

Mediterranean Diet Meal Plan

DAY 1		
Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Sweetened)	2 serving (468 g)
Mid-morning snack	Pear	1 medium (178 g)
Lunch	Pork slices with Balsamic Sweet Onions over Brown Rice	2 serving (598 g)
Mid-afternoon snack	Plain Yogurt, Full Fat	2 container (6 oz) (340 g)
Dinner	One-Pan Garlicky Shrimp & Rice with Spinach	1 serving (251 g)

DAY 2		
Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
	Cheddar Cheese	1/4 cup (28.3 g)
	Whole Wheat Bread	2 slice (64 g)
Mid-morning snack	Apple Juice	2 cup (496 g)
Lunch	Vegan White Bean Quinoa Avocado Salad	1 serving (364 g)
Mid-afternoon snack	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
	Strawberries	1 cup, halves (152 g)
Dinner	Roasted Chicken Breast and Garlic Potatoes with Asparagus	1 serving (398 g)

DAY 3

Breakfast	Kale and Zucchini Breakfast Scramble	1 serving (191 g)
Mid-morning snack	Trail Mix	1 serving (56 g)
Lunch	Air Fried Salt and Pepper Pork, Potatoes, and Carrots	1 serving (258 g)
Mid-afternoon snack	Blackberries	1 cup (138 g)
Dinner	Pasta with Tuna	2 serving (444 g)

DAY 4

Breakfast	Egg, Cheese, and Veggie Muffins	1 serving (79 g)
Mid-morning snack	Dark Chocolate Clusters with Walnuts	1 serving (23 g)
Lunch	Salmon, Quinoa, and Cucumber Salad	2 serving (662 g)
Mid-afternoon snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	2 serving (578 g)
Dinner	Vegan Black Bean Fajita Bowl	1 serving (367 g)

DAY 5

Breakfast	Almond Milk	1 cup (262 g)
	Granola	1/4 cup (30.5 g)
Mid-morning snack	Almond Butter Banana Toast	1 serving (206 g)
Lunch	Tuna, Zucchini and Rice salad	1 serving (340 g)
Mid-afternoon snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Green Beans	2 serving (640 g)

DAY 6

Breakfast	Spinach and Mushroom Scramble	1 serving (109 g)
Mid-morning snack	Vegan Microwave Banana Chocolate Mug Cake	2 serving (252 g)
Lunch	Vegan Creamy Vegetable Bean Soup	2 serving (934 g)
Mid-afternoon snack	Chicken and Avocado Tortilla Roll-ups	1 serving (259 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Broccoli	2 serving (510 g)

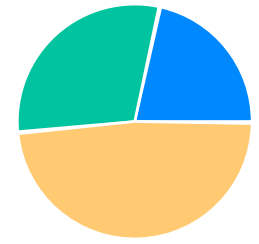
DAY 7

Breakfast	Spinach and Mushroom Scramble	1 serving (109 g)
Mid-morning snack	Apricot, dried	10 fruit, all sizes (35 g)
Lunch	Chicken Breast with Squash and Broccoli	1 serving (699 g)
Mid-afternoon snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Dinner	Chickpea Avocado Salad Sandwich	2 serving (658 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Banana Cinnamon and A Chia Breakfast Bowl Y (Sweetened) 2 serving (468 g)	Pear 1 medium (178 g)	Pork slices with Balsamic Sweet Onions over Brown Rice 2 serving (598 g)	Plain Yogurt, Full Fat 2 container (6 oz) (340 g)	One-Pan Garlicky Shrimp & Rice with Spinach 1 serving (251 g)
2	D Fried Egg A 2 large (140 g) Y Mushrooms, Fresh 1 cups (97 g) 2 Cheddar Cheese ¼ cup (28.3 g) Whole Wheat Bread 2 slice (64 g)	Apple Juice 2 cup (496 g)	Vegan White Bean Quinoa Avocado Salad 1 serving (364 g)	Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g) Strawberries 1 cup, halves (152 g)	Roasted Chicken Breast and Garlic Potatoes with Asparagus 1 serving (398 g)
3	D Kale and Zucchini Break- A fast Scramble Y 1 serving (191 g)	Trail Mix 1 serving (56 g)	Air Fried Salt and Pepper Pork, Potatoes, and Car- rots 1 serving (258 g)	Blackberries 1 cup (138 g)	Pasta with Tuna 2 serving (444 g)
4	D Egg, Cheese, and Veggie A Muffins Y 1 serving (79 g)	Dark Chocolate Clusters with Walnuts 1 serving (23 g)	Salmon, Quinoa, and Cu- cumber Salad 2 serving (662 g)	Vegan Chocolate Ba- nana Baked Oatmeal (Unsweetened) 2 serving (578 g)	Vegan Black Bean Fajita Bowl 1 serving (367 g)
5	D Almond Milk A 1 cup (262 g) Y Granola ¼ cup (30.5 g)	Almond Butter Banana Toast 1 serving (206 g)	Tuna, Zucchini and Rice salad 1 serving (340 g)	Vegan Chocolate Ba- nana Baked Oatmeal (Unsweetened) 1 serving (289 g)	Air Fried Lemon White Fish with Potatoes and Green Beans 2 serving (640 g)
6	D Spinach and Mushroom A Scramble Y 1 serving (109 g)	Vegan Microwave Banana Chocolate Mug Cake 2 serving (252 g)	Vegan Creamy Vegetable Bean Soup 2 serving (934 g)	Chicken and Avocado Tor- tilla Roll-ups 1 serving (259 g)	Air Fried Lemon White Fish with Potatoes and Broccoli 2 serving (510 g)
7	D Spinach and Mushroom A Scramble Y 1 serving (109 g)	Apricot, dried 10 fruit, all sizes (35 g)	Chicken Breast with Squash and Broccoli 1 serving (699 g)	Vegan Chocolate Ba- nana Baked Oatmeal (Unsweetened) 1 serving (289 g)	Chickpea Avocado Salad Sandwich 2 serving (658 g)

Macronutrient summary

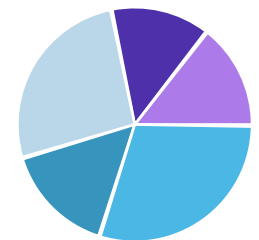
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12524.7	1789.2
Protein [g]	696.1	99.4
Fat [g]	428.7	61.2
Carbs [g]	1561.4	223.1
Fiber [g]	252.1	36
Net Carbs [g]	1309.3	187



22 % Protein 30 % Fat
48 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	260.2	13.4	15.1	18.6	4.5	14.1
Mid-morning snack	244	5.1	8.4	41	4	37
Lunch	474.4	33.1	16.7	49	8.1	40.9
Mid-afternoon snack	276.2	10.3	8.5	44	8.1	36
Dinner	534.4	37.5	12.6	70.4	11.4	59



15 % Breakfast 14 %
Mid-morning snack 27
% Lunch 15 % Mid-af-
ternoon snack 30 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1718.6	102	59.3	202.2	33.3	168.9
Day 2	1717.1	91.2	63.4	201.9	25.8	175.1
Day 3	1892.9	94.5	60.8	246.1	22.1	224
Day 4	1820.7	85.6	69	230	45	185
Day 5	1732.7	105.3	54.5	221.6	31.5	190.1
Day 6	1772.7	109.5	59.1	223.8	40.3	183.5
Day 7	1870.1	108.1	62.6	235.7	53	182.7

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Cinnamon and Chia Breakfast Bowl (Sweetened) 2 serving (468 g)	438.2	10.1	16.6	69.3	20.7	48.6
TOTAL FOR BREAKFAST	438.2	10.1	16.6	69.3	20.7	48.6
Mid-morning snack						
Pear 1 medium (178 g)	101.5	0.6	0.2	27.1	5.5	21.6
TOTAL FOR MID-MORNING SNACK	101.5	0.6	0.2	27.1	5.5	21.6
Lunch						
Pork slices with Balsamic Sweet Onions over Brown Rice 2 serving (598 g)	680.4	53.3	23.3	61.4	6	55.4
TOTAL FOR LUNCH	680.4	53.3	23.3	61.4	6	55.4
Mid-afternoon snack						
Plain Yogurt, Full Fat 2 container (6 oz) (340 g)	207.4	11.8	11.1	15.8	0	15.8
TOTAL FOR MID-AFTERNOON SNACK	207.4	11.8	11.1	15.8	0	15.8
Dinner						
One-Pan Garlicky Shrimp & Rice with Spinach 1 serving (251 g)	291.1	26.1	8	28.5	1.1	27.4
TOTAL FOR DINNER	291.1	26.1	8	28.5	1.1	27.4
TOTAL FOR DAY 1	1718.6	102	59.3	202.2	33.3	168.9

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Mushrooms, Fresh 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
Cheddar Cheese 1/4 cup (28.3 g)	114.1	6.5	9.4	0.9	0	0.9
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
TOTAL FOR BREAKFAST	571.2	36.5	32.8	32.5	4.8	27.7
Mid-morning snack						
Apple Juice 2 cup (496 g)	228.2	0.5	0.6	56	1	55
TOTAL FOR MID-MORNING SNACK	228.2	0.5	0.6	56	1	55
Lunch						
Vegan White Bean Quinoa Avocado Salad 1 serving (364 g)	442.6	15.7	17.4	58.8	12.1	46.7
TOTAL FOR LUNCH	442.6	15.7	17.4	58.8	12.1	46.7
Mid-afternoon snack						
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR MID-AFTERNOON SNACK	152.3	6.9	6	19.6	3	16.6
Dinner						
Roasted Chicken Breast and Garlic Potatoes with Asparagus 1 serving (398 g)	322.9	31.6	6.6	34.9	5.9	29
TOTAL FOR DINNER	322.9	31.6	6.6	34.9	5.9	29
TOTAL FOR DAY 2	1717.1	91.2	63.4	201.9	26.8	175.1

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Kale and Zucchini Breakfast Scramble 1 serving (191 g)	231.7	14.3	17.5	4.7	1.5	3.2
TOTAL FOR BREAKFAST	231.7	14.3	17.5	4.7	1.5	3.2
Mid-morning snack						
Trail Mix 1 serving (56 g)	258.7	7.7	16.5	25.1	0	25.1
TOTAL FOR MID-MORNING SNACK	258.7	7.7	16.5	25.1	0	25.1
Lunch						
Air Fried Salt and Pepper Pork, Potatoes, and Carrots 1 serving (258 g)	262.3	23.5	7.7	24.3	3.4	20.9
TOTAL FOR LUNCH	262.3	23.5	7.7	24.3	3.4	20.9
Mid-afternoon snack						
Blackberries 1 cup (138 g)	59.3	1.9	0.7	13.3	7.3	6
TOTAL FOR MID-AFTERNOON SNACK	59.3	1.9	0.7	13.3	7.3	6
Dinner						
Pasta with Tuna 2 serving (444 g)	1080.8	47	18.5	178.7	9.9	168.8
TOTAL FOR DINNER	1080.8	47	18.5	178.7	9.9	168.8
TOTAL FOR DAY 3	1892.9	94.5	60.8	246.1	22.1	224

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg, Cheese, and Veggie Muffins 1 serving (79 g)	115	8.6	8	1.9	0.3	1.6
TOTAL FOR BREAKFAST	115	8.6	8	1.9	0.3	1.6
Mid-morning snack						
Dark Chocolate Clusters with Walnuts 1 serving (23 g)	129.9	2.2	8.9	10.8	1	9.8
TOTAL FOR MID-MORNING SNACK	129.9	2.2	8.9	10.8	1	9.8
Lunch						
Salmon, Quinoa, and Cucumber Salad 2 serving (662 g)	559.1	43.6	21.6	45.9	7.3	38.6
TOTAL FOR LUNCH	559.1	43.6	21.6	45.9	7.3	38.6
Mid-afternoon snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 2 serving (578 g)	576.1	16.5	10.5	115.8	18.8	97
TOTAL FOR MID-AFTERNOON SNACK	576.1	16.5	10.5	115.8	18.8	97
Dinner						
Vegan Black Bean Fajita Bowl 1 serving (367 g)	440.6	14.6	20.1	55.6	17.6	38
TOTAL FOR DINNER	440.6	14.6	20.1	55.6	17.6	38
TOTAL FOR DAY 4	1820.7	85.6	69	230	45	185

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
Granola 1/4 cup (30.5 g)	149.1	4.2	7.4	16.4	2.7	13.7
TOTAL FOR BREAKFAST	188.4	5.7	10.3	18	2.7	15.3
Mid-morning snack						
Almond Butter Banana Toast 1 serving (206 g)	438.3	15.4	18.8	58.2	8.1	50.1
TOTAL FOR MID-MORNING SNACK	438.3	15.4	18.8	58.2	8.1	50.1
Lunch						
Tuna, Zucchini and Rice salad 1 serving (340 g)	354.2	20.4	15.5	33.3	2.1	31.2
TOTAL FOR LUNCH	354.2	20.4	15.5	33.3	2.1	31.2
Mid-afternoon snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR MID-AFTERNOON SNACK	288.1	8.2	5.2	57.9	9.4	48.5
Dinner						
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 DINNER	463.8	55.6	4.7	54.3	9.2	45.1
TOTAL FOR DAY 5	1732.7	105.3	54.5	221.6	31.5	190.1

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach and Mushroom Scramble 1 serving (109 g)	138.5	9.5	10.4	1.8	0.6	1.2
TOTAL FOR BREAKFAST	138.5	9.5	10.4	1.8	0.6	1.2
Mid-morning snack						
Vegan Microwave Banana Chocolate Mug Cake 2 serving (252 g)	477.5	7.5	13.5	94.2	9.6	84.6
TOTAL FOR MID-MORNING SNACK	477.5	7.5	13.5	94.2	9.6	84.6
Lunch						
Vegan Creamy Vegetable Bean Soup 2 serving (934 g)	424.4	19.9	9.7	67.7	15.3	52.4
TOTAL FOR LUNCH	424.4	19.9	9.7	67.7	15.3	52.4
Mid-afternoon snack						
Chicken and Avocado Tortilla Roll-ups 1 serving (259 g)	361.8	18.7	20.8	28	8.5	19.5
TOTAL FOR MID-AFTERNOON SNACK	361.8	18.7	20.8	28	8.5	19.5
Dinner						
Air Fried Lemon White Fish with Potatoes and Broccoli 2 serving (510 g)	370.5	53.9	4.7	32.1	6.3	25.8
TOTAL FOR DINNER	370.5	53.9	4.7	32.1	6.3	25.8
TOTAL FOR DAY 6	1772.7	109.5	59.1	223.8	40.3	183.5

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach and Mushroom Scramble 1 serving (109 g)	138.5	9.5	10.4	1.8	0.6	1.2
TOTAL FOR BREAKFAST	138.5	9.5	10.4	1.8	0.6	1.2
Mid-morning snack						
Apricot, dried 10 fruit, all sizes (35 g)	74.2	1.5	0.1	15.5	2.9	12.6
TOTAL FOR MID-MORNING SNACK	74.2	1.5	0.1	15.5	2.9	12.6
Lunch						
Chicken Breast with Squash and Broccoli 1 serving (699 g)	598.1	55.1	21.5	51.5	10.4	41.1
TOTAL FOR LUNCH	598.1	55.1	21.5	51.5	10.4	41.1
Mid-afternoon snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR MID-AFTERNOON SNACK	288.1	8.2	5.2	57.9	9.4	48.5
Dinner						
Chickpea Avocado Salad Sandwich 2 serving (658 g)	771.2	33.8	25.4	109	29.8	79.2
TOTAL FOR DINNER	771.2	33.8	25.4	109	29.8	79.2
TOTAL FOR DAY 7	1870.1	108.1	62.6	235.7	53	182.7

Pasta with Tuna

🕒 25 min 👤 4 servings

Per serving: 540 Kcal 24g Protein 9g Fat 89g Carbs

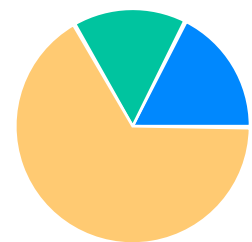
Ingredients

- Oregano, 1 teaspoons (2 g)
- Olive oil, 2 servings (28 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Garlic, 2 portion (6 g)
- Pasta, 1 package (450 g)
- Tuna, 1 can (170 g)
- Bell pepper, 1 (119 g)
- Salt and pepper, 1 tsp (2 g)



Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2159.2	243.4	539.8
Protein [g]	93.9	10.6	23.5
Fat [g]	37	4.2	9.3
Carbs [g]	357	40.2	89.3
Fiber [g]	19.7	2.2	4.9
Net Carbs [g]	337.3	38	84.3



18 % Protein 16 % Fat 67 % Carbs

Vegan White Bean Quinoa Avocado Salad

🕒 30 min 🍽️ 4 servings

Per serving: 442 Kcal 16g Protein 17g Fat 59g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Vegetable broth**, 2 cups (392 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Olive oil**, 2 servings (28 g)
- **Beans**, 1 can (439 g)
- **Quinoa**, 1 cup (170 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onion**, 1/4 cup (40 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a medium saucepan, bring the vegetable broth to a boil.

Add quinoa to the saucepan, cover, and reduce heat to low. Simmer for about 15 minutes or until quinoa is cooked and all the liquid is absorbed.

In a large bowl, combine cooked quinoa, white beans, avocado, cherry tomatoes, red onion, and cilantro.

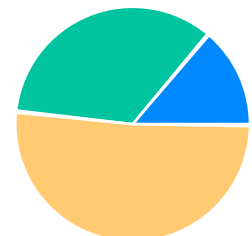
In a small bowl, whisk together lemon juice, olive oil, salt, and pepper.

Pour the dressing over the quinoa mixture and toss gently to combine.

Serve immediately or refrigerate for later. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1769.1	121.6	442.3
Protein [g]	62.8	4.3	15.7
Fat [g]	69.6	4.8	17.4
Carbs [g]	235.2	16.2	58.8
Fiber [g]	48.4	3.3	12.1
Net Carbs [g]	186.8	12.8	46.7



14 % Protein 34 % Fat 52 % Carbs

Vegan Microwave Banana Chocolate Mug Cake

🕒 6 min 🍽️ 2 servings

Per serving: 239 Kcal 4g Protein 7g Fat 47g Carbs

Ingredients

- **Vanilla extract**, 1/4 teaspoons (1 g)
- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Baking powder**, 1/4 teaspoon (1 g)
- **Flour**, 2 tablespoon (18 g)
- **Cocoa powder**, 2 tablespoon (10 g)
- **Maple syrup**, 2 tablespoons (40 g)
- **Almond milk**, 2 tablespoons (30 g)
- **Dairy-free chocolate chips**, 1 tablespoon (33.5 g)



Instructions

In a microwave-safe mug, combine the mashed banana, flour, cocoa powder, maple syrup, baking powder, vanilla extract, and almond milk.

Mix well until all the ingredients are thoroughly combined.

Fold in the dairy-free chocolate chips.

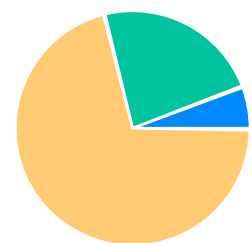
Place the mug in the microwave and cook on high for 1-2 minutes, or until the cake is set in the middle.

Let the mug cake cool for a minute before serving.

Enjoy your vegan microwave banana chocolate mug cake!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	477.5	189.9	238.8
Protein [g]	7.5	3	3.8
Fat [g]	13.5	5.4	6.8
Carbs [g]	94.2	37.5	47.1
Fiber [g]	9.6	3.8	4.8
Net Carbs [g]	84.6	33.6	42.3



6 % Protein 23 % Fat 71 % Carbs

Vegan Black Bean Fajita Bowl

🕒 25 min 🍽️ 2 servings

Per serving: 440 Kcal 15g Protein 20g Fat 56g Carbs

Ingredients

- **Chili powder**, 1 teaspoon (2 g)
- **Avocado**, 1 cup (143 g)
- **Onion powder**, 1/4 teaspoon (0.5 g)
- **Salt**, 1/4 teaspoon (1.4 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Juice of lime**, 1 tablespoon (14 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 small (74 g)
- **Black beans**, 1 cup (172 g)
- **Quinoa**, 1 cup (185 g)
- **Bell pepper**, 1 medium (120 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Garlic powder**, 1/4 teaspoon (0.8 g)
- **Pepper**, 1/4 tsp (0.5 g)



Instructions

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

Add the sliced bell pepper and onion to the skillet and sauté for 5-7 minutes, or until the vegetables are tender.

In a small bowl, combine the chili powder, cumin, paprika, garlic powder, onion powder, salt, and black pepper.

Add the cooked black beans to the skillet and sprinkle the spice mixture over the beans and vegetables. Stir to combine.

Cook for an additional 2-3 minutes, or until the beans are heated through.

To assemble the fajita bowls, divide the cooked quinoa between two bowls.

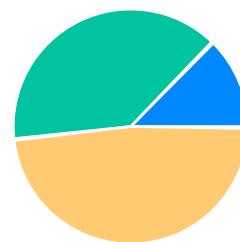
Top with the black bean and vegetable mixture.

Garnish with sliced avocado, chopped cilantro, and a squeeze of lime juice.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	879.9	120.1	440
Protein [g]	29.2	4	14.6
Fat [g]	40.1	5.5	20.1
Carbs [g]	111.1	15.2	55.6
Fiber [g]	35.1	4.8	17.6
Net Carbs [g]	76	10.4	38



13 % Protein 39 % Fat 48 %
Carbs

Vegan Creamy Vegetable Bean Soup

🕒 35 min 🍽️ 4 servings

Per serving: 212 Kcal 10g Protein 5g Fat 34g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 small (102.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (5.9 g)
- **Beans**, 1 can (439 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Celery stalks**, 1 stalk (17 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Almond Milk**, 1 cup (262 g)



Instructions

Heat olive oil in a large pot over medium heat.

Add onion and garlic, sauté until fragrant and translucent.

Add carrots, celery, and red bell pepper. Cook for another 5 minutes, stirring occasionally.

Add white beans, vegetable broth, almond milk, thyme, oregano, smoked paprika, salt, and pepper.

Bring the soup to a boil, then reduce heat and simmer for 15-20 minutes until the vegetables are tender.

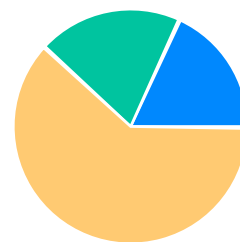
Using an immersion blender or regular blender, blend the soup until creamy and smooth.

Return the soup to the pot and heat over low heat until warmed through.

Serve hot, garnished with fresh parsley.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	847.9	45.4	212
Protein [g]	39.7	2.1	9.9
Fat [g]	19.3	1	4.8
Carbs [g]	135.3	7.3	33.8
Fiber [g]	30.5	1.6	7.6
Net Carbs [g]	104.8	5.6	26.2



18 % Protein 20 % Fat 62 %
Carbs

Almond Butter Banana Toast

🕒 5 min 🍽️ 1 serving

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

Ingredients

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

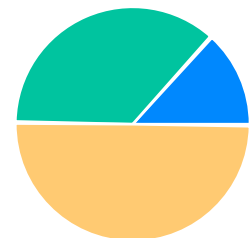


Instructions

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

Macronutrient summary

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



13% Protein 36% Fat 50% Carbs

Trail Mix

🕒 1 min 🍽️ 1 serving

Per serving: 259 Kcal 8g Protein 17g Fat 25g Carbs

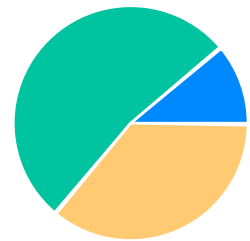
Ingredients

- Snacks, trail mix, regular, 1/2 cup (56 g)



Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	258.7	462	258.7
Protein [g]	7.7	13.8	7.7
Fat [g]	16.5	29.5	16.5
Carbs [g]	25.1	44.8	25.1
Fiber [g]	0	0	0
Net Carbs [g]	25.1	44.8	25.1



11 % Protein 53 % Fat 36 % Carbs

Egg, Cheese, and Veggie Muffins

🕒 15 min 🍽️ 6 servings

Per serving: 116 Kcal 9g Protein 8g Fat 2g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Onions, 1/4 cup (41.7 g)
- Tomatoes, 1/4 cup (38.9 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Bell peppers, 1/4 cup (37.3 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, beat the eggs until well combined.

Add the shredded cheddar cheese, diced bell peppers, onions, tomatoes, salt, and pepper to the bowl. Mix well.

Grease a muffin tin with cooking spray or line with muffin liners.

Pour the egg mixture evenly into the muffin cups, filling each about 3/4 full.

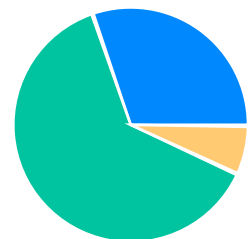
Bake in the preheated oven for 12-15 minutes, or until the muffins are set and slightly golden on top.

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

Gently remove the muffins from the tin and serve warm.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	692.9	145.5	115.5
Protein [g]	52	10.9	8.7
Fat [g]	48	10.1	8
Carbs [g]	11.2	2.4	1.9
Fiber [g]	2	0.4	0.3
Net Carbs [g]	9.2	1.9	1.5



30 % Protein 63 % Fat 7 % Carbs

Chicken and Avocado Tortilla Roll-ups

🕒 15 min 🍽️ 2 servings

Per serving: 362 Kcal 19g Protein 21g Fat 28g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Lime juice**, 2 tablespoon (28 g)
- **Tortillas**, 2 tortilla medium (approx 6" dia) (60 g)
- **Chicken**, 2 cups (108.5 g)
- **Cherry tomatoes**, 1/2 cup (74.5 g)
- **Onion**, 1/4 cup (40 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a bowl, combine the shredded chicken, lime juice, salt, and pepper. Mix well.

Lay the tortillas flat on a clean surface.

Divide the chicken mixture evenly between the tortillas, spreading it out in a thin layer.

Place the avocado slices, cherry tomatoes, red onion, and cilantro on top of the chicken mixture.

Roll up the tortillas tightly, making sure to tuck in the fillings as you go.

Slice the roll-ups into bite-sized pieces.

Serve immediately or refrigerate for later.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	723.7	139.8	361.9
Protein [g]	37.4	7.2	18.7
Fat [g]	41.6	8	20.8
Carbs [g]	56	10.8	28
Fiber [g]	17	3.3	8.5
Net Carbs [g]	39	7.5	19.5



20% Protein 50% Fat 30% Carbs

One-Pan Garlicky Shrimp & Rice with Spinach

🕒 10 min 🍽️ 4 servings

Per serving: 291 Kcal 26g Protein 8g Fat 29g Carbs

Ingredients

- **Vegetable broth**, 1/4 cup (50.7 g)
- **Lemon juice**, 1 tablespoon (14.7 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 4 clove (12 g)
- **Shrimp**, 1 pound (453.6 g)
- **Rice**, 2 cups (370 g)
- **Spinach**, 2 cups (60 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Pepper flakes**, 1/4 teaspoon (0.5 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and cook for 1 minute until fragrant.

Add shrimp to the skillet and season with paprika, salt, black pepper, and red pepper flakes. Cook shrimp for 2-3 minutes on each side until pink and cooked through.

Remove shrimp from the skillet and set aside.

In the same skillet, add cooked rice, spinach, chicken or vegetable broth, and lemon juice. Cook for 2-3 minutes until spinach wilts and rice is heated through.

Return the cooked shrimp to the skillet and stir everything together.

Remove from heat and garnish with chopped parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1163.2	116	290.8
Protein [g]	104.4	10.4	26.1
Fat [g]	32.1	3.2	8
Carbs [g]	114.1	11.4	28.5
Fiber [g]	4.4	0.4	1.1
Net Carbs [g]	109.7	10.9	27.4



36 % Protein 25 % Fat 39 %
Carbs

Tuna, Zucchini and Rice salad

🕒 10 min 🍽️ 2 servings

Per serving: 354 Kcal 20g Protein 16g Fat 33g Carbs

Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Olive oil, 2 servings (28 g)
- Zucchini, 1 medium (196 g)
- Rice, 1 cup (185 g)
- Tuna, 1 can (170 g)
- Onion, 1/2 100 gram (55 g)
- Parsley, 1/4 cup (15 g)
- Salt and pepper, 2 servings (1 g)



Instructions

In a large bowl, combine the cooked rice, tuna, zucchini, red onion, and parsley.

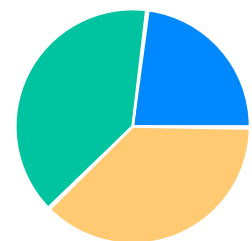
In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

Pour the dressing over the rice mixture and toss to combine.

Serve immediately or refrigerate until ready to serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	708.3	104.2	354.2
Protein [g]	40.8	6	20.4
Fat [g]	31	4.6	15.5
Carbs [g]	66.5	9.8	33.3
Fiber [g]	4.2	0.6	2.1
Net Carbs [g]	62.3	9.2	31.2



23 % Protein 39 % Fat 38 % Carbs

Dark Chocolate Clusters with Walnuts

🕒 10 min 🍽️ 10 servings

Per serving: 130 Kcal 2g Protein 9g Fat 11g Carbs

Ingredients

- **Chocolate chips**, 1 cup (180 g)
- **Walnuts**, 1/2 cup shelled (50 halves) (50 g)



Instructions

In a microwave-safe bowl, melt the dark chocolate chips in the microwave for 30-second intervals, stirring in between, until fully melted and smooth.

Stir in the chopped roasted walnuts into the melted chocolate.

Line a baking sheet with parchment paper.

Using a spoon, drop spoonfuls of the chocolate-walnut mixture onto the prepared baking sheet, forming small clusters.

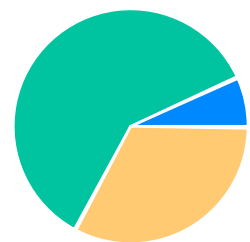
Place the baking sheet in the refrigerator for about 5-10 minutes, or until the chocolate has hardened.

Once hardened, remove the clusters from the refrigerator and transfer them to an airtight container for storage.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1299	564.8	129.9
Protein [g]	22.3	9.7	2.2
Fat [g]	89.1	38.7	8.9
Carbs [g]	108.2	47	10.8
Fiber [g]	10.2	4.4	1
Net Carbs [g]	98	42.6	9.8



7 % Protein 61 % Fat 33 % Carbs

Salmon, Quinoa, and Cucumber Salad

🕒 15 min 🍽️ 2 servings

Per serving: 280 Kcal 22g Protein 11g Fat 23g Carbs

Ingredients

- **Cucumber**, 1 cucumber (300 g)
- **Olive oil**, 1/2 tablespoon (6.8 g)
- **Salmon**, 1 fillet (170 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **Quinoa, cooked**, 1 cup (185 g)

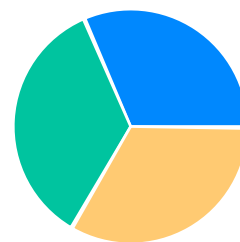


Instructions

1. Cook quinoa according to package instructions.
2. While quinoa is cooking, season the salmon fillet with salt and pepper.
3. Heat olive oil in a non-stick skillet over medium-high heat.
4. Place the salmon fillet in the skillet and cook for 3-4 minutes on each side, or until cooked through.
5. Remove the salmon from the skillet and let it rest for a few minutes.
6. Meanwhile, peel and dice the cucumber.
7. In a large bowl, combine cooked quinoa, diced cucumber, and a drizzle of olive oil.
8. Season with salt and pepper to taste.
9. Flake the cooked salmon into bite-sized pieces and add it to the quinoa and cucumber mixture.
10. Toss everything together gently until well combined.
11. Serve the salad immediately or refrigerate for later use.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	559.1	84.5	279.6
Protein [g]	43.6	6.6	21.8
Fat [g]	21.6	3.3	10.8
Carbs [g]	45.9	6.9	23
Fiber [g]	7.3	1.1	3.7
Net Carbs [g]	38.6	5.8	19.3



32 % Protein 35 % Fat 33 %
Carbs

Pork slices with Balsamic Sweet Onions over Brown Rice

🕒 15 min 🍽️ 4 servings

Per serving: 340 Kcal 27g Protein 12g Fat 31g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Onions, 2 large (300 g)
- Balsamic vinegar, 2 tbsp (32 g)
- brown rice, cooked, 2 cup (380 g)
- Pork Tenderloin, sliced, 1 pound (457 g)



Instructions

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

Add the pork slices and cook for 2-3 minutes on each side until browned and cooked through. Remove from skillet and set aside.

In the same skillet, add the sliced onions and cook for 5-6 minutes until they start to soften and caramelize.

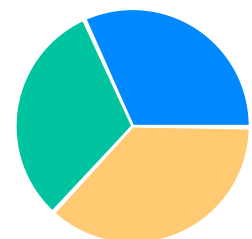
Add balsamic vinegar to the skillet and stir to coat the onions. Cook for an additional 2-3 minutes until the vinegar has reduced and onions are tender.

Place the cooked pork slices back into the skillet with the onions and toss to combine. Cook for another minute to heat through.

Serve the pork slices with balsamic sweet onions over brown rice.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1360.8	113.8	340.2
Protein [g]	106.6	8.9	26.7
Fat [g]	46.6	3.9	11.7
Carbs [g]	122.8	10.3	30.7
Fiber [g]	11.9	1	3
Net Carbs [g]	110.9	9.3	27.7



32 % Protein 31 % Fat 37 % Carbs

Roasted Chicken Breast and Garlic Potatoes with Asparagus

🕒 20 min 🍽️ 4 servings

Per serving: 323 Kcal 32g Protein 7g Fat 35g Carbs

Ingredients

- Potatoes, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Chicken Breast, 1 pound (453.6 g)
- Asparagus, 1 bunch (433 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the chicken breast, potatoes, asparagus, minced garlic, and olive oil. Season with salt and pepper to taste.

Toss everything together until the chicken, asparagus, and potatoes are evenly coated with the oil and garlic. Spread the mixture in a single layer in the baking dish.

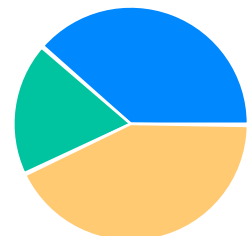
Place the dish in the preheated oven and roast for 15-20 minutes.

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

Serve the roasted chicken breast, garlic potatoes, and asparagus together as a delicious and quick meal.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1291.7	81.1	322.9
Protein [g]	126.3	7.9	31.6
Fat [g]	26.6	1.7	6.7
Carbs [g]	139.7	8.8	34.9
Fiber [g]	23.6	1.5	5.9
Net Carbs [g]	116.1	7.3	29



39 % Protein 18 % Fat 43 % Carbs

Air Fried Salt and Pepper Pork, Potatoes, and Carrots

🕒 15 min 🍽️ 2 servings

Per serving: 262 Kcal 24g Protein 8g Fat 24g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 tsp (2 g)
- Carrots, sliced, 1 medium (61 g)
- Pork Tenderloin, 2 portion(s) (200 g)



Instructions

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

Cut the c into bite-sized pieces.

Wash and dice the potatoes and carrots into small cubes.

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

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

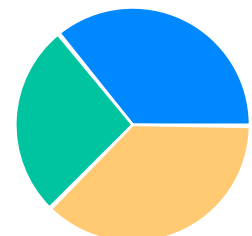
Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	523.6	101.7	261.8
Protein [g]	46.9	9.1	23.5
Fat [g]	15.4	3	7.7
Carbs [g]	48.5	9.4	24.3
Fiber [g]	6.8	1.3	3.4
Net Carbs [g]	41.7	8.1	20.9



36 % Protein 27 % Fat 37 % Carbs

Air Fried Lemon White Fish with Potatoes and Broccoli

🕒 15 min 🍽️ 2 servings

Per serving: 185 Kcal 27g Protein 2g Fat 16g Carbs

Ingredients

- Lemon, 1 half (50 g)
- Salt, 1 tsp (6 g)
- Potatoes, 2 medium (122 g)
- Broccoli florets, 1 cup (91 g)
- Fish, 2 fillet (240 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.

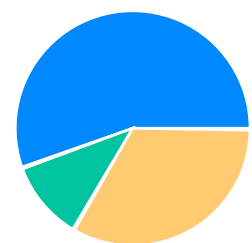
Add the diced potatoes and broccoli florets to the air fryer basket.

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]	369.8	72.7	184.9
Protein [g]	53.8	10.6	26.9
Fat [g]	4.7	0.9	2.4
Carbs [g]	32	6.3	16
Fiber [g]	6.3	1.2	3.2
Net Carbs [g]	25.7	5	12.9



56 % Protein 11 % Fat 33 % Carbs

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.

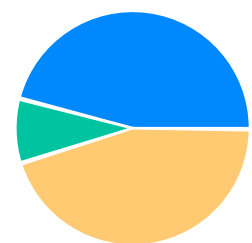
Add the diced potatoes and green beans to the air fryer basket.

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



46 % Protein 9 % Fat 45 % Carbs

Spinach and Mushroom Scramble

🕒 10 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

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

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

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

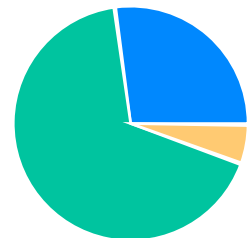
Pour the whisked eggs into the skillet with the spinach and mushrooms.

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

Serve hot and enjoy!

Macronutrient summary

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



27 % Protein 68 % Fat 5 % Carbs

Banana Cinnamon and Chia Breakfast Bowl (Sweetened)

🕒 10 min 🍽️ 2 servings

Per serving: 219 Kcal 5g Protein 8g Fat 35g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Chia seeds, 1/4 cup (42.5 g)
- Maple syrup, 1 tablespoons (20 g)
- Almond milk, 1 cup (250 g)
- Banana, sliced, 1 extra large (9" or longer) (152 g)



Instructions

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

Stir well to combine all the ingredients.

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

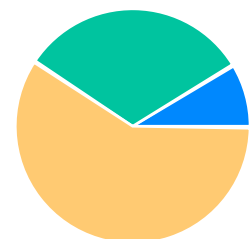
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

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

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	437.3	93.6	218.7
Protein [g]	10	2.1	5
Fat [g]	16.6	3.6	8.3
Carbs [g]	69.2	14.8	34.6
Fiber [g]	20.7	4.4	10.4
Net Carbs [g]	48.5	10.4	24.3



9 % Protein 32 % Fat 59 % Carbs

Chickpea Avocado Salad Sandwich

🕒 10 min 🍽️ 2 servings

Per serving: 386 Kcal 17g Protein 13g Fat 55g Carbs

Ingredients

- Avocado, 1/2 avocado, ns as to florida or california (100.5 g)
- Cilantro, 1/4 cup (3.8 g)
- Juice of lime, 1 tablespoon (14 g)
- Chickpeas, 3/4 can (339.8 g)
- Whole wheat bread, 4 slices (112.9 g)
- Salt and pepper, 1/2 tsp (1 g)
- Onion, 1/4 cup (38.5 g)
- Lettuce leaves, 2 large (48 g)



Instructions

In a medium bowl, mash the chickpeas using a fork or potato masher.

Add mashed avocado, red onion, cilantro, lime juice, salt, and pepper to the bowl. Mix well to combine.

Toast the bread slices until golden brown.

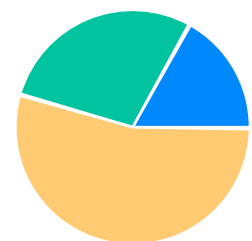
Spread the chickpea avocado salad evenly on two slices of bread.

Top with lettuce leaves if desired, and cover with the remaining bread slices.

Slice the sandwiches in half and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	771.2	117.1	385.6
Protein [g]	33.8	5.1	16.9
Fat [g]	25.4	3.9	12.7
Carbs [g]	109	16.6	54.5
Fiber [g]	29.8	4.5	14.9
Net Carbs [g]	79.2	12	39.6



17 % Protein 29 % Fat 55 % Carbs

Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

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

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

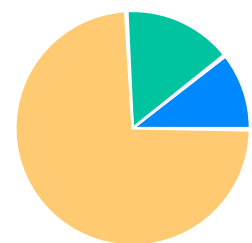
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

Macronutrient summary

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



11 % Protein 15 % Fat 74 % Carbs

Chicken Breast with Squash and Broccoli

🕒 30 min 🍽️ 2 servings

Per serving: 598 Kcal 55g Protein 22g Fat 52g Carbs

Ingredients

- Paprika, 1 teaspoon (2 g)
- Chicken breasts, 2 large (429.4 g)
- Olive oil, 2 tablespoon (30 g)
- Butternut squash, 1 (750 g)
- Salt and pepper, 2 pinch (0.2 g)
- Garlic powder, 1 teaspoon (3 g)
- Broccoli florets, 2 cup (182 g)



Instructions

Preheat your oven to 400°F (200°C).

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

Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Sear the chicken breasts for 2-3 minutes on each side until browned.

Transfer the seared chicken breasts to a baking dish.

In a mixing bowl, toss the butternut squash cubes with 1 tablespoon of olive oil, salt, and pepper.

Spread the seasoned squash cubes around the chicken breasts in the baking dish.

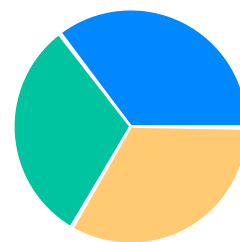
Bake in the preheated oven for 15-20 minutes or until the chicken is cooked through and the squash is tender.

Meanwhile, steam the broccoli florets for about 5 minutes until they are bright green and slightly tender.

Serve the baked chicken breasts with the roasted squash and steamed broccoli. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1195.4	85.6	597.7
Protein [g]	110	7.9	55
Fat [g]	43	3.1	21.5
Carbs [g]	103	7.4	51.5
Fiber [g]	20.7	1.5	10.4
Net Carbs [g]	82.3	5.9	41.2



36 % Protein 31 % Fat 33 %
Carbs

Kale and Zucchini Breakfast Scramble

🕒 20 min 🍽️ 2 servings

Per serving: 231 Kcal 14g Protein 17g Fat 5g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Olive oil, 1 tablespoon (15 g)
- Zucchini, 1 small (118 g)
- Kale, 1 cups (47.9 g)
- Salt and pepper, 1 pinch (0.1 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced zucchini and cook for 2-3 minutes until slightly softened.

Add chopped kale to the skillet and cook for an additional 2 minutes until wilted.

In a separate bowl, whisk together eggs, salt, and pepper.

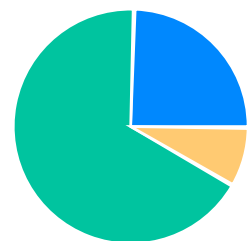
Pour the egg mixture into the skillet with the vegetables.

Stir gently and cook until the eggs are scrambled and cooked to your desired consistency.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	462.1	121.3	231.1
Protein [g]	28.6	7.5	14.3
Fat [g]	34.8	9.1	17.4
Carbs [g]	9.3	2.4	4.7
Fiber [g]	2.9	0.8	1.5
Net Carbs [g]	6.4	1.7	3.2



25 % Protein 67 % Fat 8 % Carbs

Shopping List

Spices and Herbs

- Cinnamon, 1 tsp (2.6 g)
- Salt and pepper, 4 1/2 pinch (0.5 g)
- Salt and pepper, 3 tsp (5.8 g)
- Vanilla extract, 1/3 teaspoons (1 g)
- Balsamic vinegar, 1 tbsp (16 g)
- Salt and pepper, 1 servings (0.5 g)
- Oregano, 1 teaspoons (2 g)
- Thyme, 1/2 tsp, leaves (0.5 g)
- Paprika, 1/3 teaspoon (0.5 g)
- Paprika, 1 teaspoon (2 g)
- Garlic powder, 1/3 teaspoon (0.8 g)
- Salt, 1/3 teaspoon (1.4 g)
- Pepper, 1/5 tsp (0.4 g)
- Pepper flakes, 0 teaspoon (0.1 g)
- Chili powder, 1/2 teaspoon (1 g)
- Onion powder, 1/7 teaspoon (0.2 g)
- Cumin, 1/3 teaspoon (0.5 g)
- Salt, 2 tsp (12 g)

Nut and Seed Products

- Chia seeds, 1/3 cup (42.6 g)
- Walnuts, 0 cup shelled (50 halves) (5 g)

Sweets

- Maple syrup, 3 tablespoons (60.1 g)
- Cocoa powder, 6 tablespoon (30.1 g)

Dairy and Egg Products

- Almond milk, 3 cup (751.3 g)
- Fried Egg, 2 large (140 g)
- Cheddar Cheese, 1/4 cup (28.3 g)
- Eggs, 3 large (150 g)
- Cheddar cheese, 0 cup (9.4 g)
- Eggs, 3 medium (131.9 g)
- Almond milk, 2 tablespoons (30.1 g)
- Plain Yogurt, Full Fat, 2 container (6 oz) (340 g)
- Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)

Fruits and Fruit Juices

- Banana, sliced, 1 extra large (9" or longer) (152.3 g)
- Pear, 1 medium (178 g)
- Apple Juice, 2 cup (496 g)
- Banana, 2 medium (7" to 7-7/8" long) (236 g)
- Apricot, dried, 10 fruit, all sizes (35 g)
- Avocado, 1 1/4 avocado, ns as to florida or california (251.2 g)
- Lemon juice, 1 1/2 tablespoons (22.5 g)
- Strawberries, 1 cup, halves (152 g)
- Blackberries, 1 cup (138 g)
- Bananas, 4 medium (7" to 7-7/8" long) (472.8 g)
- Lime juice, 1 tablespoon (14 g)
- Lemon juice, 1/3 tablespoon (3.7 g)
- Avocado, 1/2 cup (71.6 g)
- Juice of lime, 1 1/2 tablespoon (21 g)
- Lemon, 2 half (100.1 g)

Vegetables and Vegetable Products

- Mushrooms, Fresh, 1 cups (97 g)
- Zucchini, 1/2 small (59.2 g)
- Kale, 1/2 cups (24 g)
- Onions, 0 cup (6.9 g)
- Tomatoes, 0 cup (6.4 g)
- Bell peppers, 0 cup (6.2 g)
- Mushrooms, 1/2 cup, whole (48 g)
- Spinach, 1 cup (30 g)
- Onions, 1 large (150 g)
- Cilantro, 1/2 cup (8.7 g)
- Cherry tomatoes, 1/3 cup (55.9 g)
- Onion, 1 cup (153.9 g)
- Potatoes, 8 medium (488.5 g)
- Carrots, sliced, 1/2 medium (30.6 g)
- Cucumber, 1 cucumber (300 g)
- Zucchini, 1/2 medium (98 g)
- Onion, 1/4 100 gram (27.5 g)
- Parsley, 1/8 cup (7.5 g)
- Carrots, 1 small (51.1 g)
- Onion, 1 medium (2-1/2" dia) (110.1 g)
- Garlic, 1 cloves (3 g)

- Bell pepper, 1/2 portion (59.6 g)
- Celery stalks, 1/2 stalk (8.5 g)
- Parsley, 1 1/2 tablespoons (6 g)
- Butternut squash, 1/2 (375.4 g)
- Broccoli florets, 2 cup (182.3 g)
- Garlic, 2 clove (6 g)
- Spinach, 1/2 cups (15 g)
- Potatoes, 1 potato small (1-3/4" to 2-1/2" dia) (170 g)
- Asparagus, 1/4 bunch (108.2 g)
- Garlic, 1 portion (3 g)
- Bell pepper, 1/2 (59.6 g)
- Onion, 1/2 small (37.1 g)
- Bell pepper, 1/2 medium (60.1 g)
- Green Beans, 2 portion(s) (100 g)
- Lettuce leaves, 2 large (48 g)

Baked Products

- Whole Wheat Bread, 2 slice (64 g)
- Chocolate chips, 1/10 cup (18 g)
- Bread, 2 slices (56.3 g)
- Baking powder, 1/3 teaspoon (1 g)
- Tortillas, 1 tortilla medium (approx 6" dia) (30 g)
- Whole wheat bread, 4 slices (112.8 g)

Fats and Oils

- Olive oil, 4 1/3 tablespoon (57.4 g)
- Olive oil, 3 teaspoons (12 g)
- Olive oil, 3 servings (42 g)

Beverages

- Almond Milk, 1 1/2 cup (393.1 g)

Breakfast Cereals

- Granola, 1/4 cup (30.5 g)
- Rolled oats, 2 c (162.4 g)

Snacks

- Snacks, trail mix, regular, 1/2 cup (56 g)

Legumes and Legume Products

- Peanut butter, 2 tbsp (31.9 g)

- Beans, 3/4 can (329.5 g)
- Black beans, 1/2 cup (86.2 g)
- Chickpeas, 2/3 can (339.5 g)

Cereal Grains and Pasta

- Flour, 2 tablespoon (18 g)
- brown rice, cooked, 1 cup (190 g)
- Quinoa, 1/3 cup (42.5 g)
- Quinoa, cooked, 1 cup (185 g)
- Rice, 1/2 cup (92.5 g)
- Rice, 1/2 cups (92.6 g)
- Pasta, 1/2 package (225.3 g)
- Quinoa, 1/2 cup (92.7 g)

Other

- Dairy-free chocolate chips, 1 tablespoon (33.6 g)

Pork Products

- Pork Tenderloin, sliced, 1/2 pound (228.5 g)
- Pork Tenderloin, 1 portion(s) (100.2 g)

Soups, Sauces, and Gravies

- Vegetable broth, 2 1/2 cups (490.1 g)
- Vegetable broth, 0 cup (12.7 g)

Finfish and Shellfish Products

- Salmon, 1 fillet (170 g)
- Shrimp, 1/3 pound (113.5 g)
- White Fish, 2 fillet (240 g)
- Fish, 2 fillet (240.5 g)

Canned and Jarred

- Tuna, 1 can (170.1 g)

Poultry Products

- Chicken breasts, 1 large (214.9 g)
- Chicken Breast, 1/4 pound (113.4 g)

Meals, Entrees, and Side Dishes

- Chicken, 1 cups (54.3 g)