

Whole30 Meal Plan

DAY 1

Breakfast	Eggs with Spinach	1 serving (164 g)
Mid-morning snack	Raspberries	1 cup (123 g)
Lunch	Sheet-Pan Chili-Lime White Fish with Potatoes and Carrots	2 serving (776 g)
Mid-afternoon snack	Apple	1 medium (3" dia) (182 g)
Dinner	Breakfast Turkey and Sweet Potato Skillet	2 serving (454 g)

DAY 2

Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (431 g)
Mid-morning snack	Coffee (Unsweetened)	1 portion(s) (50 g)
	Almond Milk	1 cup (262 g)
Lunch	Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus	2 serving (930 g)
Mid-afternoon snack	Strawberries	1 cup, halves (152 g)
Dinner	Baked Salmon with Dill and Asparagus	1 serving (465 g)

DAY 3

Breakfast	Garden Veggies and Chicken Frittata	2 serving (308 g)
Mid-morning snack	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (431 g)
Lunch	Roasted Turkey Breast and Garlic Potatoes with Zucchini	2 serving (518 g)
Mid-afternoon snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Dinner	Mango and Grilled Chicken Salad	1 serving (318 g)

DAY 4

Breakfast	Smoked Salmon Breakfast Bowl with Sweet Potato and Spinach	1 serving (297 g)
Mid-morning snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Lunch	Loaded Sweet Potato Fries with Ground Beef	2 serving (696 g)
Mid-afternoon snack	Chilled Spearmint Green Tea (Unsweetened)	1 serving (350 g)
Dinner	Spiced Turkey with Zucchini and Bell Peppers	1 serving (583 g)

DAY 5

Breakfast	Mixed Berries Chia Pudding (Unsweetened)	1 serving (231 g)
Mid-morning snack	Paleo Sweet Potato Chips	1 serving (242 g)
Lunch	Chicken Skewers with Zucchini and Bell Peppers	1 serving (203 g)
Mid-afternoon snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Dinner	Roasted Turkey Breast and Garlic Potatoes with Carrots	2 serving (664 g)

DAY 6

Breakfast	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	2 serving (754 g)
Mid-morning snack	Almond Butter Banana	2 tablespoon (28 g) 2 small (196 g)
Lunch	Baked Garlic Salmon and Zucchini	1 serving (303 g)
Mid-afternoon snack	Nuts, almonds, dry roasted, without salt added	1 portion(s) (30 g)
Dinner	Chicken Stir Fry with Bok Choy and Mushroom	1 serving (245 g)

DAY 7

Breakfast	Breakfast Stuffed Potato with Kale and Ground Chicken	1 serving (340 g)
Mid-morning snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Lunch	Roasted Chicken Thighs with Carrot Mash	1 serving (252 g)
Mid-afternoon snack	Blueberries	1 cup (124 g)
Dinner	Baked Chicken with Squash and Broccoli	2 serving (710 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D A Y 1	Eggs with Spinach 1 serving (164 g)	Raspberries 1 cup (123 g)	Sheet-Pan Chili-Lime White Fish with Potatoes and Carrots 2 serving (776 g)	Apple 1 medium (3" dia) (182 g)	Breakfast Turkey and Sweet Potato Skillet 2 serving (454 g)
D A Y 2	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)	Coffee (Unsweetened) 1 portion(s) (50 g) Almond Milk 1 cup (262 g)	Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus 2 serving (930 g)	Strawberries 1 cup, halves (152 g)	Baked Salmon with Dill and Asparagus 1 serving (465 g)
D A Y 3	Garden Veggies and Chicken Frittata 2 serving (308 g)	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)	Roasted Turkey Breast and Garlic Potatoes with Zucchini 2 serving (518 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Mango and Grilled Chicken Salad 1 serving (318 g)
D A Y 4	Smoked Salmon Break- fast Bowl with Sweet Potato and Spinach 1 serving (297 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Loaded Sweet Potato Fries with Ground Beef 2 serving (696 g)	Chilled Spearmint Green Tea (Unsweetened) 1 serving (350 g)	Spiced Turkey with Zuc- chini and Bell Peppers 1 serving (583 g)
D A Y 5	Mixed Berries Chia Pud- ding (Unsweetened) 1 serving (231 g)	Paleo Sweet Potato Chips 1 serving (242 g)	Chicken Skewers with Zucchini and Bell Peppers 1 serving (203 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Roasted Turkey Breast and Garlic Potatoes with Carrots 2 serving (664 g)
D A Y 6	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash 2 serving (754 g)	Almond Butter 2 tablespoon (28 g) Banana 2 small (196 g)	Baked Garlic Salmon and Zucchini 1 serving (303 g)	Nuts, almonds, dry roast- ed, without salt added 1 portion(s) (30 g)	Chicken Stir Fry with Bok Choy and Mushroom 1 serving (245 g)
D A Y 7	Breakfast Stuffed Pota- to with Kale and Ground Chicken 1 serving (340 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Roasted Chicken Thighs with Carrot Mash 1 serving (252 g)	Blueberries 1 cup (124 g)	Baked Chicken with Squash and Broccoli 2 serving (710 g)

Macronutrient summary

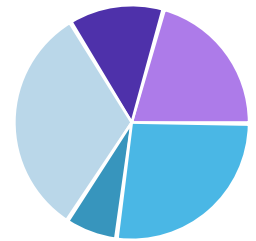
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	11893.4	1699.1
Protein [g]	928.6	132.7
Fat [g]	474.4	67.8
Carbs [g]	1041.4	148.8
Fiber [g]	224.9	32.1
Net Carbs [g]	816.5	116.6



31 % Protein 35 % Fat
34 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	352.7	21.8	17.9	29.1	8.3	20.8
Mid-morning snack	221.4	4.3	9	33.5	7.8	25.7
Lunch	546.8	50.1	21.1	40.2	7	33.2
Mid-afternoon snack	118.5	2.2	4.4	19.3	3.9	15.4
Dinner	459.7	54.2	15.3	26.6	5.1	21.5



21 % Breakfast 13 %
Mid-morning snack 32 %
Lunch 7 % Mid-afternoon snack 27 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1690.5	150.1	62.6	141.9	29.2	112.7
Day 2	1644.4	132.3	65.1	149.4	41.8	107.6
Day 3	1677.6	123.4	63.9	159.9	35.6	124.3
Day 4	1779.8	138	65.3	165.4	35.7	129.7
Day 5	1564.3	104.2	51.4	174.8	35.2	139.6
Day 6	1716	135.9	84.5	120	24.4	95.6
Day 7	1820.8	144.7	81.6	130	22.9	107.1

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Eggs with Spinach 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5	2.6
TOTAL FOR BREAKFAST	284.8	14.2	23.8	4.1	1.5	2.6
Mid-morning snack						
Raspberries 1 cup (123 g)	64	1.5	0.8	14.7	8	6.7
TOTAL FOR MID-MORNING SNACK	64	1.5	0.8	14.7	8	6.7
Lunch						
Sheet-Pan Chili-Lime White Fish with Potatoes and Carrots 2 serving (776 g)	743	76.3	19.9	67.8	9.4	58.4
TOTAL FOR LUNCH	743	76.3	19.9	67.8	9.4	58.4
Mid-afternoon snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR MID-AFTERNOON SNACK	94.6	0.5	0.3	25.1	4.4	20.7
Dinner						
Breakfast Turkey and Sweet Potato Skillet 2 serving (454 g)	504.1	57.7	17.8	30.2	6	24.2
TOTAL FOR DINNER	504.1	57.7	17.8	30.2	6	24.2
TOTAL FOR DAY 1	1690.5	150.1	62.6	141.9	29.2	112.7

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (431 g)	369	9.9	16.5	52.1	20.3	31.8
TOTAL FOR BREAKFAST	369	9.9	16.5	52.1	20.3	31.8
Mid-morning snack						
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
TOTAL FOR MID-MORNING SNACK	40.3	1.7	2.9	1.6	0	1.6
Lunch						
Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus 2 serving (930 g)	760	80.3	20	70.2	12.2	58
TOTAL FOR LUNCH	760	80.3	20	70.2	12.2	58
Mid-afternoon snack						
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR MID-AFTERNOON SNACK	48.6	1	0.5	11.7	3	8.7
Dinner						
Baked Salmon with Dill and Asparagus 1 serving (465 g)	426.5	39.3	25.2	13.8	6.3	7.5
TOTAL FOR DINNER	426.5	39.3	25.2	13.8	6.3	7.5
TOTAL FOR DAY 2	1644.4	132.3	65.1	149.4	41.8	107.6

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Garden Veggies and Chicken Frittata 2 serving (308 g)	321.9	27.3	21.1	6	2	4
TOTAL FOR BREAKFAST	321.9	27.3	21.1	6	2	4
Mid-morning 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 MID-MORNING SNACK	369	9.9	16.5	52.1	20.3	31.8
Lunch						
Roasted Turkey Breast and Garlic Potatoes with Zucchini 2 serving (518 g)	503.6	57.7	10.4	43.8	5.5	38.3
TOTAL FOR LUNCH	503.6	57.7	10.4	43.8	5.5	38.3
Mid-afternoon snack						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
TOTAL FOR MID-AFTERNOON SNACK	208	2.7	6.9	34.8	5.4	29.4
Dinner						
Mango and Grilled Chicken Salad 1 serving (318 g)	275	25.8	9	23.3	2.4	20.9
TOTAL FOR DINNER	275	25.8	9	23.3	2.4	20.9
TOTAL FOR DAY 3	1677.6	123.4	63.9	159.9	35.6	124.3

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Smoked Salmon Breakfast Bowl with Sweet Potato and Spinach 1 serving (297 g)	350.7	14.8	20.2	29.3	6.8	22.5
TOTAL FOR BREAKFAST	350.7	14.8	20.2	29.3	6.8	22.5
Mid-morning snack						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
TOTAL FOR MID-MORNING SNACK	208	2.7	6.9	34.8	5.4	29.4
Lunch						
Loaded Sweet Potato Fries with Ground Beef 2 serving (696 g)	795.9	55.8	28.9	78.7	16	62.7
TOTAL FOR LUNCH	795.9	55.8	28.9	78.7	16	62.7
Mid-afternoon snack						
Chilled Spearmint Green Tea (Unsweetened) 1 serving (350 g)	20.2	1.3	0.3	4.7	2.8	1.9
TOTAL FOR MID-AFTERNOON SNACK	20.2	1.3	0.3	4.7	2.8	1.9
Dinner						
Spiced Turkey with Zucchini and Bell Peppers 1 serving (583 g)	405	63.4	9	18.1	4.7	13.4
TOTAL FOR DINNER	405	63.4	9	18.1	4.7	13.4
TOTAL FOR DAY 4	1779.8	138	65.3	165.4	35.7	129.7

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mixed Berries Chia Pudding (Unsweetened) 1 serving (231 g)	193.5	5.6	10.6	21.8	12.1	9.7
TOTAL FOR BREAKFAST	193.5	5.6	10.6	21.8	12.1	9.7
Mid-morning snack						
Paleo Sweet Potato Chips 1 serving (242 g)	314.1	3.6	13.1	46.4	7.3	39.1
TOTAL FOR MID-MORNING SNACK	314.1	3.6	13.1	46.4	7.3	39.1
Lunch						
Chicken Skewers with Zucchini and Bell Peppers 1 serving (203 g)	208.2	25.2	9.9	4.2	1.4	2.8
TOTAL FOR LUNCH	208.2	25.2	9.9	4.2	1.4	2.8
Mid-afternoon snack						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
TOTAL FOR MID-AFTERNOON SNACK	208	2.7	6.9	34.8	5.4	29.4
Dinner						
Roasted Turkey Breast and Garlic Potatoes with Carrots 2 serving (664 g)	640.4	67.1	10.9	67.6	9	58.6
TOTAL FOR DINNER	640.4	67.1	10.9	67.6	9	58.6
TOTAL FOR DAY 5	1564.3	104.2	51.4	174.8	35.2	139.6

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash 2 serving (754 g)	578.9	60	18.2	51.8	10.6	41.2
TOTAL FOR BREAKFAST	578.9	60	18.2	51.8	10.6	41.2
Mid-morning snack						
Almond Butter 2 tablespoon (28 g)	171.9	5.9	15.5	5.3	2.9	2.4
Banana 2 small (196 g)	174.4	2.1	0.6	44.8	5.1	39.7
TOTAL FOR MID-MORNING SNACK	346.4	8	16.2	50	8	42
Lunch						
Baked Garlic Salmon and Zucchini 1 serving (303 g)	385.8	35.4	24.7	4.8	1.3	3.5
TOTAL FOR LUNCH	385.8	35.4	24.7	4.8	1.3	3.5
Mid-afternoon snack						
Nuts, almonds, dry roasted, without salt added 1 portion(s) (30 g)	179.4	6.3	15.8	6.3	3.3	3
TOTAL FOR MID-AFTERNOON SNACK	179.4	6.3	15.8	6.3	3.3	3
Dinner						
Chicken Stir Fry with Bok Choy and Mushroom 1 serving (245 g)	225.6	26.2	9.7	7.1	1.2	5.9
TOTAL FOR DINNER	225.6	26.2	9.7	7.1	1.2	5.9
TOTAL FOR DAY 6	1716	135.9	84.5	120	24.4	95.6

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Breakfast Stuffed Potato with Kale and Ground Chicken 1 serving (340 g)	370	21.2	14.9	38.9	5	33.9
TOTAL FOR BREAKFAST	370	21.2	14.9	38.9	5	33.9
Mid-morning snack						
Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	208	2.7	6.9	34.8	5.4	29.4
TOTAL FOR MID-MORNING SNACK	208	2.7	6.9	34.8	5.4	29.4
Lunch						
Roasted Chicken Thighs with Carrot Mash 1 serving (252 g)	431.1	19.9	33.7	12.3	3.4	8.9
TOTAL FOR LUNCH	431.1	19.9	33.7	12.3	3.4	8.9
Mid-afternoon snack						
Blueberries 1 cup (124 g)	70.7	0.9	0.4	18	3	15
TOTAL FOR MID-AFTERNOON SNACK	70.7	0.9	0.4	18	3	15
Dinner						
Baked Chicken with Squash and Broccoli 2 serving (710 g)	741.1	100	25.7	26	6.1	19.9
TOTAL FOR DINNER	741.1	100	25.7	26	6.1	19.9
TOTAL FOR DAY 7	1820.8	144.7	81.6	130	22.9	107.1

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

Per serving: 285 Kcal 14g Protein 24g Fat 4g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

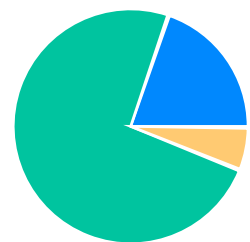
Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



20 % Protein 75 % Fat 6 % Carbs

Baked Salmon with Dill and Asparagus

🕒 25 min 🍽️ 2 servings

Per serving: 426 Kcal 39g Protein 25g Fat 14g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 tablespoon (0.8 g)
- **Olive oil**, 2 servings (28 g)
- **Asparagus**, 1 bunches (450 g)
- **Salmon**, 2 fillet (340 g)
- **Salt and pepper**, 4 servings (2 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Drizzle the salmon with olive oil and sprinkle with salt, pepper, and chopped dill.

Arrange the asparagus around the salmon fillets on the baking sheet.

Drizzle olive oil over the asparagus and season with salt and pepper.

Place lemon slices on top of the salmon fillets.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	852	91.7	426
Protein [g]	78.6	8.5	39.3
Fat [g]	50.4	5.4	25.2
Carbs [g]	27.6	3	13.8
Fiber [g]	12.5	1.3	6.3
Net Carbs [g]	15.1	1.6	7.6



36% Protein 52% Fat 13% Carbs

Chicken Skewers with Zucchini and Bell Peppers

🕒 30 min 🍽️ 4 servings

Per serving: 208 Kcal 25g Protein 10g Fat 4g Carbs

Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Oregano, 1 teaspoons (2 g)
- Salt, 1 tsp (6 g)
- Chicken breast, 1 pounds (430.9 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1 medium (196 g)
- Bell pepper, 1 portion (119.1 g)



Instructions

In a bowl, combine olive oil, lemon juice, dried oregano, and salt. Mix well.

Add chicken chunks to the marinade and let it marinate for 10 minutes.

Preheat the grill or grill pan over medium heat.

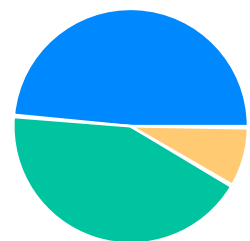
Thread the marinated chicken, zucchini and bell peppers onto skewers.

Grill the skewers for about 10-15 minutes, turning occasionally, until the chicken is cooked through and the vegetables are tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	832	102.6	208
Protein [g]	100.8	12.4	25.2
Fat [g]	39.4	4.9	9.9
Carbs [g]	16.7	2.1	4.2
Fiber [g]	5.4	0.7	1.4
Net Carbs [g]	11.3	1.4	2.8



49 % Protein 43 % Fat 8 % Carbs

Chicken Stir Fry with Bok Choy and Mushroom

🕒 30 min 🍽️ 4 servings

Per serving: 225 Kcal 26g Protein 10g Fat 7g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 1/2 teaspoons (8.9 g)
- **Green onions**, 2 green onions (24 g)
- **Bok choy**, 4 cup (276 g)
- **Mushrooms**, 1 cup, whole (96 g)
- **Ginger**, 1 tablespoon (7 g)
- **Garlic**, 4 clove (12 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Chicken breasts**, 1 lb (453.6 g)
- **Coconut aminos**, 1/4 cup (60 g)



Instructions

In a large skillet or wok, heat the coconut oil over medium-high heat.

Add the minced garlic and grated ginger to the skillet, and sauté for 1-2 minutes until fragrant.

Add the sliced chicken breasts to the skillet, and cook until browned and cooked through, about 5-7 minutes.

Remove the chicken from the skillet and set aside.

In the same skillet, add the chopped bok choy and sliced mushrooms.

Sauté the vegetables for 3-4 minutes until slightly tender.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, and salt.

Pour the sauce into the skillet with the vegetables, and stir to coat.

Add the cooked chicken back to the skillet, and toss everything together.

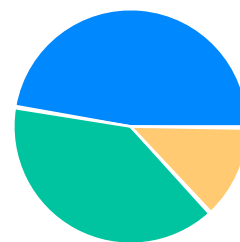
Cook for an additional 2-3 minutes to heat everything through.

Serve the stir fry hot, garnished with chopped green onions.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	901.6	92.1	225.4
Protein [g]	104.7	10.7	26.2
Fat [g]	38.7	4	9.7
Carbs [g]	28.3	2.9	7.1
Fiber [g]	4.7	0.5	1.2
Net Carbs [g]	23.6	2.4	5.9



48 % Protein 40 % Fat 13 %
Carbs

Baked Chicken with Squash and Broccoli

🕒 30 min 🍽️ 4 servings

Per serving: 371 Kcal 50g Protein 13g Fat 13g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Oregano**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Squash**, 2 cup (296 g)
- **Broccoli florets**, 2 cups (182 g)
- **Garlic powder**, 1 teaspoon (3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, squash slices, and broccoli florets.

Drizzle olive oil over the chicken, squash, and broccoli.

Sprinkle garlic powder, onion powder, dried oregano, and salt evenly over the ingredients.

Using your hands, gently toss the ingredients in the baking dish to ensure they are coated with the oil and seasonings.

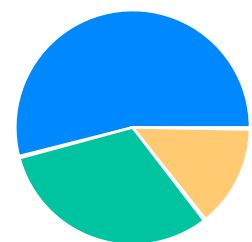
Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.

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

Garnish with fresh parsley and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1483.3	104.4	370.8
Protein [g]	200.2	14.1	50.1
Fat [g]	51.4	3.6	12.9
Carbs [g]	52.1	3.7	13
Fiber [g]	12.2	0.9	3.1
Net Carbs [g]	39.9	2.8	10



54 % Protein 31 % Fat 14 % Carbs

Roasted Chicken Thighs with Carrot Mash

🕒 30 min 🍽️ 4 servings

Per serving: 431 Kcal 20g Protein 34g Fat 12g Carbs

Ingredients

- Rosemary, 1 teaspoon (0.1 g)
- Salt, 1 teaspoon (5 g)
- Thyme, 1 tsp, leaves (1 g)
- Carrots, 1 pound (453.6 g)
- Green onions, 2 tablespoons (14 g)
- Olive oil, 2 tablespoon (27 g)
- Chicken thighs, 4 portion (447.9 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Coconut milk, 2 tablespoon (30 g)
- Garlic powder, 1 teaspoon (3 g)



Instructions

Preheat the oven to 425°F (220°C).

In a small bowl, combine olive oil, dried thyme, dried rosemary, garlic powder, and salt.

Place the chicken thighs on a baking sheet and brush them with the herb mixture.

Roast the chicken thighs in the preheated oven for 25-30 minutes or until cooked through.

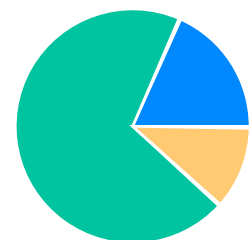
While the chicken is roasting, bring a pot of water to a boil and add the chopped carrots. Cook for about 15 minutes or until the carrots are tender.

Drain the carrots and transfer them to a food processor. Add coconut milk, ghee or coconut oil, salt, and pepper. Process until smooth and creamy.

Serve the roasted chicken thighs with carrot mash and garnish with chopped green onions.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1724.3	171.1	431.1
Protein [g]	79.7	7.9	19.9
Fat [g]	134.9	13.4	33.7
Carbs [g]	49.3	4.9	12.3
Fiber [g]	13.7	1.4	3.4
Net Carbs [g]	35.6	3.5	8.9



18% Protein 70% Fat 11% Carbs

Loaded Sweet Potato Fries with Ground Beef

🕒 40 min 🍽️ 4 servings

Per serving: 398 Kcal 28g Protein 15g Fat 39g Carbs

Ingredients

- Avocado, 1 cup (148 g)
- Salt, 2 teaspoon (10 g)
- Parsley, 1/4 cup (15.6 g)
- Onion, 1 small (74 g)
- Sweet potatoes, 2 large (680 g)
- Coconut oil, 1 tablespoons (13.1 g)
- Ground beef, 1 pound (451.3 g)



Instructions

Preheat the oven to 425°F (220°C).

Wash and scrub the sweet potatoes, then cut them into fries-like shape.

Place the sweet potato fries on a baking sheet lined with parchment paper. Drizzle with coconut oil and season with salt. Toss to coat evenly.

Bake the sweet potato fries in the preheated oven for 20-25 minutes, or until they are crispy and golden brown.

While the sweet potato fries are baking, heat a skillet over medium heat. Add the lean ground beef and diced onion. Cook until the beef is browned and the onions are tender.

Once the sweet potato fries are done, remove them from the oven and transfer them to a serving dish.

Top the sweet potato fries with the cooked ground beef and onion mixture.

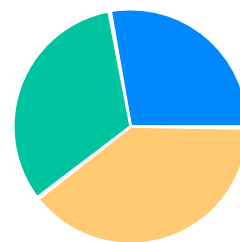
Add sliced avocado on top of the ground beef.

Sprinkle with chopped parsley for garnish.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1591.8	114.4	398
Protein [g]	111.5	8	27.9
Fat [g]	57.8	4.2	14.5
Carbs [g]	157.3	11.3	39.3
Fiber [g]	32.1	2.3	8
Net Carbs [g]	125.2	9	31.3



28 % Protein 33 % Fat 39 %
Carbs

Breakfast Turkey and Sweet Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 252 Kcal 29g Protein 9g Fat 15g Carbs

Ingredients

- Oregano, 1 teaspoons (2 g)
- Thyme, 1 tsp, leaves (1 g)
- Ground turkey, 1 pound (453.6 g)
- Onion, 1 small (70 g)
- Garlic, 2 portion (6 g)
- Sweet potato, 1 medium (226 g)
- Baby spinach, 4 cup (120 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Sea salt, 1/2 tsp (3 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

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

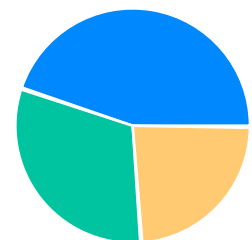
Add sweet potato, bell pepper, onion, garlic, thyme, oregano, and salt. Cook for 8-10 minutes, or until sweet potato is tender.

Add baby spinach and cook until wilted, about 2-3 minutes.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1008.2	111.1	252.1
Protein [g]	115.3	12.7	28.8
Fat [g]	35.6	3.9	8.9
Carbs [g]	60.4	6.7	15.1
Fiber [g]	12	1.3	3
Net Carbs [g]	48.4	5.3	12.1



45 % Protein 31 % Fat 24 % Carbs

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.

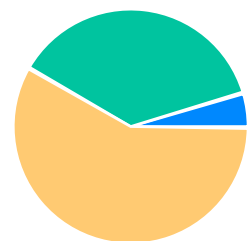
Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

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



5 % Protein 37 % Fat 58 % Carbs

Mixed Berries Chia Pudding (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 193 Kcal 6g Protein 11g Fat 22g Carbs

Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (56 g)
- Almond milk, 1 cup (250 g)

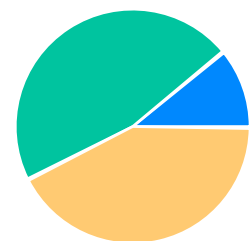


Instructions

In a medium-sized bowl, mash the mixed berries with a fork until they are slightly crushed. Add chia seeds, almond milk and maple syrup to the bowl. Stir well to combine all the ingredients. Cover the bowl and refrigerate. Stir the mixture once or twice during this time to prevent clumping. Once the chia pudding has thickened and set, give it a final stir to break up any clumps. Divide the pudding into serving bowls or glasses. Garnish with fresh berries and mint leaves, if desired. Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	385.2	83.8	193.1
Protein [g]	11.2	2.4	5.6
Fat [g]	21.2	4.6	10.6
Carbs [g]	43.5	9.4	21.8
Fiber [g]	24.2	5.2	12.1
Net Carbs [g]	19.3	4.2	9.7



11 % Protein 47 % Fat 42 % Carbs

Chilled Spearmint Green Tea (Unsweetened)

🕒 15 min 🍵 4 servings

Per serving: 20 Kcal 1g Protein 0g Fat 5g Carbs

Ingredients

- **Lemon**, 1 fruit (2-3/8" dia) (84 g)
- **Water**, 4 cups (946.4 g)
- **Tea bags**, 4 piece (16 g)
- **Ice cubes**, 4 servings (224 g)
- **Spearmint, fresh**, 1 cup (128 g)



Instructions

In a saucepan, bring water to a boil.

Remove from heat and add the green tea bags and spearmint leaves.

Cover and let steep for 5 minutes.

Remove the tea bags and spearmint leaves.

Stir in honey until dissolved.

Allow the tea to cool to room temperature.

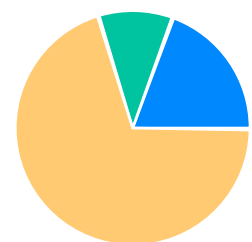
Once cooled, transfer the tea to a pitcher.

Add lemon slices and refrigerate.

Serve chilled over ice cubes.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	80.7	5.8	20.2
Protein [g]	5.1	0.4	1.3
Fat [g]	1.2	0.1	0.3
Carbs [g]	18.6	1.3	4.7
Fiber [g]	11.1	0.8	2.8
Net Carbs [g]	7.5	0.5	1.9



19% Protein 10% Fat 70% Carbs

Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash

🕒 30 min 🍽️ 4 servings

Per serving: 290 Kcal 30g Protein 9g Fat 26g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground turkey to the skillet and cook until browned.

Remove the cooked turkey from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground turkey back to the skillet.

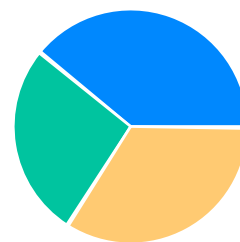
Stir everything together and cook for an additional 2-3 minutes to heat the turkey.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1157.8	76.8	289.5
Protein [g]	120.1	8	30
Fat [g]	36.4	2.4	9.1
Carbs [g]	103.6	6.9	25.9
Fiber [g]	21.3	1.4	5.3
Net Carbs [g]	82.3	5.5	20.6



39 % Protein 27 % Fat 34 %
Carbs

Breakfast Stuffed Potato with Kale and Ground Chicken

🕒 30 min 🍽️ 4 servings

Per serving: 369 Kcal 21g Protein 15g Fat 39g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Potatoes, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- Olive oil, 1 1/2 tablespoons (20.7 g)
- Kale, 1 cups (47.8 g)
- Salt and pepper, 1 tsp (2 g)
- Parsley, 2 tablespoons (8 g)
- Ground Chicken, 1/2 pound (227 g)



Instructions

Preheat your oven to 400°F (200°C).

Wash the potatoes thoroughly and pierce them several times with a fork.

Place the potatoes on a baking sheet and bake for about 30-40 minutes, or until they are tender when pierced with a fork.

While the potatoes are baking, heat the olive oil in a skillet over medium heat.

Add the ground meat and cook until browned and fully cooked. Break it up into small pieces with a spatula as it cooks.

Add the chopped kale to the skillet and cook until wilted, about 3-4 minutes.

Drizzle the olive oil over the meat and kale mixture. Sprinkle with paprika, salt, and pepper. Stir to combine.

Once the potatoes are done, remove them from the oven and let them cool slightly.

Cut a slit lengthwise down the center of each potato, being careful not to cut all the way through.

Gently press the sides of the potato to open up the slit and create a pocket.

Divide the meat and kale mixture evenly among the potatoes, filling the pockets.

Create a small well in the center of each filling and crack an egg into each well.

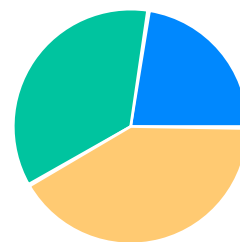
Return the potatoes to the oven and bake for an additional 10-12 minutes, or until the egg whites are set and the yolks are still slightly runny.

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

Garnish with fresh parsley if desired and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1477.7	108.8	369.4
Protein [g]	84.5	6.2	21.1
Fat [g]	59.5	4.4	14.9
Carbs [g]	155.5	11.4	38.9
Fiber [g]	20.1	1.5	5
Net Carbs [g]	135.4	10	33.9



23 % Protein 36 % Fat 42 %
Carbs

Garden Veggies and Chicken Frittata

🕒 40 min 🍽️ 6 servings

Per serving: 161 Kcal 14g Protein 11g Fat 3g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Basil, 1/4 teaspoon (0.3 g)
- Oregano, 1/4 teaspoon (0.5 g)
- Salt, 1/2 tsp (3.1 g)
- Thyme, 1/4 tsp (0.3 g)
- Olive oil, 1 tablespoon (14.6 g)
- Zucchini, 1 cup (125.1 g)
- Bell pepper, 1 cup (159 g)
- Spinach, 1 cup (30 g)
- Almond milk, 1/4 cup (62.5 g)
- Pepper, 1/4 tsp (0.5 g)
- Ground Chicken, 1/2 pound (227 g)



Instructions

Preheat the oven to 375°F (190°C).

Heat the olive oil in a large oven-safe skillet over medium heat.

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

Add the diced red bell pepper and zucchini to the skillet. Cook for 5 minutes, until the vegetables are slightly softened.

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

In a separate bowl, whisk together the eggs, almond milk, salt, black pepper, dried oregano, dried basil, and dried thyme.

Pour the egg mixture over the cooked chicken and vegetables in the skillet. Stir gently to distribute the ingredients evenly.

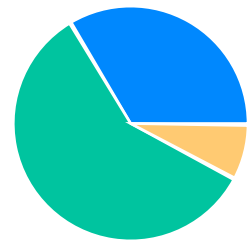
Place the skillet in the preheated oven and bake for 20-25 minutes, or until the frittata is set and lightly golden on top.

Remove from the oven and let it cool for a few minutes before slicing into wedges.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	964.8	104.5	160.8
Protein [g]	81.7	8.9	13.6
Fat [g]	63.3	6.9	10.5
Carbs [g]	18	2	3
Fiber [g]	6	0.7	1
Net Carbs [g]	12	1.3	2



34 % Protein 59 % Fat 7 %
Carbs

Smoked Salmon Breakfast Bowl with Sweet Potato and Spinach

🕒 35 min 🍽️ 4 servings

Per serving: 350 Kcal 15g Protein 20g Fat 29g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Eggs**, 4 large (200 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Dill**, 2 tbsp (0.8 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Sweet potato**, 2 medium (452 g)
- **Salmon**, 4 oz, boneless (113.4 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Greens**, 4 cups (160 g)



Instructions

Preheat the oven to 400°F (200°C).

In a bowl, toss the sweet potato cubes with 1 tablespoon of olive oil, salt, and pepper. Spread them out on a baking sheet and roast for 20-25 minutes or until tender and slightly crispy.

While the sweet potatoes are roasting, prepare the spinach by washing and drying them thoroughly.

In a large skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the spinach and sauté until wilted, about 3-5 minutes. Season with salt and pepper to taste.

In a separate skillet, cook the eggs to your desired doneness (poached, fried, or scrambled).

To assemble the breakfast bowls, divide the roasted sweet potatoes, sautéed spinach, smoked salmon, sliced avocado, and cooked eggs among four bowls.

Drizzle each bowl with lemon juice and sprinkle with chopped fresh dill.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1400.2	118	350.1
Protein [g]	59.1	5	14.8
Fat [g]	80.8	6.8	20.2
Carbs [g]	116.8	9.8	29.2
Fiber [g]	27.1	2.3	6.8
Net Carbs [g]	89.7	7.6	22.4



17 % Protein 51 % Fat 33 %
Carbs

Cinnamon Roasted Sweet Potato Fries

🕒 20 min 🍽️ 4 servings

Per serving: 207 Kcal 3g Protein 7g Fat 35g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Sweet potatoes, 2 large (680 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 425°F (220°C).

Peel the sweet potatoes and cut them into thin fry-like strips.

In a large bowl, toss the sweet potato strips with olive oil, ground cinnamon, salt, and black pepper until well coated.

Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.

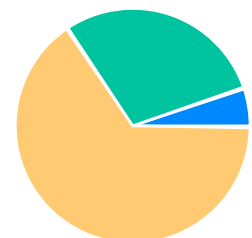
Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

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

Serve the cinnamon roasted sweet potato fries as a delicious side dish or snack.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	829.7	116.9	207.4
Protein [g]	10.8	1.5	2.7
Fat [g]	27.4	3.9	6.9
Carbs [g]	138.7	19.5	34.7
Fiber [g]	21.6	3	5.4
Net Carbs [g]	117.1	16.5	29.3



5 % Protein 29 % Fat 66 % Carbs

Spiced Turkey with Zucchini and Bell Peppers

🕒 35 min 🍽️ 2 servings

Per serving: 405 Kcal 63g Protein 9g Fat 18g Carbs

Ingredients

- **Ground turmeric**, 1/2 teaspoons (1.1 g)
- **Juice of lemon**, 1 tablespoon (16 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olive oil**, 2 teaspoons (8 g)
- **Zucchini**, 1 medium (196 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 teaspoon (2 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Onion**, 1 small (70 g)
- **Bell pepper**, 1 medium (120 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Salad greens**, 2 cups (80 g)
- **Parsley**, 1/4 cup (15 g)
- **Turkey Breast**, 30 oz (500 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together the 1 teaspoon olive oil, cumin, coriander, paprika, turmeric, garlic powder, salt, and pepper.

Place the halved turkey breasts on a baking sheet and brush both sides with the spice mixture.

Bake the turkey in the preheated oven for 20-25 minutes, or until cooked through and juices run clear. Let it rest for a few minutes, then slice into thinner strips.

While the turkey is baking, heat a teaspoon of olive oil in a large non-stick skillet over medium heat.

Add the sliced onion, bell pepper, and zucchini to the skillet. Cook for 5-7 minutes, or until the veggies are tender-crisp.

Add the cherry tomatoes to the skillet and cook for an additional 2 minutes.

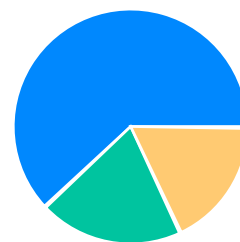
In a serving bowl, layer the mixed salad greens. Top with the cooked veggies and sliced turkey.

Sprinkle with chopped parsley and drizzle with lemon juice.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	809,4	69,5	404,7
Protein [g]	126,8	10,9	63,4
Fat [g]	17,9	1,5	9
Carbs [g]	36,1	3,1	18,1
Fiber [g]	9,4	0,8	4,7
Net Carbs [g]	26,7	2,3	13,4



62 % Protein 20 % Fat 18 %
Carbs

Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus

🕒 22 min 🍽️ 4 servings

Per serving: 380 Kcal 40g Protein 10g Fat 35g Carbs

Ingredients

- **Chili powder**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- **Cilantro**, 4 tablespoon (2 g)
- **Lime juice**, 2 tablespoon (30.1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.4 g)
- **White Fish**, 4 fillet (680 g)
- **Asparagus, Fresh**, 1 bunch (433 g)



Instructions

Preheat your oven to 425°F (220°C).

In a small bowl, combine the olive oil, lime juice, chili powder, garlic powder, salt, and pepper.

Place the sliced potatoes and asparagus on a sheet pan. Drizzle half of the chili-lime mixture over the vegetables and toss to coat.

Bake in the preheated oven for 10 minutes.

Remove the sheet pan from the oven and push the vegetables to one side. Place the fish fillets on the other side of the pan.

Drizzle the remaining chili-lime mixture over the fish fillets. Season the fish with additional salt and pepper, if desired.

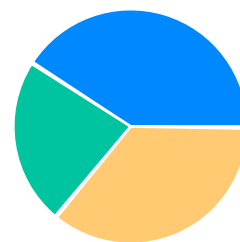
Return the sheet pan to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.

Garnish with fresh cilantro before serving.

Serve the Sheet-Pan Chili-Lime White Fish with Potatoes & Asparagus hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1520.1	81.7	380
Protein [g]	160.7	8.6	40.2
Fat [g]	40	2.2	10
Carbs [g]	140.4	7.6	35.1
Fiber [g]	24.4	1.3	6.1
Net Carbs [g]	116	6.2	29



41 % Protein 23 % Fat 36 %
Carbs

Sheet-Pan Chili-Lime White Fish with Potatoes and Carrots

🕒 22 min 🍽️ 4 servings

Per serving: 371 Kcal 38g Protein 10g Fat 34g Carbs

Ingredients

- **Chili powder**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- **Cilantro**, 4 tablespoon (2 g)
- **Lime juice**, 2 tablespoon (30.1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.4 g)
- **White Fish**, 4 fillet (680 g)
- **Carrots, sliced**, 2 portion (123.3 g)



Instructions

Preheat your oven to 425°F (220°C).

In a small bowl, combine the olive oil, lime juice, chili powder, garlic powder, salt, and pepper.

Place the sliced potatoes and carrots on a sheet pan. Drizzle half of the chili-lime mixture over the vegetables and toss to coat.

Bake in the preheated oven for 10 minutes.

Remove the sheet pan from the oven and push the vegetables to one side. Place the fish fillets on the other side of the pan.

Drizzle the remaining chili-lime mixture over the fish fillets. Season the fish with additional salt and pepper, if desired.

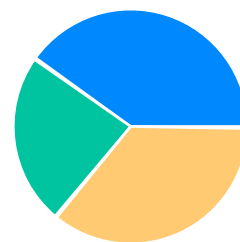
Return the sheet pan to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.

Garnish with fresh cilantro before serving.

Serve the Sheet-Pan Chili-Lime White Fish with Potatoes & Carrots hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1484	95.8	371
Protein [g]	152.3	9.8	38.1
Fat [g]	39.8	2.6	10
Carbs [g]	135.4	8.7	33.9
Fiber [g]	18.7	1.2	4.7
Net Carbs [g]	116.7	7.5	29.2



40 % Protein 24 % Fat 36 %
Carbs

Mango and Grilled Chicken Salad

🕒 15 min 🍽️ 2 servings

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

Ingredients

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



Instructions

Preheat grill to medium-high heat.

Season the chicken breasts with salt and pepper.

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

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

Slice the chicken into thin strips.

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

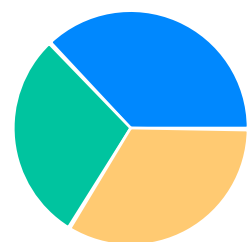
Drizzle the balsamic vinaigrette over the salad and toss to coat.

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

Serve immediately and enjoy!

Macronutrient summary

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



37% Protein 29% Fat 34% Carbs

Roasted Turkey Breast and Garlic Potatoes with Zucchini

🕒 20 min 🍽️ 4 servings

Per serving: 252 Kcal 29g Protein 5g Fat 22g Carbs

Ingredients

- Potatoes, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Zucchini, 1 small (118 g)
- Turkey Breast, sliced, 4 portion(s) (440 g)



Instructions

Preheat the oven to 425°F (220°C).

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

Toss everything together until the chicken and potatoes are evenly coated with the oil and garlic.

Spread the chicken breast and potatoes in a single layer in the baking dish.

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

After 15 minutes, remove the baking dish from the oven and add the zucchini to the dish, arranging them around the chicken and potatoes.

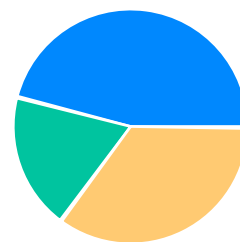
Return the dish to the oven and continue roasting for an additional 5 minutes, or until the chicken is cooked through, the potatoes are tender, and the zucchini is slightly crisp.

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

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1008.1	97.2	252
Protein [g]	115.6	11.1	28.9
Fat [g]	20.9	2	5.2
Carbs [g]	87.6	8.4	21.9
Fiber [g]	11	1.1	2.8
Net Carbs [g]	76.6	7.4	19.2



46 % Protein 19 % Fat 35 %
Carbs

Roasted Turkey Breast and Garlic Potatoes with Carrots

🕒 20 min 🍽️ 4 servings

Per serving: 320 Kcal 34g Protein 6g Fat 34g 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)
- Carrots, sliced, 2 medium (122 g)
- Turkey Breast, sliced, 1/2 kg (500 g)



Instructions

Preheat the oven to 425°F (220°C).

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

Toss everything together until the turkey and potatoes are evenly coated with the oil and garlic.

Spread the turkey breast and potatoes in a single layer in the baking dish.

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

After 15 minutes, remove the baking dish from the oven and add the carrots to the dish, arranging them around the turkey and potatoes.

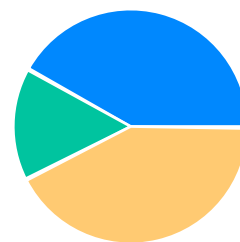
Return the dish to the oven and continue roasting for an additional 5 minutes, or until the turkey is cooked through, the potatoes are tender, and the carrots is slightly crisp.

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

Serve the roasted turkey breast, garlic potatoes, and carrots together as a delicious and quick meal.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1280.8	96.5	320.2
Protein [g]	134.1	10.1	33.5
Fat [g]	21.9	1.6	5.5
Carbs [g]	135.3	10.2	33.8
Fiber [g]	17.9	1.3	4.5
Net Carbs [g]	117.4	8.8	29.4



42 % Protein 15 % Fat 42 %
Carbs

Baked Garlic Salmon and Zucchini

🕒 20 min 🍽️ 2 servings

Per serving: 386 Kcal 35g Protein 25g Fat 5g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 pinch (0.1 g)
- Garlic powder, 1 teaspoon (3 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the zucchini and arrange them around the salmon on the baking sheet.

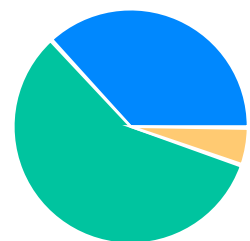
Drizzle the zucchini with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	771.5	127.3	385.8
Protein [g]	70.8	11.7	35.4
Fat [g]	49.3	8.1	24.7
Carbs [g]	9.5	1.6	4.8
Fiber [g]	2.6	0.4	1.3
Net Carbs [g]	6.9	1.1	3.5



37 % Protein 58 % Fat 5 % Carbs

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.

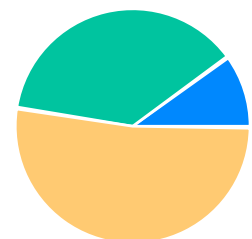
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

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



10% Protein 38% Fat 53% Carbs

Shopping List

Dairy and Egg Products

- Eggs, 6 large (300.3 g)
- Almond milk, 2 5/6 cup (708.6 g)

Spices and Herbs

- Basil, 1/3 teaspoon (0.4 g)
- Oregano, 1 teaspoons (2 g)
- Salt, 1 6/7 teaspoon (9.4 g)
- Pepper flakes, 1/7 teaspoon (0.3 g)
- Pepper, 1/2 tsp (0.9 g)
- Cinnamon, 2 tsp (5.2 g)
- Oregano, 1/2 teaspoon (1.2 g)
- Salt, 1/2 tsp (2.5 g)
- Thyme, 0 tsp (0.1 g)
- Dill, 1/2 tbsp (0.2 g)
- Salt and pepper, 3 tsp (6 g)
- Onion powder, 1 teaspoon (2 g)
- Sage, 1/2 teaspoon (0 g)
- Thyme, 1 1/3 tsp, leaves (1.3 g)
- Table salt, 1/4 teaspoon (1.2 g)
- Paprika, 1/2 teaspoon (1.1 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Cinnamon, 1/2 teaspoon (1 g)
- Sea salt, 1/2 tsp (3 g)
- Chili powder, 1 teaspoon (2 g)
- Garlic powder, 2 1/3 teaspoon (6.8 g)
- Salt and pepper, 1/2 pinch (0 g)
- Rosemary, 1/3 teaspoon (0 g)
- Spearmint, fresh, 1/3 cup (32 g)
- Dill, 1 tablespoon (0.4 g)
- Salt and pepper, 2 servings (1 g)
- Ground turmeric, 1/3 teaspoons (0.6 g)
- Ground cumin, 1/2 teaspoon (1 g)
- Ground coriander, 1/2 teaspoon (1 g)
- Apple cider vinegar, 1/3 tablespoon (3.8 g)
- Salt, 1/3 teaspoons (2.2 g)

Fats and Oils

- Olive oil, 2 servings (28 g)
- Olive oil, 8 5/6 tablespoon (119.4 g)
- Coconut oil, 4 tablespoon (52.3 g)
- Olive oil, 1/3 tablespoons (5.2 g)
- Coconut oil, 1/2 tablespoons (6.5 g)
- Balsamic vinaigrette, 1 tablespoons (15 g)
- Olive oil, 1 teaspoons (4 g)

Vegetables and Vegetable Products

- Garlic, 6 clove (18 g)
- Baby spinach, 3 1/2 cup (105 g)
- Zucchini, 1/3 cup (41.8 g)
- Bell pepper, 1/3 cup (53.1 g)
- Spinach, 1/3 cup (10 g)
- Sweet potato, 1 medium (226.2 g)
- Greens, 1 cups (40.1 g)
- Cauliflower head, 1/2 small head (132.4 g)
- Butternut squash, 1/2 medium (374.9 g)
- Parsley, 1 1/2 tablespoons (6 g)
- Potatoes, 1 potato medium (2-1/4" to 3-1/4" dia) (213.3 g)
- Kale, 1/3 cups (12 g)
- Sweet potatoes, 3 large (1022.4 g)
- Sweet potatoes, 1 medium (226.4 g)
- Potatoes, 6 potato small (1-3/4" to 2-1/2" dia) (1020.7 g)
- Cilantro, 4 tablespoon (2 g)
- Carrots, sliced, 1 portion (61.7 g)
- Asparagus, Fresh, 1/2 bunch (216.6 g)
- Potatoes, 1/2 pound (226.6 g)
- Zucchini, 1 1/2 small (176.9 g)
- Parsley, 1/8 cup (7.8 g)
- Onion, 1 small (70 g)
- Zucchini, 3/4 medium (147.2 g)
- Bell pepper, 1/3 portion (29.8 g)
- Carrots, 1/3 pound (113.4 g)
- Green onions, 1/2 tablespoons (3.5 g)
- Garlic, 1 portion (3 g)
- Asparagus, 1/2 bunches (225.3 g)
- Onion, 1/4 medium (26.4 g)

- Salad greens, 1 cup (40 g)
- Onion, 1/2 small (35 g)
- Bell pepper, 1/2 medium (60.1 g)
- Cherry tomatoes, 1/2 cup (74.6 g)
- Salad greens, 1 cups (40 g)
- Parsley, 1/7 cup (7.5 g)
- Carrots, sliced, 1 medium (61 g)
- Green onions, 1/2 green onions (6 g)
- Bok choy, 1 cup (69.1 g)
- Mushrooms, 1/3 cup, whole (24 g)
- Ginger, 1/3 tablespoon (1.8 g)
- Parsley, 1/2 tablespoon (2 g)
- Squash, 1 cup (147.9 g)
- Broccoli florets, 1 cups (90.9 g)

Nut and Seed Products

- Chia seeds, 2/3 cup (106.3 g)
- Almond Butter, 2 tablespoon (28 g)
- Coconut milk, 1/2 tablespoon (7.5 g)
- Nuts, almonds, dry roasted, without salt added, 1 portion(s) (30 g)

Fruits and Fruit Juices

- Banana, sliced, 2 large (8" to 8-7/8" long) (271.9 g)
- Avocado, 1/3 avocado, ns as to florida or california (50.3 g)
- Lemon juice, 1 tablespoons (15 g)
- Berries, 1/2 cups (77.7 g)
- Raspberries, 1 cup (123 g)
- Banana, 2 small (196 g)
- Lime juice, 2 tablespoon (30.1 g)
- Avocado, 1/2 cup (74 g)
- Apple, 1 medium (3" dia) (182 g)
- Strawberries, 1 cup, halves (152 g)
- Lemon, 1/3 fruit (2-3/8" dia) (21 g)
- Blueberries, 1 cup (124 g)
- Lemon, 1/2 lemon (54.1 g)
- Mango, 2/3 cups (123.7 g)
- Juice of lemon, 1/2 tablespoon (8 g)

Poultry Products

- Ground Chicken, 1/3 pound (132.6 g)

- Ground turkey, 1 pound (453.6 g)
- Turkey Breast, sliced, 2 portion(s) (219.8 g)
- Chicken breast, 1/3 pounds (107.9 g)
- Chicken thighs, 1 portion (112 g)
- Turkey Breast, 15 oz (250.3 g)
- Turkey Breast, sliced, 1/3 kg (250.1 g)

Finfish and Shellfish Products

- Salmon, 1 oz, boneless (28.4 g)
- White Fish, 4 fillet (680.6 g)
- Salmon, 3 fillet (510.2 g)

Beverages

- Coffee (Unsweetened), 1 portion(s) (50 g)
- Almond Milk, 1 cup (262 g)
- Water, 1 cups (236.9 g)
- Tea bags, 1 piece (4 g)

Beef Products

- Ground beef, 1/2 pound (225.7 g)

Frozen

- Ice cubes, 1 servings (56.1 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 1 portion (112.9 g)
- Chicken breasts, 1/3 lb (113.6 g)
- Chicken breasts, 2 small breast (449.7 g)

Other

- Coconut aminos, 0 cup (15 g)