

Pescatarian Diet Meal Plan

DAY 1		
Breakfast	Baked Frittata Cups	1 serving (71 g)
Mid-morning snack	Mezze Platter with Pita Bread, Hummus, and Vegetables	1 serving (316 g)
Lunch	Seitan and Eggplant over Rice	2 serving (676 g)
Mid-afternoon snack	Cottage Cheese	4 oz (113 g)
	Raspberries	10 raspberries (19 g)
Dinner	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers	1 serving (259 g)
DAY 2		
Breakfast	Peach Baked Oatmeal with Low Fat Yogurt	1 serving (287 g)
Mid-morning snack	Creamy Coconut Chia Seed Pudding	1 serving (155 g)
Lunch	Vegan Broccoli, Chickpea and Brown Rice Salad	1 serving (243 g)
Mid-afternoon snack	Coffee (Unsweetened)	2 portion(s) (100 g)
	Fat-Free Milk	2 cup (490 g)
Dinner	Prawn, Tomato and Chilli Pasta	2 serving (626 g)
DAY 3		
Breakfast	Fried Egg	2 large (140 g)
	Cheddar Cheese	1 oz (28.4 g)
	Whole Wheat Bread	2 slice (64 g)
Mid-morning snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Lunch	Vegan Carrot Lentil Wrap	1 serving (272 g)
Mid-afternoon snack	Vegan Chocolate Banana Baked Oatmeal (Sweetened)	1 serving (154 g)
Dinner	Vietnamese Shrimp Stir-Fry	2 serving (446 g)

DAY 4

Breakfast	Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (518 g)
Mid-morning snack	Dairy-Free Cafe Mocha	1 serving (274 g)
	Air Fried Popcorn Tofu	1 serving (242 g)
Lunch	Baked Potatoes, Seitan, and Broccoli	1 serving (293 g)
Mid-afternoon snack	Plain Yogurt, Full Fat	1 container (6 oz) (170 g)
	Strawberry, sliced	1/2 cup(s) (45 g)
Dinner	Lemon-Parsley White Fish with Brown Rice, Tomato and Spinach	1 serving (284 g)

DAY 5

Breakfast	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers	1 serving (259 g)
Mid-morning snack	Plain Yogurt (Low Fat)	1/2 container (4 oz) (113 g)
	Banana	1/2 banana (59.5 g)
Lunch	Halloumi Bulgur Salad	1 serving (494 g)
Mid-afternoon snack	Coffee (Unsweetened)	2 portion(s) (100 g)
	Fat-Free Milk	2 cup (490 g)
Dinner	Soy-Glazed Salmon Sandwiches with Cucumber	1 serving (366 g)

DAY 6

Breakfast	Vegan Chocolate Oatmeal with Bananas and Almonds	1 serving (290 g)
Mid-morning snack	Hummus	1/2 tub (90 g)
	Cucumber	1/2 cup slices (52 g)
Lunch	Mediterranean Baked Salmon	1 serving (240 g)
Mid-afternoon snack	Coffee (Unsweetened)	1 portion(s) (50 g)
	Almond Milk	1 cup (262 g)
	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Dinner	White Fish with Peppers over Quinoa	1 serving (299 g)

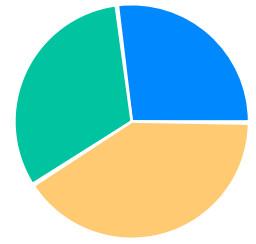
DAY 7

Breakfast	Avocado and Smoked Salmon Toast	1 serving (234 g)
Mid-morning snack	Dark Chocolate Clusters with Almonds	1 serving (25 g)
Lunch	Baked Salmon Rosemary with Zucchini and Squash	1 serving (618 g)
Mid-afternoon snack	Mango	1 cup (153 g)
Dinner	Tuna Greek Yogurt and Lettuce Sandwich	2 serving (614 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Baked Frittata Cups A 1 serving (71 g) Y	Mezze Platter with Pita Bread, Hummus, and Vegetables 1 serving (316 g)	Seitan and Eggplant over Rice 2 serving (676 g)	Cottage Cheese 4 oz (113 g) Raspberries 10 raspberries (19 g)	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers 1 serving (259 g)
2	D Peach Baked Oatmeal A with Low Fat Yogurt Y 1 serving (287 g)	Creamy Coconut Chia Seed Pudding 1 serving (155 g)	Vegan Broccoli, Chickpea and Brown Rice Salad 1 serving (243 g)	Coffee (Unsweetened) 2 portion(s) (100 g) Fat-Free Milk 2 cup (490 g)	Prawn, Tomato and Chilli Pasta 2 serving (626 g)
3	D Fried Egg A 2 large (140 g) Y Cheddar Cheese 1 oz (28.4 g) 3 Whole Wheat Bread 2 slice (64 g)	Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	Vegan Carrot Lentil Wrap 1 serving (272 g)	Vegan Chocolate Banana Baked Oatmeal (Sweetened) 1 serving (154 g)	Vietnamese Shrimp Stir-Fry 2 serving (446 g)
4	D Apple Cinnamon and A Chia Breakfast Bowl Y (Unsweetened) 1 serving (518 g) 4	Dairy-Free Cafe Mocha 1 serving (274 g) Air Fried Popcorn Tofu 1 serving (242 g)	Baked Potatoes, Seitan, and Broccoli 1 serving (293 g)	Plain Yogurt, Full Fat 1 container (6 oz) (170 g) Strawberry, sliced ½ cup(s) (45 g)	Lemon-Parsley White Fish with Brown Rice, Tomato and Spinach 1 serving (284 g)
5	D Tempeh Fried Rice with A Zucchini, Carrots, and Bell Y Peppers 1 serving (259 g) 5	Plain Yogurt (Low Fat) ½ container (4 oz) (113 g) Banana ½ banana (59.5 g)	Halloumi Bulgur Salad 1 serving (494 g)	Coffee (Unsweetened) 2 portion(s) (100 g) Fat-Free Milk 2 cup (490 g)	Soy-Glazed Salmon Sandwiches with Cucumber 1 serving (366 g)
6	D Vegan Chocolate Oatmeal A with Bananas and Al- Y monds 1 serving (290 g) 6	Hummus ½ tub (90 g) Cucumber ½ cup slices (52 g)	Mediterranean Baked Salmon 1 serving (240 g)	Coffee (Unsweetened) 1 portion(s) (50 g) Almond Milk 1 cup (262 g) Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	White Fish with Peppers over Quinoa 1 serving (299 g)
7	D Avocado and Smoked A Salmon Toast Y 1 serving (234 g) 7	Dark Chocolate Clusters with Almonds 1 serving (25 g)	Baked Salmon Rosemary with Zucchini and Squash 1 serving (618 g)	Mango 1 cup (153 g)	Tuna Greek Yogurt and Lettuce Sandwich 2 serving (614 g)

Macronutrient summary

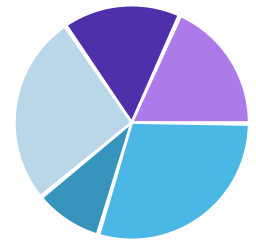
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	11632.2	1661.7
Protein [g]	812.4	116.1
Fat [g]	426.5	60.9
Carbs [g]	1223.2	174.7
Fiber [g]	202.1	28.9
Net Carbs [g]	1021.1	145.9



27 % Protein 32 % Fat
41 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	305.6	14.6	14.8	31.5	7.3	24.2
Mid-morning snack	269.9	9	13.3	33.1	5.4	27.7
Lunch	439.8	33.7	16.8	41.9	9.1	32.8
Mid-afternoon snack	154	9.7	3.5	21.8	2.3	19.6
Dinner	492.5	49.1	12.5	46.4	4.8	41.7



18 % Breakfast 16 %
Mid-morning snack 26 %
Lunch 9 % Mid-afternoon snack 30 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1757.1	145.5	53.9	188.5	25.4	163.1
Day 2	1813.9	115	62.2	209.8	28	181.8
Day 3	1762.6	116.2	62.7	195	41.1	153.9
Day 4	1418.4	82.3	53.7	174.3	36.6	137.7
Day 5	1809.3	117.9	66	192.6	19.3	173.3
Day 6	1352.2	93.2	66.4	105.3	24.4	80.9
Day 7	1718.7	142.2	61.7	157.7	27.2	130.5

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Baked Frittata Cups 1 serving (71 g)	77.2	6.5	4.8	1.7	0.4	1.3
TOTAL FOR BREAKFAST	77.2	6.5	4.8	1.7	0.4	1.3
Mid-morning snack						
Mezze Platter with Pita Bread, Hummus, and Vegetables 1 serving (316 g)	441.5	11.7	23.6	48.6	7.6	41
TOTAL FOR MID-MORNING SNACK	441.5	11.7	23.6	48.6	7.6	41
Lunch						
Seitan and Eggplant over Rice 2 serving (676 g)	761.5	94.2	8.5	86.7	14.5	72.2
TOTAL FOR LUNCH	761.5	94.2	8.5	86.7	14.5	72.2
Mid-afternoon snack						
Cottage Cheese 4 oz (113 g)	91.5	11.8	2.6	5.4	0	5.4
Raspberries 10 raspberries (19 g)	9.9	0.2	0.1	2.3	1.2	1.1
TOTAL FOR MID-AFTERNOON SNACK	101.4	12	2.7	7.6	1.2	6.4
Dinner						
Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers 1 serving (259 g)	375.6	21.1	14.2	43.9	1.7	42.2
TOTAL FOR DINNER	375.6	21.1	14.2	43.9	1.7	42.2
TOTAL FOR DAY 1	1757.1	145.5	53.9	188.5	25.4	163.1

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Peach Baked Oatmeal with Low Fat Yogurt 1 serving (287 g)	195.1	7.8	4.2	33.5	5.2	28.3
TOTAL FOR BREAKFAST	195.1	7.8	4.2	33.5	5.2	28.3
Mid-morning snack						
Creamy Coconut Chia Seed Pudding 1 serving (155 g)	380	5.7	30.5	25.5	7.1	18.4
TOTAL FOR MID-MORNING SNACK	380	5.7	30.5	25.5	7.1	18.4
Lunch						
Vegan Broccoli, Chickpea and Brown Rice Salad 1 serving (243 g)	262.1	8.4	9.8	37.9	8	29.9
TOTAL FOR LUNCH	262.1	8.4	9.8	37.9	8	29.9
Mid-afternoon snack						
Coffee (Unsweetened) 2 portion(s) (100 g)	2	0.3	0	0.2	0	0.2
Fat-Free Milk 2 cup (490 g)	166.6	16.5	0.4	24.3	0	24.3
TOTAL FOR MID-AFTERNOON SNACK	168.6	16.8	0.4	24.5	0	24.5
Dinner						
Prawn, Tomato and Chilli Pasta 2 serving (626 g)	808.1	76.4	17.3	88.4	7.8	80.6
TOTAL FOR DINNER	808.1	76.4	17.3	88.4	7.8	80.6
TOTAL FOR DAY 2	1813.9	115	62.2	209.8	28	181.8

Day 3 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
Cheddar Cheese 1 oz (28.4 g)	114.5	6.5	9.4	0.9	0	0.9
Whole Wheat Bread 2 slice (64 g)	161.3	8	2.2	27.3	3.8	23.5
TOTAL FOR BREAKFAST	550.2	33.5	32.5	29.4	3.8	25.6
Mid-morning snack						
Vegan Chocolate Banana Baked Oatmeal (Unsweetened) 1 serving (289 g)	288.1	8.2	5.2	57.9	9.4	48.5
TOTAL FOR MID-MORNING SNACK	288.1	8.2	5.2	57.9	9.4	48.5
Lunch						
Vegan Carrot Lentil Wrap 1 serving (272 g)	423.6	20.2	14	55.3	20.1	36.2
TOTAL FOR LUNCH	423.6	20.2	14	55.3	20.1	36.2
Mid-afternoon snack						
Vegan Chocolate Banana Baked Oatmeal (Sweetened) 1 serving (154 g)	170.5	4.1	2.6	35.6	4.7	30.9
TOTAL FOR MID-AFTERNOON SNACK	170.5	4.1	2.6	35.6	4.7	30.9
Dinner						
Vietnamese Shrimp Stir-Fry 2 serving (446 g)	330.3	50.2	8.4	15.9	3	12.9
TOTAL FOR DINNER	330.3	50.2	8.4	15.9	3	12.9
TOTAL FOR DAY 3	1762.6	116.2	62.7	195	41.1	153.9

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Apple Cinnamon and Chia Breakfast Bowl (Unsweetened) 1 serving (518 g)	363.9	9	16.5	51.8	22.1	29.7
TOTAL FOR BREAKFAST	363.9	9	16.5	51.8	22.1	29.7
Mid-morning snack						
Dairy-Free Cafe Mocha 1 serving (274 g)	82.9	2.3	7.8	14.5	2.6	11.9
Air Fried Popcorn Tofu 1 serving (242 g)	278.1	17.9	6.2	37.3	2.4	34.9
TOTAL FOR MID-MORNING SNACK	361	20.3	13.9	51.8	5	46.8
Lunch						
Baked Potatoes, Seitan, and Broccoli 1 serving (293 g)	280.5	19.5	7.9	35.2	5.6	29.6
TOTAL FOR LUNCH	280.5	19.5	7.9	35.2	5.6	29.6
Mid-afternoon snack						
Plain Yogurt, Full Fat 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
Strawberry, sliced 1/2 cup(s) (45 g)	11.7	0.3	0.1	1.8	1.1	0.7
TOTAL FOR MID-AFTERNOON SNACK	115.4	6.2	5.6	9.7	1.1	8.6
Dinner						
Lemon-Parsley White Fish with Brown Rice, Tomato and Spinach 1 serving (284 g)	297.6	27.3	9.8	25.8	2.8	23
TOTAL FOR DINNER	297.6	27.3	9.8	25.8	2.8	23
TOTAL FOR DAY 4	1418.4	82.3	53.7	174.3	36.6	137.7

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers 1 serving (259 g)	375.6	21.1	14.2	43.9	1.7	42.2
TOTAL FOR BREAKFAST	375.6	21.1	14.2	43.9	1.7	42.2
Mid-morning snack						
Plain Yogurt (Low Fat) 1/2 container (4 oz) (113 g)	71.2	5.9	1.8	8	0	8
Banana 1/2 banana (59.5 g)	53	0.6	0.2	13.6	1.5	12.1
TOTAL FOR MID-MORNING SNACK	124.1	6.6	1.9	21.5	1.5	20
Lunch						
Halloumi Bulgur Salad 1 serving (494 g)	480.1	19.1	29.9	37.4	6.9	30.5
TOTAL FOR LUNCH	480.1	19.1	29.9	37.4	6.9	30.5
Mid-afternoon snack						
Coffee (Unsweetened) 2 portion(s) (100 g)	2	0.3	0	0.2	0	0.2
Fat-Free Milk 2 cup (490 g)	166.6	16.5	0.4	24.3	0	24.3
TOTAL FOR MID-AFTERNOON SNACK	168.6	16.8	0.4	24.5	0	24.5
Dinner						
Soy-Glazed Salmon Sandwiches with Cucumber 1 serving (366 g)	660.9	54.3	19.5	65.2	9.2	56
TOTAL FOR DINNER	660.9	54.3	19.5	65.2	9.2	56
TOTAL FOR DAY 5	1809.3	117.9	66	192.6	19.3	173.3

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chocolate Oatmeal with Bananas and Almonds 1 serving (290 g)	270.9	9	13.4	34.8	8.2	26.6
TOTAL FOR BREAKFAST	270.9	9	13.4	34.8	8.2	26.6
Mid-morning snack						
Hummus 1/2 tub (90 g)	149.4	7.1	8.6	12.9	5.4	7.5
Cucumber 1/2 cup slices (52 g)	7.8	0.3	0.1	1.9	0.3	1.6
TOTAL FOR MID-MORNING SNACK	157.2	7.4	8.7	14.7	5.7	9
Lunch						
Mediterranean Baked Salmon 1 serving (240 g)	351.5	35.8	21	3.6	1	2.6
TOTAL FOR LUNCH	351.5	35.8	21	3.6	1	2.6
Mid-afternoon snack						
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	221.3	9.3	9.6	26.2	6.3	19.9
TOTAL FOR MID-AFTERNOON SNACK	261.6	11	12.5	27.9	6.3	21.6
Dinner						
White Fish with Peppers over Quinoa 1 serving (299 g)	310.9	29.9	10.8	24.4	3.3	21.1
TOTAL FOR DINNER	310.9	29.9	10.8	24.4	3.3	21.1
TOTAL FOR DAY 6	1352.2	93.2	66.4	105.3	24.4	80.9

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Avocado and Smoked Salmon Toast 1 serving (234 g)	306.1	15.3	18	25.7	9.9	15.8
TOTAL FOR BREAKFAST	306.1	15.3	18	25.7	9.9	15.8
Mid-morning snack						
Dark Chocolate Clusters with Al- monds 1 serving (25 g)	137.5	3	9.1	11.6	1.6	10
TOTAL FOR MID-MORNING SNACK	137.5	3	9.1	11.6	1.6	10
Lunch						
Baked Salmon Rosemary with Zucchini and Squash 1 serving (618 g)	519.4	38.5	26.8	36.2	7.7	28.5
TOTAL FOR LUNCH	519.4	38.5	26.8	36.2	7.7	28.5
Mid-afternoon snack						
Mango 1 cup (153 g)	91.8	1.3	0.6	22.9	2.4	20.5
TOTAL FOR MID-AFTERNOON SNACK	91.8	1.3	0.6	22.9	2.4	20.5
Dinner						
Tuna Greek Yogurt and Lettuce Sandwich 2 serving (614 g)	663.8	84.2	7.2	61.3	5.6	55.7
TOTAL FOR DINNER	663.8	84.2	7.2	61.3	5.6	55.7
TOTAL FOR DAY 7	1718.7	142.2	61.7	157.7	27.2	130.5

Creamy Coconut Chia Seed Pudding

🕒 4 min 🍽️ 2 servings

Per serving: 379 Kcal 6g Protein 30g Fat 25g Carbs

Ingredients

- **Vanilla extract**, 1/2 teaspoons (2 g)
- **Coconut milk**, 1 cup (226 g)
- **Chia seeds**, 1/4 cup (40.9 g)
- **Maple syrup**, 2 tablespoons (40 g)



Instructions

In a bowl, combine coconut milk, chia seeds, maple syrup, and vanilla extract.

Whisk well to ensure chia seeds are evenly distributed and not clumping together.

Cover the bowl and refrigerate for at least 4 hours or overnight.

After the pudding has set, give it a good stir to break up any clumps and achieve a creamy consistency.

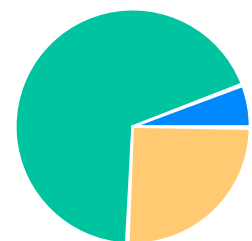
Divide the pudding into serving bowls or jars.

Top with fresh berries, shredded coconut, or chopped nuts, if desired.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	757.6	245.3	378.8
Protein [g]	11.3	3.7	5.7
Fat [g]	60.8	19.7	30.4
Carbs [g]	50.8	16.4	25.4
Fiber [g]	14.1	4.6	7.1
Net Carbs [g]	36.7	11.9	18.4



6 % Protein 69 % Fat 26 % Carbs

Avocado and Smoked Salmon Toast

🕒 15 min 🍽️ 2 servings

Per serving: 306 Kcal 15g Protein 18g Fat 26g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 teaspoon (0.2 g)
- **Salmon**, 100 g (100 g)
- **Bread**, 2 slices (56.4 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Toast the slices of whole wheat bread until golden brown.

Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.

Mash the avocado with a fork and squeeze in the juice of half a lemon. Season with salt and pepper to taste.

Spread the mashed avocado evenly on the toasted bread slices.

Top each slice with smoked salmon, dividing it equally between the two slices.

Squeeze the juice of the remaining half lemon over the smoked salmon.

Garnish with fresh dill.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	612.2	130.9	306.1
Protein [g]	30.5	6.5	15.3
Fat [g]	36.1	7.7	18.1
Carbs [g]	51.3	11	25.7
Fiber [g]	19.9	4.3	10
Net Carbs [g]	31.4	6.7	15.7



19% Protein 50% Fat 31% Carbs

Mediterranean Baked Salmon

🕒 30 min 🍽️ 4 servings

Per serving: 352 Kcal 36g Protein 21g Fat 4g Carbs

Ingredients

- Feta cheese, 1/4 cup (39.2 g)
- Lemon juice, 1 tablespoon (14.7 g)
- Basil, 1 teaspoon (1 g)
- Oregano, 1 teaspoons (2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 2 cloves (6 g)
- Salmon, 4 fillet (680 g)
- Pepper, 1/4 tsp (0.5 g)
- Cherry tomatoes, 1 cup (149 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Parsley, 1 tbsp (3.8 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, dried basil, salt, and black pepper.

Place the salmon fillets in a baking dish and pour the marinade over them. Make sure the salmon is coated evenly.

Arrange the cherry tomatoes and Kalamata olives around the salmon fillets.

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

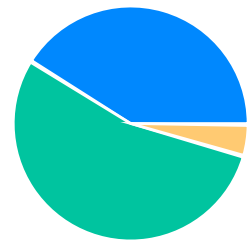
Sprinkle the crumbled feta cheese over the salmon and vegetables. Return to the oven for an additional 2-3 minutes, or until the cheese is slightly melted.

Garnish with fresh parsley and serve hot.

Enjoy your Mediterranean Baked Salmon!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1405.9	146.5	351.5
Protein [g]	143.3	14.9	35.8
Fat [g]	84	8.8	21
Carbs [g]	14.3	1.5	3.6
Fiber [g]	3.8	0.4	1
Net Carbs [g]	10.5	1.1	2.6



41 % Protein 55 % Fat 4 %
Carbs

Vietnamese Shrimp Stir-Fry

🕒 20 min 🍽️ 4 servings

Per serving: 165 Kcal 25g Protein 4g Fat 8g Carbs

Ingredients

- Cilantro, 4 servings (0.4 g)
- Oyster sauce, 1 tablespoon (18 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Soybean oil, 1 tablespoon (13.6 g)
- Garlic, 2 portion (6 g)
- Fish sauce, 1 tbsp (18.1 g)
- Shrimp, 1 lb (453.6 g)
- Soy sauce, 2 tbsp (36 g)
- Red Bell pepper, 1 portion (114.7 g)
- Yello Bell pepper, 1 portion (119.1 g)
- Black Pepper, 1/4 tsp (0.5 g)



Instructions

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

Add the minced garlic and sauté for 1 minute until fragrant.

Add the shrimp and stir-fry for 2-3 minutes until pink and cooked through. Remove the shrimp from the skillet and set aside.

In the same skillet, add the sliced bell peppers and onion. Stir-fry for 3-4 minutes until slightly tender.

In a small bowl, whisk together the soy sauce, fish sauce, oyster sauce, and black pepper. Pour the sauce mixture into the skillet with the vegetables.

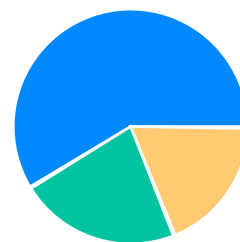
Add the cooked shrimp back into the skillet and stir-fry for an additional 1-2 minutes to coat everything in the sauce.

Remove from heat and garnish with fresh cilantro.

Serve hot with steamed rice or noodles.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	659.1	74.1	164.8
Protein [g]	100.1	11.2	25
Fat [g]	16.8	1.9	4.2
Carbs [g]	31.6	3.6	7.9
Fiber [g]	6	0.7	1.5
Net Carbs [g]	25.6	2.9	6.4



59 % Protein 22 % Fat 19 %
Carbs

Vegan Broccoli, Chickpea and Brown Rice Salad

🕒 30 min 🍽️ 4 servings

Per serving: 262 Kcal 8g Protein 10g Fat 38g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Cranberries**, 1/4 cup (31.6 g)
- **Salt**, 1 tsp (6 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Chickpeas**, 1 can (453 g)
- **Brown rice**, 1 cup (195 g)
- **Broccoli florets**, 2 cups (182 g)
- **Onion**, 1/4 cup (13 g)
- **Parsley**, 1/4 cup (15 g)
- **Dijon mustard**, 1 tablespoon (15 g)
- **Pepper**, 1 teaspoon (2 g)



Instructions

In a large mixing bowl, combine the cooked brown rice, broccoli florets, chickpeas, red onion, parsley, and dried cranberries.

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

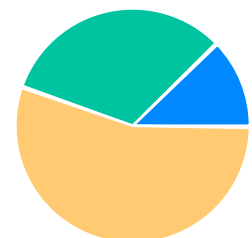
Pour the dressing over the salad and toss until all ingredients are well coated.

Let the salad marinate in the refrigerator for at least 30 minutes to allow the flavors to meld together.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1046.2	107.9	261.6
Protein [g]	33.5	3.5	8.4
Fat [g]	39.2	4	9.8
Carbs [g]	151.5	15.6	37.9
Fiber [g]	31.8	3.3	8
Net Carbs [g]	119.7	12.3	29.9



12% Protein 32% Fat 55% Carbs

Mezze Platter with Pita Bread, Hummus, and Vegetables

🕒 25 min 🍽️ 4 servings

Per serving: 441 Kcal 12g Protein 24g Fat 49g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olives**, 1/2 cup (64.9 g)
- **Carrot**, 1 portion (61 g)
- **Cucumber**, 1 cucumber (300 g)
- **Olive oil**, 1/4 cup (56.3 g)
- **Garlic**, 2 portion (6 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Hummus**, 1 cup (246 g)
- **Pita breads**, 4 pita bread (224 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Preheat the oven to 350°F (175°C).

Cut the pita breads into wedges and place them on a baking sheet. Drizzle with olive oil and sprinkle with salt. Bake for about 10 minutes or until crispy.

In a small bowl, mix together the olive oil, lemon juice, minced garlic, cumin, paprika, salt, and pepper to make a dressing.

Arrange the sliced cucumber, red bell pepper, carrot, cherry tomatoes, and olives on a serving platter.

Pour the dressing over the vegetables and toss to coat.

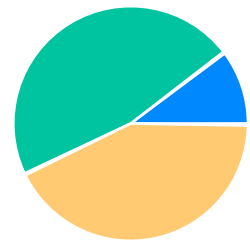
Place the hummus in a separate bowl.

Serve the crispy pita bread, hummus, and dressed vegetables together on a platter.

Enjoy your mezze platter with pita bread, hummus, and vegetables!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1763.2	139.7	440.8
Protein [g]	46.5	3.7	11.6
Fat [g]	94.5	7.5	23.6
Carbs [g]	193.9	15.4	48.5
Fiber [g]	30.3	2.4	7.6
Net Carbs [g]	163.6	13	40.9



10 % Protein 47 % Fat 43 %
Carbs

Dairy-Free Cafe Mocha

🕒 10 min 🍽️ 2 servings

Per serving: 83 Kcal 2g Protein 8g Fat 15g Carbs

Ingredients

- Whipped coconut cream, 2 tablespoon (32 g)
- Coffee, 1 cup (236 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 cup (250 g)
- Sweetener, 2 tablespoons (20 g)



Instructions

In a small saucepan, heat almond milk over medium heat until hot but not boiling.

In a separate bowl, whisk together cocoa powder, sweetener, vanilla extract, cinnamon, and salt.

Slowly pour the hot almond milk into the cocoa mixture, whisking continuously until well combined.

Pour the brewed coffee into the mixture and stir well.

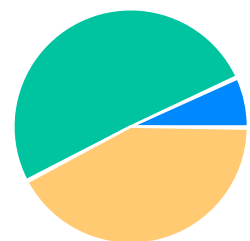
Divide the cafe mocha into two mugs.

Top with whipped coconut cream if desired.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	165.8	30.3	82.9
Protein [g]	4.7	0.9	2.4
Fat [g]	15.5	2.8	7.8
Carbs [g]	28.9	5.3	14.5
Fiber [g]	5.2	0.9	2.6
Net Carbs [g]	23.7	4.3	11.9



7 % Protein 51 % Fat 42 % Carbs

Air Fried Popcorn Tofu

🕒 30 min 🍽️ 2 servings

Per serving: 278 Kcal 18g Protein 6g Fat 37g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.5 g)
- Paprika, 1 teaspoon (2 g)
- Cooking oil, 1 teaspoons (4 g)
- Block of extra tofu, 1 (396 g)
- Cornstarch, 1/2 cup (64 g)
- Nutritional yeast, 1/4 cup (11 g)
- Garlic powder, 1 teaspoon (3 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Press the tofu to remove excess moisture. Cut the tofu into small bite-sized cubes.

In a bowl, combine cornstarch, nutritional yeast, garlic powder, paprika, salt, and black pepper. Mix well.

Toss the tofu cubes in the cornstarch mixture until evenly coated.

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

Spray the air fryer basket with cooking spray or lightly brush with oil to prevent sticking.

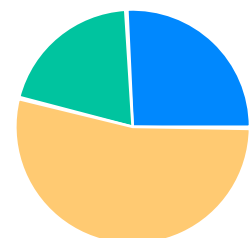
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

Air fry for 15-20 minutes, shaking the basket halfway through to ensure even cooking.

Once the tofu is crispy and golden brown, remove from the air fryer.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	555.1	114.9	277.6
Protein [g]	35.8	7.4	17.9
Fat [g]	12.3	2.5	6.2
Carbs [g]	74.5	15.4	37.3
Fiber [g]	4.8	1	2.4
Net Carbs [g]	69.7	14.4	34.9



26 % Protein 20 % Fat 54 % Carbs

Vegan Carrot Lentil Wrap

🕒 30 min 🍽️ 4 servings

Per serving: 423 Kcal 20g Protein 14g Fat 56g Carbs

Ingredients

- Turmeric, 1/2 teaspoon (1.1 g)
- Vegetable broth, 2 cups (392 g)
- Cilantro, 1/4 cup (4.2 g)
- Carrots, 2 small (101 g)
- Olive oil, 1 tablespoon (13.5 g)
- Onion, 1 small (67 g)
- Garlic, 2 clove (5.8 g)
- Baby spinach leaves, 1 cup (30.1 g)
- Hummus, 1/2 cup (118.3 g)
- Tortilla wraps, 4 tortilla medium (approx 6" dia) (120 g)
- Lentils, 1 cup (192 g)
- Ground cumin, 1 teaspoon (2 g)
- Ground coriander, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)
- Almonds, 1/4 cup (35.8 g)



Instructions

Rinse the red lentils under cold water and drain.

In a medium saucepan, bring the vegetable broth to a boil. Add the lentils and simmer for 15-20 minutes or until tender. Drain any excess liquid.

In a large skillet, heat olive oil over medium heat. Add the diced onion, grated carrots, minced garlic, cumin, coriander, turmeric, salt, and pepper. Sauté for 5-7 minutes or until the vegetables are softened.

Add the cooked lentils to the skillet and stir well to combine. Cook for an additional 2-3 minutes to heat through.

Warm the tortilla wraps in a dry skillet or microwave for a few seconds to make them pliable.

Spread 2 tablespoons of hummus onto each tortilla wrap, leaving a border around the edges.

Divide the lentil and vegetable mixture evenly among the wraps, placing it on top of the hummus.

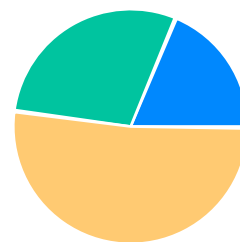
Top with a handful of baby spinach leaves, fresh cilantro, and sliced almonds.

Fold the sides of each tortilla wrap inward, then roll tightly from the bottom to create a wrap.

Slice the wraps in half diagonally and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1692.7	155.8	423.2
Protein [g]	80.9	7.4	20.2
Fat [g]	55.9	5.1	14
Carbs [g]	225	20.7	56.3
Fiber [g]	80.5	7.4	20.1
Net Carbs [g]	144.5	13.3	36.1



19 % Protein 29 % Fat 52 %
Carbs

Baked Frittata Cups

🕒 15 min 🍽️ 6 servings

Per serving: 77 Kcal 7g Protein 5g Fat 2g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Onions, 1/4 cup (41.7 g)
- Tomatoes, 1/4 cup (38.9 g)
- Bell peppers, 1/4 cup (37.3 g)
- Spinach, 1/4 cup (7.5 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, whisk the eggs until well beaten.

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

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

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

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

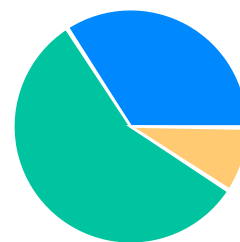
Remove from the oven and let them cool for a few minutes.

Gently remove the egg cups from the muffin tin and serve warm.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	464.1	108.6	77.4
Protein [g]	39.1	9.1	6.5
Fat [g]	28.8	6.7	4.8
Carbs [g]	10.1	2.4	1.7
Fiber [g]	2.1	0.5	0.4
Net Carbs [g]	8	1.9	1.3



34 % Protein 57 % Fat 9 %
Carbs

Lemon-Parsley White Fish with Brown Rice, Tomato and Spinach

🕒 25 min 🍽️ 4 servings

Per serving: 297 Kcal 27g Protein 10g Fat 26g Carbs

Ingredients

- **Lemon zest**, 2 tbsp (12 g)
- **Salt**, 1/4 tsp (1.6 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Brown rice**, 2 cup (390 g)
- **Fish**, 4 fillet (480 g)
- **Parsley**, 1/4 cup (15 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Spinach leaves**, 2 cups (60 g)
- **Black Pepper**, 1/4 tsp, ground (0.6 g)



Instructions

Preheat the oven to 400°F (200°C).

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

In a small bowl, combine the olive oil, lemon zest, lemon juice, parsley, and salt. Mix well.

Brush the lemon-parsley mixture over the fish fillets, coating them evenly.

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

While the fish is baking, heat a skillet over medium heat and add a drizzle of olive oil.

Add the cooked brown rice, cherry tomatoes, and spinach to the skillet. Sauté for about 5 minutes, or until the spinach wilts and the tomatoes soften.

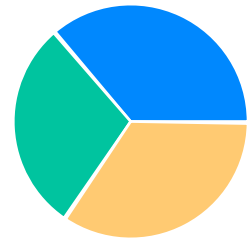
Season the rice mixture with salt and pepper to taste.

Serve the lemon-parsley white fish over a bed of the sautéed brown rice, tomato, and spinach mixture.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1189.4	104.8	297.4
Protein [g]	109.2	9.6	27.3
Fat [g]	39	3.4	9.8
Carbs [g]	103.1	9.1	25.8
Fiber [g]	11.3	1	2.8
Net Carbs [g]	91.8	8.1	23



36 % Protein 29 % Fat 34 %
Carbs

Seitan and Eggplant over Rice

🕒 10 min 🍽️ 2 servings

Per serving: 381 Kcal 47g Protein 4g Fat 43g Carbs

Ingredients

- Eggplant, 1/2 large (229 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Soy sauce, 1 tbsp (18 g)
- brown rice, cooked, 1 cup (155 g)
- seitan, strips/cubes, 1 cup (270 g)



Instructions

Cook the rice according to package instructions.

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

Add the seitan to the skillet and cook for 3-4 minutes, or until browned.

Add the sliced eggplant to the skillet and cook for an additional 3-4 minutes, or until tender.

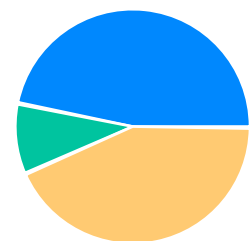
Stir in the soy sauce and cook for another minute to coat the seitan and eggplant.

Serve the seitan and eggplant over the cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	761.5	112.5	380.8
Protein [g]	94.2	13.9	47.1
Fat [g]	8.5	1.3	4.3
Carbs [g]	86.7	12.8	43.4
Fiber [g]	14.5	2.1	7.3
Net Carbs [g]	72.2	10.7	36.1



47 % Protein 10 % Fat 43 % Carbs

Prawn, Tomato and Chilli Pasta

🕒 10 min 🍽️ 2 servings

Per serving: 403 Kcal 38g Protein 9g Fat 44g Carbs

Ingredients

- Basil leaves, 2 sprig (4 g)
- Oregano, 1 teaspoon (2 g)
- Olive oil, 1 tablespoon (13.5 g)
- Tomatoes, 1 cup (149 g)
- Garlic, 3 clove (9 g)
- Prawns, 300 gram (300 g)
- Spaghetti, 1/2 g (100 g)
- Chilli, 1 (45 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Cook the spaghetti according to package instructions until al dente. Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add minced garlic and sliced chilli, and cook for 1-2 minutes until fragrant.

Add prawns to the skillet and cook for 2-3 minutes until they turn pink and opaque.

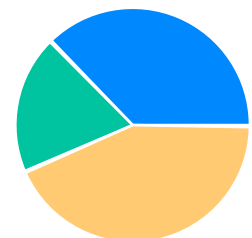
Pour in the canned diced tomatoes and dried oregano. Season with salt and pepper to taste. Stir well and let it simmer for 3-4 minutes.

Add the cooked spaghetti to the skillet and toss everything together until well combined.

Garnish with fresh basil leaves and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	806.8	129.2	403.4
Protein [g]	76.2	12.2	38.1
Fat [g]	17.3	2.8	8.7
Carbs [g]	88.3	14.1	44.2
Fiber [g]	7.8	1.2	3.9
Net Carbs [g]	80.5	12.9	40.3



37 % Protein 19 % Fat 43 % Carbs

White Fish with Peppers over Quinoa

🕒 20 min 🍽️ 4 servings

Per serving: 311 Kcal 30g 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)
- Yellow/Red Pepper, 2 cups (296 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 peppers on a baking sheet lined with parchment paper.

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

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

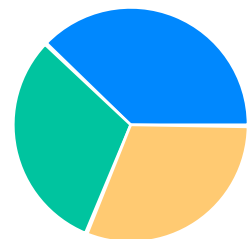
Once the quinoa, fish, and peppers are cooked, divide the quinoa among serving plates.

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

Enjoy your White Fish with Peppers over quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1242.6	104	310.7
Protein [g]	119.6	10	29.9
Fat [g]	43.2	3.6	10.8
Carbs [g]	97.5	8.2	24.4
Fiber [g]	13	1.1	3.3
Net Carbs [g]	84.5	7.1	21.1



38 % Protein 31 % Fat 31 % Carbs

Dark Chocolate Clusters with Almonds

🕒 10 min 🍽️ 10 servings

Per serving: 139 Kcal 3g Protein 9g Fat 12g Carbs

Ingredients

- Roasted almonds, 1/2 c (71.5 g)
- Chocolate chips, 1 cup (180 g)



Instructions

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

Stir in the chopped roasted almonds into the melted chocolate.

Line a baking sheet with parchment paper.

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

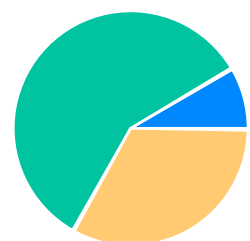
Place the baking sheet in the refrigerator for about 5-10 minutes, or until the chocolate has hardened.

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

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1386	551.1	138.6
Protein [g]	29.8	11.8	3
Fat [g]	92.2	36.7	9.2
Carbs [g]	116.7	46.4	11.7
Fiber [g]	15.8	6.3	1.6
Net Carbs [g]	100.9	40.1	10.1



8 % Protein 59 % Fat 33 % Carbs

Peach Baked Oatmeal with Low Fat Yogurt

🕒 20 min 🍽️ 2 servings

Per serving: 195 Kcal 8g Protein 4g Fat 34g Carbs

Ingredients

- Peaches, 1 cup (161 g)
- Rolled oats, 3/4 cup (60.8 g)
- Almond milk, 1 cup (250 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Yogurt, low fat, plain, 2 portion(s) (100 g)



Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, combine rolled oats, almond milk, and ground cinnamon. Stir well to combine.

Grease a baking dish with cooking spray or oil. Spread half of the sliced peaches in an even layer on the bottom of the dish.

Pour the oat mixture over the peaches, spreading it out evenly.

Arrange the remaining sliced peaches on top of the oats.

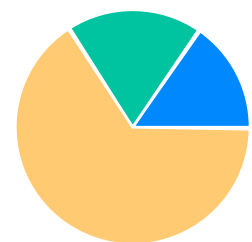
Bake in the preheated oven for 15 minutes or until the oats are cooked and the peaches are soft.

Remove from the oven and let it cool slightly before serving.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	390.1	68	195.1
Protein [g]	15.6	2.7	7.8
Fat [g]	8.4	1.5	4.2
Carbs [g]	66.9	11.7	33.5
Fiber [g]	10.4	1.8	5.2
Net Carbs [g]	56.5	9.8	28.3



15% Protein 19% Fat 66% Carbs

Soy-Glazed Salmon Sandwiches with Cucumber

🕒 15 min 🍽️ 4 servings

Per serving: 660 Kcal 54g Protein 20g Fat 65g Carbs

Ingredients

- Sesame oil, 1 tablespoon (14 g)
- Soy sauce, 4 tbsp (72 g)
- Whole Wheat Bread, 8 slice (592 g)
- Salmon, 4 fillet (680 g)
- Cucumber, 1 cup slices (104 g)



Instructions

Preheat your grill or stovetop grill pan to medium-high heat.

In a small bowl, whisk together soy sauce, and sesame oil.

Brush the salmon fillets with the soy glaze on both sides.

Place the salmon fillets on the grill and cook for about 3-4 minutes per side, or until cooked through.

While the salmon is cooking, lightly toast bun.

Once the salmon is cooked, remove from the grill and assemble the sandwiches.

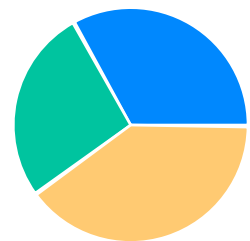
Place a salmon fillet on the bottom half of each bun.

Top with sliced cucumbers and the top half of the bun.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2640	180.6	660
Protein [g]	216.9	14.8	54.2
Fat [g]	78	5.3	19.5
Carbs [g]	260.6	17.8	65.2
Fiber [g]	36.6	2.5	9.2
Net Carbs [g]	224	15.3	56



33 % Protein 27 % Fat 40 % Carbs

Tuna Greek Yogurt and Lettuce Sandwich

🕒 10 min 🍽️ 1 serving

Per serving: 332 Kcal 42g Protein 4g Fat 31g Carbs

Ingredients

- **Greek yogurt**, 2 tablespoons (31 g)
- **Bread**, 2 slices (57.5 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Lettuce leaves**, 2 large (48 g)
- **Tuna**, 1 can (170 g)

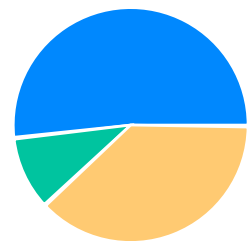


Instructions

1. Drain the tuna and transfer it to a bowl.
2. Add Greek yogurt to the bowl and mix well to combine.
3. Season the tuna mixture with salt and pepper according to your taste.
4. Place a lettuce leaf on one slice of bread.
5. Spoon the tuna mixture over the lettuce leaf.
6. Top with another lettuce leaf and cover with the second slice of bread.
7. Press the sandwich gently to hold everything together.
8. Cut the sandwich diagonally into halves or quarters.
9. Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	331.9	108.3	331.9
Protein [g]	42.1	13.7	42.1
Fat [g]	3.6	1.2	3.6
Carbs [g]	30.7	10	30.7
Fiber [g]	2.8	0.9	2.8
Net Carbs [g]	27.9	9.1	27.9



52 % Protein 10 % Fat 38 % Carbs

Baked Potatoes, Seitan, and Broccoli

🕒 20 min 🍽️ 4 servings

Per serving: 280 Kcal 20g Protein 8g Fat 35g Carbs

Ingredients

- Potatoes, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 1 tsp (2 g)
- Broccoli florets, 2 cup (182 g)
- Seitan, 2 cup (280 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large mixing bowl, toss the cubed potatoes with 1 tablespoon of olive oil, salt, and pepper until well coated. Spread the potatoes evenly on a baking sheet and bake for 10 minutes.

After 10 minutes, remove the baking sheet from the oven and add the seitan and broccoli florets to the pan, drizzling with the remaining olive oil. Season with additional salt and pepper if desired.

Mix everything together on the baking sheet, ensuring the potatoes, seitan, and broccoli are evenly distributed.

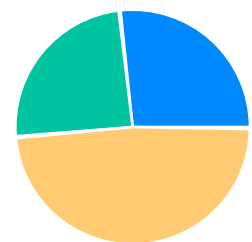
Return the baking sheet to the oven and bake for another 10 minutes or until the potatoes are golden brown and crispy.

Once cooked, remove from the oven and let it cool for a minute.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1121	95.7	280.3
Protein [g]	77.9	6.7	19.5
Fat [g]	31.6	2.7	7.9
Carbs [g]	140.8	12	35.2
Fiber [g]	22.4	1.9	5.6
Net Carbs [g]	118.4	10.1	29.6



27 % Protein 25 % Fat 49 % Carbs

Apple Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

Per serving: 364 Kcal 9g Protein 17g Fat 52g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Apple, 1 large (3-1/4" dia) (223 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 1 cup (250 g)



Instructions

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

Stir well to combine all the ingredients.

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

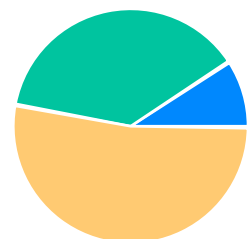
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

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

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	363.9	70.2	363.9
Protein [g]	9	1.7	9
Fat [g]	16.5	3.2	16.5
Carbs [g]	51.8	10	51.8
Fiber [g]	22.1	4.3	22.1
Net Carbs [g]	29.7	5.7	29.7



9 % Protein 38 % Fat 53 % Carbs

Vegan Chocolate Oatmeal with Bananas and Almonds

🕒 10 min 🍽️ 2 servings

Per serving: 271 Kcal 9g Protein 13g Fat 35g Carbs

Ingredients

- Bananas, 1 medium (7" to 7-7/8" long) (118 g)
- Rolled oats, 1/2 cup (40.5 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 1/2 cup (375 g)
- Almonds, 1/4 cup (35.8 g)



Instructions

In a medium saucepan, combine the rolled oats and almond milk.

Bring the mixture to a boil over medium heat, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, or until the oats are tender and the mixture thickens.

Stir in the cocoa powder and mashed bananas, mixing well.

Continue cooking for another 2 minutes, until the oatmeal is heated through and the flavors are well combined.

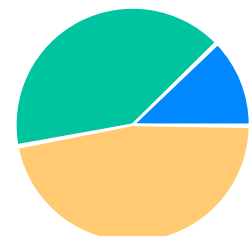
Remove from heat and divide the oatmeal into serving bowls.

Top each bowl with sliced almonds.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	541	93.4	270.5
Protein [g]	18	3.1	9
Fat [g]	26.7	4.6	13.4
Carbs [g]	69.4	12	34.7
Fiber [g]	16.5	2.8	8.3
Net Carbs [g]	52.9	9.1	26.5



12 % Protein 41 % Fat 47 % Carbs

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

Per serving: 221 Kcal 9g Protein 10g Fat 26g Carbs

Ingredients

- Olive oil, 1 tsp (5 g)
- Vegan hummus, 1/2 cup (123 g)
- Whole Wheat Bread, 2 slice (64 g)
- Onion, thinly sliced, 1/2 cup (78.5 g)



Instructions

Heat olive oil in a pan over medium heat.

Add the sliced onions and sauté for 5 minutes until they are slightly softened and charred.

Toast the bread slices until golden brown.

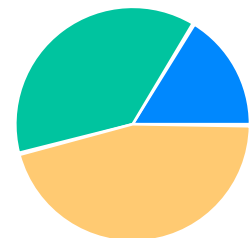
Spread a generous amount of vegan hummus on each slice of toast.

Top the hummus with the pan-fried onions.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	441.1	163.1	220.6
Protein [g]	18.5	6.8	9.3
Fat [g]	19.1	7.1	9.6
Carbs [g]	52.2	19.3	26.1
Fiber [g]	12.6	4.7	6.3
Net Carbs [g]	39.6	14.6	19.8



16 % Protein 38 % Fat 46 % Carbs

Vegan Chocolate Banana Baked Oatmeal (Sweetened)

🕒 20 min 🍽️ 4 servings

Per serving: 171 Kcal 4g Protein 3g Fat 36g Carbs

Ingredients

- Bananas, 2 medium (7" to 7-7/8" long) (236 g)
- Rolled oats, 1 c (81.1 g)
- Cocoa powder, 2 tablespoon (10 g)
- Maple syrup, 2 tablespoons (40 g)
- Almond milk, 1 cup (250 g)



Instructions

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

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

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

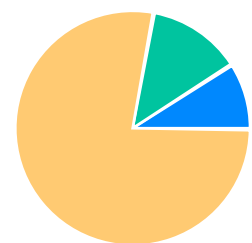
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	683.1	110.7	170.8
Protein [g]	16.4	2.7	4.1
Fat [g]	10.4	1.7	2.6
Carbs [g]	142.5	23.1	35.6
Fiber [g]	18.8	3	4.7
Net Carbs [g]	123.7	20	30.9



9 % Protein 13 % Fat 78 % Carbs

Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

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

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

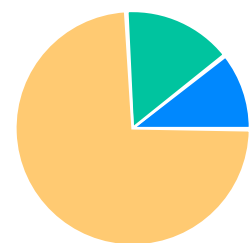
Bake for 15 minutes or until the top is set and slightly golden.

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

Serve warm and enjoy!

Macronutrient summary

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



11 % Protein 15 % Fat 74 % Carbs

Baked Salmon Rosemary with Zucchini and Squash

🕒 30 min 🍽️ 2 servings

Per serving: 519 Kcal 39g Protein 27g Fat 36g Carbs

Ingredients

- Rosemary, 2 tablespoons (4 g)
- Lemon, 1 fruit (2-3/8" dia) (84 g)
- Olive oil, 2 tablespoon (30 g)
- Zucchini, 2 medium (320 g)
- Salmon, 2 fillet (340 g)
- Sea salt, 1/2 teaspoon (3 g)
- Pepper, 1/2 tsp (1 g)
- Squash, butternut, 1 lb (454 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the salmon fillets, cubed squash, and zucchini slices.

Drizzle olive oil over the salmon, squash and zucchini. Sprinkle with rosemary, sea salt, and black pepper.

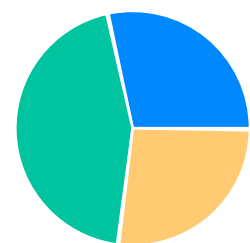
Place lemon slices on top of the salmon fillets.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1038.8	84	519.4
Protein [g]	77	6.2	38.5
Fat [g]	53.6	4.3	26.8
Carbs [g]	72.3	5.8	36.2
Fiber [g]	15.4	1.2	7.7
Net Carbs [g]	56.9	4.6	28.5



29 % Protein 45 % Fat 27 % Carbs

Halloumi Bulgur Salad

🕒 20 min 🍽️ 1 serving

Per serving: 480 Kcal 19g Protein 30g Fat 37g Carbs

Ingredients

- Lemon juice, 1 tablespoons (15 g)
- Cucumber, 1/2 large (137.5 g)
- Olive oil, 1 tablespoon (15 g)
- Water, 1/2 cups (118.2 g)
- Bulgur, 1/4 cup (35 g)
- Salt and pepper, 1/2 tsp (0.8 g)
- Parsley, 1/4 cup (15 g)
- Onion, 1/4 medium (26.4 g)
- Cherry tomatoes, 1/2 cup (74.5 g)
- Haloumi cheese, 2 oz (56.7 g)



Instructions

In a small saucepan, bring the water to a boil. Add the bulgur, cover, and remove from heat. Let sit for 10 minutes, then fluff with a fork.

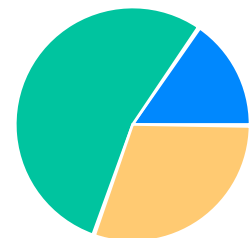
While the bulgur is cooking, heat a non-stick skillet over medium-high heat. Slice the halloumi cheese into thin slices and cook in the skillet for 2-3 minutes on each side, until golden brown.

In a large bowl, combine the cooked bulgur, cucumber, cherry tomatoes, red onion, and parsley. Drizzle with olive oil and lemon juice, and season with salt and pepper.

Top the salad with the cooked halloumi slices and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	480.1	97.2	480.1
Protein [g]	19.1	3.9	19.1
Fat [g]	29.9	6.1	29.9
Carbs [g]	37.4	7.6	37.4
Fiber [g]	6.9	1.4	6.9
Net Carbs [g]	30.5	6.2	30.5



15% Protein 54% Fat 30% Carbs

Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers

🕒 25 min 🍽️ 1 serving

Per serving: 376 Kcal 21g Protein 14g Fat 44g Carbs

Ingredients

- **Ginger powder**, 1/2 tsp (0.9 g)
- **Carrots, diced**, 1/8 cup (15.4 g)
- **Sesame oil**, 1 tsp (4.5 g)
- **Zucchini, diced**, 1/8 cup (15.3 g)
- **Tempeh**, 3 oz (85.4 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Bell peppers, diced**, 1/8 cup (17.9 g)
- **Rice**, 3/4 cups (118.5 g)
- **salt**, 1 pinch (0.6 g)



Instructions

Heat a non-stick pan over medium heat and add the tempeh cubes. Cook until lightly browned on all sides, about 5 minutes.

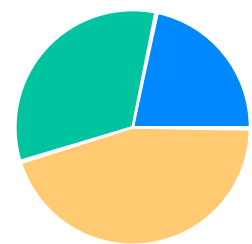
Add the mixed vegetables to the pan and cook for another 3-4 minutes, until they are slightly softened.

Add the cooked rice to the pan and stir in the sesame oil, ginger powder, salt, and black pepper. Cook for another 2-3 minutes, stirring occasionally.

Remove from heat. Serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	375.5	145.1	375.6
Protein [g]	21.1	8.1	21.1
Fat [g]	14.2	5.5	14.2
Carbs [g]	43.9	17	43.9
Fiber [g]	1.7	0.7	1.7
Net Carbs [g]	42.2	16.3	42.2



22 % Protein 33 % Fat 45 % Carbs

Shopping List

Dairy and Egg Products

- Eggs, 1 large (49.8 g)
- Almond milk, 3 1/2 cup (875.3 g)
- Yogurt, low fat, plain, 1 portion(s) (50 g)
- Fried Egg, 2 large (140 g)
- Cheddar Cheese, 1 oz (28.4 g)
- Plain Yogurt (Low Fat), 1/2 container (4 oz) (113 g)
- Haloumi cheese, 2 oz (56.7 g)
- Feta cheese, 0 cup (9.8 g)
- Cottage Cheese, 4 oz (113 g)
- Fat-Free Milk, 4 cup (980 g)
- Plain Yogurt, Full Fat, 1 container (6 oz) (170 g)
- Greek yogurt, 4 tablespoons (62.1 g)

Vegetables and Vegetable Products

- Onions, 0 cup (6.9 g)
- Tomatoes, 0 cup (6.5 g)
- Bell peppers, 0 cup (6.2 g)
- Spinach, 0 cup (1.2 g)
- Carrots, diced, 1/3 cup (30.8 g)
- Zucchini, diced, 1/3 cup (30.5 g)
- Bell peppers, diced, 1/3 cup (35.8 g)
- Carrot, 1/3 portion (15.3 g)
- Cucumber, 1/3 cucumber (75.1 g)
- Garlic, 1 1/2 portion (4.5 g)
- Bell pepper, 1/3 portion (29.8 g)
- Cherry tomatoes, 1 1/3 cup (186.3 g)
- Cucumber, 3/4 cup slices (78 g)
- Eggplant, 1/2 large (228.9 g)
- Broccoli florets, 1/2 cups (45.6 g)
- Onion, 0 cup (3.3 g)
- Parsley, 1/5 cup (11.3 g)
- Cilantro, 0 cup (1 g)
- Carrots, 1/2 small (25.3 g)
- Onion, 1/3 small (16.8 g)
- Garlic, 3 1/2 clove (10.5 g)
- Baby spinach leaves, 1/3 cup (7.5 g)

- Potatoes, 1 potato small (1-3/4" to 2-1/2" dia) (170.1 g)
- Broccoli florets, 1/2 cup (45.5 g)
- Cucumber, 1/2 large (137.5 g)
- Onion, 1/4 medium (26.4 g)
- Garlic, 1/2 cloves (1.5 g)
- Parsley, 1/3 tbsp (1 g)
- Zucchini, 1 medium (160 g)
- Squash, butternut, 1/2 lb (227 g)
- Onion, thinly sliced, 1/3 cup (39.5 g)
- Tomatoes, 1 cup (149.4 g)
- Chilli, 1 (45.1 g)
- Cilantro, 2 servings (0.2 g)
- Onion, 1/2 medium (2-1/2" dia) (55.1 g)
- Red Bell pepper, 1/2 portion (57.5 g)
- Yellow Bell pepper, 1/2 portion (59.7 g)
- Spinach leaves, 1/2 cups (15 g)
- Yellow/Red Pepper, 1/2 cups (74.1 g)
- Lettuce leaves, 4 large (96.1 g)

Spices and Herbs

- Salt and pepper, 3 1/5 tsp (6.3 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Cinnamon, 1 tsp (2.6 g)
- Ginger powder, 1 tsp (1.8 g)
- Pepper, 1 1/2 tsp (3 g)
- salt, 2 pinch (1.2 g)
- Dill, 1 teaspoon (0.1 g)
- Paprika, 3/4 teaspoon (1.5 g)
- Ground cumin, 1/2 teaspoon (1 g)
- Vanilla extract, 1/3 teaspoons (1 g)
- Salt, 1/3 teaspoon (2.2 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Salt, 1/3 tsp (2 g)
- Pepper, 1/3 teaspoon (0.5 g)
- Turmeric, 1/7 teaspoon (0.3 g)
- Ground coriander, 1/3 teaspoon (0.5 g)
- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 1/3 teaspoons (0.5 g)
- Rosemary, 1 tablespoons (2 g)

- Sea salt, 1/3 teaspoon (1.5 g)
- Basil leaves, 2 sprig (4 g)
- Oregano, 1 teaspoon (2 g)
- Black Pepper, 1/7 tsp (0.3 g)
- Black Pepper, 0 tsp, ground (0.1 g)
- Salt and pepper, 2 pinch (0.2 g)

Fruits and Fruit Juices

- Peaches, 1/2 cup (80.5 g)
- Apple, 1 large (3-1/4" dia) (223 g)
- Bananas, 2 medium (7" to 7-7/8" long) (236.2 g)
- Avocado, 1/2 avocado, ns as to florida or california (100.6 g)
- Lemon, 1/2 lemon (54 g)
- Lemon juice, 2 tablespoons (30 g)
- Olives, 1/7 cup (16.2 g)
- Banana, 1/2 banana (59.5 g)
- Cranberries, 0 cup (7.9 g)
- Lemon juice, 1/3 tablespoon (3.7 g)
- Lemon, 1/2 fruit (2-3/8" dia) (42 g)
- Raspberries, 10 raspberries (19 g)
- Strawberry, sliced, 1/2 cup(s) (45 g)
- Mango, 1 cup (153 g)
- Lemon zest, 1/2 tbsp (3 g)

Breakfast Cereals

- Rolled oats, 1/2 cup (35.5 g)
- Rolled oats, 3/4 c (60.8 g)

Baked Products

- Whole Wheat Bread, 5 slice (370.6 g)
- Almonds, 1/5 cup (26.8 g)
- Bread, 1 slices (28.2 g)
- Pita breads, 1 pita bread (56.1 g)
- Chocolate chips, 0 cup (17.9 g)
- Tortilla wraps, 1 tortilla medium (approx 6" dia) (30 g)
- Bread, 4 slices (115.1 g)

Nut and Seed Products

- Chia seeds, 1/3 cup (61.4 g)
- Coconut milk, 1/2 cup (113.4 g)

- Whipped coconut cream, 1 tablespoon (16 g)
- Roasted almonds, 0 c (7.1 g)

Fats and Oils

- Sesame oil, 2 tsp (9 g)
- Olive oil, 0 cup (14.1 g)
- Cooking oil, 1/2 teaspoons (2 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Olive oil, 5 3/4 tablespoon (77.7 g)
- Olive oil, 1/2 tsp (2.5 g)
- Soybean oil, 1/2 tablespoon (6.8 g)
- Sesame oil, 1/3 tablespoon (3.5 g)

Legumes and Legume Products

- Tempeh, 6 oz (170.8 g)
- Hummus, 1/3 cup (88.8 g)
- Block of extra tofu, 1/2 (198.4 g)
- Hummus, 1/2 tub (90 g)
- Soy sauce, 3 tbsp (54.1 g)
- Chickpeas, 1/3 can (113.5 g)
- Vegan hummus, 1/3 cup (61.8 g)

Cereal Grains and Pasta

- Rice, 1 1/2 cups (237.1 g)
- Cornstarch, 1/3 cup (32.1 g)
- brown rice, cooked, 1 cup (154.9 g)
- Brown rice, 3/4 cup (146.4 g)
- Bulgur, 1/4 cup (35 g)
- Spaghetti, 1/2 g (100.2 g)
- Quinoa, cooked, 1/2 cup (92.6 g)

Sweets

- Cocoa powder, 3 1/2 tablespoon (17.5 g)
- Maple syrup, 1 1/2 tablespoons (30.1 g)

Finfish and Shellfish Products

- Salmon, 50 g (50 g)
- Salmon, 2 1/3 fillet (382.7 g)
- Prawns, 300 2/3 gram (300.7 g)
- Shrimp, 1/2 lb (227.3 g)
- Fish, 1 fillet (120.1 g)

- White Fish, 125 1/9 g (125.1 g)

Beverages

- Coffee, 1/2 cup (118 g)
- Water, 1/2 cups (118.2 g)
- Coffee (Unsweetened), 5 portion(s) (250 g)
- Almond Milk, 1 cup (262 g)

Other

- Sweetener, 1 tablespoons (10 g)
- Nutritional yeast, 1/7 cup (5.5 g)
- seitan, strips/cubes, 1 cup (269.8 g)
- Lentils, 1/3 cup (48.1 g)
- Seitan, 1/2 cup (70.1 g)

Soups, Sauces, and Gravies

- Dijon mustard, 1/3 tablespoon (3.8 g)
- Vegetable broth, 1/2 cups (98.1 g)
- Oyster sauce, 1/2 tablespoon (9 g)
- Fish sauce, 1/2 tbsp (9.1 g)

Canned and Jarred

- Kalamata olives, 0 cup (8.4 g)
- Tuna, 2 can (340.5 g)