

Meal plan for Wahls Protocol

📅 2024-06-02 👤 Testimony Olajire Ⓜ Example Client

DAY 1

Breakfast	Turkey Carrot and Cabbage Hash	1 serving (220 g)
Lunch	Curry with Potatoes and Edamame	2 serving (550 g)
Dinner	Chicken Skewers with Pan Fried Eggplant	2 serving (712 g)
Snack	Plain soy yogurt	1 cup (225 g)
	Strawberries	1 cup, halves (152 g)

DAY 2

Breakfast	Turkey Breakfast Patties over Brown Rice with Carrots and Spinach	2 serving (556 g)
Lunch	Roasted Pork Strips and Garlic Potatoes with Green Beans	2 serving (796 g)
Dinner	Raw Carrot Pasta with Ginger-Lime Dressing and Peanuts	2 serving (384 g)
Snack	Gelatin and Berries Cups (Unsweetened)	1 serving (183 g)

DAY 3

Breakfast	Turkey Carrot and Cabbage Hash	1 serving (220 g)
Lunch	Pan Pried Pork Chop with Shredded Cabbage and Carrots	1 serving (458 g)
Dinner	Garlic Turkey Breast with Potato and Brussels Sprouts	2 serving (916 g)
Snack	Mexican Salad	2 serving (472 g)

DAY 4

Breakfast	Creamy Lemon Ginger Kale Smoothie	1 serving (201 g)
Lunch	Mackerel with Quinoa and Roasted Vegetables	2 serving (876 g)
Dinner	Tuna with Blanched Broccoli over Brown Rice	1 serving (275 g)
Snack	Pear	1 medium (178 g)

DAY 5

Breakfast	Oatmeal with Mixed Berries and Almonds	2 serving (390 g)
Lunch	Air Fried Lemon White Fish with Potatoes and Green Beans	2 serving (640 g)
Dinner	Shrimp and Corn Chowder	2 serving (1162 g)
Snack	Vegan Chives and Carrot Crispy Pancakes	2 serving (224 g)

DAY 6

Breakfast	Breakfast Hash with Ground Pork	1 serving (278 g)
Lunch	Canned Tuna with Peppers and Lemon over Brown Rice	1 serving (249 g)
Dinner	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Snack	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (431 g)

DAY 7

Breakfast	Apple	2 medium (3" dia) (364 g)
Lunch	Chicken and Red Pepper Pan-Fry	1 serving (294 g)
Dinner	Chicken Spinach Stir-Fry	2 serving (838 g)
Snack	Paleo Sweet Potato Chips	2 serving (484 g)

	BREAKFAST	LUNCH	DINNER	SNACK
1	D Turkey Carrot and Cabbage Hash A 1 serving (220 g) Y	Curry with Potatoes and Edamame 2 serving (550 g)	Chicken Skewers with Pan Fried Eggplant 2 serving (712 g)	Plain soy yogurt 1 cup (225 g) Strawberries 1 cup, halves (152 g)
2	D Turkey Breakfast Patties over A Brown Rice with Carrots and Y Spinach 2 serving (556 g)	Roasted Pork Strips and Garlic Potatoes with Green Beans 2 serving (796 g)	Raw Carrot Pasta with Ginger-Lime Dressing and Peanuts 2 serving (384 g)	Gelatin and Berries Cups (Unsweetened) 1 serving (183 g)
3	D Turkey Carrot and Cabbage Hash A 1 serving (220 g) Y	Pan Fried Pork Chop with Shredded Cabbage and Carrots 1 serving (458 g)	Garlic Turkey Breast with Potato and Brussels Sprouts 2 serving (916 g)	Mexican Salad 2 serving (472 g)
4	D Creamy Lemon Ginger Kale A Smoothie Y 1 serving (201 g)	Mackerel with Quinoa and Roasted Vegetables 2 serving (876 g)	Tuna with Blanched Broccoli over Brown Rice 1 serving (275 g)	Pear 1 medium (178 g)
5	D Oatmeal with Mixed Berries and A Almonds Y 2 serving (390 g)	Air Fried Lemon White Fish with Potatoes and Green Beans 2 serving (640 g)	Shrimp and Corn Chowder 2 serving (1162 g)	Vegan Chives and Carrot Crispy Pancakes 2 serving (224 g)
6	D Breakfast Hash with Ground Pork A 1 serving (278 g) Y	Canned Tuna with Peppers and Lemon over Brown Rice 1 serving (249 g)	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans 2 serving (918 g)	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)
7	D Apple A 2 medium (3" dia) (364 g) Y	Chicken and Red Pepper Pan-Fry 1 serving (294 g)	Chicken Spinach Stir-Fry 2 serving (838 g)	Paleo Sweet Potato Chips 2 serving (484 g)

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13868	1981.1
Protein [g]	1012.1	144.6
Fat [g]	493.7	70.5
Carbs [g]	1401.1	200.2
Fiber [g]	279.4	39.9
Net Carbs [g]	1121.7	160.2



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	311	22.3	12.2	30.4	6.8	23.6
Lunch	689.2	50.7	25.3	65.6	10.7	54.9
Dinner	661.5	63.1	21.3	56.2	11	45.2
Snack	319.4	8.5	11.8	48	11.4	36.6



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1943.4	160.8	66.6	179.3	30.3	149
Day 2	1911.2	137.2	69.9	195.6	32.9	162.7
Day 3	1929.5	154.4	69.5	186.4	51.2	135.2
Day 4	2084.2	128	77.3	221.6	40.5	181.1
Day 5	1912.8	141.2	57.8	223.4	46.7	176.7
Day 6	2003.6	130.7	74.4	207.8	44.3	163.5
Day 7	2083.4	159.8	78.2	187.1	33.6	153.5

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Turkey Carrot and Cabbage Hash 1 serving (220 g)	197.3	28.2	5.9	9.1	3	6.1
TOTAL FOR BREAKFAST	197.3	28.2	5.9	9.1	3	6.1
Lunch						
Curry with Potatoes and Edamame 2 serving (550 g)	899.1	26.4	37	120	15.8	104.2
TOTAL FOR LUNCH	899.1	26.4	37	120	15.8	104.2
Dinner						
Chicken Skewers with Pan Fried Eggplant 2 serving (712 g)	649.9	99.3	19.3	16.7	7.5	9.2
TOTAL FOR DINNER	649.9	99.3	19.3	16.7	7.5	9.2
Snack						
Plain soy yogurt 1 cup (225 g)	148.5	5.9	4	21.8	0.9	20.9
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR SNACK	197.1	7	4.4	33.5	3.9	29.6
TOTAL FOR DAY 1	1943.4	160.8	66.6	179.3	30.3	149

Day 2 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						
Roasted Pork Strips and Garlic Potatoes with Green Beans 2 serving (796 g)	764.4	62.8	23.6	77.5	12.8	64.7
TOTAL FOR LUNCH	764.4	62.8	23.6	77.5	12.8	64.7
Dinner						
Raw Carrot Pasta with Ginger-Lime Dressing and Peanuts 2 serving (384 g)	464.2	12.5	32.8	37.4	12.2	25.2
TOTAL FOR DINNER	464.2	12.5	32.8	37.4	12.2	25.2
Snack						
Gelatin and Berries Cups (Unsweetened) 1 serving (183 g)	100.6	1.8	0.2	23.9	1	22.9
TOTAL FOR SNACK	100.6	1.8	0.2	23.9	1	22.9
TOTAL FOR DAY 2	1911.2	137.2	69.9	195.6	32.9	162.7

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Turkey Carrot and Cabbage Hash 1 serving (220 g)	197.3	28.2	5.9	9.1	3	6.1
TOTAL FOR BREAKFAST	197.3	28.2	5.9	9.1	3	6.1
Lunch						
Pan Fried Pork Chop with Shredded Cabbage and Carrots 1 serving (458 g)	485	38.2	29.2	18.4	6.3	12.1
TOTAL FOR LUNCH	485	38.2	29.2	18.4	6.3	12.1
Dinner						
Garlic Turkey Breast with Potato and Brussels Sprouts 2 serving (916 g)	823.8	70.6	18	100.3	18.3	82
TOTAL FOR DINNER	823.8	70.6	18	100.3	18.3	82
Snack						
Mexican Salad 2 serving (472 g)	423.5	17.5	16.5	58.6	23.6	35
TOTAL FOR SNACK	423.5	17.5	16.5	58.6	23.6	35
TOTAL FOR DAY 3	1929.5	154.4	69.5	186.4	51.2	135.2

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Creamy Lemon Ginger Kale Smoothie 1 serving (201 g)	93.2	2.1	7.3	7.3	4.2	3.1
TOTAL FOR BREAKFAST	93.2	2.1	7.3	7.3	4.2	3.1
Lunch						
Mackerel with Quinoa and Roasted Vegetables 2 serving (876 g)	1672.2	104.3	67.7	157.9	26.6	131.3
TOTAL FOR LUNCH	1672.2	104.3	67.7	157.9	26.6	131.3
Dinner						
Tuna with Blanched Broccoli over Brown Rice 1 serving (275 g)	217.4	21	2	29.2	4.2	25
TOTAL FOR DINNER	217.4	21	2	29.2	4.2	25
Snack						
Pear 1 medium (178 g)	101.5	0.6	0.2	27.1	5.5	21.6
TOTAL FOR SNACK	101.5	0.6	0.2	27.1	5.5	21.6
TOTAL FOR DAY 4	2084.2	128	77.3	221.6	40.5	181.1

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Oatmeal with Mixed Berries and Almonds 2 serving (390 g)	447.6	14.6	21.8	53.2	17.6	35.6
TOTAL FOR BREAKFAST	447.6	14.6	21.8	53.2	17.6	35.6
Lunch						
Air Fried Lemon White Fish with Potatoes and Green Beans 2 serving (640 g)	463.8	55.6	4.7	54.3	9.2	45.1
TOTAL FOR LUNCH	463.8	55.6	4.7	54.3	9.2	45.1
Dinner						
Shrimp and Corn Chowder 2 serving (1162 g)	585.1	55.6	12.8	67.8	9.3	58.5
TOTAL FOR DINNER	585.1	55.6	12.8	67.8	9.3	58.5
Snack						
Vegan Chives and Carrot Crispy Pancakes 2 serving (224 g)	416.3	15.3	18.6	48	10.6	37.4
TOTAL FOR SNACK	416.3	15.3	18.6	48	10.6	37.4
TOTAL FOR DAY 5	1912.8	141.2	57.8	223.4	46.7	176.7

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Breakfast Hash with Ground Pork 1 serving (278 g)	470.3	21.8	30.5	26.7	4.5	22.2
TOTAL FOR BREAKFAST	470.3	21.8	30.5	26.7	4.5	22.2
Lunch						
Canned Tuna with Peppers and Lemon over Brown Rice 1 serving (249 g)	202.5	19	1.8	27	3	24
TOTAL FOR LUNCH	202.5	19	1.8	27	3	24
Dinner						
Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans 2 serving (918 g)	961.8	80	25.5	102	16.5	85.5
TOTAL FOR DINNER	961.8	80	25.5	102	16.5	85.5
Snack						
Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)	369	9.9	16.5	52.1	20.3	31.8
TOTAL FOR SNACK	369	9.9	16.5	52.1	20.3	31.8
TOTAL FOR DAY 6	2003.6	130.7	74.4	207.8	44.3	163.5

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Apple 2 medium (3" dia) (364 g)	189.3	0.9	0.6	50.3	8.7	41.6
TOTAL FOR BREAKFAST	189.3	0.9	0.6	50.3	8.7	41.6
Lunch						
Chicken and Red Pepper Pan-Fry 1 serving (294 g)	337.5	48.7	13	4.1	1.3	2.8
TOTAL FOR LUNCH	337.5	48.7	13	4.1	1.3	2.8
Dinner						
Chicken Spinach Stir-Fry 2 serving (838 g)	928.5	102.9	38.4	40	8.9	31.1
TOTAL FOR DINNER	928.5	102.9	38.4	40	8.9	31.1
Snack						
Paleo Sweet Potato Chips 2 serving (484 g)	628.1	7.2	26.2	92.7	14.7	78
TOTAL FOR SNACK	628.1	7.2	26.2	92.7	14.7	78
TOTAL FOR DAY 7	2083.4	159.8	78.2	187.1	33.6	153.5

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	2254.3			
Vitamin C [mg]	202.9			
Vitamin D [ug]	7.2			
Vitamin E [mg]	10.2			
Vitamin K [ug]	328.4			
Thiamin [mg]	2.2			
Riboflavin [mg]	1.6			
Niacin [mg]	53			
Vitamin B6 [mg]	5.4			
Vitamin B12 [ug]	4.8			
Calcium, Ca [mg]	609.8			
Iron, Fe [mg]	16.3			
Magnesium, Mg [mg]	522.7			
Phosphorus, P [mg]	1879.6			
Zinc, Zn [mg]	11.4			
Potassium, K [mg]	5335.4			
Sodium, Na [mg]	2683			

Chicken and Red Pepper Pan-Fry

🕒 20 min 🍽️ 2 servings

Per serving: 338 Kcal 49g Protein 13g Fat 4g Carbs

Ingredients

- Olive oil, 1 servings (14 g)
- Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
- Chicken breasts, 4 (452 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Salt and pepper, 2 servings (1 g)



Instructions

Heat a large skillet over medium heat and add the olive oil.

Season the chicken breasts with garlic powder, salt and pepper.

Add the chicken breasts to the skillet and cook for 5 minutes.

Flip the chicken and add the red pepper slices.

Cook for an additional 5 minutes or until the chicken is cooked through and the peppers are tender.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	674.9	114.9	337.5
Protein [g]	97.4	16.6	48.7
Fat [g]	26.1	4.4	13.1
Carbs [g]	8.3	1.4	4.2
Fiber [g]	2.6	0.4	1.3
Net Carbs [g]	5.7	1	2.9



Micronutrient summary

TOTAL /100 G /SERVING

Vitamin A, RAE [ug]	186.8	31.8	93.4
Vitamin C [mg]	157.4	26.8	78.7
Vitamin D [ug]	0.5	0.1	0.3
Vitamin E [mg]	4.8	0.8	2.4
Vitamin K [ug]	15.2	2.5	7.5
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	0.6	0.1	0.3
Niacin [mg]	48.3	8.2	24.2
Vitamin B6 [mg]	3.8	0.6	1.9
Vitamin B12 [ug]	0.9	0.2	0.5
Calcium, Ca [mg]	32.5	5.5	16.3
Iron, Fe [mg]	2.4	0.4	1.2
Magnesium, Mg [mg]	133	22.6	66.5
Phosphorus, P [mg]	986.4	167.9	493.2
Zinc, Zn [mg]	3	0.5	1.5
Potassium, K [mg]	1941.6	330.5	970.8
Sodium, Na [mg]	917.8	156.2	458.9

Chicken Spinach Stir-Fry

🕒 30 min 🍽️ 2 servings

Per serving: 464 Kcal 52g Protein 19g Fat 20g Carbs

Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Cilantro, 2 servings (0.2 g)
- Ginger, 1 tsp (2 g)
- Garlic, 2 clove (6 g)
- Sweet potato, 1 cup, cubes (133 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Chicken breasts, 2 small breast (450 g)
- Spinach leaves, 2 cups (60 g)
- Cauliflower rice, 1 cup (160 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and grated ginger, sauté for 1 minute until fragrant.

Add chicken strips to the skillet and cook until browned and cooked through, about 5-6 minutes.

Sprinkle turmeric over the chicken. Stir well to coat.

Add cooked sweet potato cubes and cauliflower rice to the skillet. Cook for another 2-3 minutes, stirring occasionally.

Add fresh spinach leaves and cook until wilted, about 1-2 minutes.

Remove from heat and garnish with fresh cilantro.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	928.5	110.7	464.3
Protein [g]	102.9	12.3	51.5
Fat [g]	38.4	4.6	19.2
Carbs [g]	40	4.8	20
Fiber [g]	8.9	1.1	4.5
Net Carbs [g]	31.1	3.7	15.6



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	943.6	112.5	471.8
Vitamin C [mg]	104.6	12.5	52.3
Vitamin D [ug]	0.5	0.1	0.3
Vitamin E [mg]	2.6	0.3	1.3
Vitamin K [ug]	318.9	38	159.5
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.8	0.1	0.4
Niacin [mg]	49	5.8	24.5
Vitamin B6 [mg]	4.1	0.5	2.1
Vitamin B12 [ug]	0.9	0.1	0.5
Calcium, Ca [mg]	170.5	20.3	85.3
Iron, Fe [mg]	5.5	0.7	2.8
Magnesium, Mg [mg]	226.4	27	113.2
Phosphorus, P [mg]	1120.7	133.7	560.4
Zinc, Zn [mg]	3.9	0.5	2
Potassium, K [mg]	2983.3	355.8	1491.7
Sodium, Na [mg]	692.2	82.6	346.1

Raw Carrot Pasta with Ginger-Lime Dressing and Peanuts

🕒 15 min 🍽️ 2 servings

Per serving: 232 Kcal 6g Protein 16g Fat 19g Carbs

Ingredients

- Lime juice, 1 tablespoon (15 g)
- Carrots, 4 large (7-1/4" to 8-1/2" long) (288 g)
- Green onions, 2 green onions (24 g)
- Ginger, 1 tablespoon (7 g)
- Peanuts, 1/4 cup (35.1 g)
- Olive Oil, 1 tablespoon (14.6 g)



Instructions

Peel the carrots and use a spiralizer to create thin carrot noodles.

In a small bowl, whisk together the lime juice, grated ginger, and olive oil to make the dressing.

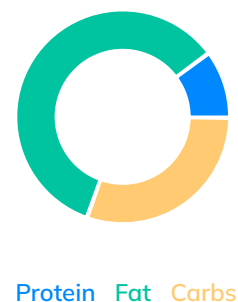
Toss the carrot noodles with the ginger-lime dressing until well coated.

Serve the carrot pasta topped with chopped peanuts and sliced green onions.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	464.2	121	232.1
Protein [g]	12.5	3.3	6.3
Fat [g]	32.8	8.5	16.4
Carbs [g]	37.4	9.7	18.7
Fiber [g]	12.2	3.2	6.1
Net Carbs [g]	25.2	6.6	12.6



Micronutrient summary

TOTAL /100 G /SERVING

Vitamin A, RAE [ug]	2417.1	629.9	1208.6
Vitamin C [mg]	26.4	6.9	13.2
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.2	1.1	2.1
Vitamin K [ug]	96.6	25.2	48.3
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.2	0.1	0.1
Niacin [mg]	8.6	2.2	4.3
Vitamin B6 [mg]	0.6	0.2	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	152.9	39.8	76.5
Iron, Fe [mg]	2.7	0.7	1.4
Magnesium, Mg [mg]	109.6	28.6	54.8
Phosphorus, P [mg]	250.3	65.2	125.2
Zinc, Zn [mg]	1.6	0.4	0.8
Potassium, K [mg]	1295.8	337.7	647.9
Sodium, Na [mg]	211.8	55.2	105.9

Creamy Lemon Ginger Kale Smoothie

🕒 5 min 🍽️ 2 servings

Per serving: 93 Kcal 2g Protein 7g Fat 7g Carbs

Ingredients

- Avocado, 1/2 avocado (96.5 g)
- Lemon juice, 1 tablespoons (15 g)
- Kale leaves, 1 cup (47 g)
- Ginger, 1 tablespoon (7 g)
- Ice cubes, 1 cup (236.6 g)



Instructions

In a blender, add kale leaves, avocado, ginger and lemon juice.

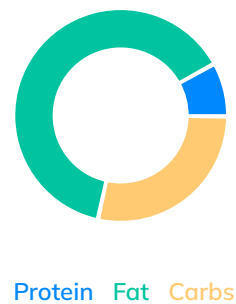
Blend on high speed until smooth and well combined.

Add ice cubes and blend again until the smoothie reaches your desired consistency.

Pour into glasses and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	186.3	46.3	93.2
Protein [g]	4.1	1	2.1
Fat [g]	14.7	3.7	7.4
Carbs [g]	14.6	3.6	7.3
Fiber [g]	8.3	2.1	4.2
Net Carbs [g]	6.3	1.6	3.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	241.8	60.1	120.9

Vitamin C [mg]	72.2	18	36.1
Vitamin D [ug]	0	0	0
Vitamin E [mg]	2.8	0.7	1.4
Vitamin K [ug]	351.5	87.4	175.8
Thiamin [mg]	0.1	0	0.1
Riboflavin [mg]	0.2	0	0.1
Niacin [mg]	2.2	0.5	1.1
Vitamin B6 [mg]	0.4	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	91.2	22.7	45.6
Iron, Fe [mg]	1.3	0.3	0.7
Magnesium, Mg [mg]	56.4	14	28.2
Phosphorus, P [mg]	97	24.1	48.5
Zinc, Zn [mg]	0.9	0.2	0.5
Potassium, K [mg]	743.3	184.9	371.7
Sodium, Na [mg]	37.5	9.3	18.8

Pan Fried Pork Chop with Shredded Cabbage and Carrots

🕒 30 min 🍽️ 2 servings

Per serving: 485 Kcal 38g Protein 29g Fat 18g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Pork chops, 2 portion (339 g)
- Carrots, 2 medium (122 g)
- Olive oil, 2 tablespoon (27 g)
- Cabbage, 1/2 small head (357 g)
- Lemon Juice, 1/4 cup (61 g)
- Mint, fresh, 4 sprig (3 g)



Instructions

Season the pork chops with salt and pepper on both sides.

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

Add the pork chops to the skillet and cook for 4-5 minutes per side, or until browned and cooked through. Remove from the skillet and set aside.

In a large bowl, combine the shredded cabbage, carrots and mint.

In a separate small bowl, whisk together the lemon juice and olive oil. Season with salt to taste.

Pour the vinaigrette over the cabbage and carrots, and toss to coat evenly.

Serve the pan fried pork chops with the shredded cabbage and carrots on the side.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	969	105.9	484.5
Protein [g]	76.2	8.3	38.1
Fat [g]	58.4	6.4	29.2
Carbs [g]	36.8	4	18.4
Fiber [g]	12.5	1.4	6.3
Net Carbs [g]	24.3	2.7	12.2



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1047	114.4	523.5
Vitamin C [mg]	162.4	17.7	81.2
Vitamin D [ug]	1.7	0.2	0.9
Vitamin E [mg]	5.9	0.6	3
Vitamin K [ug]	303.7	33.2	151.9
Thiamin [mg]	2	0.2	1
Riboflavin [mg]	0.9	0.1	0.5
Niacin [mg]	24.6	2.7	12.3
Vitamin B6 [mg]	3	0.3	1.5
Vitamin B12 [ug]	1.8	0.2	0.9
Calcium, Ca [mg]	259.2	28.3	129.6
Iron, Fe [mg]	4.7	0.5	2.4
Magnesium, Mg [mg]	146	16	73
Phosphorus, P [mg]	851.2	93	425.6
Zinc, Zn [mg]	7	0.8	3.5
Potassium, K [mg]	2231.5	243.9	1115.8
Sodium, Na [mg]	2662	290.9	1331

Mackerel with Quinoa and Roasted Vegetables

🕒 40 min 🍽️ 2 servings

Per serving: 835 Kcal 52g Protein 34g Fat 79g Carbs

Ingredients

- **Turmeric powder**, 1 teaspoons (2.3 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olive oil**, 2 servings (28 g)
- **Vegetables**, 2 cup (323.6 g)
- **Quinoa**, 1 cup (170 g)
- **Mackerel**, 2 fillet (340 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Lemon wedges**, 2 serving (2 g)



Instructions

Preheat the oven to 400°F (200°C).

In a saucepan, cook the quinoa according to package instructions. Set aside.

Place the mixed vegetables on a baking sheet. Drizzle with 1 tablespoon of olive oil and sprinkle with sea salt. Toss to coat evenly. Roast in the preheated oven for 20-25 minutes, or until vegetables are tender and slightly caramelized.

Meanwhile, in a small bowl, combine turmeric powder, ground cumin, paprika, garlic powder, sea salt, and black pepper. Rub the spice mixture onto both sides of the mackerel fillets.

Heat the remaining tablespoon of olive oil in a skillet over medium heat. Add the mackerel fillets and cook for 3-4 minutes per side, or until cooked through and golden brown.

To serve, divide the cooked quinoa among plates. Top with roasted vegetables and mackerel fillets. Squeeze fresh lemon juice over the dish. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1670.3	190.9	835.2
Protein [g]	104.2	11.9	52.1
Fat [g]	67.6	7.7	33.8
Carbs [g]	157.7	18	78.9
Fiber [g]	26.6	3	13.3
Net Carbs [g]	131.1	15	65.6



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	872.8	99.8	436.4
Vitamin C [mg]	41.7	4.8	20.9
Vitamin D [ug]	30.9	3.5	15.5
Vitamin E [mg]	12.3	1.4	6.2
Vitamin K [ug]	20	2.3	10
Thiamin [mg]	1.4	0.2	0.7
Riboflavin [mg]	2.3	0.3	1.2
Niacin [mg]	35.3	4	17.7
Vitamin B6 [mg]	2.3	0.3	1.2
Vitamin B12 [ug]	15	1.7	7.5
Calcium, Ca [mg]	270.9	31	135.5
Iron, Fe [mg]	18.1	2.1	9.1
Magnesium, Mg [mg]	525.6	60.1	262.8
Phosphorus, P [mg]	1423.2	162.7	711.6
Zinc, Zn [mg]	9.3	1.1	4.7
Potassium, K [mg]	3179.8	363.5	1589.9
Sodium, Na [mg]	1622.6	185.5	811.3

Breakfast Hash with Ground Pork

🕒 20 min 🍽️ 4 servings

Per serving: 471 Kcal 22g Protein 31g Fat 27g Carbs

Ingredients

- Rosemary, 1 tsp (1.2 g)
- Thyme, 1 tsp (1.4 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Garlic, 2 portion (6 g)
- Sweet potatoes, 2 medium (452 g)
- Baby spinach, 2 cup (60 g)
- Coconut oil, 2 tbsp (25.4 g)
- Ground pork, 1 lb (453.6 g)
- Sea salt, 1/2 tsp (3 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

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

Add diced sweet potatoes, onion, and garlic to the skillet. Cook for about 5 minutes until the sweet potatoes start to soften.

Add dried thyme, dried rosemary, and sea salt. Stir well to combine.

Continue cooking for another 5 minutes or until sweet potatoes are tender.

Add baby spinach to the skillet and cook until wilted.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1882.8	169.2	470.7
Protein [g]	87.2	7.8	21.8
Fat [g]	122.2	11	30.6
Carbs [g]	107	9.6	26.8
Fiber [g]	17.9	1.5	4.5
Net Carbs [g]	89.1	8	22.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3499.7	314.6	874.9
Vitamin C [mg]	42.3	3.8	10.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	2.6	0.2	0.7
Vitamin K [ug]	322.7	29	80.7
Thiamin [mg]	3.8	0.3	1
Riboflavin [mg]	1.5	0.1	0.4
Niacin [mg]	22.9	2.1	5.7
Vitamin B6 [mg]	3	0.3	0.8
Vitamin B12 [ug]	3.2	0.3	0.8
Calcium, Ca [mg]	337.6	30.3	84.4
Iron, Fe [mg]	10.8	1	2.7
Magnesium, Mg [mg]	264.9	23.8	66.2
Phosphorus, P [mg]	1080.4	97.1	270.1
Zinc, Zn [mg]	12	1.1	3
Potassium, K [mg]	3367.6	302.7	841.9
Sodium, Na [mg]	1719.5	154.5	429.9

Paleo Sweet Potato Chips

🕒 35 min 🍽️ 2 servings

Per serving: 313 Kcal 4g Protein 13g Fat 46g Carbs

Ingredients

- Cinnamon, 1 teaspoon (2 g)
- Sweet potatoes, 2 medium (452 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Sea salt, 1/2 tsp (3 g)



Instructions

Preheat the oven to 400°F (200°C).

Wash and peel the sweet potatoes, then cut them into thin slices.

In a large bowl, toss the sweet potato slices with coconut oil, cinnamon, and sea salt.

Spread the seasoned sweet potatoes in a single layer on a baking sheet.

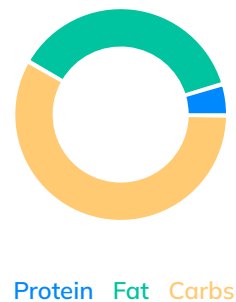
Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

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

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	626.8	129.7	313.4
Protein [g]	7.2	1.5	3.6
Fat [g]	26.1	5.4	13.1
Carbs [g]	92.6	19.2	46.3
Fiber [g]	14.6	3	7.3
Net Carbs [g]	78	16.1	39



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3205	663.4	1602.5
Vitamin C [mg]	10.9	2.3	5.5
Vitamin D [ug]	0	0	0
Vitamin E [mg]	1.3	0.3	0.7
Vitamin K [ug]	8.9	1.8	4.5
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	2.5	0.5	1.3
Vitamin B6 [mg]	0.9	0.2	0.5
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	155.6	32.4	78.3
Iron, Fe [mg]	2.9	0.6	1.5
Magnesium, Mg [mg]	114.2	23.6	57.1
Phosphorus, P [mg]	213.7	44.2	106.9
Zinc, Zn [mg]	1.4	0.3	0.7
Potassium, K [mg]	1532.1	317.1	766.1
Sodium, Na [mg]	1411.5	292.2	705.8

Shrimp and Corn Chowder

🕒 30 min 🍽️ 4 servings

Per serving: 293 Kcal 28g Protein 6g Fat 34g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Potatoes**, 2 medium (418 g)
- **Chives**, 2 tbsp chopped (6 g)
- **Corn kernels**, 2 cup (328 g)
- **Carrot**, 1 small (51.1 g)
- **Shrimp**, 1 lb (453.6 g)
- **Almond milk**, 1 cup (250 g)
- **Celery stalk**, 1 stalk (17 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Olive Oil**, 1 tablespoon (15 g)



Instructions

In a large pot, heat the olive oil and garlic-infused oil over medium heat.

Add the diced potatoes, carrot, and celery to the pot. Cook for about 5 minutes, until the vegetables start to soften.

Add the thyme, oregano, salt, and pepper to the pot. Stir well to coat the vegetables with the herbs.

Pour in the vegetable broth and bring to a simmer. Cook for about 10 minutes, until the potatoes are tender.

Add the frozen corn kernels and shrimp to the pot. Cook for an additional 5 minutes, until the shrimp are pink and cooked through.

Stir in the almond milk and heat for a few minutes until warmed through.

Serve the chowder hot, garnished with chopped fresh chives.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1170.7	50.3	292.7
Protein [g]	111.2	4.8	27.8
Fat [g]	25.5	1.1	6.4
Carbs [g]	135.8	5.8	34
Fiber [g]	18.5	0.8	4.6
Net Carbs [g]	117.3	5	29.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	557.3	24	139.3
Vitamin C [mg]	98.7	4.2	24.7
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3.1	0.1	0.8
Vitamin K [ug]	56	2.4	14
Thiamin [mg]	0.7	0	0.2
Riboflavin [mg]	0.6	0	0.2
Niacin [mg]	9.3	0.4	2.3
Vitamin B6 [mg]	1.5	0.1	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	727.9	31.3	182
Iron, Fe [mg]	8.6	0.4	2.2
Magnesium, Mg [mg]	319.5	13.7	79.9
Phosphorus, P [mg]	1411.1	60.7	352.8
Zinc, Zn [mg]	8.9	0.4	2.2
Potassium, K [mg]	3805.2	163.6	951.3
Sodium, Na [mg]	4760.7	204.7	1190.2

Curry with Potatoes and Edamame

🕒 40 min 🍽️ 4 servings

Per serving: 450 Kcal 13g Protein 19g Fat 60g Carbs

Ingredients

- Turmeric, 1/2 teaspoon (1.1 g)
- Low fodmap vegetable broth, 1 cups (196 g)
- Paprika, 1/2 teaspoons (1 g)
- Potatoes, 1 cups (210 g)
- Cilantro, 4 servings (0.4 g)
- Olive oil, 1 servings (14 g)
- Low fodmap curry powder, 1 tablespoons (6 g)
- Coconut milk, 3/4 cup (180 g)
- Brown rice, 1 cup (190 g)
- Edamame, 2 cup (296 g)
- Ground cumin, 1 teaspoon (2 g)
- Ground coriander, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large pot, boil the potatoes until tender. Drain and set aside.

In a separate pot, cook the edamame according to package instructions. Drain and set aside.

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

Add the curry powder, cumin, coriander, turmeric, paprika, and cayenne pepper. Cook for 1-2 minutes until fragrant.

Pour in the coconut milk and vegetable broth. Stir well to combine.

Add the cooked potatoes and edamame to the skillet. Season with salt and pepper to taste.

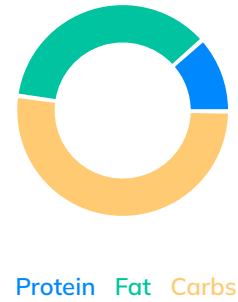
Simmer the curry for 10-15 minutes, stirring occasionally, until the flavors meld together.

Serve the curry with rice.

Garnish with fresh cilantro before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1798.2	163.4	449.6
Protein [g]	52.8	4.8	13.2
Fat [g]	74	6.7	18.5
Carbs [g]	240	21.8	60
Fiber [g]	31.7	2.9	7.9
Net Carbs [g]	208.3	18.9	52.1



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	52.2	4.7	13.1
Vitamin C [mg]	47.9	4.4	12
Vitamin D [ug]	0	0	0
Vitamin E [mg]	4.2	0.4	1.1
Vitamin K [ug]	20.9	1.9	5.2
Thiamin [mg]	1.1	0.1	0.3
Riboflavin [mg]	0.2	0	0.1
Niacin [mg]	12.4	1.1	3.1
Vitamin B6 [mg]	1.7	0.2	0.4
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	435.8	39.6	109
Iron, Fe [mg]	19.9	1.8	5
Magnesium, Mg [mg]	421.9	38.3	105.5
Phosphorus, P [mg]	853.8	77.6	213.5
Zinc, Zn [mg]	6.3	0.6	1.6
Potassium, K [mg]	3428.2	311.5	857.1
Sodium, Na [mg]	1424.8	129.5	356.2

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

Mexican Salad

🕒 10 min 🍽️ 4 servings

Per serving: 212 Kcal 9g Protein 8g Fat 29g Carbs

Ingredients

- Avocado, 1 avocado, ns as to florida or california (201 g)
- Cilantro, 1/4 cup (4.2 g)
- Corn kernels, 1 cup (164 g)
- Black beans, 1 can (425 g)
- Cherry tomatoes, 1 cup (149 g)



Instructions

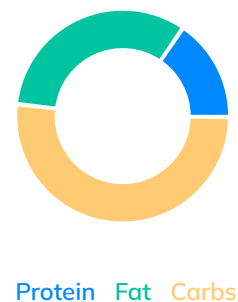
In a large bowl, combine the black beans, corn kernels, cherry tomatoes, avocado, and cilantro.

Toss gently to mix well.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	846	89.7	211.5
Protein [g]	34.9	3.7	8.7
Fat [g]	32.9	3.5	8.2
Carbs [g]	117.1	12.4	29.3
Fiber [g]	47.2	5	11.8
Net Carbs [g]	69.9	7.4	17.5



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	31.4	3.3	7.9
Vitamin C [mg]	69.6	7.4	17.4

Vitamin D [ug]	0	0	0
Vitamin E [mg]	7.9	0.8	2
Vitamin K [ug]	69.1	7.3	17.3
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	1	0.1	0.3
Niacin [mg]	8.6	0.9	2.2
Vitamin B6 [mg]	0.9	0.1	0.2
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	197	20.9	49.3
Iron, Fe [mg]	10.7	1.1	2.7
Magnesium, Mg [mg]	242.9	25.8	60.7
Phosphorus, P [mg]	682.7	72.4	170.7
Zinc, Zn [mg]	4.3	0.5	1.1
Potassium, K [mg]	2846.9	301.8	711.7
Sodium, Na [mg]	2000.6	212.1	500.2

Chicken Skewers with Pan Fried Eggplant

🕒 25 min 🍽️ 4 servings

Per serving: 325 Kcal 50g Protein 10g Fat 8g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Eggplant**, 1 large (458.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (6 g)
- **Chicken breasts**, 2 lb (907.2 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Pepper**, 1/4 tsp (0.5 g)



Instructions

In a bowl, combine 1/2 tablespoon olive oil, lemon juice, minced garlic, cumin, paprika, salt, and black pepper. Mix well.

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

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

Thread the marinated chicken cubes onto the soaked wooden skewers.

Place the chicken skewers on the preheated grill and cook for about 8-10 minutes, turning occasionally, until the chicken is cooked through and slightly charred.

While the chicken is grilling, heat a separate pan over medium heat and add a 1/2 tablespoon of olive oil.

Add the sliced eggplant rounds to the pan and cook for about 4-5 minutes on each side, until they are golden brown and tender.

Serve the grilled chicken skewers with the pan-fried eggplant slices on the side.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1297.9	91.3	324.5
Protein [g]	198.3	13.9	49.6
Fat [g]	38.6	2.7	9.7
Carbs [g]	33.3	2.3	8.3
Fiber [g]	15	1.1	3.8
Net Carbs [g]	18.3	1.3	4.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	53.8	3.8	13.5
Vitamin C [mg]	34.6	2.4	8.7
Vitamin D [ug]	0.9	0.1	0.2
Vitamin E [mg]	5.7	0.4	1.4
Vitamin K [ug]	28.6	2	7.2
Thiamin [mg]	0.8	0.1	0.2
Riboflavin [mg]	1.1	0.1	0.3
Niacin [mg]	98	6.9	24.5
Vitamin B6 [mg]	7.3	0.5	1.8
Vitamin B12 [ug]	1.8	0.1	0.5
Calcium, Ca [mg]	125.4	8.8	31.4
Iron, Fe [mg]	6.4	0.5	1.6
Magnesium, Mg [mg]	315.1	22.2	78.8
Phosphorus, P [mg]	2043.6	143.7	510.9
Zinc, Zn [mg]	6.3	0.4	1.6
Potassium, K [mg]	4548.7	319.9	1137.2
Sodium, Na [mg]	2186.1	153.7	546.5

Canned Tuna with Peppers and Lemon over Brown Rice

🕒 10 min 🍽️ 2 servings

Per serving: 202 Kcal 19g Protein 2g Fat 27g Carbs

Ingredients

- lemon juice, 1 tablespoon (16 g)
- Brown rice, 1 cup (195 g)
- Salt and pepper, 2 tsp (4 g)
- Tuna, 1 can (170 g)
- Red/Yellow Pepper, 1 cup (112.4 g)



Instructions

In a bowl, combine the drained tuna, sliced peppers, and lemon juice.

Season with salt and pepper to taste.

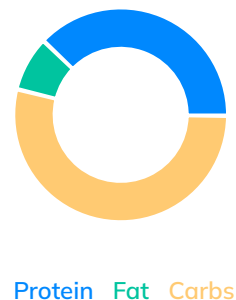
Serve the tuna mixture over a bed of cooked brown rice.

Garnish with additional lemon slices if desired.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	404.2	81.3	202.1
Protein [g]	38	7.6	19
Fat [g]	3.6	0.7	1.8
Carbs [g]	53.9	10.8	27
Fiber [g]	5.9	1.2	3
Net Carbs [g]	48	9.6	24



Micronutrient summary

TOTAL /100 G /SERVING

Vitamin A, RAE [ug]	176.5	35.5	88.3
Vitamin C [mg]	149.8	30.1	74.9
Vitamin D [ug]	2	0.4	1
Vitamin E [mg]	2.4	0.5	1.2
Vitamin K [ug]	5.8	1.2	2.9
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	0.3	0.1	0.2
Niacin [mg]	20.6	4.1	10.3
Vitamin B6 [mg]	1.2	0.2	0.6
Vitamin B12 [ug]	4.4	0.9	2.2
Calcium, Ca [mg]	59.9	12	30
Iron, Fe [mg]	4.4	0.9	2.2
Magnesium, Mg [mg]	139.4	28	69.7
Phosphorus, P [mg]	413.6	83.1	206.8
Zinc, Zn [mg]	2.6	0.5	1.3
Potassium, K [mg]	707.3	142.2	353.7
Sodium, Na [mg]	1929.2	387.8	964.6

Tuna with Blanched Broccoli over Brown Rice

🕒 10 min 🍽️ 2 servings

Per serving: 217 Kcal 21g Protein 2g Fat 29g Carbs

Ingredients

- **Salt**, 1 pinch (2 g)
- **Brown rice**, 1 cup (195 g)
- **Tuna**, 1 can (170 g)
- **Black Pepper**, 1/4 tsp, ground (0.6 g)
- **Broccoli**, 2 cups (182 g)



Instructions

Drain the canned tuna and flake it into small pieces.

Peel and slice the broccoli into florets.

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

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

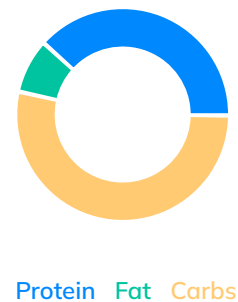
In a medium-sized bowl, combine the flaked tuna, blanched broccoli, and cooked brown rice. Mix well.

Season with salt and black pepper to taste.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	434.7	79.1	217.4
Protein [g]	42	7.6	21
Fat [g]	3.9	0.7	2
Carbs [g]	58.4	10.6	29.2
Fiber [g]	8.4	1.5	4.2
Net Carbs [g]	50	9.1	25



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	56.6	10.3	28.3
Vitamin C [mg]	162.3	29.5	81.2
Vitamin D [ug]	2	0.4	1
Vitamin E [mg]	2	0.4	1
Vitamin K [ug]	186.2	33.9	93.1
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	20.6	3.7	10.3
Vitamin B6 [mg]	1.2	0.2	0.6
Vitamin B12 [ug]	4.4	0.8	2.2
Calcium, Ca [mg]	138.7	25.2	69.4
Iron, Fe [mg]	5.3	1	2.7
Magnesium, Mg [mg]	164.1	29.9	82.1
Phosphorus, P [mg]	504.1	91.7	252.1
Zinc, Zn [mg]	3.1	0.6	1.6
Potassium, K [mg]	1036.2	188.5	518.1
Sodium, Na [mg]	1209.6	220.1	604.8

Oatmeal with Mixed Berries and Almonds

🕒 10 min 🍽️ 2 servings

Per serving: 223 Kcal 7g Protein 11g Fat 27g Carbs

Ingredients

- Turmeric, 1/4 teaspoon (0.5 g)
- Cinnamon, 1/2 teaspoon (1 g)
- Rolled oats, 1/2 cup (40.5 g)
- Berries, 1/2 cup (77.5 g)
- Almonds, 2 tablespoons (20 g)
- Water, 1/2 cup (113.8 g)
- Almond Milk, 1/2 cup (112 g)
- Chia seeds, 2 tbsp (24 g)



Instructions

In a saucepan, bring water to a boil.

Add rolled oats and reduce heat to low. Cook for about 5 minutes, stirring occasionally.

Add mixed berries, chopped almonds, cinnamon, turmeric. Stir well.

Continue cooking for another 2-3 minutes until the oats are creamy and the berries are softened.

Remove from heat and let it sit for a minute.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	446.4	114.6	223.2
Protein [g]	14.6	3.7	7.3
Fat [g]	21.8	5.6	10.9
Carbs [g]	53.1	13.6	26.6
Fiber [g]	17.6	4.5	8.8
Net Carbs [g]	35.5	9.1	17.8



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	49.9	12.8	25
Vitamin C [mg]	2.4	0.6	1.2
Vitamin D [ug]	1.1	0.3	0.6
Vitamin E [mg]	9	2.3	4.5
Vitamin K [ug]	13.9	3.6	7
Thiamin [mg]	0.5	0.1	0.3
Riboflavin [mg]	0.4	0.1	0.2
Niacin [mg]	3.8	1	1.9
Vitamin B6 [mg]	0.1	0	0.1
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	467.2	120	233.6
Iron, Fe [mg]	5.2	1.3	2.6
Magnesium, Mg [mg]	204.9	52.6	102.5
Phosphorus, P [mg]	490.7	126	245.4
Zinc, Zn [mg]	3.4	0.9	1.7
Potassium, K [mg]	523.3	134.4	261.7
Sodium, Na [mg]	92.7	23.8	46.4

Garlic Turkey Breast with Potato and Brussels Sprouts

🕒 30 min 🍽️ 2 servings

Per serving: 412 Kcal 35g Protein 9g Fat 50g Carbs

Ingredients

- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Brussels sprouts, 12 (240 g)
- Turkey Breast, sliced, 1/2 lb (224 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the turkey breasts and sprinkle minced garlic over them.

In a separate bowl, toss the diced potatoes and halved Brussels sprouts with olive oil until evenly coated.

Arrange the potato and Brussels sprout mixture around the turkey breasts in the baking dish.

Season everything with salt and pepper to taste.

Bake in the preheated oven for 25-30 minutes or until the turkey is cooked through and the potatoes are tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	823.8	90	411.9
Protein [g]	70.6	7.7	35.3
Fat [g]	18	2	9
Carbs [g]	100.3	11	50.2
Fiber [g]	18.3	2	9.2
Net Carbs [g]	82	9	41



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	104.6	11.4	52.3
Vitamin C [mg]	291.7	31.9	145.9
Vitamin D [ug]	0.2	0	0.1
Vitamin E [mg]	4.2	0.5	2.1
Vitamin K [ug]	441.7	48.2	220.9
Thiamin [mg]	0.8	0.1	0.4
Riboflavin [mg]	0.7	0.1	0.4
Niacin [mg]	28.6	3.1	14.3
Vitamin B6 [mg]	3.8	0.4	1.9
Vitamin B12 [ug]	1.4	0.2	0.7
Calcium, Ca [mg]	198.4	21.7	99.2
Iron, Fe [mg]	8.7	1	4.4
Magnesium, Mg [mg]	218.9	23.9	109.5
Phosphorus, P [mg]	877	95.8	438.5
Zinc, Zn [mg]	5.3	0.6	2.7
Potassium, K [mg]	3334.4	364.2	1667.2
Sodium, Na [mg]	341	37.2	170.5

Roasted Pork Strips and Garlic Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

Per serving: 382 Kcal 31g Protein 12g Fat 39g Carbs

Ingredients

- Potatoes, 2 potato small (1-3/4" to 2-1/2" dia) (340 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Pork loin, thinly sliced, 1/2 pound (229.1 g)
- Green Beans, 200 g (200 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the diced potatoes, minced garlic, and 1 tablespoon of olive oil. Season with salt and pepper to taste. Toss to coat the potatoes evenly.

Place the baking dish in the preheated oven and roast for 10 minutes.

Meanwhile, in a separate bowl, toss the pork strips with the remaining tablespoon of olive oil, salt, and pepper.

After 10 minutes, remove the baking dish from the oven and add the seasoned pork strips and green beans. Mix everything together.

Return the baking dish to the oven and roast for an additional 10 minutes or until the pork is cooked through and the potatoes are golden and crispy.

Once done, remove from the oven and let it rest for a few minutes before serving.

Divide the roasted pork strips, garlic potatoes, and green beans onto plates or bowls. Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	763.4	96.1	381.7
Protein [g]	62.7	7.9	31.4
Fat [g]	23.6	3	11.8
Carbs [g]	77.4	9.7	38.7
Fiber [g]	12.8	1.6	6.4
Net Carbs [g]	64.6	8.1	32.3



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	70	8.8	35
Vitamin C [mg]	95.1	12	47.6
Vitamin D [ug]	0.9	0.1	0.5
Vitamin E [mg]	3.1	0.4	1.6
Vitamin K [ug]	101.1	12.7	50.6
Thiamin [mg]	1.5	0.2	0.8
Riboflavin [mg]	0.8	0.1	0.4
Niacin [mg]	18.3	2.3	9.2
Vitamin B6 [mg]	3.2	0.4	1.6
Vitamin B12 [ug]	1.2	0.2	0.6
Calcium, Ca [mg]	148.1	18.6	74.1
Iron, Fe [mg]	6.3	0.8	3.2
Magnesium, Mg [mg]	190.8	24	95.4
Phosphorus, P [mg]	803.6	101.1	401.8
Zinc, Zn [mg]	5.8	0.7	2.9
Potassium, K [mg]	2772	348.9	1386
Sodium, Na [mg]	147	18.5	73.5

Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

Per serving: 480 Kcal 40g Protein 13g Fat 51g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 medium (452 g)
- Pork Tenderloin, sliced, 3/4 lb (340.2 g)
- Green Beans, 2 portion(s) (100 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the pork strips, sweet potatoes, green beans, 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]	960.8	104.8	480.4
Protein [g]	79.9	8.7	40
Fat [g]	25.5	2.8	12.8
Carbs [g]	101.9	11.1	51
Fiber [g]	16.5	1.8	8.3
Net Carbs [g]	85.4	9.3	42.7



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3239.7	353.2	1619.9
Vitamin C [mg]	26.8	2.9	13.4
Vitamin D [ug]	1	0.1	0.5
Vitamin E [mg]	4.2	0.5	2.1
Vitamin K [ug]	59.2	6.5	29.6
Thiamin [mg]	3.8	0.4	1.9
Riboflavin [mg]	1.5	0.2	0.8
Niacin [mg]	25.8	2.8	12.9
Vitamin B6 [mg]	3.8	0.4	1.9
Vitamin B12 [ug]	1.8	0.2	0.9
Calcium, Ca [mg]	214.9	23.4	107.5
Iron, Fe [mg]	7.4	0.8	3.7
Magnesium, Mg [mg]	232.9	25.4	116.5
Phosphorus, P [mg]	1095.5	119.4	547.8
Zinc, Zn [mg]	8.1	0.9	4.1
Potassium, K [mg]	3119.5	340.1	1559.8
Sodium, Na [mg]	433.8	47.3	216.9

Air Fried Lemon White Fish with Potatoes and Green Beans

🕒 15 min 🍽️ 2 servings

Per serving: 232 Kcal 28g Protein 2g Fat 27g Carbs

Ingredients

- Lemon, 1 half (50 g)
- Salt, 1 tsp (6 g)
- Potatoes, 4 medium (244 g)
- White Fish, 2 fillet (240 g)
- Green Beans, 2 portion(s) (100 g)



Instructions

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

Season the white fish fillets with salt on both sides.

Place the fish fillets in the air fryer basket and top each fillet with a few slices of lemon.

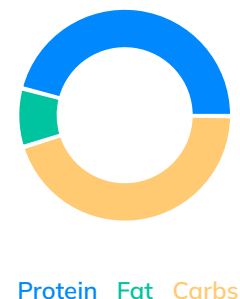
Add the diced potatoes and green beans to the air fryer basket.

Cook for 10-12 minutes, or until the fish is cooked through and the potatoes are crispy, shaking the basket halfway through cooking.

Remove from the air fryer and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	463.8	72.5	231.9
Protein [g]	55.6	8.7	27.8
Fat [g]	4.7	0.7	2.4
Carbs [g]	54.3	8.5	27.2
Fiber [g]	9.2	1.4	4.6
Net Carbs [g]	45.1	7	22.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	35.5	5.5	17.8
Vitamin C [mg]	86.8	13.6	43.4
Vitamin D [ug]	7.4	1.2	3.7
Vitamin E [mg]	1.5	0.2	0.8
Vitamin K [ug]	51.2	8	25.6
Thiamin [mg]	0.4	0.1	0.2
Riboflavin [mg]	0.3	0	0.2
Niacin [mg]	12.7	2	6.4
Vitamin B6 [mg]	1.3	0.2	0.7
Vitamin B12 [ug]	3.8	0.6	1.9
Calcium, Ca [mg]	104.7	16.4	52.4
Iron, Fe [mg]	4.7	0.7	2.4
Magnesium, Mg [mg]	150	23.4	75
Phosphorus, P [mg]	593.1	92.7	296.6
Zinc, Zn [mg]	1.8	0.3	0.9
Potassium, K [mg]	2042.3	319.1	1021.2
Sodium, Na [mg]	2471.9	385.2	1236

Gelatin and Berries Cups (Unsweetened)

🕒 15 min 🍽️ 4 servings

Per serving: 101 Kcal 2g Protein 0g Fat 24g Carbs

Ingredients

- Berries, 1 cup (155 g)
- Water, 2 cup (493.3 g)
- Gelatin mix, 1 package (3 oz) (85 g)



Instructions

In a medium-sized bowl, dissolve the sugar-free gelatin mix in boiling water. Stir until fully dissolved.

Add cold water to the gelatin mixture and stir well.

Place the mixed fruits into individual serving cups or a single large dish.

Pour the gelatin mixture over the fruits, ensuring they are evenly distributed.

Refrigerate for about 2 hours or until the gelatin is set.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	402.9	54.9	100.7
Protein [g]	7.3	1	1.8
Fat [g]	1	0.1	0.3
Carbs [g]	95.8	13.1	24
Fiber [g]	4.2	0.6	1.1
Net Carbs [g]	91.6	12.5	22.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	3.1	0.4	0.8
Vitamin C [mg]	3.9	0.5	1
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.7	0.1	0.2
Vitamin K [ug]	25.4	3.5	6.4
Thiamin [mg]	0.1	0	0
Riboflavin [mg]	0.1	0	0
Niacin [mg]	0.8	0.1	0.2
Vitamin B6 [mg]	0.1	0	0
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	29.7	4.1	7.4
Iron, Fe [mg]	0.4	0.1	0.1
Magnesium, Mg [mg]	14.4	2	3.6
Phosphorus, P [mg]	136.9	18.7	34.2
Zinc, Zn [mg]	0.2	0	0.1
Potassium, K [mg]	89.6	12.2	22.4
Sodium, Na [mg]	422.3	57.6	105.6

Vegan Chives and Carrot Crispy Pancakes

🕒 10 min 🍽️ 2 servings

Per serving: 207 Kcal 8g Protein 9g Fat 24g Carbs

Ingredients

- Chives, 1/2 cup (20 g)
- Carrots, 1 cup chopped (128 g)
- Olive oil, 1 servings (14 g)
- Chickpea flour, 1/2 cup (60 g)
- Salt, 1/4 teaspoon (1.3 g)



Instructions

In a mixing bowl, combine grated carrots, chopped chives, chickpea flour, 1/2 cup water, and salt.

Mix well until all ingredients are evenly combined and a thick batter is formed.

Heat a non-stick pan over medium heat and lightly grease it with olive oil.

Drop spoonfuls of the batter onto the pan and spread it out into a thin pancake shape.

Cook for about 2-3 minutes on each side, or until golden brown and crispy.

Remove the pancakes from the pan and place them on a paper towel to absorb excess oil.

Repeat the process with the remaining batter.

Serve the vegan chives and carrot crispy pancakes hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	414.4	185.6	207.2
Protein [g]	15.3	6.9	7.7
Fat [g]	18.5	8.3	9.3
Carbs [g]	47.8	21.4	23.9
Fiber [g]	10.6	4.7	5.3
Net Carbs [g]	37.2	16.7	18.6



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	1113.6	498.8	556.8
Vitamin C [mg]	19.2	8.6	9.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	3.4	1.5	1.7
Vitamin K [ug]	73.3	32.8	36.7
Thiamin [mg]	0.4	0.2	0.2
Riboflavin [mg]	0.2	0.1	0.1
Niacin [mg]	2.4	1.1	1.2
Vitamin B6 [mg]	0.5	0.2	0.3
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	88.1	39.5	44.1
Iron, Fe [mg]	3.7	1.7	1.9
Magnesium, Mg [mg]	123.4	55.3	61.7
Phosphorus, P [mg]	247.2	110.7	123.6
Zinc, Zn [mg]	2.1	0.9	1.1
Potassium, K [mg]	976.6	437.4	488.3
Sodium, Na [mg]	612.1	274.2	306.1

Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

Per serving: 369 Kcal 10g Protein 17g Fat 52g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 1 cup (250 g)
- Banana, sliced, 1 large (8" to 8-7/8" long) (136 g)



Instructions

In a bowl, mix together the sliced, chia seeds, almond milk, and cinnamon.

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 banana cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced banana, and a sprinkle of cinnamon.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	369	85.6	369
Protein [g]	9.9	2.3	9.9
Fat [g]	16.5	3.8	16.5
Carbs [g]	52.1	12.1	52.1
Fiber [g]	20.3	4.7	20.3
Net Carbs [g]	31.8	7.4	31.8



Micronutrient summary

	TOTAL	/100 G	/SERVING
Vitamin A, RAE [ug]	4.5	1	4.5
Vitamin C [mg]	12.6	2.9	12.6
Vitamin D [ug]	0	0	0
Vitamin E [mg]	0.4	0.1	0.4
Vitamin K [ug]	1.5	0.3	1.5
Thiamin [mg]	0.3	0.1	0.3
Riboflavin [mg]	0.2	0	0.2
Niacin [mg]	4.7	1.1	4.7
Vitamin B6 [mg]	0.5	0.1	0.5
Vitamin B12 [ug]	0	0	0
Calcium, Ca [mg]	601	139.4	601
Iron, Fe [mg]	3.9	0.9	3.9
Magnesium, Mg [mg]	180.7	41.9	180.7
Phosphorus, P [mg]	397.1	92.1	397.1
Zinc, Zn [mg]	2.2	0.5	2.2
Potassium, K [mg]	671.1	155.7	671.1
Sodium, Na [mg]	333.4	77.3	333.4

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

Shopping List

Spices and Herbs

- Paprika, 4.5 g
- Salt and pepper, 5.3 g
- Ground cumin, 5 g
- Sage, 0 g
- Salt, 14.1 g
- Thyme, 0.8 g
- Pepper, 1 g
- Turmeric powder, 4.5 g
- Cinnamon, 5.6 g
- Rosemary, 0.3 g
- Sea salt, 6.8 g
- Low fodmap curry powder, 3 g
- Ground coriander, 1 g
- Mint, fresh, 1.5 g
- Garlic powder, 2.3 g
- Black Pepper, 0.3 g
- Oregano, 0.5 g

Vegetables and Vegetable Products

- Carrots, 689.5 g
- Garlic, 52.4 g
- Cabbage, 248.9 g
- Parsley, 15.5 g
- Onion, 48.3 g
- Spinach leaves, 90 g
- Kale leaves, 23.5 g
- Ginger, 3.5 g
- Sweet potatoes, 1151.1 g
- Baby spinach, 15 g
- Potatoes, 1324.7 g
- Cilantro, 2.4 g
- Green Beans, 400.4 g
- Vegetables, 324 g
- Lemon wedges, 2 g
- Bell pepper, 115.8 g
- Eggplant, 229.3 g

- Green onions, 24 g
- Ginger, 9 g
- Brussels sprouts, 240.1 g
- Broccoli, 91.1 g
- Chives, 23.1 g
- Corn kernels, 246 g
- Celery stalk, 8.5 g
- Cauliflower rice, 159.9 g
- Cherry tomatoes, 74.6 g

Poultry Products

- Ground turkey, 454.2 g
- Turkey Breast, sliced, 224.1 g

Fats and Oils

- Coconut oil, 65.2 g
- Olive oil, 145.3 g

Cereal Grains and Pasta

- Brown rice, 390.3 g
- Brown rice, 95 g
- Quinoa, 170.2 g

Fruits and Fruit Juices

- Avocado, 148.8 g
- Lemon juice, 61.1 g
- Berries, 116.3 g
- Apple, 364 g
- Lemon, 1 half (50 g)
- Lime juice, 15.1 g
- Strawberries, 1 cup, halves (152 g)
- Pear, 1 medium (178 g)
- Banana, sliced, 136 g

Frozen

- Ice cubes, 118.3 g

Breakfast Cereals

- Rolled oats, 40.6 g

Nut and Seed Products

- Almonds, 20 g

- Chia seeds, 66.5 g
- Coconut milk, 90 g

Beverages

- Water, 237.1 g
- Almond Milk, 112.2 g

Pork Products

- Ground pork, 113.3 g
- Pork loin, thinly sliced, 229.5 g
- Pork chops, 169.7 g
- Pork Tenderloin, sliced, 340.5 g

Soups, Sauces, and Gravies

- Vegetable broth, 489.4 g

Other

- Edamame, 147.9 g

Finfish and Shellfish Products

- Mackerel, 340.5 g
- White Fish, 240 g
- Shrimp, 226.7 g

Canned and Jarred

- Tuna, 170.2 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 1130.1 g

Legumes and Legume Products

- Peanuts, 35.1 g
- Plain soy yogurt, 1 cup (225 g)
- Black beans, 212.7 g
- Chickpea flour, 60.2 g

Dairy and Egg Products

- Almond milk, 374.9 g

Sweets

- Gelatin mix, 21.2 g