

Whole 30 Recipes

Baked Cod with Zucchini and Peppers

🕒 40 min 🍽️ 2 servings

Per serving: 284 Kcal 32g Protein 15g Fat 5g Carbs

Ingredients

- Onion powder, 1/2 teaspoon (1 g)
- Oregano, 1/2 teaspoon (1 g)
- Salt, 2 teaspoon (10 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Mushrooms, 1/2 cup, whole (48 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1/2 cup, chopped (62 g)
- Cod, 2 servings (340 g)
- Bell peppers, 1/2 (59.5 g)
- Black Pepper, 1 tsp, ground (2.3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the cod fillets and drizzle with 1 tablespoon of olive oil. Season with salt and pepper.

In a separate bowl, combine the sliced zucchini, bell peppers, and mushrooms. Toss with the remaining olive oil, dried thyme, dried oregano, garlic powder, onion powder, salt, and pepper.

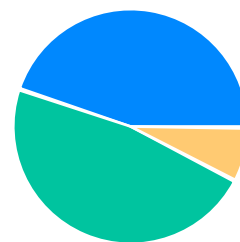
Spread the vegetable mixture around the cod fillets in the baking dish.

Bake in the preheated oven for 20-25 minutes or until the cod is cooked through and flakes easily with a fork.

Serve the cod and vegetables hot, and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	567.2	102.9	283.6
Protein [g]	63.9	11.6	32
Fat [g]	30	5.4	15
Carbs [g]	10.3	1.9	5.2
Fiber [g]	3.7	0.7	1.9
Net Carbs [g]	6.6	1.2	3.3



45 % Protein 48 % Fat 7 %
Carbs

Lemon Herb Chicken

🕒 30 min 🍽️ 4 servings

Per serving: 327 Kcal 48g Protein 13g Fat 3g Carbs

Ingredients

- **Lemon juice**, 1 t (14.9 g)
- **Rosemary**, 1 serving (0.1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 2 portion (6 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Lemon**, 1 fruit (2-1/8" dia) (58 g)



Instructions

In a small bowl, mix together the olive oil, minced garlic, lemon juice, dried thyme, dried rosemary, dried oregano, sea salt, and black pepper.

Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure each breast is coated evenly. Cover the dish and refrigerate for at least 1 hour or overnight for maximum flavor.

Preheat the oven to 400°F (200°C).

Heat a large oven-safe skillet over medium-high heat. Add the marinated chicken breasts and sear for 2-3 minutes on each side until golden brown.

Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken reaches an internal temperature of 165°F (74°C).

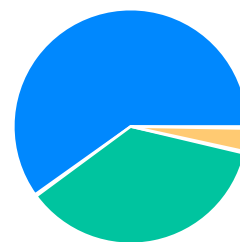
Remove the skillet from the oven and let the chicken rest for a few minutes.

Serve the chicken with lemon slices on top for garnish.

Enjoy your Lemon Herb Chicken!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1309.4	129.3	327.4
Protein [g]	192.4	19	48.1
Fat [g]	51.7	5.1	12.9
Carbs [g]	10.1	1	2.5
Fiber [g]	2.7	0.3	0.7
Net Carbs [g]	7.4	0.7	1.9



60 % Protein 36 % Fat 3 %
Carbs

Cinnamon Roasted Carrot Sticks

🕒 20 min 🍽️ 4 servings

Per serving: 107 Kcal 1g Protein 7g Fat 11g Carbs

Ingredients

- Carrots, 1 pound (453.6 g)
- Olive oil, 2 tablespoon (27 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, toss the carrot sticks with olive oil, ground cinnamon, salt, and pepper until evenly coated.

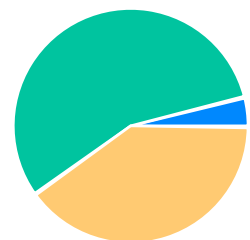
Spread the carrot sticks in a single layer on a baking sheet.

Roast in the preheated oven for about 15-20 minutes, or until the carrots are tender and slightly caramelized, stirring once halfway through.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	429.6	88.7	107.4
Protein [g]	4.3	0.9	1.1
Fat [g]	28.1	5.8	7
Carbs [g]	45.1	9.3	11.3
Fiber [g]	13.8	2.8	3.5
Net Carbs [g]	31.3	6.5	7.8



4 % Protein 56 % Fat 40 % Carbs

Grilled Pork Slices with Mango Salsa

🕒 20 min 🍽️ 4 servings

Per serving: 220 Kcal 28g Protein 9g Fat 9g Carbs

Ingredients

- Mango, 1 small (207 g)
- Cilantro, 2 tbsp (0.9 g)
- Olive oil, 1 tablespoon (13.5 g)
- Bell pepper, 1/2 portion (57.3 g)
- Onion, 1/4 cup (13 g)
- Salt and pepper, 1 tsp (2 g)
- Lime juice, 2 tablespoon (30 g)
- Pork, lean, 500 grams (500 g)



Instructions

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

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

While the pork slices are cooking, prepare the mango salsa. In a bowl, combine the diced mango, red bell pepper, red onion, jalapeno pepper, lime juice, cilantro, olive oil, and a pinch of salt and pepper. Mix well.

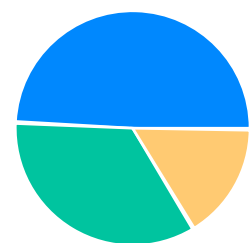
Once the pork slices are cooked, remove them from the grill and let them rest for a few minutes.

Serve the pork slices topped with the mango salsa.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	881.5	107	220.4
Protein [g]	111.5	13.5	27.9
Fat [g]	34.5	4.2	8.6
Carbs [g]	36.2	4.4	9.1
Fiber [g]	4.8	0.6	1.2
Net Carbs [g]	31.4	3.8	7.9



49 % Protein 34 % Fat 16 % Carbs

Sheet Pan Salmon, Brussels Sprouts, and Potato with Herbs

🕒 30 min 🍽️ 4 servings

Per serving: 467 Kcal 41g Protein 18g Fat 37g Carbs

Ingredients

- **Onion powder**, 1/2 teaspoon (1 g)
- **Rosemary**, 1 serving (0.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Balsamic vinegar**, 1 tbsp (16 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Salmon**, 4 fillet (680 g)
- **Baby potatoes**, 1 1/4 pound (567 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Preheat the oven to 425°F (220°C).

In a small bowl, mix together the olive oil, balsamic vinegar, dried thyme, dried rosemary, dried oregano, garlic powder, onion powder, salt, and pepper.

Place the Brussels sprouts and baby potatoes on a large sheet pan. Drizzle half of the herb mixture over the vegetables and toss to coat.

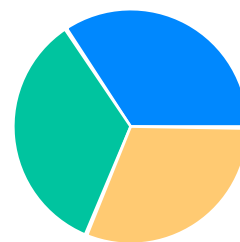
Push the vegetables to one side of the sheet pan and place the salmon fillets on the other side. Brush the remaining herb mixture over the salmon.

Bake in the preheated oven for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender.

Serve the sheet pan salmon, Brussels sprouts, and potato with herbs immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1866.6	106.6	466.7
Protein [g]	162.4	9.3	40.6
Fat [g]	72.2	4.1	18.1
Carbs [g]	146.3	8.4	36.6
Fiber [g]	31.3	1.8	7.8
Net Carbs [g]	115	6.6	28.8



34 % Protein 34 % Fat 31 %
Carbs

Apple, Chicken and Walnut Salad

🕒 20 min 🍽️ 4 servings

Per serving: 367 Kcal 22g Protein 19g Fat 31g Carbs

Ingredients

- Apples, 4 medium (3" dia) (728 g)
- Apple cider vinegar, 2 tablespoon (30.1 g)
- Olive oil, 1 tablespoon (15 g)
- Walnuts, 1/2 cup, chopped (58.5 g)
- Chicken breast, 2 cups (300 g)
- Onion, 1/2 cup (80 g)
- Salad greens, 4 cups (160 g)
- Dijon mustard, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large bowl, combine the shredded chicken, diced apples, chopped walnuts, and sliced red onion.

In a separate small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.

Pour the dressing over the chicken mixture and toss until well coated.

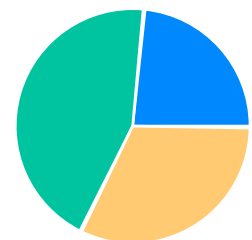
Divide the mixed salad greens onto serving plates.

Top each plate with the chicken mixture.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1467.8	105.7	367
Protein [g]	89.3	6.4	22.3
Fat [g]	75	5.4	18.8
Carbs [g]	122.3	8.8	30.6
Fiber [g]	23.4	1.7	5.9
Net Carbs [g]	98.9	7.1	24.7



23 % Protein 44 % Fat 32 % Carbs

Spinach, Apple, Lemon Green Juice

🕒 10 min 🍽️ 2 servings

Per serving: 138 Kcal 3g Protein 1g Fat 35g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Cucumber**, 1 cucumber (300 g)
- **Ginger, grated**, 1 tablespoon (7 g)
- **Water**, 1 cups (236.4 g)
- **Spinach**, 2 cup (60 g)
- **Green Apples, medium**, 2 portion (364 g)



Instructions

Wash the spinach thoroughly and remove any tough stems.

Peel and chop the cucumber.

Core and chop the green apples.

Juice the lemon and grate the ginger.

In a blender, combine the spinach, cucumber, green apples, lemon juice, ginger, and water.

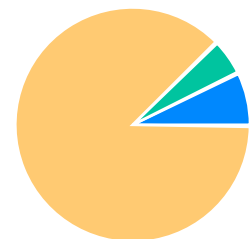
Blend until smooth and well combined.

If desired, strain the juice to remove any pulp.

Serve the green juice immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	276	25.7	138
Protein [g]	5.7	0.5	2.9
Fat [g]	1.7	0.2	0.9
Carbs [g]	70.2	6.5	35.1
Fiber [g]	15.3	1.4	7.7
Net Carbs [g]	54.9	5.1	27.5



7 % Protein 5 % Fat 88 % Carbs

