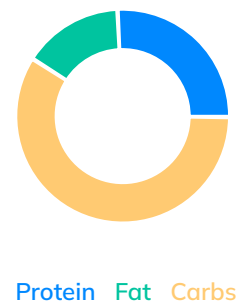
Add all ingredients to a blender.

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



# Garlicky Shrimp and Spinach over Rice

🕒 10 min 🍽️ 4 servings

*Per serving:* 277 Kcal 26g Protein 8g Fat 25g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Garlic, 4 clove (12 g)
- Shrimp, 1 lb (453.6 g)
- Spinach, 4 cup (120 g)
- brown rice, cooked, 4 servings (392 g)



## Instructions

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

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

Add shrimp to the skillet and cook for 2-3 minutes per side until pink and cooked through.

Remove the shrimp from the skillet and set aside.

In the same skillet, add the fresh spinach and cook for 2-3 minutes until wilted.

Return the cooked shrimp to the skillet and toss with the spinach.

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

Serve over cooked brown rice.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1108.8	110.4	277.2
Protein [g]	104.5	10.4	26.1
Fat [g]	33.1	3.3	8.3
Carbs [g]	100.5	10	25.1
Fiber [g]	9.9	1	2.5
Net Carbs [g]	90.6	9	22.7



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	0	0	0
Vitamin C [mg]	37.5	3.7	9.4
Vitamin D [ug]	0	0	0
Vitamin E [mg]	6.3	0.6	1.6
Vitamin K [ug]	596.1	59.3	149
Thiamin [mg]	0.5	0	0.1
Riboflavin [mg]	0.3	0	0.1
Niacin [mg]	6.2	0.6	1.6
Vitamin B6 [mg]	1	0.1	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	470.3	46.8	117.6
Iron, Fe [mg]	8	0.8	2
Magnesium, Mg [mg]	429	42.7	107.3
Phosphorus, P [mg]	1349.7	134.4	337.4
Zinc, Zn [mg]	9.3	0.9	2.3
Potassium, K [mg]	2225.2	221.5	556.3
Sodium, Na [mg]	641.1	63.8	160.3

# Beef and Green Beans with Quinoa

🕒 15 min    🍽️ 4 servings

*Per serving:* 251 Kcal 24g Protein 8g Fat 23g Carbs

## Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 2 tsp (9 g)
- Green Beans, 4 portion(s) (160 g)
- Beef sirloin, thinly sliced, 320 grams (320 g)
- Quinoa, cooked, 2 cup (370 g)



## Instructions

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

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

Remove the beef from the skillet and set aside.

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

Return the beef to the skillet and season with salt.

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

Serve the stir-fry over the cooked quinoa.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1005.2	116.6	251.3
Protein [g]	94.4	11	23.6
Fat [g]	30.9	3.6	7.7
Carbs [g]	90	10.4	22.5
Fiber [g]	14.7	1.7	3.7
Net Carbs [g]	75.3	8.7	18.8



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	56	6.5	14
Vitamin C [mg]	19.5	2.3	4.9
Vitamin D [ug]	1.6	0.2	0.4
Vitamin E [mg]	4.8	0.6	1.2
Vitamin K [ug]	74.2	8.6	18.6
Thiamin [mg]	0.8	0.1	0.2
Riboflavin [mg]	1.4	0.2	0.4
Niacin [mg]	20.3	2.4	5.1
Vitamin B6 [mg]	2.5	0.3	0.6
Vitamin B12 [ug]	6.4	0.7	1.6
Calcium, Ca [mg]	138.9	16.1	34.7
Iron, Fe [mg]	12.3	1.4	3.1
Magnesium, Mg [mg]	347.2	40.3	86.8
Phosphorus, P [mg]	1263.2	146.6	315.8
Zinc, Zn [mg]	17.2	2	4.3
Potassium, K [mg]	2126.3	246.7	531.6
Sodium, Na [mg]	1377.8	159.9	344.5

# Peach and Walnuts Parfait

🕒 10 min    🍽️ 2 servings

*Per serving:* 214 Kcal 15g Protein 11g Fat 17g Carbs

## Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Peach, peeled, sliced, 1 medium (2-2/3" dia) (150 g)



## Instructions

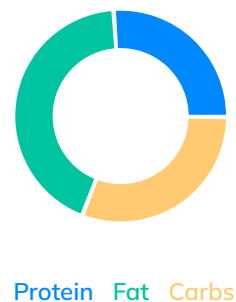
In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

Repeat the layers until all ingredients are used, finishing with a sprinkle of nuts and chia seeds on top.

Serve immediately or refrigerate until ready to serve.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	427.9	106.8	214
Protein [g]	29.4	7.3	14.7
Fat [g]	21.6	5.4	10.8
Carbs [g]	34.6	8.6	17.3
Fiber [g]	11.8	2.9	5.9
Net Carbs [g]	22.8	5.7	11.4



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	26.1	6.5	13.1
Vitamin C [mg]	10.5	2.6	5.3

Vitamin D [ug]	0	0	0
Vitamin E [mg]	1.4	0.3	0.7
Vitamin K [ug]	4.4	1.1	2.2
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	0.7	0.2	0.4
Niacin [mg]	4	1	2
Vitamin B6 [mg]	0.3	0.1	0.2
Vitamin B12 [ug]	1.6	0.4	0.8
Calcium, Ca [mg]	407.5	101.7	203.8
Iron, Fe [mg]	3	0.7	1.5
Magnesium, Mg [mg]	148.2	37	74.1
Phosphorus, P [mg]	584.8	145.9	292.4
Zinc, Zn [mg]	3	0.7	1.5
Potassium, K [mg]	762.4	190.2	381.2
Sodium, Na [mg]	78.7	19.6	39.4

# Spinach and Mushroom Scramble over White Rice

🕒 10 min    🍽️ 2 servings

*Per serving:* 259 Kcal 12g Protein 11g Fat 28g Carbs

## Ingredients

- Eggs, 3 medium (132 g)
- Mushrooms, 1/2 cup, whole (48 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 pinch (0.1 g)
- Spinach, 1 cup (30 g)
- cooked white rice, 1 cup (186 g)



## Instructions

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

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

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

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

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

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

Serve hot over white rice and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518.7	128.4	259.4
Protein [g]	23.3	5.8	11.7
Fat [g]	21.2	5.2	10.6
Carbs [g]	56.8	14.1	28.4
Fiber [g]	1.7	0.4	0.9
Net Carbs [g]	55.1	13.6	27.6



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	211.2	52.3	105.6
Vitamin C [mg]	9.4	2.3	4.7
Vitamin D [ug]	2.7	0.7	1.4
Vitamin E [mg]	3.1	0.8	1.6
Vitamin K [ug]	150.1	37.1	75.1
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.9	0.2	0.5
Niacin [mg]	5.5	1.4	2.8
Vitamin B6 [mg]	0.4	0.1	0.2
Vitamin B12 [ug]	1.2	0.3	0.6
Calcium, Ca [mg]	110.7	27.4	55.4
Iron, Fe [mg]	6.2	1.5	3.1
Magnesium, Mg [mg]	68	16.8	34
Phosphorus, P [mg]	386.2	95.6	193.1
Zinc, Zn [mg]	2.9	0.7	1.5
Potassium, K [mg]	556.2	137.6	278.1
Sodium, Na [mg]	252.5	62.5	126.3



# Vegan Almond Flour Chocolate Chip Cookies

🕒 20 min    🍽️ 14 servings

*Per serving:* 137 Kcal    4g Protein    10g Fat    9g Carbs

## Ingredients

- Baking powder, 1/4 teaspoon (0.9 g)
- Maple syrup, 1/4 c (83.8 g)
- Almond flour, 1 cup (246.4 g)
- Dark Chocolate chips, 1/2 cup (50 g)



## Instructions

Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.

In a mixing bowl, combine almond flour, maple syrup, and baking powder. Stir until well combined and a sticky dough forms.

Scoop tablespoon-sized portions of the dough onto the prepared baking sheet, spacing them about 2 inches apart.

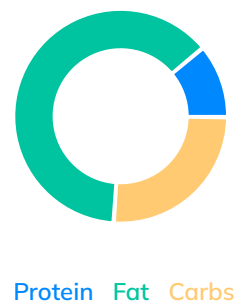
Bake in the preheated oven for 12-15 minutes, or until the edges are golden brown.

Remove from the oven and let the cookies cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

Enjoy these vegan almond cookies as a delicious treat!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1918.3	503.2	137
Protein [g]	56.1	14.7	4
Fat [g]	143.3	37.6	10.2
Carbs [g]	131.9	34.6	9.4
Fiber [g]	31.6	8.3	2.3
Net Carbs [g]	100.3	26.3	7.2



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1	0.3	0.1
Vitamin C [mg]	0	0	0
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.3	0.1	0
Vitamin K [ug]	3.7	1	0.3
Thiamin [mg]	0.1	0	0
Riboflavin [mg]	1.1	0.3	0.1
Niacin [mg]	0.6	0.2	0
Vitamin B6 [mg]	0	0	0
Vitamin B12 [ug]	0.1	0	0
Calcium, Ca [mg]	700.8	183.8	50.1
Iron, Fe [mg]	15.5	4.1	1.1
Magnesium, Mg [mg]	131.9	34.6	9.4
Phosphorus, P [mg]	174.7	45.8	12.5
Zinc, Zn [mg]	2.2	0.6	0.2
Potassium, K [mg]	546.3	143.3	39
Sodium, Na [mg]	117.5	30.8	8.4

# Vegan Sweet Potato and Carrot Pancakes

🕒 10 min    🍽️ 4 servings

*Per serving:* 160 Kcal 5g Protein 5g Fat 25g Carbs

## Ingredients

- Potatoes, 2 potato small (1-3/4" to 2-1/2" dia) (340 g)
- Carrots, 1 large (7-1/4" to 8-1/2" long) (72 g)
- Olive oil, 1 servings (14 g)
- Chickpea flour, 1/2 cup (57.7 g)
- Salt and pepper, 1/2 tsp (2.9 g)



## Instructions

In a large mixing bowl, combine the grated potatoes and carrots.

Add chickpea flour, salt, and black pepper to the bowl and mix well until all ingredients are combined.

Heat a non-stick skillet or griddle over medium heat. Add half of the olive oil.

Scoop about 1/4 cup of the potato-carrot mixture onto the skillet and flatten it with a spatula to form a pancake shape.

Cook for about 3-4 minutes on each side, or until golden brown and crispy.

Repeat the process with the remaining mixture, adding more oil to the skillet if needed.

Serve the pancakes hot with your favorite vegan dipping sauce or toppings.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	638.3	131.2	159.6
Protein [g]	20.6	4.2	5.2
Fat [g]	18.3	3.8	4.6
Carbs [g]	99.7	20.5	24.9
Fiber [g]	15.4	3.2	3.9
Net Carbs [g]	84.3	17.3	21.1



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	602.4	123.8	150.6
Vitamin C [mg]	71.2	14.6	17.8
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3	0.6	0.8
Vitamin K [ug]	30	6.2	7.5
Thiamin [mg]	0.6	0.1	0.2
Riboflavin [mg]	0.2	0	0.1
Niacin [mg]	5.3	1.1	1.3
Vitamin B6 [mg]	1.4	0.3	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	91.4	18.8	22.9
Iron, Fe [mg]	5.9	1.2	1.5
Magnesium, Mg [mg]	182.6	37.5	45.7
Phosphorus, P [mg]	402.5	82.7	100.6
Zinc, Zn [mg]	2.8	0.6	0.7
Potassium, K [mg]	2163.8	444.7	541
Sodium, Na [mg]	1225.4	251.8	306.4

# Vegan Carrot Oats Breakfast Patties

🕒 15 min 🍽️ 4 servings

Per serving: 195 Kcal 8g Protein 6g Fat 28g Carbs

## Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Rolled oats, 1 c (81.1 g)
- Carrots, 1 cup chopped (128 g)
- Green onions, 1/4 cup (26 g)
- Olive oil, 1 tablespoon (13.5 g)
- Water, 3 tablespoons (44.8 g)
- Chickpea flour, 1/2 cup (57.7 g)
- Pepper, 1/4 tsp (0.5 g)
- Garlic powder, 1/2 teaspoon (1.4 g)
- Ground cumin, 1 tsp (2 g)
- Nutritional yeast, 2 tablespoon (15 g)



## Instructions

In a large mixing bowl, combine grated carrots, rolled oats, chickpea flour, green onions, nutritional yeast, cumin, garlic powder, salt, and black pepper.

Add water, one tablespoon at a time, until the mixture holds together when pressed.

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

Form the carrot oatmeal mixture into small patties and place them in the skillet.

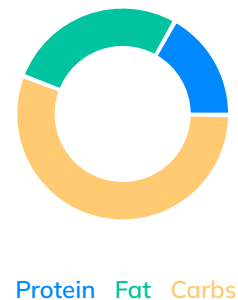
Cook for 3-4 minutes on each side, or until golden brown.

Remove from the skillet and drain on a paper towel.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	780.6	209.3	195.2
Protein [g]	33.4	9	8.4
Fat [g]	24.1	6.5	6
Carbs [g]	110.9	29.7	27.7
Fiber [g]	22.9	6.1	5.7
Net Carbs [g]	88	23.6	22



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1083	290.4	270.8
Vitamin C [mg]	12.6	3.4	3.2
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3.8	1	1
Vitamin K [ug]	86.8	23.3	21.7
Thiamin [mg]	0.8	0.2	0.2
Riboflavin [mg]	0.3	0.1	0.1
Niacin [mg]	3.4	0.9	0.9
Vitamin B6 [mg]	0.6	0.2	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	153.4	41.1	38.4
Iron, Fe [mg]	9.5	2.5	2.4
Magnesium, Mg [mg]	238	63.8	59.5
Phosphorus, P [mg]	587.1	157.4	146.8
Zinc, Zn [mg]	5.1	1.4	1.3
Potassium, K [mg]	1623.4	435.3	405.9
Sodium, Na [mg]	1259.3	337.7	314.8

# Butternut Squash, White Beans, Brown Rice Casserole

🕒 20 min 🍽️ 4 servings

*Per serving:* 231 Kcal 10g Protein 1g Fat 50g Carbs

## Ingredients

- **Vegetable broth**, 1 cups (196 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 portion (6 g)
- **Butternut squash**, 1 medium (750 g)
- **Brown rice**, 1 cup (195 g)
- **Nutritional yeast**, 2 tablespoon (15 g)
- **Beans**, 1 cup (179 g)



## Instructions

Preheat the oven to 375°F (190°C).

In a large skillet, sauté the onion and garlic until translucent.

Add the diced butternut squash and cook until slightly tender.

In a mixing bowl, combine the cooked white beans, brown rice, nutritional yeast and butternut squash mixture.

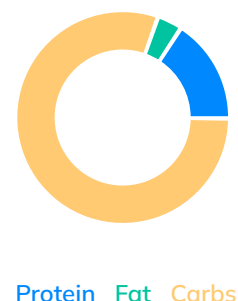
Pour the vegetable broth over the mixture and stir well to combine.

Bake in the preheated oven for 20 minutes.

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

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	925.6	63.8	231.4
Protein [g]	39	2.7	9.8
Fat [g]	3.9	0.3	1
Carbs [g]	198.9	13.7	49.7
Fiber [g]	35.5	2.4	8.9
Net Carbs [g]	163.4	11.3	40.9



## Micronutrient summary

	<b>TOTAL</b>	<b>/100 G</b>	<b>/SERVING</b>
<b>Vitamin A, RAE [ug]</b>	4017.7	276.9	1004.4
<b>Vitamin C [mg]</b>	168.3	11.6	42.1
<b>Vitamin D [ug]</b>	0	0	0
<b>Vitamin E [mg]</b>	12.5	0.9	3.1
<b>Vitamin K [ug]</b>	15.1	1	3.8
<b>Thiamin [mg]</b>	1.3	0.1	0.3
<b>Riboflavin [mg]</b>	0.3	0	0.1
<b>Niacin [mg]</b>	12.2	0.8	3.1
<b>Vitamin B6 [mg]</b>	1.8	0.1	0.5
<b>Vitamin B12 [ug]</b>	0	0	0
<b>Calcium, Ca [mg]</b>	582.6	40.2	145.7
<b>Iron, Fe [mg]</b>	14.3	1	3.6
<b>Magnesium, Mg [mg]</b>	468	32.3	117
<b>Phosphorus, P [mg]</b>	646.9	44.6	161.7
<b>Zinc, Zn [mg]</b>	5.1	0.4	1.3
<b>Potassium, K [mg]</b>	4322.1	297.9	1080.5
<b>Sodium, Na [mg]</b>	642	44.2	160.5



# Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

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

## Ingredients

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



## Instructions

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

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

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

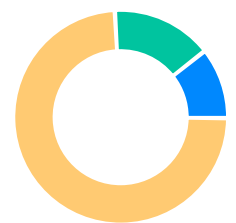
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

## Macronutrient summary

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



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	7.1	1.2	3.6
Vitamin C [mg]	20.5	3.6	10.3
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.6	0.1	0.3
Vitamin K [ug]	3.1	0.5	1.6
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	2.7	0.5	1.4
Vitamin B6 [mg]	1	0.2	0.5
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	366.8	63.6	183.4
Iron, Fe [mg]	5.4	0.9	2.7
Magnesium, Mg [mg]	225.5	39.1	112.8
Phosphorus, P [mg]	457.7	79.3	228.9
Zinc, Zn [mg]	4	0.7	2
Potassium, K [mg]	1290.8	223.7	645.4
Sodium, Na [mg]	334.3	57.9	167.2

# Turkey Carrot and Cabbage Hash

🕒 15 min 🍽️ 4 servings

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

## Ingredients

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



## Instructions

Heat coconut oil in a large skillet over medium heat.

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

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

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

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

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

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

## Macronutrient summary

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



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	2125.4	242.1	531.4
Vitamin C [mg]	88.9	10.1	22.2
Vitamin D [ug]	1.8	0.2	0.5
Vitamin E [mg]	2.9	0.3	0.7
Vitamin K [ug]	402.9	45.9	100.7
Thiamin [mg]	0.6	0.1	0.2
Riboflavin [mg]	0.7	0.1	0.2
Niacin [mg]	47.3	5.4	11.8
Vitamin B6 [mg]	4.5	0.5	1.1
Vitamin B12 [ug]	2.3	0.3	0.6
Calcium, Ca [mg]	206.4	23.5	51.6
Iron, Fe [mg]	7.7	0.9	1.9
Magnesium, Mg [mg]	198	22.6	49.5
Phosphorus, P [mg]	1185.9	135.1	296.5
Zinc, Zn [mg]	9.2	1	2.3
Potassium, K [mg]	2550.3	290.5	637.6
Sodium, Na [mg]	1020.9	116.3	255.2

# Low Fat, Low Carb, High Protein Swedish Meatballs

🕒 30 min 🍽️ 4 servings

Per serving: 262 Kcal 30g Protein 14g Fat 4g Carbs

## Ingredients

- Nutmeg, 1/4 tsp (0.6 g)
- Egg, 1 medium (44 g)
- Onion powder, 1/2 tsp (1.2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Ground beef, 1 lbs (453.6 g)
- Pepper, 1/4 tsp (0.5 g)
- Garlic powder, 1/2 tsp (1.5 g)
- Almond milk, 1/4 cup (65.2 g)
- Parsley, 1 tbsp (3.8 g)
- Greek yogurt, 1/4 cup (52.1 g)
- Almond flour, 1/2 cup (53.8 g)
- Beef broth, 1/4 cup (62.7 g)



## Instructions

Preheat oven to 400°F.

In a large mixing bowl, combine ground beef, almond flour, almond milk, egg, garlic powder, onion powder, salt, pepper, and nutmeg. Mix until well combined.

Shape mixture into small meatballs and place on a baking sheet lined with parchment paper.

Bake meatballs for 15-20 minutes, or until cooked through.

In a small saucepan, heat beef broth over medium heat. Stir in Greek yogurt until smooth.

Serve meatballs with sauce and garnish with chopped parsley.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1047.9	141.3	262
Protein [g]	121.4	16.4	30.4
Fat [g]	54.8	7.4	13.7
Carbs [g]	16.7	2.3	4.2
Fiber [g]	6.6	0.9	1.7
Net Carbs [g]	10.1	1.4	2.5



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	88.6	11.9	22.2
Vitamin C [mg]	5.3	0.7	1.3
Vitamin D [ug]	1.3	0.2	0.3
Vitamin E [mg]	1.3	0.2	0.3
Vitamin K [ug]	64.4	8.7	16.1
Thiamin [mg]	0.2	0	0.1
Riboflavin [mg]	1	0.1	0.3
Niacin [mg]	25.1	3.4	6.3
Vitamin B6 [mg]	1.9	0.3	0.5
Vitamin B12 [ug]	10.9	1.5	2.7
Calcium, Ca [mg]	329.4	44.4	82.4
Iron, Fe [mg]	14.1	1.9	3.5
Magnesium, Mg [mg]	117.1	15.8	29.3
Phosphorus, P [mg]	1070.2	144.3	267.6
Zinc, Zn [mg]	24.1	3.2	6
Potassium, K [mg]	1888.1	254.5	472
Sodium, Na [mg]	1702.4	229.5	425.6

# Brown Rice Jollof with Chicken

🕒 40 min    🍽️ 4 servings

Per serving: 541 Kcal 35g Protein 6g Fat 87g Carbs

## Ingredients

- Thyme, 1 teaspoon (2 g)
- Paprika, 1 teaspoon (2 g)
- Chicken breast, 4 portion(s) (400 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Red Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
- Brown rice, 2 cup (380 g)
- Salt and pepper, 2 pinch (0.2 g)
- Garlic powder, 1 teaspoon (3 g)
- Parsley, 4 tablespoon (16 g)
- Canned tomatoes, 1 can (411 g)
- Chicken broth, low sodium, 2 cup (480 g)



## Instructions

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

Add the diced chicken breast and cook until browned.

Add the chopped onion and red bell pepper, and cook until softened.

Stir in the diced tomatoes, chicken broth, paprika, garlic powder, thyme, salt, and pepper.

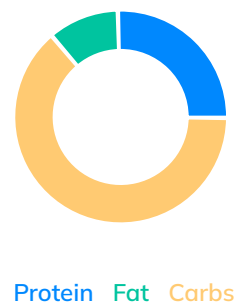
Bring the mixture to a boil, then reduce heat to low and simmer for 20 minutes.

Stir in the brown rice and cover the pot. Cook for an additional 20 minutes, or until the rice is cooked through.

Garnish with fresh parsley before serving.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2162.2	112.4	540.6
Protein [g]	138.6	7.2	34.7
Fat [g]	25.6	1.3	6.4
Carbs [g]	347.4	18.1	86.9
Fiber [g]	26.9	1.4	6.7
Net Carbs [g]	320.5	16.7	80.1



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	275.8	14.4	69.2
Vitamin C [mg]	222.4	11.6	55.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	10	0.5	2.5
Vitamin K [ug]	292.1	15.2	73
Thiamin [mg]	2.4	0.1	0.6
Riboflavin [mg]	1.4	0.1	0.4
Niacin [mg]	68.1	3.5	17
Vitamin B6 [mg]	6.4	0.3	1.6
Vitamin B12 [ug]	1.3	0.1	0.3
Calcium, Ca [mg]	375.1	19.5	93.8
Iron, Fe [mg]	17.3	0.9	4.3
Magnesium, Mg [mg]	784.7	40.8	196.2
Phosphorus, P [mg]	2223.6	115.6	555.9
Zinc, Zn [mg]	12.9	0.7	3.2
Potassium, K [mg]	4565.2	237.4	1141.3
Sodium, Na [mg]	980.7	51	245.2



# Shopping List

## Spices and Herbs

- Paprika, 6.6 g
- Salt and pepper, 7.2 g
- Ground cumin, 3.5 g
- Oregano, 0.7 g
- Salt, 8.1 g
- Thyme, 0.4 g
- Pepper, 0.6 g
- Nutmeg, 0.1 g
- Onion powder, 0.3 g
- Garlic powder, 5.6 g
- Pepper flakes, 0.1 g
- Turmeric, 1.7 g
- Curry powder, 5.8 g
- Cumin, 1 g
- Thyme, 3 g
- Ground coriander, 1 g
- Ground cinnamon, 0.5 g
- Balsamic vinegar, 8 g
- Ginger powder, 0.5 g

## Vegetables and Vegetable Products

- Carrots, 478.4 g
- Garlic, 19.4 g
- Cabbage, 35.1 g
- Parsley, 32.7 g
- Mushrooms, 48 g
- Spinach, 119.9 g
- Potatoes, 382.9 g
- Zucchini, 222.2 g
- Baby spinach, 30 g
- Onion, 275.1 g
- Butternut squash, 375.3 g
- Broccoli florets, 91.1 g
- Cilantro, 1 g
- Eggplant, 228.9 g
- Tomatoes, 71 g

- Red Bell pepper, 178.6 g
- Green Beans, 80.2 g
- Peas, 145 g
- Parsley, 7.8 g
- Bell pepper, 60 g
- Cherry tomatoes, 74.5 g
- Onion, 10 g
- Green onions, 13 g
- Seaweed snacks, 10 g

### **Poultry Products**

- Ground turkey, 340.2 g
- Chicken breast, 1042.2 g

### **Fats and Oils**

- Coconut oil, 3.3 g
- Olive oil, 93.8 g
- Extra virgin olive oil, 7 g

### **Legumes and Legume Products**

- Plain soy yogurt, 675 g
- Chickpeas, 339.6 g
- Chickpea flour, 57.7 g

### **Fruits and Fruit Juices**

- Strawberries, 456 g
- Banana, 295.4 g
- Avocado, 48.5 g
- Grapes, 75.6 g
- Peach, peeled, sliced, 150.5 g
- Berries, 77.5 g

### **Dairy and Egg Products**

- Egg, 143 g
- Almond milk, 391.8 g
- Greek yogurt, 13.1 g
- Heavy cream, 59.6 g
- Parmesan cheese, 6.5 g
- Cheddar cheese, 28.3 g
- Feta cheese, 18.1 g
- Greek yogurt, 226.3 g

- Greek yogurt, 310.8 g

### **Cereal Grains and Pasta**

- cooked white rice, 186 g
- brown rice, cooked, 293.4 g
- Quinoa, cooked, 278.2 g
- Rice, 92.4 g
- Brown rice, 570.2 g
- White rice, cooked, 199.9 g
- Rice, 231.3 g

### **Nut and Seed Products**

- Walnuts, 56.7 g
- Coconut milk, 59.2 g
- Chia seeds, 26.1 g

### **Breakfast Cereals**

- Rolled oats, 121.6 g
- Granola, 62.1 g

### **Sweets**

- Cocoa powder, 10 g
- Maple syrup, 5.9 g
- Dark Chocolate chips, 3.5 g

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

- Chicken broth, low sodium, 751.3 g
- Chicken broth, 235.3 g
- Vegetable broth, 196 g

### **Beef Products**

- Ground beef, 113.7 g
- Beef sirloin, thinly sliced, 260.7 g
- Lean ground beef, 340.6 g

### **Other**

- Almond flour, 31 g
- Nutritional yeast, 15 g
- Beans, 89.6 g
- Walnuts, 20.1 g

### **Canned and Jarred**

- Beef broth, 15.7 g
- Canned tomatoes, 616.8 g

### **Finfish and Shellfish Products**

- Shrimp, 226.7 g

### **Beverages**

- Water, 22.3 g

### **Baked Products**

- Baking powder, 0.1 g