

Low FODMAP Meal Plan

DAY 1

Breakfast	Breakfast Stuffed Potato with Kale and Ground Pork	2 serving (680 g)
Mid-morning snack	Orange, Fresh	1 fruit (2-5/8" dia) (131 g)
Lunch	Baked Soy Sauce Ginger Salmon with Zucchini over Rice	2 serving (632 g)
Mid-afternoon snack	Blueberries	1 cup (124 g)
Dinner	Grilled Courgette & Halloumi Salad with Caper & Lemon Dressing	1 serving (167 g)

DAY 2

Breakfast	Smoked Salmon Breakfast Bowl with Sweet Potato and Spinach	1 serving (297 g)
Mid-morning snack	Chicken, Tomato and Avocado Lettuce Wrap	1 serving (250 g)
Lunch	Baked Lemon White Fish with Carrots over Brown Rice	2 serving (554 g)
Mid-afternoon snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Dinner	Sweet Potato Ground Beef Stew with Tomato	2 serving (918 g)

DAY 3

Breakfast	Ground Beef, Egg, and Spinach Breakfast Wrap	1 serving (226 g)
Mid-morning snack	Cinnamon Roasted Sweet Potato Fries	1 serving (178 g)
Lunch	Beef Skillet Supper	2 serving (732 g)
Mid-afternoon snack	Hazelnut, Nut	1 oz (28.4 g)
Dinner	Tuna with Blanched Spinach over Brown Rice	2 serving (382 g)

DAY 4

Breakfast	Creamy Savory Oatmeal Ground Chicken, and Spinach	2 serving (630 g)
Mid-morning snack	Mixed Berries Chia Pudding (Unsweetened)	1 serving (231 g)
Lunch	Air Fried Lemon White Fish with Potatoes and Peppers	2 serving (590 g)
Mid-afternoon snack	Hazelnut, Nut	1 oz (28.4 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Green Beans	1 serving (320 g)

DAY 5

Breakfast	Spinach, Ground Turkey, and Potato Skillet	1 serving (255 g)
Mid-morning snack	Chia Pudding with Berries	1 serving (223 g)
Lunch	Grilled Courgette & Halloumi Salad with Caper & Lemon Dressing	1 serving (167 g)
Mid-afternoon snack	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)
Dinner	Air Fried Lemon Salmon with Potatoes and Green Beans	2 serving (706 g)

DAY 6

Breakfast	Smoked Salmon and Spinach Frittata Cups	1 serving (84 g)
Mid-morning snack	Kale Chips	1 serving (64 g)
Lunch	Air Fried Salt and Pepper Turkey, Potatoes, and Zucchini	2 serving (660 g)
Mid-afternoon snack	Plain soy yogurt	2 cup (450 g)
	Strawberries	2 cup, halves (304 g)
Dinner	Baked Pork Slices with Potatoes and Kale	2 serving (536 g)

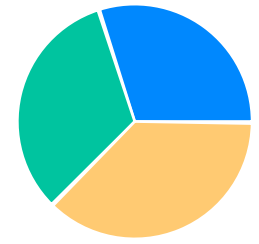
DAY 7

Breakfast	Ground Turkey and Spinach Omelette	1 serving (173 g)
Mid-morning snack	Sweet Potato Chips	1 serving (242 g)
Lunch	Pan Fried Pork Strips with Carrots over Rice	2 serving (510 g)
Mid-afternoon snack	Plain soy yogurt	2 cup (450 g)
	Blackberries	8 ounces (224 g)
Dinner	White Fish with Asparagus over Quinoa	1 serving (333 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D A Y Breakfast Stuffed Potato with Kale and Ground Pork 2 serving (680 g)	Orange, Fresh 1 fruit (2-3" dia) (131 g)	Baked Soy Sauce Ginger Salmon with Zucchini over Rice 2 serving (632 g)	Blueberries 1 cup (124 g)	Grilled Courgette & Hal-loumi Salad with Caper & Lemon Dressing 1 serving (167 g)
2	D A Y Smoked Salmon Breakfast Bowl with Sweet Potato and Spinach 1 serving (297 g)	Chicken, Tomato and Avocado Lettuce Wrap 1 serving (250 g)	Baked Lemon White Fish with Carrots over Brown Rice 2 serving (554 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Sweet Potato Ground Beef Stew with Tomato 2 serving (918 g)
3	D A Y Ground Beef, Egg, and Spinach Breakfast Wrap 1 serving (226 g)	Cinnamon Roasted Sweet Potato Fries 1 serving (178 g)	Beef Skillet Supper 2 serving (732 g)	Hazelnut, Nut 1 oz (28.4 g)	Tuna with Blanched Spinach over Brown Rice 2 serving (382 g)
4	D A Y Creamy Savory Oatmeal Ground Chicken, and Spinach 2 serving (630 g)	Mixed Berries Chia Pudding (Unsweetened) 1 serving (231 g)	Air Fried Lemon White Fish with Potatoes and Peppers 2 serving (590 g)	Hazelnut, Nut 1 oz (28.4 g)	Air Fried Lemon White Fish with Potatoes and Green Beans 1 serving (320 g)
5	D A Y Spinach, Ground Turkey, and Potato Skillet 1 serving (255 g)	Chia Pudding with Berries 1 serving (223 g)	Grilled Courgette & Hal-loumi Salad with Caper & Lemon Dressing 1 serving (167 g)	Plain soy yogurt 2 cup (450 g) Blackberries 8 ounces (224 g)	Air Fried Lemon Salmon with Potatoes and Green Beans 2 serving (706 g)
6	D A Y Smoked Salmon and Spinach Frittata Cups 1 serving (84 g)	Kale Chips 1 serving (64 g)	Air Fried Salt and Pepper Turkey, Potatoes, and Zucchini 2 serving (660 g)	Plain soy yogurt 2 cup (450 g) Strawberries 2 cup, halves (304 g)	Baked Pork Slices with Potatoes and Kale 2 serving (536 g)
7	D A Y Ground Turkey and Spinach Omelette 1 serving (173 g)	Sweet Potato Chips 1 serving (242 g)	Pan Fried Pork Strips with Carrots over Rice 2 serving (510 g)	Plain soy yogurt 2 cup (450 g) Blackberries 8 ounces (224 g)	White Fish with Asparagus over Quinoa 1 serving (333 g)

Macronutrient summary

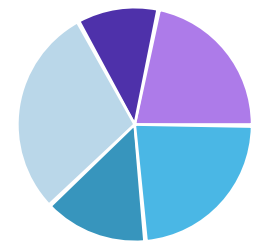
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12719.3	1817
Protein [g]	966.5	138.1
Fat [g]	466	66.6
Carbs [g]	1198.6	171.2
Fiber [g]	208.8	29.8
Net Carbs [g]	989.8	141.4



30 % Protein 33 % Fat
37 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	397.9	29.4	18.1	30.4	5.4	24.9
Mid-morning snack	202.6	6.9	10.7	21.3	6.3	15
Lunch	531.1	52	15.4	46	5.6	40.4
Mid-afternoon snack	259.5	7.9	9.8	37.1	7.1	30
Dinner	426	41.9	12.6	36.4	5.4	31



22 % Breakfast 11 %
Mid-morning snack 29
% Lunch 14 % Mid-af-
ternoon snack 23 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1822.2	137.1	68.8	166.3	21.8	144.5
Day 2	1891.6	155.5	61.8	181.2	31.4	149.8
Day 3	1821.6	133.9	69.1	167.6	29.5	138.1
Day 4	1793.1	144.7	70	160.2	37.2	123
Day 5	1732.8	135.2	65	159.4	35.8	123.6
Day 6	1769.4	137.2	63.5	166.3	24	142.3
Day 7	1888.6	122.9	67.8	197.6	29.1	168.5

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Breakfast Stuffed Potato with Kale and Ground Pork 2 serving (680 g)	714.9	46.5	25.1	78.1	10	68.1
TOTAL FOR BREAKFAST	714.9	46.5	25.1	78.1	10	68.1
Mid-morning snack						
Orange, Fresh 1 fruit (2-5/8" dia) (131 g)	61.6	1.2	0.2	15.4	3.1	12.3
TOTAL FOR MID-MORNING SNACK	61.6	1.2	0.2	15.4	3.1	12.3
Lunch						
Baked Soy Sauce Ginger Salmon with Zucchini over Rice 2 serving (632 g)	736.1	76.1	23.5	50.7	4.5	46.2
TOTAL FOR LUNCH	736.1	76.1	23.5	50.7	4.5	46.2
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						
Grilled Courgette & Halloumi Salad with Caper & Lemon Dressing 1 serving (167 g)	238.9	12.3	19.7	4.2	1.2	3
TOTAL FOR DINNER	238.9	12.3	19.7	4.2	1.2	3
TOTAL FOR DAY 1	1822.2	137.1	68.8	166.3	21.8	144.5

Day 2 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						
Chicken, Tomato and Avocado Lettuce Wrap 1 serving (250 g)	337	29.1	21.4	7.8	4.8	3
TOTAL FOR MID-MORNING SNACK	337	29.1	21.4	7.8	4.8	3
Lunch						
Baked Lemon White Fish with Carrots over Brown Rice 2 serving (554 g)	490.6	53.9	6	57.1	6.8	50.3
TOTAL FOR LUNCH	490.6	53.9	6	57.1	6.8	50.3
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						
Sweet Potato Ground Beef Stew with Tomato 2 serving (918 g)	505.3	55	7.3	52.2	7.6	44.6
TOTAL FOR DINNER	505.3	55	7.3	52.2	7.6	44.6
TOTAL FOR DAY 2	1891.6	155.5	61.8	181.2	31.4	149.8

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Ground Beef, Egg, and Spinach Breakfast Wrap 1 serving (226 g)	364.4	33.1	15	24.1	7.3	16.8
TOTAL FOR BREAKFAST	364.4	33.1	15	24.1	7.3	16.8
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						
Beef Skillet Supper 2 serving (732 g)	672.5	55.8	26.5	53.4	10	43.4
TOTAL FOR LUNCH	672.5	55.8	26.5	53.4	10	43.4
Mid-afternoon snack						
Hazelnut, Nut 1 oz (28.4 g)	178.3	3.9	17.3	4.8	3.1	1.7
TOTAL FOR MID-AFTERNOON SNACK	178.3	3.9	17.3	4.8	3.1	1.7
Dinner						
Tuna with Blanched Spinach over Brown Rice 2 serving (382 g)	398.3	38.5	3.4	50.4	3.7	46.7
TOTAL FOR DINNER	398.3	38.5	3.4	50.4	3.7	46.7
TOTAL FOR DAY 3	1821.6	133.9	69.1	167.6	29.5	138.1

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Creamy Savory Oatmeal Ground Chicken, and Spinach 2 serving (630 g)	755.1	53.4	35.1	58.8	10.6	48.2
TOTAL FOR BREAKFAST	755.1	53.4	35.1	58.8	10.6	48.2
Mid-morning snack						
Mixed Berries Chia Pudding (Unsweetened) 1 serving (231 g)	193.5	5.6	10.6	21.8	12.1	9.7
TOTAL FOR MID-MORNING SNACK	193.5	5.6	10.6	21.8	12.1	9.7
Lunch						
Air Fried Lemon White Fish with Potatoes and Peppers 2 serving (590 g)	434.2	54.1	4.6	47.7	6.7	41
TOTAL FOR LUNCH	434.2	54.1	4.6	47.7	6.7	41
Mid-afternoon snack						
Hazelnut, Nut 1 oz (28.4 g)	178.3	3.9	17.3	4.8	3.1	1.7
TOTAL FOR MID-AFTERNOON SNACK	178.3	3.9	17.3	4.8	3.1	1.7
Dinner						
Air Fried Lemon White Fish with Potatoes and Green Beans 1 serving (320 g)	231.9	27.8	2.3	27.2	4.6	22.6
TOTAL FOR DINNER	231.9	27.8	2.3	27.2	4.6	22.6
TOTAL FOR DAY 4	1793.1	144.7	70	160.2	37.2	123

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Spinach, Ground Turkey, and Potato Skillet 1 serving (255 g)	247.1	29.7	5.9	19.9	2.9	17
TOTAL FOR BREAKFAST	247.1	29.7	5.9	19.9	2.9	17
Mid-morning snack						
Chia Pudding with Berries 1 serving (223 g)	156.3	4.3	8.3	18.5	9.5	9
TOTAL FOR MID-MORNING SNACK	156.3	4.3	8.3	18.5	9.5	9
Lunch						
Grilled Courgette & Halloumi Salad with Caper & Lemon Dressing 1 serving (167 g)	238.9	12.3	19.7	4.2	1.2	3
TOTAL FOR LUNCH	238.9	12.3	19.7	4.2	1.2	3
Mid-afternoon snack						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Blackberries 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
TOTAL FOR MID-AFTERNOON SNACK	393.3	15	9	65.1	13.7	51.4
Dinner						
Air Fried Lemon Salmon with Potatoes and Green Beans 2 serving (706 g)	697.1	73.8	22.1	51.6	8.5	43.1
TOTAL FOR DINNER	697.1	73.8	22.1	51.6	8.5	43.1
TOTAL FOR DAY 5	1732.8	135.2	65	159.4	35.8	123.6

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Smoked Salmon and Spinach Frittata Cups 1 serving (84 g)	98.1	9.9	5.9	0.6	0.1	0.5
TOTAL FOR BREAKFAST	98.1	9.9	5.9	0.6	0.1	0.5
Mid-morning snack						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
TOTAL FOR MID-MORNING SNACK	147.8	2	14.4	4.4	1.8	2.6
Lunch						
Air Fried Salt and Pepper Turkey, Potatoes, and Zucchini 2 serving (660 g)	531.3	57.1	12	49.1	7.1	42
TOTAL FOR LUNCH	531.3	57.1	12	49.1	7.1	42
Mid-afternoon snack						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Strawberries 2 cup, halves (304 g)	97.3	2	0.9	23.3	6.1	17.2
TOTAL FOR MID-AFTERNOON SNACK	394.3	13.9	8.8	67	7.9	59.1
Dinner						
Baked Pork Slices with Potatoes and Kale 2 serving (536 g)	597.9	54.3	22.3	45.4	7.1	38.3
TOTAL FOR DINNER	597.9	54.3	22.3	45.4	7.1	38.3
TOTAL FOR DAY 6	1769.4	137.2	63.5	166.3	24	142.3

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Ground Turkey and Spinach Omelette 1 serving (173 g)	254.6	18.3	19.4	2	0.3	1.7
TOTAL FOR BREAKFAST	254.6	18.3	19.4	2	0.3	1.7
Mid-morning snack						
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						
Pan Fried Pork Strips with Carrots over Rice 2 serving (510 g)	614.3	54.5	15.5	60.1	2.9	57.2
TOTAL FOR LUNCH	614.3	54.5	15.5	60.1	2.9	57.2
Mid-afternoon snack						
Plain soy yogurt 2 cup (450 g)	297	11.9	7.9	43.6	1.8	41.8
Blackberries 8 ounces (224 g)	96.3	3.1	1.1	21.5	11.9	9.6
TOTAL FOR MID-AFTERNOON SNACK	393.3	15	9	65.1	13.7	51.4
Dinner						
White Fish with Asparagus over Quinoa 1 serving (333 g)	312.3	31.6	10.8	23.9	4.9	19
TOTAL FOR DINNER	312.3	31.6	10.8	23.9	4.9	19
TOTAL FOR DAY 7	1888.6	122.9	67.8	197.6	29.1	168.5

Grilled Courgette & Halloumi Salad with Caper & Lemon Dressing

🕒 20 min 🍽️ 4 servings

Per serving: 239 Kcal 12g Protein 20g Fat 4g Carbs

Ingredients

- Juice of lemon, 1 juice of lemon (30 g)
- Olive oil, 2 servings (28 g)
- Courgettes, 2 medium (392 g)
- Capers, 1 tablespoons (8 g)
- Halloumi cheese, 200 g (200 g)
- Parsley, 2 tablespoons (8 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the grill to medium-high heat.

Brush the courgette slices and halloumi cheese with olive oil.

Grill the courgette slices for about 3-4 minutes on each side until tender and lightly charred.

Grill the halloumi cheese for about 2 minutes on each side until golden brown.

In a small bowl, whisk together the lemon juice, capers, chopped parsley, salt, and pepper to make the dressing.

Arrange the grilled courgette slices and halloumi cheese on a serving platter.

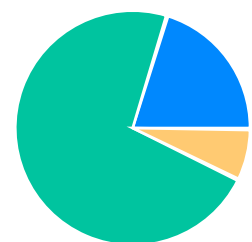
Drizzle the caper and lemon dressing over the salad.

Garnish with additional parsley if desired.

Serve the salad warm or at room temperature.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	955.5	143	238.9
Protein [g]	49.3	7.4	12.3
Fat [g]	78.7	11.8	19.7
Carbs [g]	16.8	2.5	4.2
Fiber [g]	4.7	0.7	1.2
Net Carbs [g]	12.1	1.8	3



20 % Protein 73 % Fat 7 % Carbs

Ground Turkey and Spinach Omelette

🕒 20 min 🍽️ 2 servings

Per serving: 255 Kcal 18g Protein 19g Fat 2g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Salt, 1 teaspoon (5 g)
- Olive oil, 1/4 teaspoon (1 g)
- Coconut milk, 1/4 cup (54.3 g)
- Spinach, 1 cup (30 g)
- Ground Turkey, 1 portion(s) (56 g)



Instructions

In a bowl, beat the eggs and coconut milk together until well combined.

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

Add the ground turkey and sauté for 2-3 minutes until heated through.

Add the chopped spinach to the skillet and cook for an additional 1-2 minutes until wilted.

Season with salt to taste.

Pour the beaten egg mixture into the skillet, ensuring it evenly covers the turkey and spinach.

Cook the omelette for 3-4 minutes or until the edges are set and the center is slightly runny.

Using a spatula, carefully fold the omelette in half.

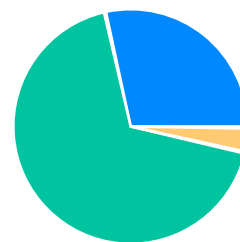
Continue cooking for another 1-2 minutes until the center is fully cooked.

Remove from heat and let it rest for a minute before serving.

Slice the omelette into wedges and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	509.2	147	254.6
Protein [g]	36.5	10.5	18.3
Fat [g]	38.7	11.2	19.4
Carbs [g]	4.1	1.2	2.1
Fiber [g]	0.7	0.2	0.4
Net Carbs [g]	3.4	1	1.7



29 % Protein 68 % Fat 3 %
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.

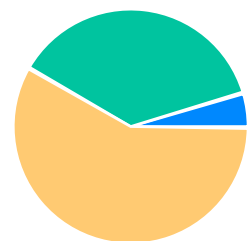
Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

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

Beef Skillet Supper

🕒 30 min 🍽️ 4 servings

Per serving: 337 Kcal 28g Protein 13g Fat 27g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Potatoes**, 2 cups (420 g)
- **Carrots**, 1 cup chopped (128 g)
- **Zucchini**, 1 cup, chopped (124 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Ground beef**, 1 lbs (453.6 g)
- **Bell peppers**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Olive Oil**, 2 tbsp (28.4 g)



Instructions

Heat a large skillet over medium heat and add the garlic-infused oil.

Add the ground beef and cook until browned.

Remove the beef from the skillet and set aside.

In the same skillet, add the diced potatoes and carrots. Cook for about 5 minutes, or until slightly tender.

Add the bell peppers, zucchini, and tomatoes to the skillet. Cook for another 5 minutes.

Return the cooked ground beef to the skillet and mix well with the vegetables.

Sprinkle the dried oregano, dried thyme, salt, and pepper over the mixture. Stir to combine.

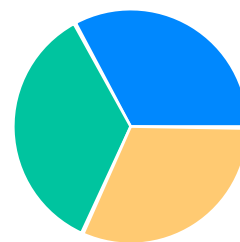
Cover the skillet and let it simmer for about 10 minutes, or until the vegetables are cooked through.

Garnish with fresh parsley before serving.

Enjoy your beef skillet supper!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1346	91.9	336.5
Protein [g]	111.7	7.6	27.9
Fat [g]	53.1	3.6	13.3
Carbs [g]	106.9	7.3	26.7
Fiber [g]	20	1.4	5
Net Carbs [g]	86.9	5.9	21.7



33 % Protein 35 % Fat 32 %
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.

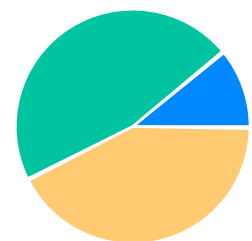
Divide the pudding into serving bowls or glasses.

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

Smoked Salmon and Spinach Frittata Cups

🕒 25 min 🍽️ 6 servings

Per serving: 98 Kcal 10g Protein 6g Fat 1g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Parsley, 2 tablespoons (8 g)
- Olive oil, 1/4 teaspoon (1 g)
- Salmon, 4 ounces (112.8 g)
- Almond milk, 1/4 cup (62.5 g)
- Spinach, 1/2 cup (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 350°F (175°C).

In a bowl, whisk together the eggs and almond milk.

Add the chopped spinach, smoked salmon, parsley, olive oil, salt, and pepper. Mix well.

Grease a muffin tin with cooking spray or olive oil.

Divide the egg mixture evenly among the muffin cups.

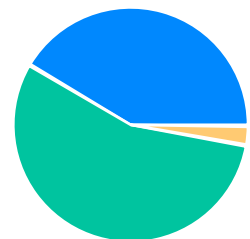
Bake for 15-20 minutes or until the frittata cups are set and slightly golden on top.

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

Gently remove the frittata cups from the muffin tin and serve warm or at room temperature.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	585.3	116.7	97.6
Protein [g]	59.3	11.8	9.9
Fat [g]	35.3	7	5.9
Carbs [g]	3.5	0.7	0.6
Fiber [g]	0.8	0.2	0.1
Net Carbs [g]	2.7	0.5	0.5



42 % Protein 56 % Fat 2 % Carbs

Breakfast Stuffed Potato with Kale and Ground Pork

🕒 30 min 🍽️ 4 servings

Per serving: 357 Kcal 23g Protein 13g 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)
- lean ground pork, 1/2 lb (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.

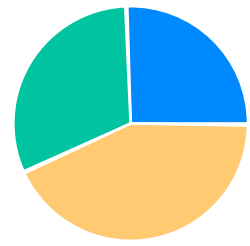
Return the potatoes to the oven and bake for an additional 10-12 minutes, or until the egg whites are set and the yolks are still slightly runny.

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]	1427.7	105.1	356.9
Protein [g]	92.8	6.8	23.2
Fat [g]	50.2	3.7	12.6
Carbs [g]	155.9	11.5	39
Fiber [g]	20.1	1.5	5
Net Carbs [g]	135.8	10	34



26 % Protein 31 % Fat 43 %
Carbs

Ground Beef, Egg, and Spinach Breakfast Wrap

🕒 25 min 🍽️ 4 servings

Per serving: 365 Kcal 33g Protein 15g Fat 24g Carbs

Ingredients

- Thyme, 1 tsp (0.8 g)
- Eggs, 4 large (200 g)
- Oregano, 1 tsp, ground (1.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Spinach, 2 cups (60 g)
- Tortillas, 4 piece (172 g)
- Salt and pepper, 1 tsp (2 g)
- lean ground beef, 1 pound (454 g)



Instructions

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

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

Remove excess grease from the skillet.

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

Pour the whisked eggs into the skillet with the ground beef.

Cook the eggs, stirring occasionally, until they are scrambled and fully cooked.

Add the chopped spinach to the skillet and cook for an additional 2-3 minutes, until wilted.

Warm the gluten-free tortillas in a separate skillet.

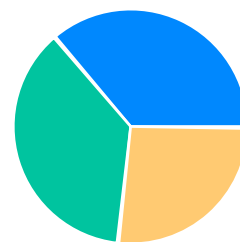
Divide the ground beef, egg, and spinach mixture evenly among the tortillas.

Roll up the tortillas tightly, tucking in the sides as you go.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1457.8	161.2	364.5
Protein [g]	132.2	14.6	33.1
Fat [g]	59.9	6.6	15
Carbs [g]	96.4	10.7	24.1
Fiber [g]	29.1	3.2	7.3
Net Carbs [g]	67.3	7.4	16.8



36 % Protein 37 % Fat 27 %
Carbs

Chicken, Tomato and Avocado Lettuce Wrap

🕒 15 min 🍽️ 2 servings

Per serving: 337 Kcal 29g Protein 21g Fat 8g Carbs

Ingredients

- **Avocado**, 1/2 avocado, ns as to florida or california (100.5 g)
- **Mayonnaise**, 2 tablespoon (28 g)
- **Lettuce leaves**, 4 leaf, large (60 g)
- **Chicken breast**, 1 cooked chicken breasts (172 g)
- **Tomato**, 1 medium whole (2-3/5" dia) (123 g)
- **Dijon mustard**, 1 tablespoon (15 g)
- **Salt and pepper**, 2 servings (1 g)



Instructions

Wash and dry the lettuce leaves, then set them aside.

In a small bowl, mix together the mayonnaise and Dijon mustard. Season with salt and pepper.

Lay one lettuce leaf flat on a plate. Spread a thin layer of the mayo-mustard mixture on the lettuce leaf.

Place a few slices of chicken breast on top of the sauce.

Add a slice of tomato, and avocado.

Fold the sides of the lettuce leaf over the filling, then roll it up tightly like a burrito.

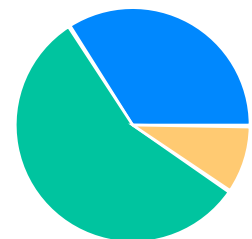
Repeat the process with the remaining lettuce leaves and ingredients.

Serve the lettuce wraps immediately.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	674.1	135	337.1
Protein [g]	58.2	11.7	29.1
Fat [g]	42.7	8.5	21.4
Carbs [g]	15.6	3.1	7.8
Fiber [g]	9.5	1.9	4.8
Net Carbs [g]	6.1	1.2	3.1



34 % Protein 57 % Fat 9 % 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.

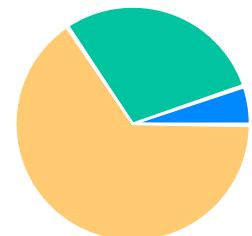
Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

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

Kale Chips

🕒 15 min 🍽️ 2 servings

Per serving: 148 Kcal 2g Protein 15g Fat 4g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 2 servings (28 g)
- Kale, 1 small bunch (92.9 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

Preheat your oven to 350°F (175°C).

Wash and dry the kale leaves thoroughly.

Remove the stems and tear the kale into bite-sized pieces.

In a large bowl, toss the kale with olive oil, salt, pepper, and any optional seasonings.

Spread the seasoned kale evenly on a baking sheet.

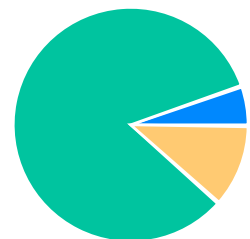
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

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

Enjoy your homemade Kale Chips!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	295.5	231.1	147.8
Protein [g]	4.1	3.2	2.1
Fat [g]	28.9	22.6	14.5
Carbs [g]	8.8	6.9	4.4
Fiber [g]	3.6	2.8	1.8
Net Carbs [g]	5.2	4.1	2.6



5 % Protein 84 % Fat 11 % Carbs

Spinach, Ground Turkey, and Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 247 Kcal 30g Protein 6g Fat 20g Carbs

Ingredients

- **Oregano**, 1/2 teaspoon (1 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Potatoes**, 2 medium (425.5 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Chicken broth**, 1/4 cup (62 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Spinach**, 2 cups (60 g)
- **Pepper**, 1/4 tsp (0.5 g)



Instructions

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

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

Add diced potatoes and cook for 5 minutes, stirring occasionally.

Sprinkle paprika, dried thyme, dried oregano, salt, and black pepper over the turkey and potatoes. Stir well to coat.

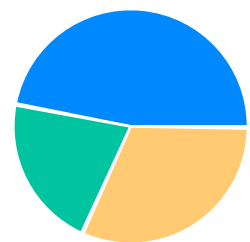
Pour chicken broth into the skillet, cover, and cook for 10 minutes or until potatoes are tender.

Add chopped spinach to the skillet and cook for an additional 2-3 minutes until wilted.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	989.5	96.9	247.4
Protein [g]	119.1	11.7	29.8
Fat [g]	23.7	2.3	5.9
Carbs [g]	79.7	7.8	19.9
Fiber [g]	11.7	1.1	2.9
Net Carbs [g]	68	6.7	17



47% Protein 21% Fat 32% Carbs

Creamy Savory Oatmeal Ground Chicken, and Spinach

🕒 20 min 🍽️ 2 servings

Per serving: 377 Kcal 27g Protein 18g Fat 29g Carbs

Ingredients

- Paprika, 1/2 teaspoon (1 g)
- Rolled oats, 1 cup (81.1 g)
- Olive oil, 2 teaspoons (8 g)
- Ground chicken, 1/2 lb (226.8 g)
- Almond milk, 1 cups (250 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a medium saucepan, bring almond milk to a boil over medium heat.

Stir in rolled oats and reduce heat to low. Simmer for 5 minutes, stirring occasionally.

Meanwhile, heat olive oil in a separate skillet over medium-high heat.

Add ground chicken and cook until browned and cooked through, about 5-7 minutes.

Season the chicken with paprika, salt, and pepper.

Add chopped spinach to the skillet and cook until wilted, about 2-3 minutes.

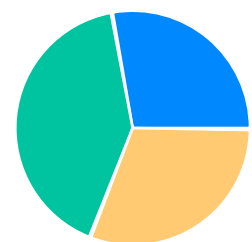
Combine the cooked chicken and spinach mixture with the oatmeal in the saucepan.

Stir well to combine and cook for an additional 2-3 minutes to let the flavors meld.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	753.9	119.9	377
Protein [g]	53.3	8.5	26.7
Fat [g]	35	5.6	17.5
Carbs [g]	58.7	9.3	29.4
Fiber [g]	10.6	1.7	5.3
Net Carbs [g]	48.1	7.6	24.1



28 % Protein 41 % Fat 31 % Carbs

Pan Fried Pork Strips with Carrots over Rice

🕒 15 min 🍽️ 2 servings

Per serving: 307 Kcal 27g Protein 8g Fat 30g Carbs

Ingredients

- Carrots, 1 large (7-1/4" to 8-1/2" long) (72 g)
- Vegetable oil, 1/2 tablespoon (6.8 g)
- Soy sauce, 1 tbsp (18 g)
- Rice, 1 cups (185 g)
- Pork Tenderloin, thinly sliced, 1/2 pound (226.8 g)



Instructions

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

Add pork strips to the skillet and cook for 3-4 minutes until browned.

Add julienned carrots to the skillet and cook for an additional 2-3 minutes until slightly tender.

Pour soy sauce over the pork and carrots, stirring to coat evenly.

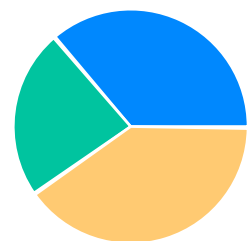
Continue cooking for another 1-2 minutes until the pork is cooked to your desired level of doneness.

Serve the pan-fried pork strips and carrots over a bed of cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	613.1	120.5	306.6
Protein [g]	54.4	10.7	27.2
Fat [g]	15.5	3	7.8
Carbs [g]	60	11.8	30
Fiber [g]	2.9	0.6	1.5
Net Carbs [g]	57.1	11.2	28.6



36 % Protein 23 % Fat 40 % Carbs

White Fish with Asparagus over Quinoa

🕒 20 min 🍽️ 4 servings

Per serving: 312 Kcal 32g Protein 11g Fat 24g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 1 tsp (2 g)
- White Fish, 500 g (500 g)
- Asparagus, Fresh, sliced, 1 bunch (433 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Cook quinoa according to package instructions.

Preheat oven to 400°F (200°C).

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

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

Bake the fish and asparagus in the preheated oven for 12-15 minutes or until cooked through and flaky.

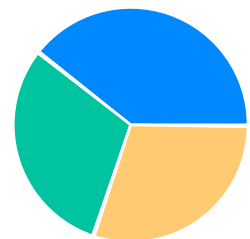
Once the quinoa, fish, and asparagus are cooked, divide the quinoa among serving plates.

Top each plate with a white fish fillet and serve with asparagus on the side.

Enjoy your 5 Ingredient White Fish with asparagus over quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1249.3	93.8	312.3
Protein [g]	126.2	9.5	31.6
Fat [g]	43.1	3.2	10.8
Carbs [g]	95.6	7.2	23.9
Fiber [g]	19.5	1.5	4.9
Net Carbs [g]	76.1	5.7	19



40 % Protein 30 % Fat 30 % Carbs

Tuna with Blanched Spinach over Brown Rice

🕒 10 min 🍽️ 2 servings

Per serving: 199 Kcal 19g Protein 2g Fat 25g Carbs

Ingredients

- Salt, 1 pinch (2 g)
- Tuna, 1 can (170 g)
- Black Pepper, 1/4 tsp, ground (0.6 g)
- Spinach, 2 cups (58 g)
- cooked brown rice, 2 portion(s) (150 g)



Instructions

Drain the canned tuna and flake it into small pieces.

Bring a pot of water to a boil and blanch the spinach for 1 minute. Drain and set aside.

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

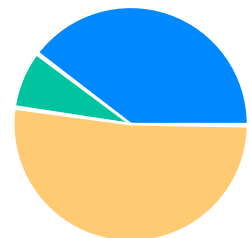
In a medium-sized bowl, combine the flaked tuna, blanched spinach, and cooked brown rice. Mix well.

Season with salt and black pepper to taste.

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	397.3	104.4	198.7
Protein [g]	38.4	10.1	19.2
Fat [g]	3.3	0.9	1.7
Carbs [g]	50.3	13.2	25.2
Fiber [g]	3.7	1	1.9
Net Carbs [g]	46.6	12.2	23.3



40 % Protein 8 % Fat 52 % Carbs

Baked Pork Slices with Potatoes and Kale

🕒 30 min 🍽️ 4 servings

Per serving: 299 Kcal 27g Protein 11g Fat 23g Carbs

Ingredients

- Salt, 1 teaspoon (7 g)
- Potatoes, 1 pound (453.6 g)
- Pork tenderloin, 1 lbs (454 g)
- Olive oil, 2 tablespoon (27 g)
- Kale, 1 bunch (131 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the pork slices on a baking sheet lined with parchment paper.

In a bowl, toss the sliced potatoes with olive oil and salt. Arrange them around the pork slices on the baking sheet.

Bake in the preheated oven for 15 minutes.

After 15 minutes, add the kale to the baking sheet, drizzle with olive oil, and sprinkle with salt.

Return the baking sheet to the oven and bake for an additional 10-15 minutes, or until the pork is cooked through and the potatoes are golden and crispy.

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

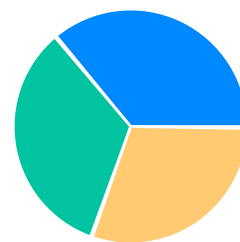
Serve the baked pork slices with potatoes and kale as a complete meal.

Comments

Add your favorite herbs and spices as desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1196.9	111.6	299.2
Protein [g]	108.7	10.1	27.2
Fat [g]	44.7	4.2	11.2
Carbs [g]	90.8	8.5	22.7
Fiber [g]	14.2	1.3	3.6
Net Carbs [g]	76.6	7.1	19.2



36 % Protein 33 % Fat 30 %
Carbs

Chia Pudding with Berries

🕒 20 min 🍽️ 2 servings

Per serving: 156 Kcal 4g Protein 8g Fat 19g Carbs

Ingredients

- Berries, 1 cups (155 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.

Whisk the mixture well to avoid any clumps.

Let the mixture sit for 5 minutes, and then whisk again to break up any clumps.

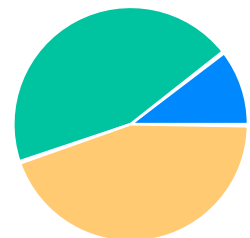
Cover the bowl and refrigerate for at least 15 minutes or until the chia pudding thickens.

Once the chia pudding is ready, layer it with mixed berries in serving glasses or bowls.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	312.7	70.1	156.4
Protein [g]	8.7	2	4.4
Fat [g]	16.6	3.7	8.3
Carbs [g]	37.1	8.3	18.6
Fiber [g]	19	4.3	9.5
Net Carbs [g]	18.1	4.1	9.1



10 % Protein 45 % Fat 45 % Carbs

Baked Soy Sauce Ginger Salmon with Zucchini over Rice

🕒 20 min 🍽️ 4 servings

Per serving: 368 Kcal 38g Protein 12g Fat 25g Carbs

Ingredients

- **Ginger**, 2 tablespoon (14 g)
- **Soy sauce**, 1/4 cup (60.4 g)
- **Brown rice**, 2 cup (390 g)
- **Salmon**, 4 fillet (680 g)
- **Zucchini**, 1 small (118 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together the soy sauce and grated ginger.

Place the salmon fillets and zucchini in a baking dish and pour the soy sauce mixture over them, making sure they are well coated.

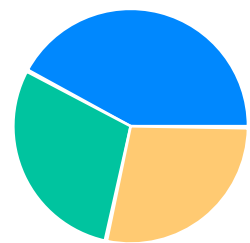
Bake the salmon in the preheated oven for 15-20 minutes, or until cooked through and flaky.

While the salmon is baking, reheat the cooked rice.

Serve the baked ginger salmon over the rice and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1469.9	116.4	367.5
Protein [g]	152	12	38
Fat [g]	46.9	3.7	11.7
Carbs [g]	101.2	8	25.3
Fiber [g]	9	0.7	2.3
Net Carbs [g]	92.2	7.3	23.1



42 % Protein 29 % Fat 28 % Carbs

Air Fried Salt and Pepper Turkey, Potatoes, and Zucchini

🕒 15 min 🍽️ 2 servings

Per serving: 266 Kcal 29g Protein 6g Fat 25g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Olive oil, 2 teaspoons (8 g)
- Zucchini, 1 medium (196 g)
- Salt and pepper, 1 tsp (2 g)
- Turkey Breast, 2 portion(s) (210 g)



Instructions

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

Cut the turkey breasts into bite-sized pieces.

Wash and dice the potatoes and zucchini into small cubes.

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

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

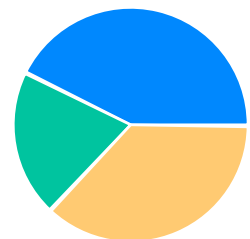
Cook for 10-12 minutes, shaking the basket halfway through to ensure even cooking.

Once the turkey is cooked through and the potatoes and zucchini are crispy, remove from the air fryer.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	531.3	80.5	265.7
Protein [g]	57.1	8.7	28.6
Fat [g]	12	1.8	6
Carbs [g]	49.1	7.4	24.6
Fiber [g]	7.1	1.1	3.6
Net Carbs [g]	42	6.4	21



43 % Protein 20 % Fat 37 % Carbs

Air Fried Lemon White Fish with Potatoes and Green Beans

🕒 15 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

Season the white fish fillets with salt on both sides.

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

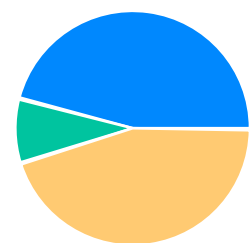
Add the diced potatoes and green beans to the air fryer basket.

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

Remove from the air fryer and serve hot.

Macronutrient summary

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



46 % Protein 9 % Fat 45 % Carbs

Air Fried Lemon White Fish with Potatoes and Peppers

🕒 15 min 🍽️ 2 servings

Per serving: 217 Kcal 27g Protein 2g Fat 24g Carbs

Ingredients

- Lemon, 1 half (50 g)
- Salt, 1 tsp (6 g)
- Potatoes, 3 (219 g)
- Fish, 2 fillet (240 g)
- Red/Yellow Pepper, 1 small (74 g)



Instructions

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

Season the white fish fillets with salt on both sides.

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

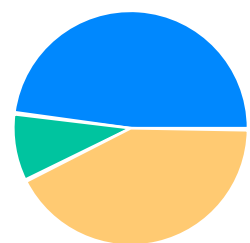
Add the diced potatoes and peppers to the air fryer basket.

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

Remove from the air fryer and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	433.5	73.6	216.8
Protein [g]	54	9.2	27
Fat [g]	4.6	0.8	2.3
Carbs [g]	47.6	8.1	23.8
Fiber [g]	6.7	1.1	3.4
Net Carbs [g]	40.9	6.9	20.5



48 % Protein 9 % Fat 43 % Carbs

Air Fried Lemon Salmon with Potatoes and Green Beans

🕒 20 min 🍽️ 2 servings

Per serving: 349 Kcal 37g Protein 11g Fat 26g Carbs

Ingredients

- Lemon, 1 (107 g)
- Potatoes, 1/2 lb (226.8 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 2 tsp (4 g)
- Green Beans, 1 ounces (28 g)

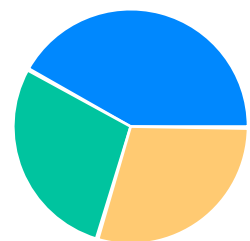


Instructions

1. Preheat your air fryer to 400°F (200°C).
2. Slice the potatoes into small wedges.
3. Season the salmon fillets with salt and pepper, and squeeze the juice of half a lemon over them.
4. Place the seasoned salmon fillets, potato wedges, and green beans into the air fryer basket.
5. Cook for 12-15 minutes or until the salmon is cooked through and the potatoes are crispy.
6. Squeeze the juice of the remaining half lemon over the cooked salmon, potatoes, and green beans.
7. Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	697.1	98.8	348.6
Protein [g]	73.8	10.5	36.9
Fat [g]	22.1	3.1	11.1
Carbs [g]	51.6	7.3	25.8
Fiber [g]	8.5	1.2	4.3
Net Carbs [g]	43.1	6.1	21.6



42 % Protein 28 % Fat 29 % Carbs

Baked Lemon White Fish with Carrots over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 245 Kcal 27g Protein 3g Fat 29g Carbs

Ingredients

- **Lemon**, 1 fruit (2-1/8" dia) (58 g)
- **Brown rice**, 1 cup (195 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **White Fish**, 2 fillet (240 g)
- **Carrots, sliced**, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Squeeze the juice of half a lemon over the fish fillets and season with salt and pepper.

Slice the carrots into thin rounds and arrange them around the fish fillets on the baking sheet.

Drizzle the carrots with olive oil and sprinkle with salt and pepper.

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

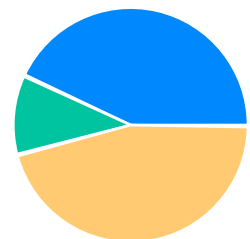
Meanwhile, cook the brown rice according to package instructions.

Serve the baked lemon white fish and carrots over a bed of cooked brown rice.

Garnish with a squeeze of fresh lemon juice and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	490.6	88.5	245.3
Protein [g]	53.9	9.7	27
Fat [g]	6	1.1	3
Carbs [g]	57.1	10.3	28.6
Fiber [g]	6.8	1.2	3.4
Net Carbs [g]	50.3	9.1	25.2



43 % Protein 11 % Fat 46 % Carbs

Sweet Potato Ground Beef Stew with Tomato

🕒 20 min 🍽️ 4 servings

Per serving: 253 Kcal 28g Protein 4g Fat 26g Carbs

Ingredients

- Vegetable stock, 4 cups (783.3 g)
- Sweet potatoes, 2 medium (452 g)
- Lean ground beef, 1 pound (454 g)
- salt, 1 teaspoon (5 g)
- Tomato, diced, 1 cup (142 g)



Instructions

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

Add diced tomatoes until cooked.

Then add the diced sweet potatoes and vegetable stock to the pot. Bring to a boil.

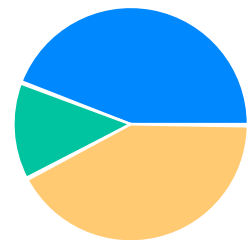
Reduce heat to low and simmer for 10 minutes or until the sweet potatoes are tender.

Season with salt and pepper to taste.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1010.6	55	252.7
Protein [g]	109.9	6	27.5
Fat [g]	14.7	0.8	3.7
Carbs [g]	104.5	5.7	26.1
Fiber [g]	15.3	0.8	3.8
Net Carbs [g]	89.2	4.9	22.3



44 % Protein 13 % Fat 42 % Carbs