

Zone Diet Meal Plan

DAY 1

Breakfast	Scrambled Egg with Tomato on Whole Wheat Toast	1 serving (142 g)
Mid-morning snack	Celery Sticks with Cottage Cheese Dip	1 serving (199 g)
Lunch	Meaty Pork Spaghetti	1 serving (362 g)
Mid-afternoon snack	Lemon Herb Zucchini Chips	1 serving (110 g)
Dinner	Herbed Salmon with Bulgur Salad	1 serving (585 g)

DAY 2

Breakfast	Fried Egg	2 large (140 g)
	Tomato, Fresh	4 slices (108 g)
	Avocado	1/2 avocado (79 g)
	Whole Wheat Bread	2 slice (64 g)
Mid-morning snack	Lemon Herb Zucchini Chips with Cottage Cheese	1 serving (125 g)
Lunch	Pork and Zucchini with Brown Rice	1 serving (311 g)
Mid-afternoon snack	Strawberry and Walnuts Parfait	1 serving (150 g)
Dinner	Chicken Pasta with Broccoli	1 serving (225 g)

DAY 3

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1/2 cups (48.5 g)
Mid-morning snack	Lemon Herb Zucchini Chips with Cottage Cheese	1 serving (125 g)
Lunch	Lean Ground Beef, Quinoa, and Broccoli Bowls	1 serving (217 g)
Mid-afternoon snack	Baked Onion Rings	1 serving (251 g)
Dinner	Canned Tuna with Arugula and Lemon over Quinoa	1 serving (216 g)

DAY 4

Breakfast	Pork Breakfast Patties over Brown Rice with Carrots and Spinach	1 serving (278 g)
Mid-morning snack	Caprese Sourdough Toast	1 serving (157 g)
Lunch	Turkey Breast and Green Beans over Rice	1 serving (227 g)
Mid-afternoon snack	Hazelnut, Nut	1 oz (28.4 g)
Dinner	Turkey Breast and Peppers over Quinoa	1 serving (195 g)

DAY 5

Breakfast	Fried Egg	2 large (140 g)
	Tomato, Fresh	4 slices (108 g)
	Avocado	1/2 avocado (79 g)
Mid-morning snack	Plain Yogurt (Low Fat)	1 container (4 oz) (226 g)
	Strawberries	1 cup, halves (152 g)
Lunch	Beef and Carrots with Quinoa	1 serving (182 g)
Mid-afternoon snack	Pear	1 medium (178 g)
Dinner	Zucchini Turkey over Quinoa	1 serving (227 g)

DAY 6

Breakfast	Baked Frittata Cups	1 serving (71 g)
Mid-morning snack	Cottage Cheese Toast with Tomato and Avocado	1 serving (178 g)
Lunch	One-Pan Beef Strips, Green Beans, and Quinoa	1 serving (458 g)
Mid-afternoon snack	Milk, semi-skimmed Coffee, espresso	200 grams (200 g) 1 takeaway cup, small/espresso, single shot (50 g)
Dinner	Baked Salmon with Broccoli and Carrots over Cooked Quinoa	1 serving (487 g)

DAY 7

Breakfast	Fried Egg Tomato, Fresh Avocado Whole Wheat Bread	2 large (140 g) 4 slices (108 g) 1/2 avocado (79 g) 2 slice (64 g)
Mid-morning snack	Baked Onion Rings	1 serving (251 g)
Lunch	Turkey Breast and Peppers over Rice	1 serving (219 g)
Mid-afternoon snack	Orange, Fresh	1 fruit (2-5/8" dia) (131 g)
Dinner	Tomato Basil Salmon with Brown Rice	1 serving (230 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Scrambled Egg with A Tomato on Whole Wheat Y Toast 1 serving (142 g)	Celery Sticks with Cottage Cheese Dip 1 serving (199 g)	Meaty Pork Spaghetti 1 serving (362 g)	Lemon Herb Zucchini Chips 1 serving (110 g)	Herbed Salmon with Bulgur Salad 1 serving (585 g)
2	D Fried Egg A 2 large (140 g) Y Tomato, Fresh 4 slices (108 g) 2 Avocado ½ avocado (79 g) Whole Wheat Bread 2 slice (64 g)	Lemon Herb Zucchini Chips with Cottage Cheese 1 serving (125 g)	Pork and Zucchini with Brown Rice 1 serving (311 g)	Strawberry and Walnuts Parfait 1 serving (150 g)	Chicken Pasta with Broccoli 1 serving (225 g)
3	D Fried Egg A 2 large (140 g) Y Mushrooms, Fresh ½ cups (48.5 g) 3	Lemon Herb Zucchini Chips with Cottage Cheese 1 serving (125 g)	Lean Ground Beef, Quinoa, and Broccoli Bowls 1 serving (217 g)	Baked Onion Rings 1 serving (251 g)	Canned Tuna with Arugula and Lemon over Quinoa 1 serving (216 g)
4	D Pork Breakfast Patties over Brown Rice with Carrots and Spinach 1 serving (278 g) 4	Caprese Sourdough Toast 1 serving (157 g)	Turkey Breast and Green Beans over Rice 1 serving (227 g)	Hazelnut, Nut 1 oz (28.4 g)	Turkey Breast and Peppers over Quinoa 1 serving (195 g)
5	D Fried Egg A 2 large (140 g) Y Tomato, Fresh 4 slices (108 g) 5 Avocado ½ avocado (79 g)	Plain Yogurt (Low Fat) 1 container (4 oz) (226 g) Strawberries 1 cup, halves (152 g)	Beef and Carrots with Quinoa 1 serving (182 g)	Pear 1 medium (178 g)	Zucchini Turkey over Quinoa 1 serving (227 g)
6	D Baked Frittata Cups A 1 serving (71 g) Y 6	Cottage Cheese Toast with Tomato and Avocado 1 serving (178 g)	One-Pan Beef Strips, Green Beans, and Quinoa 1 serving (458 g)	Milk, semi-skimmed 200 grams (200 g) Coffee, espresso 1 takeaway cup, small/espresso, single shot (50 g)	Baked Salmon with Broccoli and Carrots over Cooked Quinoa 1 serving (487 g)
7	D Fried Egg A 2 large (140 g) Y Tomato, Fresh 4 slices (108 g) 7 Avocado ½ avocado (79 g) Whole Wheat Bread 2 slice (64 g)	Baked Onion Rings 1 serving (251 g)	Turkey Breast and Peppers over Rice 1 serving (219 g)	Orange, Fresh 1 fruit (2-¼" dia) (131 g)	Tomato Basil Salmon with Brown Rice 1 serving (230 g)

Macronutrient summary

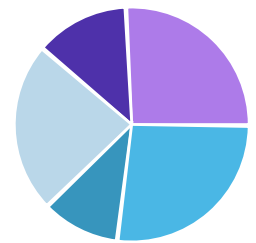
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	9301.8	1328.8
Protein [g]	665	95
Fat [g]	377.9	54
Carbs [g]	838.8	119.8
Fiber [g]	133.4	19.1
Net Carbs [g]	705.4	100.8



28 % Protein 36 % Fat
36 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	345.8	20.8	20.7	19.8	4.9	15
Mid-morning snack	171	9.3	5.8	21.9	2.8	19
Lunch	312.6	28.4	8.2	31.2	3.7	27.5
Mid-afternoon snack	141.4	5.4	6.2	18	3.4	14.6
Dinner	358.1	31.1	13.1	29	4.3	24.7



26 % Breakfast 13 %
Mid-morning snack 24
% Lunch 11 % Mid-af-
ternoon snack 27 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1325.8	96.4	56.3	112.4	16.5	95.9
Day 2	1524.9	107.5	68.2	126.7	25.3	100.4
Day 3	1187.1	87.5	43.8	113.5	14.5	99
Day 4	1244.6	89	49.6	114	14.2	99.8
Day 5	1214.5	83.9	51.9	108.7	21.1	87.6
Day 6	1383.6	114.3	55.6	108.1	18	90.1
Day 7	1421.3	86.4	52.5	155.4	22.9	132.5

Caprese Sourdough Toast

🕒 27 min 🍽️ 2 servings

Per serving: 294 Kcal 12g Protein 12g Fat 36g Carbs

Ingredients

- Basil leaves, 1/2 cup (9.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Tomatoes, 1 medium (122.8 g)
- sourdough bread, 2 slices (128 g)
- Mozzarella Cheese (Part Skim), 2 slice (38 g)
- Salt, 1/4 tsp (1.4 g)



Instructions

Preheat the oven to 350°F (175°C).

Place the sourdough bread slices on a baking sheet.

Drizzle olive oil on both sides of the bread slices.

Toast the bread in the preheated oven for about 10 minutes or until crispy.

Remove the bread from the oven and let it cool slightly.

Place the tomato slices on one side of each toast slice.

Sprinkle salt and pepper over the tomatoes.

Layer the basil leaves on top of the tomatoes.

Place the mozzarella cheese slices on the other side of each toast slice.

Return the topped toasts to the oven and bake for an additional 5-7 minutes or until the cheese has melted.

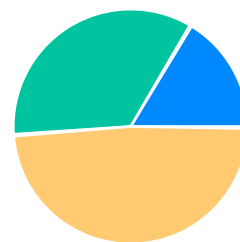
Remove from the oven and let it cool for a minute.

Serve the Caprese sourdough toasts warm.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	588.4	187.7	294.2
Protein [g]	24.4	7.8	12.2
Fat [g]	23	7.3	11.5
Carbs [g]	72.5	23.1	36.3
Fiber [g]	4.4	1.4	2.2
Net Carbs [g]	68.1	21.7	34.1



16 % Protein 35 % Fat 49 %
Carbs

Baked Onion Rings

🕒 27 min 🍽️ 4 servings

Per serving: 282 Kcal 10g Protein 4g Fat 54g Carbs

Ingredients

- Eggs, 2 large (100 g)
- Salt, 1/2 teaspoon (2.9 g)
- Paprika, 1 teaspoon (2 g)
- Onions, 2 onion (662 g)
- Flour, 1 cup (125 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Pepper, 1/4 tsp (0.5 g)
- Breadcrumbs, 1 cup (108 g)



Instructions

Preheat the oven to 450°F (232°C). Line a baking sheet with parchment paper.

Slice the onions into 1/2-inch thick rings and separate them.

In a shallow bowl, combine the gluten-free all-purpose flour, paprika, garlic powder, salt, and black pepper.

In another bowl, whisk the eggs until well beaten.

Dip each onion ring into the flour mixture, then into the beaten eggs, and finally into the gluten-free breadcrumbs, pressing gently to adhere.

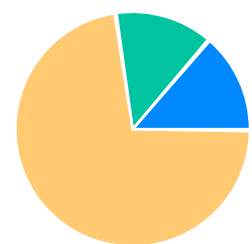
Place the coated onion rings on the prepared baking sheet in a single layer.

Bake for 12-15 minutes, or until the onion rings are golden brown and crispy.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1129.5	112.7	282.4
Protein [g]	40.5	4	10.1
Fat [g]	17.7	1.8	4.4
Carbs [g]	215.3	21.5	53.8
Fiber [g]	21.8	2.2	5.5
Net Carbs [g]	193.5	19.3	48.4



14 % Protein 13 % Fat 73 % Carbs

Celery Sticks with Cottage Cheese Dip

🕒 10 min 🍽️ 1 serving

Per serving: 117 Kcal 12g Protein 5g Fat 7g Carbs

Ingredients

- Cottage cheese, 1/2 cup (103 g)
- Lemon juice, 1 tablespoon (14.6 g)
- Dill, 2 tbsp (0.8 g)
- Salt and pepper, 1/4 tsp (0.5 g)
- Celery, 2 stalks (80 g)



Instructions

Slice celery into sticks.

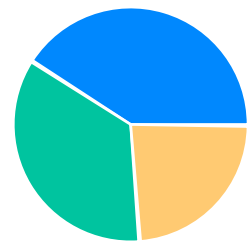
In a medium bowl, combine cottage cheese, fresh dill, lemon juice, salt, and pepper.

Mix well until all ingredients are well incorporated.

Serve the carrot sticks with the cottage cheese dip on the side.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	117.3	59	117.3
Protein [g]	12.1	6.1	12.1
Fat [g]	4.6	2.3	4.6
Carbs [g]	6.9	3.5	6.9
Fiber [g]	1.3	0.7	1.3
Net Carbs [g]	5.6	2.8	5.6



41 % Protein 35 % Fat 24 % Carbs

Cottage Cheese Toast with Tomato and Avocado

🕒 10 min 🍽️ 2 servings

Per serving: 211 Kcal 11g Protein 11g Fat 20g Carbs

Ingredients

- **Basil leaves**, 6 leaves (3 g)
- **Avocado**, 1/2 avocado, ns as to florida or california (100.5 g)
- **Cottage cheese**, 1/2 cup (103 g)
- **Tomato**, 1 small whole (2-2/5" dia) (91 g)
- **Bread**, 2 slices (56.4 g)
- **Salt and pepper**, 1 tsp (2 g)

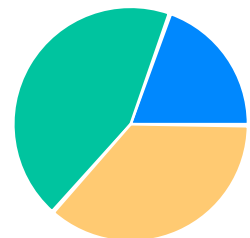


Instructions

- Toast the bread slices until golden brown.
- Spread the cottage cheese evenly on each slice of toast.
- Top the cottage cheese with tomato slices and avocado slices.
- Season with salt and pepper to taste.
- Garnish with fresh basil leaves.
- Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	421	118,3	210,5
Protein [g]	21,4	6	10,7
Fat [g]	21,3	6	10,7
Carbs [g]	39,8	11,2	19,9
Fiber [g]	11,3	3,2	5,7
Net Carbs [g]	28,5	8	14,3



20 % Protein 44 % Fat 36 % Carbs

Lemon Herb Zucchini Chips with Cottage Cheese

🕒 20 min 🍽️ 4 servings

Per serving: 50 Kcal 3g Protein 3g Fat 4g Carbs

Ingredients

- Lemon juice, 1 t (14.9 g)
- Rosemary, 1 serving (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 teaspoons (8 g)
- Zucchini, 2 medium (392 g)
- Pepper, 1/4 tsp (0.5 g)
- cottage cheese, reduced fat, 1/2 cup (82 g)



Instructions

Preheat the oven to 425°F (220°C).

Slice the zucchinis into thin rounds, about 1/8 inch thick.

In a large bowl, combine olive oil, lemon juice, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Add the zucchini slices to the bowl and toss until they are evenly coated with the herb mixture.

Arrange the zucchini slices in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for 10 minutes.

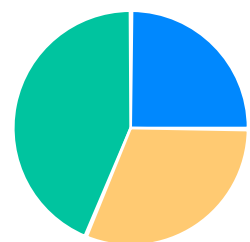
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

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

Enjoy with blended cottage cheese dip!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	200.7	40	50.2
Protein [g]	13.6	2.7	3.4
Fat [g]	10.6	2.1	2.7
Carbs [g]	16.9	3.4	4.2
Fiber [g]	4.5	0.9	1.1
Net Carbs [g]	12.4	2.5	3.1



25% Protein 44% Fat 31% 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!

Pork Breakfast Patties over Brown Rice with Carrots and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 301 Kcal 27g Protein 9g Fat 29g Carbs

Ingredients

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



Instructions

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

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

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

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

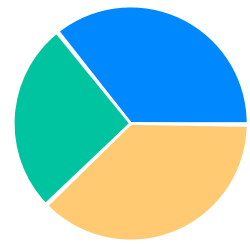
In a separate pan, heat olive oil over medium heat. Add the spinach leaves and sauté until wilted.

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

Enjoy your clean eating turkey breakfast patties over brown rice with carrots and spinach!

Macronutrient summary

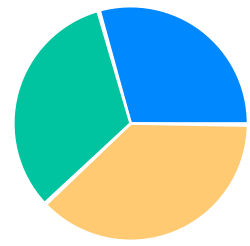
	TOTAL	/100 G	/SERVING
Energy [kcal]	1205.4	108.4	301.4
Protein [g]	109.1	9.8	27.3
Fat [g]	35.7	3.2	8.9
Carbs [g]	114.5	10.3	28.6
Fiber [g]	13.6	1.2	3.4
Net Carbs [g]	100.9	9.1	25.2



36 % Protein 26 % Fat 38 %
Carbs

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1079.3	117.1	269.8
Protein [g]	78.5	8.5	19.6
Fat [g]	38.6	4.2	9.7
Carbs [g]	100.8	10.9	25.2
Fiber [g]	8.3	0.9	2.1
Net Carbs [g]	92.5	10	23.1



30 % Protein 33 % Fat 38 %
Carbs

Lean Ground Beef, Quinoa, and Broccoli Bowls

🕒 30 min 🍽️ 4 servings

Per serving: 372 Kcal 32g Protein 13g Fat 31g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Oregano**, 1 teaspoons (2 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Quinoa**, 1 cup (170 g)
- **Broccoli florets**, 2 cups (182 g)
- **Salt and pepper**, 1 tsp (2 g)
- **lean ground beef**, 1 pound (454 g)



Instructions

Cook quinoa according to package instructions.

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

Add ground beef to the skillet and cook for 5-7 minutes, or until cooked through.

Remove beef from the skillet and set aside.

In the same skillet, add broccoli florets and cook for 3-4 minutes, or until tender.

In a small bowl, whisk together lemon juice, dried oregano, salt, and pepper.

Add cooked quinoa, ground beef, and broccoli florets to the skillet.

Pour the lemon juice mixture over the ingredients in the skillet and stir to combine.

Cook for an additional 2-3 minutes, or until everything is heated through.

Remove from heat and divide the mixture into bowls.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1487.4	171.6	371.9
Protein [g]	129.2	14.9	32.3
Fat [g]	51.8	6	13
Carbs [g]	124.6	14.4	31.2
Fiber [g]	17.6	2	4.4
Net Carbs [g]	107	12.3	26.8



35 % Protein 31 % Fat 34 %
Carbs

Zucchini Turkey over Quinoa

🕒 30 min 🍽️ 4 servings

Per serving: 260 Kcal 28g Protein 7g Fat 21g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Zucchini, 1 small (118 g)
- Turkey Breast, 24 oz (400 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Cook the quinoa according to package instructions.

Season the turkey breasts with salt and pepper.

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

Add the turkey breasts to the skillet and cook for about 6-8 minutes per side, or until cooked through.

Remove the cooked turkey from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

In the same skillet, add the zucchini slices and cook for about 5 minutes, or until they are tender-crisp.

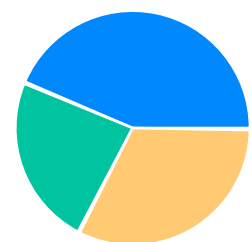
Add the sliced turkey back to the skillet with the zucchini and cook for an additional 2 minutes to heat through.

Serve the zucchini and turkey mixture over the cooked quinoa.

Enjoy your delicious Zucchini Turkey Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1039.4	114.5	259.9
Protein [g]	112.3	12.4	28.1
Fat [g]	26.9	3	6.7
Carbs [g]	83	9.1	20.8
Fiber [g]	11.5	1.3	2.9
Net Carbs [g]	71.5	7.9	17.9



44 % Protein 24 % Fat 32 % Carbs

Canned Tuna with Arugula and Lemon over Quinoa

🕒 10 min 🍽️ 2 servings

Per serving: 196 Kcal 21g Protein 3g Fat 21g Carbs

Ingredients

- lemon juice, 1 tablespoon (16 g)
- Salt and pepper, 2 tsp (4 g)
- Tuna, 1 can (170 g)
- Arugula, 2 cup (56 g)
- Quinoa, cooked, 1 cup (185 g)



Instructions

In a bowl, combine the drained tuna, arugula, and lemon juice.

Season with salt and pepper to taste.

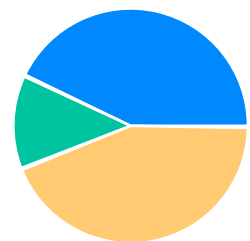
Serve the tuna mixture over a bed of cooked quinoa.

Garnish with additional lemon slices if desired.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	392.5	91.1	196.3
Protein [g]	41.9	9.7	21
Fat [g]	5.6	1.3	2.8
Carbs [g]	42.7	9.9	21.4
Fiber [g]	6.1	1.4	3.1
Net Carbs [g]	36.6	8.5	18.3



43 % Protein 13 % Fat 44 % Carbs

Scrambled Egg with Tomato on Whole Wheat Toast

🕒 15 min 🍽️ 2 servings

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

Ingredients

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



Instructions

In a bowl, whisk the eggs until well beaten.

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

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

Pour the beaten eggs into the skillet with the tomatoes.

Season with salt and black pepper to taste.

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

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

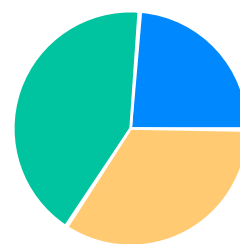
Toast the slices of whole wheat bread.

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

Serve hot and enjoy!

Macronutrient summary

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



24 % Protein 42 % Fat 34 %
Carbs

Baked Salmon with Broccoli and Carrots over Cooked Quinoa

🕒 15 min 🍽️ 2 servings

Per serving: 616 Kcal 57g Protein 28g Fat 32g Carbs

Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Ginger powder**, 1 teaspoons (2 g)
- **Carrot**, 1 cup chopped (128 g)
- **Olive oil**, 4 tsp (20 g)
- **Quinoa**, 1 cup (185 g)
- **Salmon**, 3 fillet (510 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Broccoli florets**, 1 cup (91 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together olive oil, lemon juice, turmeric, ginger powder, garlic powder, salt, and pepper. Place the salmon fillets in a baking dish and pour the marinade over them. Let them marinate for 5 minutes. Meanwhile, steam the broccoli florets and carrot slices for 3-4 minutes until slightly tender.

Place the marinated salmon fillets in the preheated oven and bake for 10 minutes or until cooked through. In the last 5 minutes of baking, add the steamed broccoli and carrot slices to the baking dish alongside the salmon.

While the salmon and vegetables are baking, cook the quinoa according to package instructions.

Once the salmon is cooked and the vegetables are tender, remove from the oven.

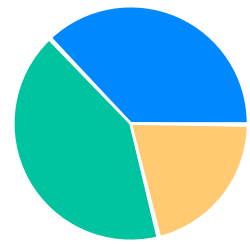
Serve the baked salmon and vegetables over a bed of cooked quinoa.

Garnish with fresh herbs or lemon slices if desired.

Enjoy the Baked Salmon with Broccoli and Carrots over Cooked Quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1231.8	126.5	615.9
Protein [g]	113.8	11.7	56.9
Fat [g]	56.8	5.8	28.4
Carbs [g]	63.8	6.6	31.9
Fiber [g]	12.2	1.3	6.1
Net Carbs [g]	51.6	5.3	25.8



37 % Protein 42 % Fat 21 %
Carbs

Chicken Pasta with Broccoli

🕒 15 min 🍽️ 2 servings

Per serving: 412 Kcal 34g Protein 12g Fat 47g Carbs

Ingredients

- Broccoli, 1 cups (88 g)
- Olive oil, 1 tablespoon (13.5 g)
- Pasta, 2 cups (118.6 g)
- Salt and pepper, 2 tsp (4 g)
- Chicken breasts, 2 portion (226 g)



Instructions

Cook the pasta according to package instructions. Drain and set aside.

Season the chicken breasts with salt and pepper.

Heat olive oil in a skillet over medium heat.

Add the chicken breasts and cook for 5-6 minutes per side until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

In the same skillet, add the broccoli and sauté for 3-4 minutes until tender.

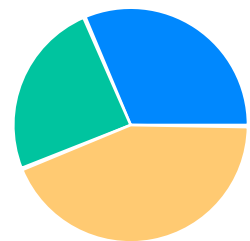
Add the cooked pasta and sliced chicken to the skillet with broccoli.

Toss everything together and cook for an additional 2-3 minutes to heat through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	824.5	183.2	412.3
Protein [g]	66.9	14.9	33.5
Fat [g]	23.2	5.2	11.6
Carbs [g]	92.9	20.6	46.5
Fiber [g]	13.2	2.9	6.6
Net Carbs [g]	79.7	17.7	39.9



32 % Protein 25 % Fat 44 % Carbs

Pork and Zucchini with Brown Rice

🕒 15 min 🍽️ 4 servings

Per serving: 289 Kcal 27g Protein 9g Fat 25g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Pork tenderloin, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Zucchini, 2 medium (392 g)
- Brown rice, 2 cup (380 g)



Instructions

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

Add the pork slices and cook until browned, about 3-4 minutes.

Remove the pork from the skillet and set aside.

In the same skillet, add the sliced zucchini and cook for 2-3 minutes until slightly tender.

Return the pork to the skillet and season with salt.

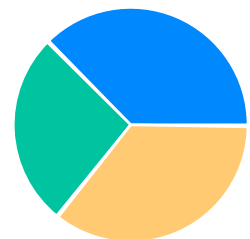
Stir-fry for an additional 2 minutes until the pork is cooked through.

Serve the stir-fry over the cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1155.9	93.1	289
Protein [g]	107.2	8.6	26.8
Fat [g]	33.9	2.7	8.5
Carbs [g]	101.5	8.2	25.4
Fiber [g]	10.8	0.9	2.7
Net Carbs [g]	90.7	7.3	22.7



38 % Protein 27 % Fat 36 % Carbs

Beef and Carrots with Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 242 Kcal 21g Protein 8g Fat 21g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (13.5 g)
- Carrots, sliced, 1 medium (61 g)
- Beef sirloin, thinly sliced, 280 grams (280 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

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

Add the beef slices and cook until browned, about 3-4 minutes.

Remove the beef from the skillet and set aside.

In the same skillet, add the sliced carrots and cook for 2-3 minutes until slightly tender.

Return the beef to the skillet and season with salt.

Stir-fry for an additional 2 minutes until the beef is cooked through.

Serve the stir-fry over the cooked quinoa.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	966.4	132.9	241.6
Protein [g]	82.6	11.4	20.7
Fat [g]	33.4	4.6	8.4
Carbs [g]	84.7	11.6	21.2
Fiber [g]	12.1	1.7	3
Net Carbs [g]	72.6	10	18.2



34 % Protein 31 % Fat 35 % Carbs

Turkey Breast and Peppers over Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 222 Kcal 19g Protein 6g Fat 22g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Red/Yellow Pepper, 1 cup (139 g)
- Quinoa, cooked, 2 cup (370 g)
- Turkey Breast, 15 oz (250 g)

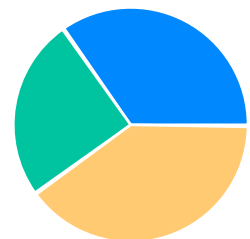


Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the peppers slices and cook for 2-3 minutes, or until cooked.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and peppers over cooked quinoa.
8. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	885.9	113.8	221.5
Protein [g]	76.8	9.9	19.2
Fat [g]	24.6	3.2	6.2
Carbs [g]	87.9	11.3	22
Fiber [g]	11.6	1.5	2.9
Net Carbs [g]	76.3	9.8	19.1



35 % Protein 25 % Fat 40 % Carbs

Turkey Breast and Green Beans over Rice

🕒 15 min 🍽️ 4 servings

Per serving: 248 Kcal 26g Protein 6g Fat 22g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- brown rice, cooked, 2 cup (326 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Green Beans, 4 portion(s) (160 g)
- Turkey Breast, 24 oz (400 g)

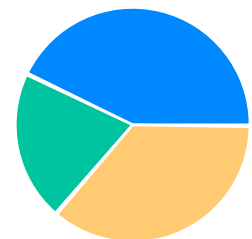


Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the green beans and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and green beans over cooked rice.
8. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	990.1	109.3	247.5
Protein [g]	105.1	11.6	26.3
Fat [g]	22.5	2.5	5.6
Carbs [g]	88.4	9.8	22.1
Fiber [g]	10.2	1.1	2.6
Net Carbs [g]	78.2	8.6	19.6



43 % Protein 21 % Fat 36 % Carbs

Turkey Breast and Peppers over Rice

🕒 15 min 🍽️ 4 servings

Per serving: 226 Kcal 26g Protein 4g Fat 22g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- brown rice, cooked, 2 cup (326 g)
- Olive Oil, 1 tsp (5 g)
- Red/Yellow Pepper, 1 cup (139 g)
- Turkey Breast, 24 oz (400 g)

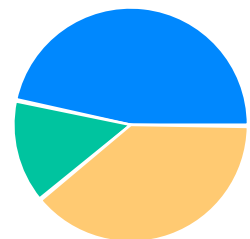


Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the peppers slices and cook for 2-3 minutes, or until cooked.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and peppers over cooked rice.
8. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	902.9	103.1	225.7
Protein [g]	103.6	11.8	25.9
Fat [g]	13.9	1.6	3.5
Carbs [g]	86	9.8	21.5
Fiber [g]	7.1	0.8	1.8
Net Carbs [g]	78.9	9	19.7



47 % Protein 14 % Fat 39 % Carbs

Meaty Pork Spaghetti

🕒 15 min 🍽️ 4 servings

Per serving: 423 Kcal 33g Protein 10g Fat 52g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (15 g)
- Onion, 1/2 cup (76.9 g)
- Canned tomatoes, 14 1/2 oz (436.2 g)
- Garlic, 2 cloves (6 g)
- Tomato sauce, 8 ounce (226.8 g)
- Pepper, 1/4 tsp (0.5 g)
- Seasoning, 1 tsp (1.8 g)
- Spaghetti, 8 ounces (226.8 g)
- Pork, ground, 96% lean / 4% fat, raw, 1 lb (454 g)



Instructions

Cook spaghetti according to package instructions, drain and set aside.

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

Add onions and garlic, sauté until fragrant.

Add ground pork, cook until browned.

Stir in diced tomatoes, tomato sauce, Italian seasoning, salt, and pepper.

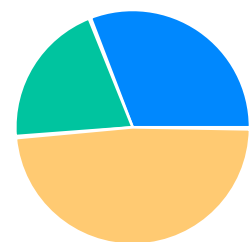
Simmer for 5 minutes, stirring occasionally.

Add cooked spaghetti to the skillet, toss to combine.

Serve hot and enjoy!

Macronutrient summary

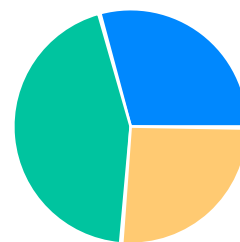
	TOTAL	/100 G	/SERVING
Energy [kcal]	1693.3	117	423.3
Protein [g]	133	9.2	33.3
Fat [g]	38.6	2.7	9.7
Carbs [g]	208.2	14.4	52.1
Fiber [g]	21.3	1.5	5.3
Net Carbs [g]	186.9	12.9	46.7



31 % Protein 20 % Fat 49 % Carbs

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	530.7	90.7	530.7
Protein [g]	39.5	6.7	39.5
Fat [g]	26.6	4.5	26.6
Carbs [g]	35	6	35
Fiber [g]	6.3	1.1	6.3
Net Carbs [g]	28.7	4.9	28.7



29 % Protein 44 % Fat 26 %
Carbs

- Tomato sauce, 2 ounce (56.7 g)
- Zucchini, 1/2 medium (98.2 g)
- Broccoli florets, 1/2 cups (45.6 g)
- Green Beans, 1 portion(s) (40.1 g)
- Carrots, sliced, 1/3 medium (15.3 g)
- Green beans, 1/2 cups (55.1 g)
- Red/Yellow Pepper, 1/2 cup (69.6 g)
- Cucumber, 1/4 cup, pared, chopped (33.2 g)
- Onion, 1/4 cup (40 g)
- Cherry tomatoes, 1/2 cup (74.4 g)
- Broccoli, 1/2 cups (44 g)
- Arugula, 1 cup (28.1 g)
- Zucchini, 1/3 small (29.5 g)
- Carrot, 1/2 cup chopped (64 g)
- Broccoli florets, 1/2 cup (45.5 g)

Baked Products

- Bread, 2 slices (56.4 g)
- Whole Wheat Bread, 4 slice (128 g)
- sourdough bread, 1 slices (64.1 g)

Spices and Herbs

- Salt and pepper, 5 1/2 tsp (11.1 g)
- Sage, 1/8 teaspoon (0 g)
- Salt, 1 1/7 teaspoon (6.5 g)
- Thyme, 1/8 teaspoon (0.1 g)
- Pepper, 1/3 tsp (0.8 g)
- Dill, 2 tbsp (0.8 g)
- Rosemary, 2/3 serving (0.1 g)
- Thyme, 2/3 tsp, leaves (0.7 g)
- Basil leaves, 1/3 cup (7.7 g)
- Salt, 1/7 tsp (0.7 g)
- Basil leaves, 3 leaves (1.5 g)
- Paprika, 1/2 teaspoon (1 g)
- Garlic powder, 3/4 teaspoon (2.3 g)
- Seasoning, 1/3 tsp (0.5 g)
- Oregano, 1/3 teaspoons (0.5 g)
- Salt, 1 tsp (6 g)
- Salt, 1 pinch (0.6 g)
- Dill, dried, 1 tsp (1 g)

- Thyme, dried, 1 tsp, leaves (1 g)
- Pepper, 1 pinch (0.1 g)
- Parsley, dried, 1 tsp (0.5 g)
- Turmeric, 1/2 teaspoons (1.1 g)
- Ginger powder, 1/2 teaspoons (1 g)

Fruits and Fruit Juices

- Avocado, 1 1/2 avocado (237 g)
- Lemon juice, 1 1/3 tablespoon (18.4 g)
- Lemon juice, 2/3 t (11.2 g)
- Strawberries, 1 cup, halves (152 g)
- Avocado, 1/3 avocado, ns as to florida or california (50.3 g)
- Lemon juice, 2 1/2 tablespoons (37.5 g)
- Strawberry, sliced, 2 fruit, medium (24.1 g)
- Pear, 1 medium (178 g)
- Orange, Fresh, 1 fruit (2-5/8" dia) (131 g)
- lemon juice, 1/2 tablespoon (8 g)

Cereal Grains and Pasta

- Brown rice, 1 1/2 cup (292.5 g)
- Spaghetti, 2 ounces (56.7 g)
- Quinoa, 2/3 cup (106.4 g)
- brown rice, cooked, 1 cup (163.2 g)
- Quinoa, cooked, 2 cup (370.5 g)
- Bulgur, 1/4 cup (35 g)
- Pasta, 1 cups (59.3 g)
- Quinoa, 1/2 cup (92.5 g)

Pork Products

- lean ground pork, 1/4 lb (113.5 g)
- Pork, ground, 96% lean / 4% fat, raw, 1/3 lb (113.6 g)
- Pork tenderloin, 1/3 pound (113.6 g)

Other

- Flour, 1/2 cup (62.6 g)
- Breadcrumbs, 1/2 cup (54.1 g)
- Walnuts, 1 tbsp (10 g)

Beef Products

- lean ground beef, 1/3 pound (113.6 g)
- Beef sirloin, thinly sliced, 170 1/4 grams (170.2 g)