

Clean Eating Meal Plan

DAY 1

Breakfast	Turkey Carrot and Cabbage Hash	2 serving (440 g)
Mid-morning snack	Hummus Carrot, cut into pieces	1/2 cup (124.5 g) 1 cup strips or slices (122 g)
Lunch	Chicken Stir Fry with Bok Choy and Mushroom	2 serving (490 g)
Mid-afternoon snack	Banana	1 banana (119 g)
Dinner	Lemon Garlic Chicken and Sweet Potatoes	1 serving (304 g)

DAY 2

Breakfast	Scrambled Egg with Tomato on Whole Wheat Toast	2 serving (284 g)
Mid-morning snack	Coffee (Unsweetened) Fat-Free Milk	1 portion(s) (50 g) 1 cup (245 g)
Lunch	Tomato Basil White Fish with Brown Rice	1 serving (307 g)
Mid-afternoon snack	Mango Chia Pudding (Unsweetened)	1 serving (249 g)
Dinner	One-Pan Chicken Breast, Zucchini and Quinoa	1 serving (475 g)

DAY 3

Breakfast	Beef Breakfast Patties over Brown Rice with Carrots and Spinach	1 serving (278 g)
Mid-morning snack	Banana and Walnuts Parfait	1 serving (185 g)
Lunch	Pasta with Tuna, Bell Pepper and Broccoli	1 serving (216 g)
Mid-afternoon snack	Banana	1 medium (7" to 7-7/8" long) (118 g)
	Peanut butter, smooth	1 tablespoon (20 g)
Dinner	Sauteed Garlic Shrimp and Spinach	1 serving (157 g)
	Rice, brown, medium-grain, cooked	1 cup (163 g)

DAY 4

Breakfast	Eggs with Spinach	1 serving (164 g)
Mid-morning snack	Hummus	1/2 cup (123 g)
	Celery sticks	1 stalk, large (11"-12" long) (64 g)
Lunch	Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli	2 serving (780 g)
Mid-afternoon snack	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Raspberries	40 raspberries (76 g)
Dinner	Baked White Fish with Brussel Sprouts and Corn	1 serving (256 g)

DAY 5

Breakfast	Breakfast Stuffed Potato with Kale and Ground Chicken	1 serving (340 g)
Mid-morning snack	Peach and Walnuts Parfait	2 serving (402 g)
Lunch	Rosemary Pork Loin with Potato and Carrots	1 serving (350 g)
Mid-afternoon snack	Plain Yogurt (Low Fat)	2 container (6 oz) (340 g)
Dinner	Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus	1 serving (465 g)

DAY 6

Breakfast	Cashew Butter Banana Toast	1 serving (206 g)
Mid-morning snack	Raspberry and Walnuts Parfait	1 serving (151 g)
Lunch	Potato Ground Beef Stew with Spinach	2 serving (952 g)
Mid-afternoon snack	Plain Yogurt (Low Fat)	1 container (4 oz) (226 g)
	Strawberries	1 cup, halves (152 g)
Dinner	Chicken Pasta Salad with Lettuce and Green Peas	1 serving (201 g)

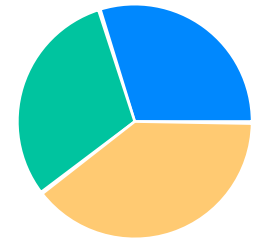
DAY 7

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
	Whole Wheat Bread	2 slice (64 g)
Mid-morning snack	Cinnamon Roasted Sweet Potato Fries with Cottage Cheese Dip	1 serving (209 g)
Lunch	Italian Chicken with Zucchini, Cherry Tomatoes and Peppers	1 serving (401 g)
Mid-afternoon snack	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Blackberries	4 ounces (112 g)
Dinner	Butternut Squash, White Beans, Brown Rice Casserole	1 serving (363 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Turkey Carrot and Cabbage Hash A Y 2 serving (440 g)	Hummus ½ cup (124.5 g) Carrot, cut into pieces 1 cup strips or slices (122 g)	Chicken Stir Fry with Bok Choy and Mushroom 2 serving (490 g)	Banana 1 banana (119 g)	Lemon Garlic Chicken and Sweet Potatoes 1 serving (304 g)
2	D Scrambled Egg with Tomato on Whole Wheat Toast A Y 2 serving (284 g)	Coffee (Unsweetened) 1 portion(s) (50 g) Fat-Free Milk 1 cup (245 g)	Tomato Basil White Fish with Brown Rice 1 serving (307 g)	Mango Chia Pudding (Unsweetened) 1 serving (249 g)	One-Pan Chicken Breast, Zucchini and Quinoa 1 serving (475 g)
3	D Beef Breakfast Patties over Brown Rice with Carrots and Spinach A Y 1 serving (278 g)	Banana and Walnuts Parfait 1 serving (185 g)	Pasta with Tuna, Bell Pepper and Broccoli 1 serving (216 g)	Banana 1 medium (7" to 7-½" long) (118 g) Peanut butter, smooth 1 tablespoon (20 g)	Sauteed Garlic Shrimp and Spinach 1 serving (157 g) Rice, brown, medium-grain, cooked 1 cup (163 g)
4	D Eggs with Spinach A Y 1 serving (164 g)	Hummus ½ cup (123 g) Celery sticks 1 stalk, large (11"-12" long) (64 g)	Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli 2 serving (780 g)	Plain Yogurt (Low Fat) ½ container (4 oz) (113 g) Raspberries 40 raspberries (76 g)	Baked White Fish with Brussel Sprouts and Corn 1 serving (256 g)
5	D Breakfast Stuffed Potato with Kale and Ground Chicken A Y 1 serving (340 g)	Peach and Walnuts Parfait 2 serving (402 g)	Rosemary Pork Loin with Potato and Carrots 1 serving (350 g)	Plain Yogurt (Low Fat) 2 container (6 oz) (340 g)	Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus 1 serving (465 g)
6	D Cashew Butter Banana Toast A Y 1 serving (206 g)	Raspberry and Walnuts Parfait 1 serving (151 g)	Potato Ground Beef Stew with Spinach 2 serving (952 g)	Plain Yogurt (Low Fat) 1 container (4 oz) (226 g) Strawberries 1 cup, halves (152 g)	Chicken Pasta Salad with Lettuce and Green Peas 1 serving (201 g)
7	D Fried Egg A Y 2 large (140 g) Mushrooms, Fresh 1 cups (97 g) Whole Wheat Bread 2 slice (64 g)	Cinnamon Roasted Sweet Potato Fries with Cottage Cheese Dip 1 serving (209 g)	Italian Chicken with Zucchini, Cherry Tomatoes and Peppers 1 serving (401 g)	Plain Yogurt (Low Fat) ½ container (4 oz) (113 g) Blackberries 4 ounces (112 g)	Butternut Squash, White Beans, Brown Rice Casserole 1 serving (363 g)

Macronutrient summary

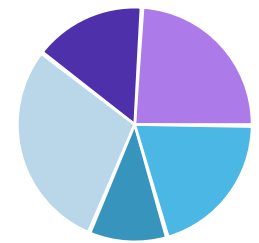
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10712.1	1530.3
Protein [g]	818.6	116.9
Fat [g]	370.3	52.9
Carbs [g]	1078.2	154
Fiber [g]	191.5	27.4
Net Carbs [g]	886.7	126.7



30 % Protein 31 % Fat
39 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	370.4	25.6	16.6	29.9	4.8	25.1
Mid-morning snack	236.7	13.5	10.7	23.9	7	16.9
Lunch	447.4	43.1	13.4	39	5.7	33.2
Mid-afternoon snack	163.8	8.2	4.7	24.1	4.4	19.7
Dinner	312	25.6	7.4	37.2	5.5	31.7



24 % Breakfast 15 %
Mid-morning snack 29
% Lunch 11 % Mid-af-
ternoon snack 20 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1534.8	136.9	52.1	136.4	29.4	107
Day 2	1287.9	95.1	41.3	136.5	21.4	115.1
Day 3	1366.3	91	48.1	147.8	19.8	128
Day 4	1715.2	130.7	66	167.4	36.9	130.5
Day 5	1776.5	138.7	63.7	171.6	28	143.6
Day 6	1635.8	122.8	51.7	175.2	29	145.2
Day 7	1395.5	103.6	47.3	143.3	27	116.3

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Turkey Carrot and Cabbage Hash 2 serving (440 g)	394.5	56.4	11.7	18.2	6	12.2
TOTAL FOR BREAKFAST	394.5	56.4	11.7	18.2	6	12.2
Mid-morning snack						
Hummus 1/2 cup (124.5 g)	206.7	9.8	12	17.8	7.5	10.3
Carrot, cut into pieces 1 cup strips or slices (122 g)	50	1.1	0.3	11.7	3.4	8.3
TOTAL FOR MID-MORNING SNACK	256.7	11	12.2	29.5	10.9	18.6
Lunch						
Chicken Stir Fry with Bok Choy and Mushroom 2 serving (490 g)	451.3	52.4	19.4	14.1	2.4	11.7
TOTAL FOR LUNCH	451.3	52.4	19.4	14.1	2.4	11.7
Mid-afternoon snack						
Banana 1 banana (119 g)	105.9	1.3	0.4	27.2	3.1	24.1
TOTAL FOR MID-AFTERNOON SNACK	105.9	1.3	0.4	27.2	3.1	24.1
Dinner						
Lemon Garlic Chicken and Sweet Potatoes 1 serving (304 g)	326.5	15.8	8.4	47.4	7.1	40.3
TOTAL FOR DINNER	326.5	15.8	8.4	47.4	7.1	40.3
TOTAL FOR DAY 1	1534.8	136.9	52.1	136.4	29.4	107

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Scrambled Egg with Tomato on Whole Wheat Toast 2 serving (284 g)	347.1	20.7	16.2	29.6	4.9	24.7
TOTAL FOR BREAKFAST	347.1	20.7	16.2	29.6	4.9	24.7
Mid-morning snack						
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
TOTAL FOR MID-MORNING SNACK	84.3	8.4	0.2	12.3	0	12.3
Lunch						
Tomato Basil White Fish with Brown Rice 1 serving (307 g)	303.7	27.4	9.7	27.2	2.5	24.7
TOTAL FOR LUNCH	303.7	27.4	9.7	27.2	2.5	24.7
Mid-afternoon snack						
Mango Chia Pudding (Unsweetened) 1 serving (249 g)	178.9	4.9	8.2	24.6	9.1	15.5
TOTAL FOR MID-AFTERNOON SNACK	178.9	4.9	8.2	24.6	9.1	15.5
Dinner						
One-Pan Chicken Breast, Zucchini and Quinoa 1 serving (475 g)	373.8	33.7	7	42.8	5.1	37.7
TOTAL FOR DINNER	373.8	33.7	7	42.8	5.1	37.7
TOTAL FOR DAY 2	1287.9	95.1	41.3	136.5	21.4	115.1

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Beef Breakfast Patties over Brown Rice with Carrots and Spinach 1 serving (278 g)	301.4	28.3	7.8	28.4	3.4	25
TOTAL FOR BREAKFAST	301.4	28.3	7.8	28.4	3.4	25
Mid-morning snack						
Banana and Walnuts Parfait 1 serving (185 g)	237.9	14.7	10.8	23.7	6.3	17.4
TOTAL FOR MID-MORNING SNACK	237.9	14.7	10.8	23.7	6.3	17.4
Lunch						
Pasta with Tuna, Bell Pepper and Broccoli 1 serving (216 g)	248.4	14.5	9.7	25.6	2	23.6
TOTAL FOR LUNCH	248.4	14.5	9.7	25.6	2	23.6
Mid-afternoon snack						
Banana 1 medium (7" to 7-7/8" long) (118 g)	105	1.3	0.4	27	3.1	23.9
Peanut butter, smooth 1 tablespoon (20 g)	121.4	4.6	10.4	2.6	1.3	1.3
TOTAL FOR MID-AFTERNOON SNACK	226.4	5.8	10.7	29.6	4.4	25.2
Dinner						
Sauteed Garlic Shrimp and Spinach 1 serving (157 g)	169.7	23.8	7.7	2.2	0.8	1.4
Rice, brown, medium-grain, cooked 1 cup (163 g)	182.6	3.8	1.4	38.3	2.9	35.4
TOTAL FOR DINNER	352.3	27.6	9.1	40.5	3.7	36.8
TOTAL FOR DAY 3	1366.3	91	48.1	147.8	19.8	128

Day 4 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						
Hummus 1/2 cup (123 g)	204.2	9.7	11.8	17.6	7.4	10.2
Celery sticks 1 stalk, large (11"-12" long) (64 g)	10.2	0.4	0.1	1.9	1	0.9
TOTAL FOR MID-MORNING SNACK	214.4	10.2	11.9	19.5	8.4	11.1
Lunch						
Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli 2 serving (780 g)	881.9	71	22.8	107.3	18.3	89
TOTAL FOR LUNCH	881.9	71	22.8	107.3	18.3	89
Mid-afternoon snack						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Raspberries 40 raspberries (76 g)	39.5	0.9	0.5	9.1	4.9	4.2
TOTAL FOR MID-AFTERNOON SNACK	110.7	6.8	2.2	17	4.9	12.1
Dinner						
Baked White Fish with Brussel Sprouts and Corn 1 serving (256 g)	223.3	28.5	5.2	19.5	3.7	15.8
TOTAL FOR DINNER	223.3	28.5	5.2	19.5	3.7	15.8
TOTAL FOR DAY 4	1715.2	130.7	66	167.4	36.9	130.5

Day 5 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						
Peach and Walnuts Parfait 2 serving (402 g)	429	29.5	21.7	34.7	11.9	22.8
TOTAL FOR MID-MORNING SNACK	429	29.5	21.7	34.7	11.9	22.8
Lunch						
Rosemary Pork Loin with Potato and Carrots 1 serving (350 g)	383.3	30	11.9	38.9	5	33.9
TOTAL FOR LUNCH	383.3	30	11.9	38.9	5	33.9
Mid-afternoon snack						
Plain Yogurt (Low Fat) 2 container (6 oz) (340 g)	214.2	17.9	5.3	23.9	0	23.9
TOTAL FOR MID-AFTERNOON SNACK	214.2	17.9	5.3	23.9	0	23.9
Dinner						
Sheet-Pan Chili-Lime White Fish with Potatoes and Asparagus 1 serving (465 g)	380	40.2	10	35.1	6.1	29
TOTAL FOR DINNER	380	40.2	10	35.1	6.1	29
TOTAL FOR DAY 5	1776.5	138.7	63.7	171.6	28	143.6

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Cashew Butter Banana Toast 1 serving (206 g)	438.3	15.4	18.8	58.2	8.1	50.1
TOTAL FOR BREAKFAST	438.3	15.4	18.8	58.2	8.1	50.1
Mid-morning snack						
Raspberry and Walnuts Parfait 1 serving (151 g)	197.6	14.4	10.7	11.9	6.2	5.7
TOTAL FOR MID-MORNING SNACK	197.6	14.4	10.7	11.9	6.2	5.7
Lunch						
Potato Ground Beef Stew with Spinach 2 serving (952 g)	512.6	56.8	7.5	52.3	7.9	44.4
TOTAL FOR LUNCH	512.6	56.8	7.5	52.3	7.9	44.4
Mid-afternoon snack						
Plain Yogurt (Low Fat) 1 container (4 oz) (226 g)	142.4	11.9	3.5	15.9	0	15.9
Strawberries 1 cup, halves (152 g)	48.6	1	0.5	11.7	3	8.7
TOTAL FOR MID-AFTERNOON SNACK	191	12.9	4	27.6	3	24.6
Dinner						
Chicken Pasta Salad with Lettuce and Green Peas 1 serving (201 g)	296.2	23.3	10.8	25.2	3.8	21.4
TOTAL FOR DINNER	296.2	23.3	10.8	25.2	3.8	21.4
TOTAL FOR DAY 6	1635.8	122.8	51.7	175.2	29	146.2

Day 7 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
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
TOTAL FOR BREAKFAST	457	30	23.3	31.7	4.8	26.9
Mid-morning snack						
Cinnamon Roasted Sweet Potato Fries with Cottage Cheese Dip 1 serving (209 g)	236.8	6.6	7.6	36	5.4	30.6
TOTAL FOR MID-MORNING SNACK	236.8	6.6	7.6	36	5.4	30.6
Lunch						
Italian Chicken with Zucchini, Cherry Tomatoes and Peppers 1 serving (401 g)	350.8	49.7	13	7.2	1.9	5.3
TOTAL FOR LUNCH	350.8	49.7	13	7.2	1.9	5.3
Mid-afternoon snack						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Blackberries 4 ounces (112 g)	48.2	1.6	0.5	10.8	5.9	4.9
TOTAL FOR MID-AFTERNOON SNACK	119.4	7.5	2.3	18.7	5.9	12.8
Dinner						
Butternut Squash, White Beans, Brown Rice Casserole 1 serving (363 g)	231.6	9.8	1	49.8	8.9	40.9
TOTAL FOR DINNER	231.6	9.8	1	49.8	8.9	40.9
TOTAL FOR DAY 7	1395.5	103.6	47.3	143.3	27	116.3

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	41.5			
Fiber [g]	27.4			
Calcium, Ca [mg]	742.4	1000	2500	74
Iron, Fe [mg]	14	8	45	175
Magnesium, Mg [mg]	434.6	400	*350 mg	109
Phosphorus, P [mg]	1731.8	700	4000	247
Potassium, K [mg]	4158.8	4700		88
Sodium, Na [mg]	2602.4	1500	2300	173
Zinc, Zn [mg]	13.8	11	40	125
Vitamin A, RAE [ug]	1177.5	900	3000	131
Vitamin E [mg]	8.7	15	1000	58
Vitamin D [ug]	3.5	15	100	23
Vitamin C [mg]	139.2	90	2000	155
Thiamin [mg]	1.2	1.2		99
Riboflavin [mg]	1.7	1.3		134
Niacin [mg]	34.1	16	35	213
Vitamin B6 [mg]	3.4	1.3	100	262
Vitamin B12 [ug]	5.2	2.4		218
Vitamin K [ug]	245.4	120		205
Tryptophan [g]	8.7			
Threonine [g]	2.5			
Isoleucine [g]	2.7			
Leucine [g]	4.7			
Lysine [g]	4.5			
Methionine [g]	1.5			
Cystine [g]	0.8			
Tyrosine [g]	2			
Fatty acids, total trans [g]	0.2			
Sat Fat [g]	13.5			

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.

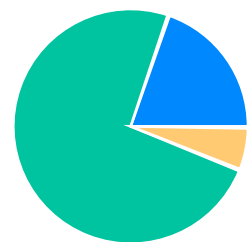
Add the spinach and cook, stirring, until wilted, about 2 minutes.

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

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.

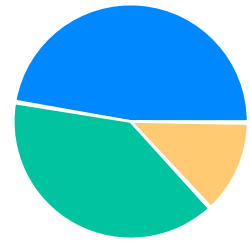
Cook for an additional 2-3 minutes to heat everything through.

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

Sauteed Garlic Shrimp and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 170 Kcal 24g Protein 8g Fat 2g Carbs

Ingredients

- **Lemon juice**, 1 t (14.9 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 3 clove (9 g)
- **Shrimp**, 1 lb (453.6 g)
- **Spinach**, 4 cups (120 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Pepper flakes**, 1/4 teaspoon (0.5 g)



Instructions

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

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

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

Remove the shrimp from the skillet and set aside.

In the same skillet, add spinach, salt, black pepper, and red pepper flakes (if desired).

Sauté the spinach for 2-3 minutes until wilted.

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

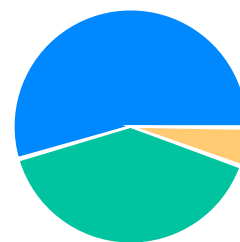
Drizzle lemon juice over the shrimp and spinach mixture.

Cook for an additional 1-2 minutes to combine the flavors.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	680	108	170
Protein [g]	95.3	15.1	23.8
Fat [g]	30.9	4.9	7.7
Carbs [g]	8.9	1.4	2.2
Fiber [g]	3.2	0.5	0.8
Net Carbs [g]	5.7	0.9	1.4



55 % Protein 40 % Fat 5 %
Carbs

Lemon Garlic Chicken and Sweet Potatoes

🕒 40 min 🍽️ 4 servings

Per serving: 326 Kcal 16g Protein 8g Fat 47g Carbs

Ingredients

- Juice of lemon, 2 tablespoon (32 g)
- Rosemary, 1 1/2 teaspoons (0.2 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 4 medium (904 g)
- Chicken breasts, 1 small breast (225 g)
- Parsley, 2 tablespoons (8 g)
- Table salt, 1 teaspoon (5 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large mixing bowl, combine minced garlic, lemon juice, olive oil, dried thyme, dried rosemary, salt, and pepper.

Add the chicken breasts to the bowl and coat them well with the marinade. Let it marinate for about 15 minutes.

In a separate mixing bowl, toss the cubed sweet potatoes with olive oil, salt, and pepper until evenly coated.

Place the marinated chicken breasts and cubed sweet potatoes on a baking sheet lined with parchment paper.

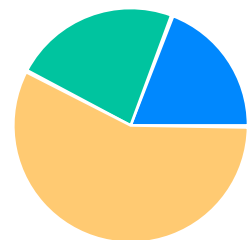
Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and the sweet potatoes are golden brown and crispy.

Garnish with fresh parsley before serving.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1303.7	107.4	325.9
Protein [g]	63.2	5.2	15.8
Fat [g]	33.6	2.8	8.4
Carbs [g]	189.3	15.6	47.3
Fiber [g]	28.2	2.3	7.1
Net Carbs [g]	161.1	13.3	40.3



19% Protein 23% Fat 58% Carbs

Cashew 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)

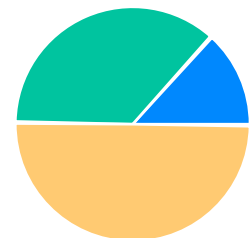


Instructions

- 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

Mango Chia Pudding (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 179 Kcal 5g Protein 8g Fat 25g Carbs

Ingredients

- Mango, 1 small (207 g)
- Chia seeds, 1/4 cup (40.9 g)
- Almond milk, 1 cup (250 g)



Instructions

In a bowl, combine chia seeds and almond milk. Stir well to avoid any clumps.

Let the mixture sit for 10 minutes, stirring occasionally to prevent the chia seeds from clumping together.

In a separate bowl, mash the diced mango with a fork until smooth.

Add the mashed mango, maple syrup to the chia seed mixture. Stir until well combined.

Cover the bowl and refrigerate to allow the chia seeds to absorb the liquid and thicken.

Once the pudding has thickened, give it a good stir to break up any clumps.

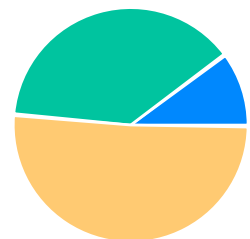
Divide the pudding into serving bowls or jars.

Top with fresh mango slices.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	357.8	71.9	178.9
Protein [g]	9.7	1.9	4.9
Fat [g]	16.3	3.3	8.2
Carbs [g]	49.2	9.9	24.6
Fiber [g]	18.1	3.6	9.1
Net Carbs [g]	31.1	6.2	15.6



10 % Protein 38 % Fat 51 % 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.

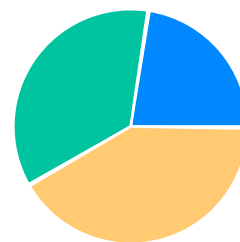
Return the potatoes to the oven and bake for an additional 10-12 minutes, or until the egg whites are set and the yolks are still slightly runny.

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

Italian Chicken with Zucchini, Cherry Tomatoes and Peppers

🕒 35 min 🍽️ 4 servings

Per serving: 351 Kcal 50g Protein 13g Fat 7g Carbs

Ingredients

- Basil, 1 teaspoon (1 g)
- Oregano, 1 teaspoons (2 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 2 medium (392 g)
- Bell pepper, 1 medium (131 g)
- Chicken breasts, 4 small breast (900 g)
- Cherry tomatoes, 1 cup (149 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, zucchinis, bell peppers, and cherry tomatoes.

Drizzle olive oil over the chicken and veggies. Sprinkle with dried oregano, basil, thyme, salt, and pepper.

Toss everything together to coat evenly.

Bake in the preheated oven for about 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.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1403.9	87.5	351
Protein [g]	199	12.4	49.8
Fat [g]	52.2	3.3	13.1
Carbs [g]	28.9	1.8	7.2
Fiber [g]	7.7	0.5	1.9
Net Carbs [g]	21.2	1.3	5.3



58 % Protein 34 % Fat 8 % Carbs

Cinnamon Roasted Sweet Potato Fries with Cottage Cheese Dip

🕒 20 min 🍽️ 4 servings

Per serving: 237 Kcal 7g Protein 8g Fat 36g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- 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)
- Cheese, cottage, reduced fat, 1/2 tub (125 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.

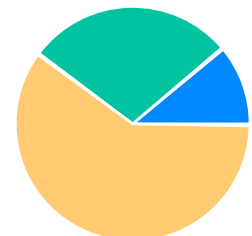
Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

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

Serve the cinnamon roasted sweet potato fries with blended cottage cheese dip.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	948.4	113.3	237.1
Protein [g]	26.4	3.2	6.6
Fat [g]	30.5	3.6	7.6
Carbs [g]	144	17.2	36
Fiber [g]	21.6	2.6	5.4
Net Carbs [g]	122.4	14.6	30.6



11 % Protein 29 % Fat 60 % Carbs

Beef Breakfast Patties over Brown Rice with Carrots and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 301 Kcal 28g Protein 8g Fat 28g Carbs

Ingredients

- Sage, 1/2 teaspoon (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Carrots, 1 cup chopped (128 g)
- Olive oil, 1 tablespoon (13.5 g)
- Onion, 1/4 cup (41.7 g)
- Garlic, 2 cloves (5.9 g)
- Brown rice, 2 cup (390 g)
- Parsley, 1/4 cup (15 g)
- Pepper, 1/4 tsp (0.5 g)
- Spinach leaves, 2 cups (60 g)
- lean ground beef, 1 pound (454 g)



Instructions

In a large mixing bowl, combine ground beef, chopped onion, minced garlic, parsley, thyme, sage, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the beef mixture into small patties, about 2-3 inches in diameter.

Heat olive oil in a skillet over medium heat. Add the beef patties and cook for about 4-5 minutes on each side, or until fully cooked and browned.

While the patties are cooking, steam the sliced carrots until tender.

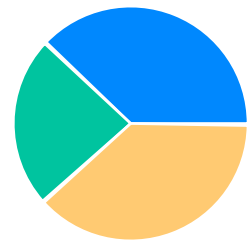
In a separate pan, heat olive oil over medium heat. Add the spinach leaves and sauté until wilted.

To serve, place a scoop of cooked brown rice on a plate. Top with a few beef breakfast patties, steamed carrots, and sautéed spinach.

Enjoy your beef breakfast patties over brown rice with carrots and spinach!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1205.4	108.4	301.4
Protein [g]	113.1	10.2	28.3
Fat [g]	31.1	2.8	7.8
Carbs [g]	113.6	10.2	28.4
Fiber [g]	13.6	1.2	3.4
Net Carbs [g]	100	9	25



38 % Protein 24 % Fat 38 %
Carbs

Tomato Basil White Fish with Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 303 Kcal 27g Protein 10g Fat 27g Carbs

Ingredients

- Basil leaves, 1/4 cup (5.8 g)
- Salt, 1/2 tsp (3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 clove (6 g)
- Brown rice, 1 cup (195 g)
- Fish, 2 fillet (240 g)
- Cherry tomatoes, 1 cup (149 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the white fish fillets.

In a small bowl, combine the cherry tomatoes, basil leaves, minced garlic, olive oil, salt, and black pepper. Mix well.

Pour the tomato basil mixture over the white fish fillets, ensuring they are evenly coated.

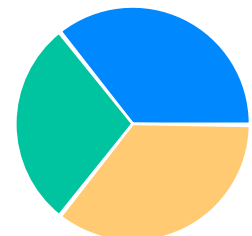
Bake in the preheated oven for 15-18 minutes, or until the fish is cooked through and flakes easily with a fork.

While the fish is baking, prepare the brown rice according to package instructions.

Serve the cooked white fish over a bed of brown rice, garnished with additional fresh basil leaves if desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	606.5	99	303.3
Protein [g]	54.7	8.9	27.4
Fat [g]	19.4	3.2	9.7
Carbs [g]	54.3	8.9	27.2
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	49.4	8.1	24.7



36 % Protein 29 % Fat 36 % Carbs

Lean Ground Beef with Marinara Sauce, Whole Wheat Pasta, and Steamed Broccoli

🕒 20 min 🍽️ 4 servings

Per serving: 440 Kcal 36g Protein 11g Fat 54g Carbs

Ingredients

- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1 teaspoons (2 g)
- Olive oil, 1 tablespoon (13.5 g)
- Ground beef, 1 lbs (453.6 g)
- Pasta, 8 ounces (224.2 g)
- Marinara sauce, 1 jar (680 g)
- Broccoli florets, 2 cups (182 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

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

Add lean ground beef to the skillet and cook until browned, breaking it up into small pieces with a spatula.

Drain any excess fat from the skillet.

Add marinara sauce, dried oregano, dried basil, salt, and pepper to the skillet. Stir well to combine.

Reduce heat to low and let the sauce simmer for 10 minutes, stirring occasionally.

Meanwhile, cook whole wheat pasta according to package instructions. Drain and set aside.

In a separate pot, bring water to a boil and steam broccoli florets for about 5 minutes or until tender-crisp.

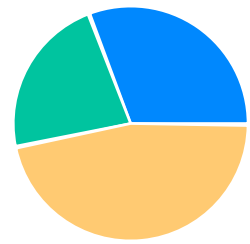
Once the marinara sauce has simmered, taste and adjust seasoning if needed.

Serve the lean ground beef with marinara sauce over whole wheat pasta, with steamed broccoli on the side.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1761.6	113.1	440.4
Protein [g]	141.8	9.1	35.5
Fat [g]	45.6	2.9	11.4
Carbs [g]	214.3	13.8	53.6
Fiber [g]	36.6	2.3	9.2
Net Carbs [g]	177.7	11.4	44.4



31 % Protein 22 % Fat 47 %
Carbs

Pasta with Tuna, Bell Pepper and Broccoli

🕒 10 min 🍽️ 4 servings

Per serving: 248 Kcal 15g Protein 10g Fat 26g Carbs

Ingredients

- Vegetable broth, 2 cups (392 g)
- Parmesan cheese, 1/4 cup (26.1 g)
- Broccoli, 1/2 cup (42.3 g)
- Olive oil, 2 tablespoon (27 g)
- Pasta, 4 ounces (113.4 g)
- Salt and pepper, 1 tsp (2 g)
- Parsley, 4 tablespoon (16 g)
- Italian Seasoning, 1 teaspoon (2 g)
- Pepper flakes, 1/2 teaspoon (1 g)
- Bell pepper, 1/2 cup (71.6 g)
- Tuna, 1 can (170 g)



Instructions

In a large pot, combine the pasta, tuna, chopped vegetables, olive oil, Italian seasoning, red pepper flakes (if desired), salt, and pepper.

Pour the vegetable broth over the ingredients in the pot.

Bring the mixture to a boil over high heat, then reduce the heat to medium-low.

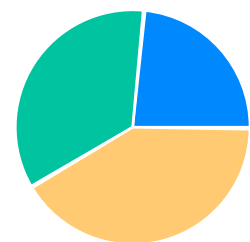
Cover the pot and let the pasta simmer for about 8 minutes, or until the pasta is cooked and the vegetables are tender, stirring occasionally.

Remove the pot from heat and stir in the grated Parmesan cheese.

Garnish with fresh parsley before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	992.3	114.9	248.1
Protein [g]	58.1	6.7	14.5
Fat [g]	38.6	4.5	9.7
Carbs [g]	102.4	11.9	25.6
Fiber [g]	7.9	0.9	2
Net Carbs [g]	94.5	10.9	23.6



23 % Protein 35 % Fat 41 % Carbs

Scrambled Egg with Tomato on Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

Per serving: 174 Kcal 10g Protein 8g Fat 15g Carbs

Ingredients

- Eggs, 2 large (100 g)
- Olive oil, 1 tsp (4.5 g)
- Tomato, 1 medium whole (2-3/5" dia) (123 g)
- Bread, 2 slices (56.4 g)
- Salt and pepper, 1/4 tsp (0.5 g)



Instructions

In a bowl, whisk the eggs until well beaten.

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

Add the diced tomato to the skillet and cook for 2-3 minutes, until slightly softened.

Pour the beaten eggs into the skillet with the tomatoes.

Season with salt and black pepper to taste.

Using a spatula, gently scramble the eggs and mix them with the tomatoes.

Continue cooking and stirring until the eggs are cooked to your desired consistency.

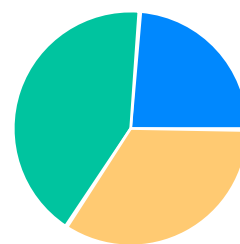
Toast the slices of whole wheat bread.

Place the scrambled eggs and tomato mixture on top of the toasted bread slices.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	347.1	122	173.6
Protein [g]	20.7	7.3	10.4
Fat [g]	16.2	5.7	8.1
Carbs [g]	29.6	10.4	14.8
Fiber [g]	4.9	1.7	2.5
Net Carbs [g]	24.7	8.7	12.4



24 % Protein 42 % Fat 34 %
Carbs

Chicken Pasta Salad with Lettuce and Green Peas

🕒 15 min 🍽️ 4 servings

Per serving: 297 Kcal 23g Protein 11g Fat 25g Carbs

Ingredients

- Pasta, 2 cup (235 g)
- Chicken, 2 cups (280 g)
- Dressing, vinaigrette, homemade, 2 tablespoon (30 g)
- Peas, green, cooked, boiled, drained, with salt, 1 cup (160 g)
- Romaine Lettuce, 2 cup (100 g)



Instructions

In a large bowl, combine the cooked chicken, pasta, lettuce, and green peas.

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

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

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1186.5	147.4	296.6
Protein [g]	93.5	11.6	23.4
Fat [g]	43.3	5.4	10.8
Carbs [g]	101.1	12.6	25.3
Fiber [g]	15.2	1.9	3.8
Net Carbs [g]	85.9	10.7	21.5



32 % Protein 33 % Fat 35 % 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.

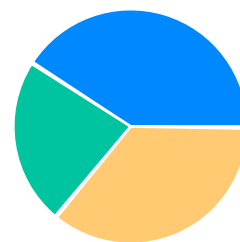
Return the sheet pan to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.

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

Rosemary Pork Loin with Potato and Carrots

🕒 30 min 🍽️ 4 servings

Per serving: 383 Kcal 30g Protein 12g Fat 39g Carbs

Ingredients

- Rosemary, 2 tablespoons (4 g)
- Potatoes, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- Olive oil, 2 servings (28 g)
- Pork loin, 1 pounds (454 g)
- Carrots, sliced, 1 portion (61.6 g)



Instructions

Preheat the oven to 400°F (200°C).

Rub the pork loin slices with olive oil and sprinkle with chopped rosemary. Season with salt and pepper.

In a large baking dish, arrange the diced potatoes and round the pork loin.

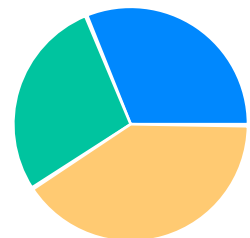
Drizzle the potatoes and carrots with olive oil, and season with salt and pepper.

Place the baking dish in the preheated oven and roast for 20-25 minutes.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1533.4	109.6	383.4
Protein [g]	119.8	8.6	30
Fat [g]	47.6	3.4	11.9
Carbs [g]	155.7	11.1	38.9
Fiber [g]	20.2	1.4	5.1
Net Carbs [g]	135.5	9.7	33.9



31 % Protein 28 % Fat 41 % Carbs

One-Pan Chicken Breast, Zucchini and Quinoa

🕒 20 min 🍽️ 2 servings

Per serving: 374 Kcal 34g Protein 7g Fat 43g Carbs

Ingredients

- Water, 2 cups (473.2 g)
- Quinoa, 3/4 cup (127.5 g)
- Salt and pepper, 2 tsp (4 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 1 small (118 g)



Instructions

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

Season the chicken breasts with salt and pepper, then add them to the pan. Cook for about 4-5 minutes on each side, or until cooked through. Remove the chicken from the pan and set aside.

In the same pan, add the zucchini slices and cook for about 2-3 minutes, until slightly tender.

Meanwhile, rinse the quinoa under cold water and drain well.

Add the quinoa and water to the pan with the zucchini. Bring to a boil, then reduce the heat to low and cover the pan. Cook for about 15 minutes, or until the quinoa is cooked and the water is absorbed.

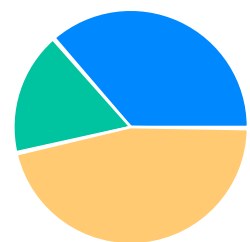
Slice the cooked chicken breasts into thin strips.

Divide the quinoa and zucchini mixture between two plates, and top with the sliced chicken breasts.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	746.9	78.7	373.5
Protein [g]	67.4	7.1	33.7
Fat [g]	14	1.5	7
Carbs [g]	85.5	9	42.8
Fiber [g]	10.1	1.1	5.1
Net Carbs [g]	75.4	7.9	37.7



37 % Protein 17 % Fat 46 % Carbs

Baked White Fish with Brussel Sprouts and Corn

🕒 30 min 🍽️ 4 servings

Per serving: 224 Kcal 29g Protein 5g Fat 20g Carbs

Ingredients

- Olive oil, 2 teaspoons (8 g)
- Corn kernels, 2 cups (308 g)
- Salt and pepper, 1 tsp (2 g)
- White Fish, 4 fillet (480 g)
- Brussels Sprouts, 1/2 pound (226.8 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Drizzle the olive oil over the fish fillets and season with salt and pepper.

In a separate bowl, toss the Brussel sprout halves and fresh corn kernels with 1 teaspoon of olive oil, salt, and pepper.

Spread the Brussel Sprouts and corn mixture around the fish fillets on the baking sheet.

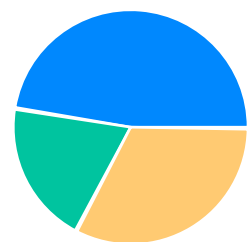
Bake in the preheated oven for 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.

Serve the baked white fish with the roasted Brussel Sprouts and corn.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	893.9	87.2	223.5
Protein [g]	114.1	11.1	28.5
Fat [g]	21	2	5.3
Carbs [g]	77.9	7.6	19.5
Fiber [g]	14.8	1.4	3.7
Net Carbs [g]	63.1	6.2	15.8



48 % Protein 20 % Fat 33 % Carbs

Banana and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

Per serving: 237 Kcal 15g Protein 11g Fat 24g Carbs

Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Banana, sliced, 1 medium (7" to 7-7/8" long) (118 g)



Instructions

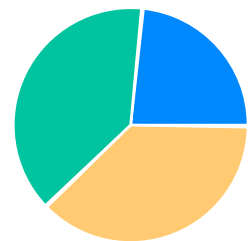
In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

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

Serve immediately or refrigerate until ready to serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	474.5	128.7	237.3
Protein [g]	29.4	8	14.7
Fat [g]	21.6	5.9	10.8
Carbs [g]	47.2	12.8	23.6
Fiber [g]	12.7	3.4	6.4
Net Carbs [g]	34.5	9.4	17.3



23% Protein 39% Fat 38% Carbs

Peach and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

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

Ingredients

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



Instructions

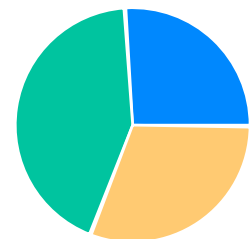
In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

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

Serve immediately or refrigerate until ready to serve.

Macronutrient summary

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



26% Protein 43% Fat 31% Carbs

Raspberry and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

Per serving: 197 Kcal 14g Protein 11g Fat 12g Carbs

Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Raspberry, 50 grams (50 g)



Instructions

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

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

Serve immediately or refrigerate until ready to serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	393.9	131	197
Protein [g]	28.6	9.5	14.3
Fat [g]	21.3	7.1	10.7
Carbs [g]	23.7	7.9	11.9
Fiber [g]	12.4	4.1	6.2
Net Carbs [g]	11.3	3.8	5.7



29% Protein 48% Fat 24% Carbs

Potato Ground Beef Stew with Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 256 Kcal 28g Protein 4g Fat 26g Carbs

Ingredients

- Vegetable stock, 4 cups (783.3 g)
- Spinach, 2 cup (60 g)
- Lean ground beef, 1 pound (454 g)
- salt, 1 teaspoon (5 g)
- Potato, 4 cup, diced (600 g)



Instructions

In a large pot, brown the ground beef over medium heat until fully cooked.

Add the diced potatoes and vegetable stock to the pot. Bring to a boil.

Reduce heat to low and simmer for 10 minutes or until the potatoes are tender.

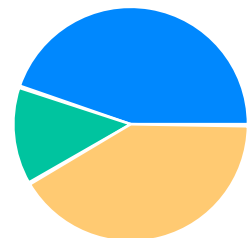
Stir in the chopped spinach and cook for an additional 2 minutes or until wilted.

Season with salt and pepper to taste.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1024.1	53.8	256
Protein [g]	113.4	6	28.4
Fat [g]	15	0.8	3.8
Carbs [g]	104.4	5.5	26.1
Fiber [g]	15.7	0.8	3.9
Net Carbs [g]	88.7	4.7	22.2



45 % Protein 13 % Fat 42 % Carbs

Butternut Squash, White Beans, Brown Rice Casserole

🕒 20 min 🍽️ 4 servings

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

Ingredients

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



Instructions

Preheat the oven to 375°F (190°C).

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

Add the diced butternut squash and cook until slightly tender.

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

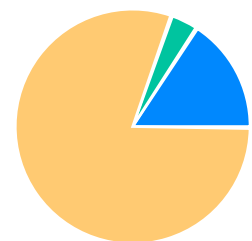
Pour the vegetable broth over the mixture and stir well to combine.

Bake in the preheated oven for 20 minutes.

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

Macronutrient summary

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



16 % Protein 4 % Fat 81 % Carbs

Turkey Carrot and Cabbage Hash

🕒 15 min 🍽️ 4 servings

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

Ingredients

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



Instructions

Heat coconut oil in a large skillet over medium heat.

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

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

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

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

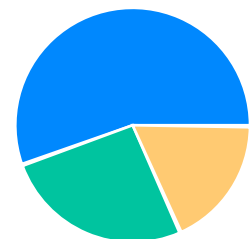
Continue cooking for another 2-3 minutes until the flavors meld together.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Macronutrient summary

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



56 % Protein 26 % Fat 18 % Carbs

Shopping List

Spices and Herbs

- Paprika, 1/2 teaspoon (1.2 g)
- Salt and pepper, 3 3/4 tsp (7.5 g)
- Ground cumin, 1/2 tsp (1 g)
- Sage, 1/8 teaspoon (0 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1/8 teaspoon (0.1 g)
- Pepper, 1/2 tsp (0.9 g)
- Basil, 3/4 teaspoon (0.8 g)
- Oregano, 1 teaspoons (2 g)
- Pepper flakes, 1/4 teaspoon (0.4 g)
- Ground cinnamon, 1/4 teaspoon (0.5 g)
- Apple cider vinegar, 1/2 tablespoon (7.5 g)
- Salt, 3/4 teaspoons (4.4 g)
- Basil leaves, 1/7 cup (2.9 g)
- Salt, 1/3 tsp (1.5 g)
- Italian Seasoning, 1/3 teaspoon (0.5 g)
- Rosemary, 1/2 tablespoons (1 g)
- salt, 1/2 teaspoon (2.5 g)
- Thyme, 1/2 tsp, leaves (0.5 g)
- Rosemary, 1/3 teaspoons (0 g)
- Table salt, 1/3 teaspoon (1.3 g)
- Chili powder, 1/3 teaspoon (0.5 g)
- Garlic powder, 1/7 teaspoon (0.4 g)

Vegetables and Vegetable Products

- Carrots, 1 cup strips or slices (122.3 g)
- Garlic, 1 1/2 cloves (4.5 g)
- Cabbage, 1 cup, shredded (70.2 g)
- Parsley, 3 tablespoon (12 g)
- Tomato, 1 medium whole (2-3/5" dia) (122.8 g)
- Carrots, 1/4 cup chopped (32 g)
- Onion, 0 cup (10.4 g)
- Parsley, 0 cup (3.7 g)
- Spinach leaves, 1/2 cups (15 g)
- Garlic, 5 3/4 clove (17.3 g)
- Baby spinach, 1 1/2 cup (45 g)

- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426.4 g)
- Kale, 1/3 cups (12 g)
- Parsley, 1 tablespoons (4 g)
- Mushrooms, Fresh, 1 cups (97 g)
- Carrot, cut into pieces, 1 cup strips or slices (122 g)
- Celery sticks, 1 stalk, large (11"-12" long) (64 g)
- Sweet potatoes, 1/2 large (169.7 g)
- Green onions, 1 green onions (12 g)
- Bok choy, 2 cup (138.2 g)
- Mushrooms, 1/2 cup, whole (48.1 g)
- Ginger, 1/2 tablespoon (3.5 g)
- Cherry tomatoes, 3/4 cup (111.9 g)
- Broccoli, 1/7 cup (10.6 g)
- Bell pepper, 1/7 cup (17.9 g)
- Broccoli florets, 1 cups (91.1 g)
- Carrots, sliced, 1/3 portion (15.4 g)
- Spinach, 1 cup (30 g)
- Potato, 2 cup, diced (300.3 g)
- Zucchini, 1/2 medium (97.9 g)
- Bell pepper, 1/4 medium (32.7 g)
- Sweet potatoes, 1 medium (226.3 g)
- Zucchini, 1/2 small (59.1 g)
- Spinach, 1 cups (29.9 g)
- Corn kernels, 1/2 cups (76.9 g)
- Brussels Sprouts, 1/8 pound (56.7 g)
- Potatoes, 1 potato small (1-3/4" to 2-1/2" dia) (170 g)
- Cilantro, 1 tablespoon (0.5 g)
- Asparagus, Fresh, 1/3 bunch (108.3 g)
- Peas, green, cooked, boiled, drained, with salt, 1/4 cup (40 g)
- Romaine Lettuce, 1/2 cup (25 g)
- Onion, 1/3 medium (2-1/2" dia) (27.5 g)
- Garlic, 1/2 portion (1.5 g)
- Butternut squash, 1/3 medium (187.6 g)

Poultry Products

- Ground turkey, 1/2 pound (227.3 g)
- Ground Chicken, 1/7 pound (56.8 g)

Fats and Oils

- Coconut oil, 1/2 tablespoons (6.6 g)

- Olive oil, 1 tsp (4.5 g)
- Olive oil, 3 3/4 tablespoon (50.6 g)
- Olive oil, 2 servings (28 g)
- Olive oil, 1/3 tablespoons (5.2 g)
- Coconut oil, 1 tablespoon (13.1 g)
- Olive oil, 1/2 teaspoons (2 g)

Dairy and Egg Products

- Eggs, 5 large (249.9 g)
- Fried Egg, 2 large (140 g)
- Fat-Free Milk, 1 cup (245 g)
- Greek yogurt, 2 cup (415 g)
- Cheese, cottage, reduced fat, 1/8 tub (31.2 g)
- Parmesan cheese, 0 cup (6.5 g)
- Almond milk, 1/2 cup (125 g)
- Plain Yogurt (Low Fat), 2 container (4 oz) (452 g)
- Plain Yogurt (Low Fat), 2 container (6 oz) (340 g)

Baked Products

- Bread, 4 slices (112.7 g)
- Whole Wheat Bread, 2 slice (64 g)

Cereal Grains and Pasta

- Brown rice, 1 1/3 cup (244 g)
- Pasta, 1 ounces (28.4 g)
- Pasta, 4 ounces (112.3 g)
- Marinara sauce, 1/2 jar (340.5 g)
- Quinoa, 1/3 cup (63.8 g)
- Rice, brown, medium-grain, cooked, 1 cup (163 g)
- Pasta, 1/2 cup (58.7 g)

Beef Products

- lean ground beef, 1/4 pound (113.5 g)
- Ground beef, 1/2 lbs (227.1 g)
- Lean ground beef, 1/2 pound (227.2 g)

Fruits and Fruit Juices

- Banana, 2 medium (7" to 7-7/8" long) (235.8 g)
- Banana, sliced, 1/2 medium (7" to 7-7/8" long) (59.2 g)
- Peach, peeled, sliced, 1 medium (2-2/3" dia) (150.5 g)
- Raspberry, 25 1/9 grams (25.1 g)

- Banana, 1 banana (119 g)
- Mango, 1/2 small (103.5 g)
- Raspberries, 40 raspberries (76 g)
- Strawberries, 1 cup, halves (152 g)
- Blackberries, 4 ounces (112 g)
- Juice of lemon, 1/2 tablespoon (8 g)
- Lemon juice, 1/4 t (3.7 g)
- Lime juice, 1/2 tablespoon (7.5 g)

Legumes and Legume Products

- Peanut butter, 2 tbsp (31.9 g)
- Hummus, 3/4 cup (184.5 g)

Beverages

- Coffee (Unsweetened), 1 portion(s) (50 g)
- Water, 1 cups (236.9 g)

Nut and Seed Products

- Chia seeds, 4 tbsp (48.2 g)
- Chia seeds, 1/7 cup (20.4 g)
- Peanut butter, smooth, 1 tablespoon (20 g)

Other

- Walnuts, 4 tbsp (40.1 g)
- Coconut aminos, 1/7 cup (30 g)
- Nutritional yeast, 1/2 tablespoon (3.8 g)
- Beans, 1/3 cup (44.8 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 1/2 lb (227.1 g)
- Chicken breasts, 1 1/4 small breast (281.2 g)
- Chicken breasts, 1 portion (113.2 g)
- Chicken, 1/2 cups (69.9 g)

Finfish and Shellfish Products

- Fish, 1 fillet (120.2 g)
- Shrimp, 1/4 lb (113.1 g)
- White Fish, 2 fillet (339.9 g)

Soups, Sauces, and Gravies

- Vegetable broth, 3/4 cups (147.1 g)
- Vegetable stock, 2 cups (392 g)

- Dressing, vinaigrette, homemade, 1/2 tablespoon (7.5 g)

Canned and Jarred

- Tuna, 1/3 can (42.5 g)

Pork Products

- Pork loin, 1/3 pounds (113.5 g)