

Nightshade-Free Diet Meal Plan

DAY 1

Breakfast	Fried Egg	2 large (140 g)
	Cheddar Cheese	1 oz (28.4 g)
	Spinach	1 cups (29 g)
	Whole Wheat Bread	1 slice (32 g)
Snack	Paleo Sweet Potato Chips	1 serving (242 g)
Lunch	Garlic Rosemary Chicken with Asparagus	1 serving (191 g)
Dinner	Creamy Salmon and Mushroom Pasta	1 serving (189 g)

DAY 2

Breakfast	Cheesy Spinach and Mushroom Savory Oats	1 serving (366 g)
Snack	Vegan Microwave Banana Chocolate Mug Cake	1 serving (126 g)
Lunch	Low Carb Soy-Glazed White Fish and Green Beans	2 serving (352 g)
Dinner	Sheet Pan Chicken, Green Beans, and Sweet Potatoes	1 serving (285 g)

DAY 3

Breakfast	Overnight Oats with Chia Seeds, Coconut Milk, and Banana	1 serving (291 g)
Snack	Apple, dried	10 piece, apple (35 g)
Lunch	Broccoli Pork Brown Rice	1 serving (248 g)
Dinner	Chicken and Wild Rice Casserole with Mushrooms and Carrots	1 serving (362 g)

DAY 4

Breakfast	Fried Egg	2 large (140 g)
	Cheddar Cheese	1 oz (28.4 g)
	Spinach	1 cups (29 g)
	Whole Wheat Bread	1 slice (32 g)
Snack	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Lunch	One-Pan Beef Strips, Broccoli, and Quinoa	1 serving (434 g)
Dinner	Cilantro Lime Shrimp Lettuce Wraps	1 serving (176 g)

DAY 5

Breakfast	Almond Milk French Toast with Banana	1 serving (255 g)
Snack	Vegan Microwave Banana Chocolate Mug Cake	2 serving (252 g)
Lunch	Quick Mushroom and Spinach Stuffed Chicken Breast	2 serving (626 g)
Dinner	Chicken and Wild Rice Casserole with Mushrooms and Carrots	1 serving (362 g)

DAY 6

Breakfast	Egg Scramble with Onion and Spinach on Whole Wheat Toast	1 serving (257 g)
Snack	Hummus	1/4 cup (62.3 g)
	Whole Wheat Pita Bread	1 pita, small (4" dia) (28 g)
Lunch	Carrots Beef Slices over Quinoa	1 serving (264 g)
Dinner	Parmesan Baked White Fish with Broccoli over Quinoa	1 serving (334 g)

DAY 7

Breakfast	Unsweetened Strawberry Chia Pudding	1 serving (268 g)
Snack	Lemon Herb Zucchini Chips with Cottage Cheese	2 serving (250 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Dinner	Chicken and Carrots over Rice	2 serving (430 g)

	BREAKFAST	SNACK	LUNCH	DINNER
D	Fried Egg	Paleo Sweet Potato Chips	Garlic Rosemary Chicken with	Creamy Salmon and Mushroom
A	2 large (140 g)	1 serving (242 g)	Asparagus	Pasta
Y	Cheddar Cheese		1 serving (191 g)	1 serving (189 g)
	1 oz (28.4 g)			
1	Spinach			
	1 cups (29 g)			
	Whole Wheat Bread			
	1 slice (32 g)			
D	Cheesy Spinach and Mushroom	Vegan Microwave Banana	Low Carb Soy-Glazed White Fish	Sheet Pan Chicken, Green Beans,
A	Savory Oats	Chocolate Mug Cake	and Green Beans	and Sweet Potatoes
Y	1 serving (366 g)	1 serving (126 g)	2 serving (352 g)	1 serving (285 g)
2				
D	Overnight Oats with Chia Seeds,	Apple, dried	Broccoli Pork Brown Rice	Chicken and Wild Rice Casserole
A	Coconut Milk, and Banana	10 piece, apple (35 g)	1 serving (248 g)	with Mushrooms and Carrots
Y	1 serving (291 g)			1 serving (362 g)
3				
D	Fried Egg	Coffee (Unsweetened)	One-Pan Beef Strips, Broccoli,	Cilantro Lime Shrimp Lettuce
A	2 large (140 g)	1 portion(s) (50 g)	and Quinoa	Wraps
Y	Cheddar Cheese	Fat-Free Milk	1 serving (434 g)	1 serving (176 g)
	1 oz (28.4 g)	1 cup (245 g)		
4	Spinach			
	1 cups (29 g)			
	Whole Wheat Bread			
	1 slice (32 g)			
D	Almond Milk French Toast with	Vegan Microwave Banana	Quick Mushroom and Spinach	Chicken and Wild Rice Casserole
A	Banana	Chocolate Mug Cake	Stuffed Chicken Breast	with Mushrooms and Carrots
Y	1 serving (255 g)	2 serving (252 g)	2 serving (626 g)	1 serving (362 g)
5				
D	Egg Scramble with Onion and	Hummus	Carrots Beef Slices over Quinoa	Parmesan Baked White Fish with
A	Spinach on Whole Wheat Toast	¼ cup (62.3 g)	1 serving (264 g)	Broccoli over Quinoa
Y	1 serving (257 g)	Whole Wheat Pita Bread		1 serving (334 g)
		1 pita, small (4" dia) (28 g)		
6				
D	Unsweetened Strawberry Chia	Lemon Herb Zucchini Chips with	Roasted Pork Strips and Gar-	Chicken and Carrots over Rice
A	Pudding	Cottage Cheese	lic Sweet Potatoes with Green	2 serving (430 g)
Y	1 serving (268 g)	2 serving (250 g)	Beans	
			2 serving (918 g)	
7				

Macronutrient summary

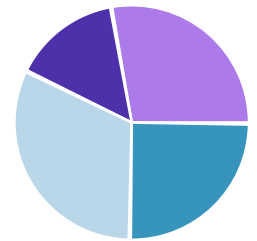
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10065.6	1437.9
Protein [g]	760.8	108.7
Fat [g]	387.9	55.4
Carbs [g]	910.2	130
Fiber [g]	142.8	20.4
Net Carbs [g]	767.4	109.6



30 % Protein 34 % Fat
36 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	402.6	18.5	23.4	30.8	7	23.8
Snack	213.5	5.5	6.5	36.7	4.7	32
Lunch	460.6	50.2	14.7	31.5	5.3	26.2
Dinner	361.3	34.6	10.8	31	3.4	27.6



28 % Breakfast 15 %
Snack 32 % Lunch 25
% Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1448.9	82.3	73.5	113.6	13.8	99.8
Day 2	1247.2	95.9	50.8	111.1	16.7	94.4
Day 3	1302.3	69.9	48.4	153.7	24.3	129.4
Day 4	1126.1	97.1	47.7	78	9.9	68.1
Day 5	1814.4	156.8	59	173	20.7	152.3
Day 6	1290	108.7	48.2	108.7	18.7	90
Day 7	1836.7	150.1	60.3	172	38.6	133.4

Quick Mushroom and Spinach Stuffed Chicken Breast

🕒 40 min 🍽️ 2 servings

Per serving: 354 Kcal 53g Protein 13g Fat 4g Carbs

Ingredients

- Thyme, 1 tsp, leaves (1 g)
- Mushrooms, 1 cup, whole (96 g)
- Olive oil, 1 servings (14 g)
- Garlic, 2 clove (6 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 2 servings (1 g)
- Chicken Breast, 2 breast (448 g)



Instructions

Preheat the oven to 400°F (200°C).

Using a sharp knife, carefully butterfly each chicken breast by cutting horizontally through the center, but not all the way through, opening it like a book.

In a skillet, heat olive oil over medium heat. Add minced garlic and sliced mushrooms. Cook until mushrooms are soft and lightly browned, about 5 minutes.

Add fresh spinach to the skillet and cook until wilted, about 2 minutes. Season with salt, pepper, and dried thyme.

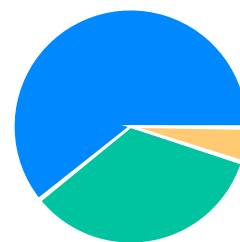
Stuff each chicken breast with the mushroom and spinach mixture, then secure with toothpicks to hold the filling in place.

Place the stuffed chicken breasts on a baking sheet and bake for 20-25 minutes, or until the chicken is cooked through and no longer pink in the center.

Remove the toothpicks before serving. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	708	113.1	354
Protein [g]	106	16.9	53
Fat [g]	26.4	4.2	13.2
Carbs [g]	7.9	1.3	4
Fiber [g]	2.8	0.4	1.4
Net Carbs [g]	5.1	0.8	2.6



61 % Protein 34 % Fat 5 %
Carbs

Cheesy Spinach and Mushroom Savory Oats

🕒 20 min 🍽️ 2 servings

Per serving: 341 Kcal 14g Protein 19g Fat 30g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Rolled oats, 1 cups (80.6 g)
- Mushrooms, 1 cup, pieces or slices (70 g)
- Olive oil, 1 tablespoon (13.5 g)
- Water, 2 cups (473.2 g)
- Spinach, 1 cup (30 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

In a saucepan, bring water to a boil.

Add rolled oats and cook for about 5 minutes or until oats are tender.

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

Add sliced mushrooms and cook until they release their moisture and start to brown.

Add fresh spinach to the skillet and cook until wilted.

Season with garlic powder, salt, and pepper.

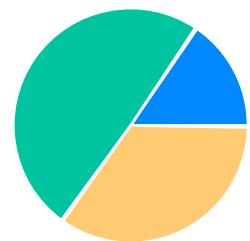
Once the oats are cooked, remove from heat and stir in the cooked mushrooms and spinach mixture.

Add grated cheddar cheese and stir until melted and well combined.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	682.4	93.3	341.2
Protein [g]	27	3.7	13.5
Fat [g]	38.4	5.2	19.2
Carbs [g]	60.5	8.3	30.3
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	50.7	6.9	25.4



16% Protein 50% Fat 35% Carbs

Creamy Salmon and Mushroom Pasta

🕒 35 min 🍽️ 4 servings

Per serving: 506 Kcal 22g Protein 26g Fat 46g Carbs

Ingredients

- Heavy cream, 1/2 cup (114.4 g)
- Parmesan cheese, 1/4 cup (26.1 g)
- Butter, 2 tablespoon (28 g)
- Mushrooms, 1 cup, whole (96 g)
- Olive oil, 1 servings (14 g)
- Garlic, 2 portion (6 g)
- Pasta, 8 ounces (226.8 g)
- Salmon fillet, 1/2 lb (226.8 g)
- Salt, 1/2 tsp (1 g)
- Parsley, 4 servings (16 g)
- Black Pepper, 1/2 tsp, ground (1.2 g)



Instructions

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

Season the salmon fillet with salt and pepper. In a large skillet, heat the olive oil over medium heat. Add the salmon and cook for about 4-5 minutes per side until cooked through. Remove from the skillet and set aside.

In the same skillet, melt the butter over medium heat. Add the minced garlic and sliced mushrooms. Cook for 5-6 minutes until the mushrooms are tender and golden brown.

Reduce the heat to low and add the heavy cream to the skillet. Stir in the grated Parmesan cheese and cook until the sauce thickens slightly, about 2-3 minutes.

Flake the cooked salmon into bite-sized pieces and add it to the skillet. Stir gently to combine with the sauce.

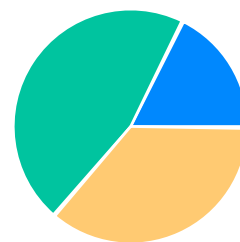
Add the cooked pasta to the skillet and toss until well coated with the creamy salmon and mushroom sauce.

Season with additional salt and pepper if desired.

Serve the creamy salmon and mushroom pasta hot, garnished with fresh parsley.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2025.3	267.8	506.3
Protein [g]	89.4	11.8	22.4
Fat [g]	103.5	13.7	25.9
Carbs [g]	183	24.2	45.8
Fiber [g]	9.2	1.2	2.3
Net Carbs [g]	173.8	23	43.5



18 % Protein 46 % Fat 36 %
Carbs

Vegan Microwave Banana Chocolate Mug Cake

🕒 6 min 🍽️ 2 servings

Per serving: 239 Kcal 4g Protein 7g Fat 47g Carbs

Ingredients

- **Vanilla extract**, 1/4 teaspoons (1 g)
- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Baking powder**, 1/4 teaspoon (1 g)
- **Flour**, 2 tablespoon (18 g)
- **Cocoa powder**, 2 tablespoon (10 g)
- **Maple syrup**, 2 tablespoons (40 g)
- **Almond milk**, 2 tablespoons (30 g)
- **Dairy-free chocolate chips**, 1 tablespoon (33.5 g)



Instructions

In a microwave-safe mug, combine the mashed banana, flour, cocoa powder, maple syrup, baking powder, vanilla extract, and almond milk.

Mix well until all the ingredients are thoroughly combined.

Fold in the dairy-free chocolate chips.

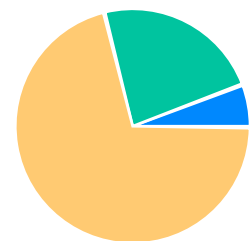
Place the mug in the microwave and cook on high for 1-2 minutes, or until the cake is set in the middle.

Let the mug cake cool for a minute before serving.

Enjoy your vegan microwave banana chocolate mug cake!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	477.5	189.9	238.8
Protein [g]	7.5	3	3.8
Fat [g]	13.5	5.4	6.8
Carbs [g]	94.2	37.5	47.1
Fiber [g]	9.6	3.8	4.8
Net Carbs [g]	84.6	33.6	42.3



6 % Protein 23 % Fat 71 % 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.

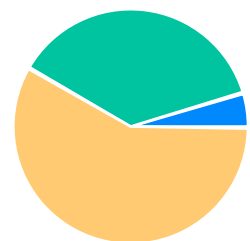
Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

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

Pan Seared Salmon with Lemon Parmesan Sauce Whole Wheat Pasta

🕒 30 min 🍽️ 2 servings

Per serving: 582 Kcal 44g Protein 30g Fat 37g Carbs

Ingredients

- **Parmesan cheese**, 1/4 cup (24.1 g)
- **lemon juice**, 2 tablespoons (30 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 clove (6 g)
- **Baby spinach**, 1 cup (30 g)
- **Pasta**, 2 cups (195.6 g)
- **Salmon**, 2 fillet (340 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Cherry tomatoes**, 1 cup (149 g)



Instructions

Season the salmon fillets with salt and pepper on both sides.

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

Add the salmon fillets to the skillet and cook for about 4-5 minutes per side, or until cooked through.

Remove the salmon from the skillet and set aside.

In the same skillet, add minced garlic and cook for about 1 minute until fragrant.

Add cherry tomatoes and cook for another 2 minutes until softened.

Add baby spinach and cook until wilted.

Pour in the lemon juice and stir well.

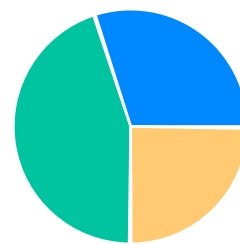
Add grated Parmesan cheese and stir until melted and well combined.

Add cooked whole wheat pasta to the skillet and toss to coat with the sauce.

Serve the pan seared salmon over the lemon Parmesan pasta.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1163.4	144.8	581.7
Protein [g]	88.8	11	44.4
Fat [g]	59	7.3	29.5
Carbs [g]	73.3	9.1	36.7
Fiber [g]	9.5	1.2	4.8
Net Carbs [g]	63.8	7.9	31.9



30 % Protein 45 % Fat 25 %
Carbs

Almond Milk French Toast with Banana

🕒 15 min 🍽️ 2 servings

Per serving: 297 Kcal 9g Protein 14g Fat 33g Carbs

Ingredients

- **Vanilla extract**, 1/2 teaspoons (2 g)
- **Eggs**, 2 medium (88 g)
- **Cinnamon**, 1/2 serving (1 g)
- **Coconut oil**, 1 tablespoon (13.1 g)
- **Almond milk**, 3/4 cup (187.5 g)
- **Bread, gluten free, commercial**, 2 slice (100 g)
- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)



Instructions

In a shallow bowl, whisk together the almondmilk, eggs, maple syrup, vanilla extract, and cinnamon.

Place the bread slices in the mixture and let them soak for about 1 minute on each side.

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

Place the soaked bread slices in the skillet and cook for 2-3 minutes on each side, or until golden brown.

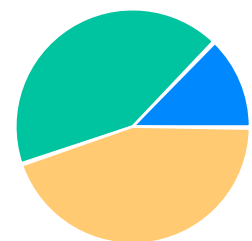
Remove the French toast from the skillet and transfer to serving plates.

Top with banana.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	593.9	116.5	297
Protein [g]	18.8	3.7	9.4
Fat [g]	27.9	5.5	14
Carbs [g]	66	13	33
Fiber [g]	8.1	1.6	4.1
Net Carbs [g]	57.9	11.4	29



13% Protein 43% Fat 45% 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.

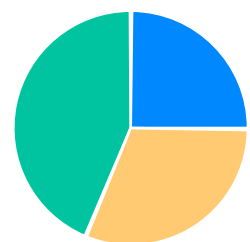
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

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

Lemon Seitan Pasta with Broccoli

🕒 10 min 🍽️ 2 servings

Per serving: 727 Kcal 47g Protein 17g Fat 98g Carbs

Ingredients

- Juice of lemon, 2 tablespoons (30 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 2 clove (6 g)
- Pasta, 8 ounces (226.8 g)
- Seitan, 2 cup (280 g)
- Broccoli florets, 2 cups (182 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Cook the pasta 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 seitan to the skillet. Cook for 2-3 minutes until seitan is lightly browned.

Add broccoli florets to the skillet and cook for an additional 3-4 minutes until broccoli is tender-crisp.

Add cooked pasta to the skillet and toss to combine with the seitan and broccoli.

Pour lemon juice over the pasta and toss to coat evenly.

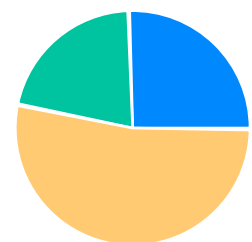
Add lemon zest, salt, and pepper. Stir well to incorporate all the flavors.

Remove from heat and serve hot.

Enjoy your Lemon Seitan Pasta with Broccoli!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1454.3	192.9	727.2
Protein [g]	94	12.5	47
Fat [g]	34.5	4.6	17.3
Carbs [g]	195.3	25.9	97.7
Fiber [g]	15.6	2.1	7.8
Net Carbs [g]	179.7	23.8	89.9



26% Protein 21% Fat 53% Carbs

Broccoli Pork Brown Rice

🕒 30 min 🍽️ 4 servings

Per serving: 275 Kcal 24g Protein 8g Fat 26g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cups (182 g)
- Pork Tenderloin, 400 g (400 g)



Instructions

Cook the rice according to package instructions.

Season the pork slices with salt and pepper.

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

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

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

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

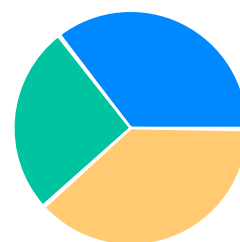
Add the sliced pork back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and pork mixture over the cooked rice.

Enjoy your delicious Broccoli Pork Rice!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1098	110.7	274.5
Protein [g]	96.8	9.8	24.2
Fat [g]	31.5	3.2	7.9
Carbs [g]	103.8	10.5	26
Fiber [g]	11.8	1.2	3
Net Carbs [g]	92	9.3	23



36% Protein 26% Fat 38% Carbs

Carrots Beef Slices over Quinoa

🕒 20 min 👤 2 servings

Per serving: 331 Kcal 28g Protein 13g Fat 26g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Carrots, raw, 2 medium (122 g)
- Beef, sirloin, lean, 200 grams (200 g)
- Quinoa, cooked, 1 cup (185 g)



Instructions

Cook the quinoa according to package instructions.

Season the beef slices with salt and pepper.

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

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

Remove the cooked beef from the skillet and let it rest for a few minutes.

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

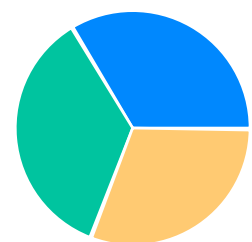
Add the sliced beef back to the skillet with the carrots and cook for an additional 2 minutes to heat through.

Serve the carrots and beef mixture over the cooked quinoa.

Enjoy your delicious Carrots Beef Quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	661.4	125.6	330.7
Protein [g]	56.3	10.7	28.2
Fat [g]	26.3	5	13.2
Carbs [g]	51.1	9.7	25.6
Fiber [g]	8.6	1.6	4.3
Net Carbs [g]	42.5	8.1	21.3



34 % Protein 36 % Fat 31 % Carbs

Sheet Pan Chicken, Green Beans, and Sweet Potatoes

🕒 30 min 🍽️ 4 servings

Per serving: 272 Kcal 27g Protein 7g Fat 26g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Chicken breasts, 4 portion (452 g)
- salt, 1 teaspoon (5 g)
- Green Beans, Fresh, 4 serving (224 g)
- Sweet Potato, peeled, cubed, 2 medium (444 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, sliced green beans, and sweet potatoes.

Drizzle olive oil over the mixture and sprinkle with salt, and pepper. Toss well to coat everything evenly.

Arrange the chicken, green beans, and sweet potatoes on a sheet pan in a single layer.

Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the sweet potatoes are tender.

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

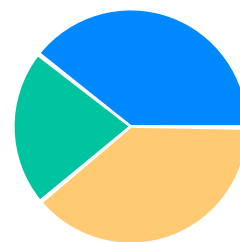
Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1085.9	95.4	271.5
Protein [g]	107	9.4	26.8
Fat [g]	25.9	2.3	6.5
Carbs [g]	104.9	9.2	26.2
Fiber [g]	19.4	1.7	4.9
Net Carbs [g]	85.5	7.5	21.4



40 % Protein 22 % Fat 39 %
Carbs

Parmesan Baked White Fish with Broccoli over Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 395 Kcal 47g Protein 12g Fat 26g Carbs

Ingredients

- Parmesan cheese, 1 cup (100.2 g)
- Salt and pepper, 1 tsp (2 g)
- Broccoli florets, 2 cup (182 g)
- Fish, 4 fillet (680 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Preheat the oven to 400°F (200°C).

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

Season the fillets with salt and pepper to taste.

Sprinkle the grated Parmesan cheese evenly over the fillets.

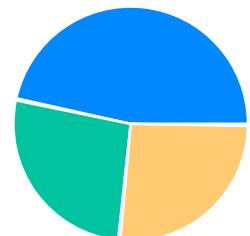
Arrange the broccoli florets around the fillets on the baking sheet.

Bake in the preheated oven for 12-15 minutes or until the fish is cooked through and the cheese is golden and bubbly.

Serve over cooked quinoa.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1579.7	118.4	394.9
Protein [g]	186.4	14	46.6
Fat [g]	47.2	3.5	11.8
Carbs [g]	104.8	7.9	26.2
Fiber [g]	15.1	1.1	3.8
Net Carbs [g]	89.7	6.7	22.4



47 % Protein 27 % Fat 26 % Carbs

Cilantro Lime Shrimp Lettuce Wraps

🕒 15 min 🍽️ 4 servings

Per serving: 165 Kcal 23g Protein 7g Fat 2g Carbs

Ingredients

- Cilantro, 1/4 cup (4.2 g)
- Juice of lime, 2 tablespoon (28 g)
- Olive oil, 2 tablespoon (27 g)
- Shrimp, 1 lb (453.6 g)
- Salt and pepper, 2 pinch (0.2 g)
- Lettuce leaves, 8 large (192 g)



Instructions

In a medium bowl, combine the shrimp, olive oil, lime juice, cilantro, salt, and pepper. Toss until the shrimp is well coated.

Heat a large skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes per side, or until pink and cooked through.

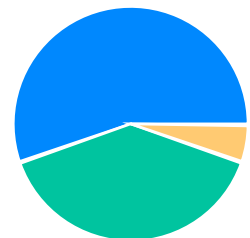
Remove the shrimp from the skillet and set aside.

To assemble the lettuce wraps, place a spoonful of shrimp onto each lettuce leaf.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	661	93.8	165.3
Protein [g]	93.3	13.2	23.3
Fat [g]	29.4	4.2	7.4
Carbs [g]	8.3	1.2	2.1
Fiber [g]	2.1	0.3	0.5
Net Carbs [g]	6.2	0.9	1.6



56 % Protein 39 % Fat 5 % Carbs

One-Pan Beef Strips, Broccoli, and Quinoa

🕒 20 min 🍽️ 2 servings

Per serving: 401 Kcal 35g Protein 9g Fat 47g Carbs

Ingredients

- **Water**, 1 1/2 cups (354.9 g)
- **Quinoa**, 3/4 cup (127.5 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Beef, sirloin, thinly sliced**, 200 grams (200 g)
- **Broccoli**, 2 cups (182 g)



Instructions

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

Add the beef strips to the skillet and cook until browned, about 3-4 minutes.

Remove the beef from the skillet and set aside.

In the same skillet, add the broccoli florets and sauté for 2-3 minutes until slightly tender.

Push the broccoli to one side of the skillet and add the quinoa and water to the other side.

Season with salt and pepper, then bring the mixture to a boil.

Reduce the heat to low, cover the skillet, and simmer for 15 minutes or until the quinoa is cooked and the liquid is absorbed.

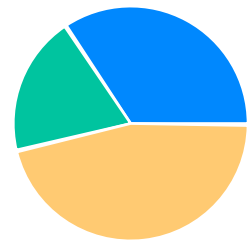
Return the beef strips to the skillet and stir everything together.

Cook for an additional 2-3 minutes until the beef is heated through.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	801.1	92.3	400.6
Protein [g]	70.1	8.1	35.1
Fat [g]	17.4	2	8.7
Carbs [g]	93.9	10.8	47
Fiber [g]	13.7	1.6	6.9
Net Carbs [g]	80.2	9.2	40.1



35 % Protein 19 % Fat 46 %
Carbs

Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans

🕒 20 min 🍽️ 2 servings

Per serving: 480 Kcal 40g Protein 13g Fat 51g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 medium (452 g)
- Pork Tenderloin, sliced, 3/4 lb (340.2 g)
- Green Beans, 2 portion(s) (100 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the pork strips, sweet potatoes, green beans, minced garlic, and olive oil. Toss well to coat everything evenly.

Spread the mixture in a single layer in the baking dish.

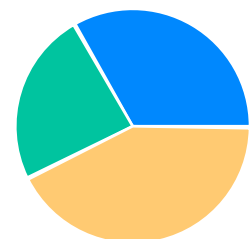
Roast in the preheated oven for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	960.8	104.8	480.4
Protein [g]	79.9	8.7	40
Fat [g]	25.5	2.8	12.8
Carbs [g]	101.9	11.1	51
Fiber [g]	16.5	1.8	8.3
Net Carbs [g]	85.4	9.3	42.7



33% Protein 24% Fat 43% Carbs

Chicken and Carrots over Rice

🕒 15 min 🍽️ 4 servings

Per serving: 264 Kcal 28g Protein 7g Fat 21g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 1 pound (454 g)
- brown rice, cooked, 2 cup (326 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Carrots, sliced, 1 medium (61 g)

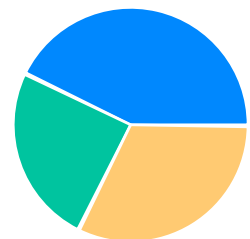


Instructions

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

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1054.3	122.5	263.6
Protein [g]	110.3	12.8	27.6
Fat [g]	28.2	3.3	7.1
Carbs [g]	82.5	9.6	20.6
Fiber [g]	7.6	0.9	1.9
Net Carbs [g]	74.9	8.7	18.7



43 % Protein 25 % Fat 32 % Carbs

Garlic Rosemary Chicken with Asparagus

🕒 15 min 🍽️ 2 servings

Per serving: 152 Kcal 26g Protein 3g Fat 5g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Asparagus, 2 portion(s) (140 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

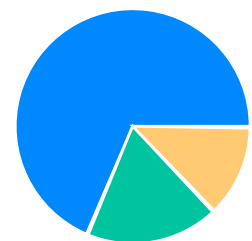
Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced asparagus.

Place the chicken breasts and asparagus on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	303.8	79.7	151.9
Protein [g]	51.8	13.6	25.9
Fat [g]	6.1	1.6	3.1
Carbs [g]	9.4	2.5	4.7
Fiber [g]	3.2	0.8	1.6
Net Carbs [g]	6.2	1.6	3.1



69 % Protein 18 % Fat 13 % Carbs

Low Carb Soy-Glazed White Fish and Green Beans

🕒 15 min 🍽️ 4 servings

Per serving: 198 Kcal 26g Protein 9g Fat 4g Carbs

Ingredients

- Sesame oil, 2 tablespoon (28 g)
- Garlic, 1 tablespoon (8 g)
- Soy sauce, 3 tablespoons (48 g)
- Fish, 4 fillet (480 g)
- Green Beans, Fresh, 4 portion(s) (140 g)



Instructions

In a small bowl, mix together soy sauce, sesame oil, and minced garlic.

Place the white fish fillets in a shallow dish and pour half of the soy sauce mixture over them. Let it marinate for 5 minutes.

Heat a non-stick skillet over medium-high heat. Add the marinated fish fillets and cook for 3-4 minutes on each side, or until cooked through.

Remove the cooked fish from the skillet and set aside.

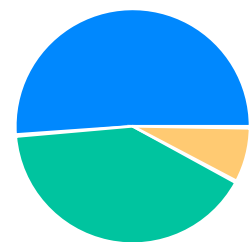
In the same skillet, add the chopped green beans and remaining soy sauce mixture. Sauté for 3-4 minutes, until the green beans is tender.

Serve the cooked fish on a bed of sautéed green beans and drizzle any remaining sauce over the top.

Enjoy your low carb soy-glazed white fish and green beans!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	791	112.4	197.8
Protein [g]	103.8	14.7	26
Fat [g]	36.7	5.2	9.2
Carbs [g]	15.1	2.1	3.8
Fiber [g]	4.3	0.6	1.1
Net Carbs [g]	10.8	1.5	2.7



52 % Protein 41 % Fat 7 % Carbs

Chicken and Wild Rice Casserole with Mushrooms and Carrots

🕒 40 min 🍽️ 4 servings

Per serving: 332 Kcal 34g Protein 5g Fat 38g Carbs

Ingredients

- Thyme, 1 tsp (0.8 g)
- Rosemary, 1 tsp (1.2 g)
- Chicken breast, cubed, 1 pounds (430.9 g)
- Carrots, cubed, 2 medium (122 g)
- Mushrooms, sliced, 1 cup (95.9 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Garlic, 2 cloves (6 g)
- Rice, 1 cup (160 g)
- Salt and pepper, 1 tsp (1.5 g)
- Celery stalks, sliced, 1/2 cup (16.8 g)
- Vegetable broth, 1 c (240 g)
- Water, 1 cup (240 g)
- Parmesan Cheese, grated, 1/4 cup (24.3 g)



Instructions

Preheat oven to 375°F.

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

Add the diced chicken and cook until browned on all sides.

Add the onion, garlic, carrots, celery, and mushrooms. Cook until vegetables are softened.

Stir in the thyme, rosemary, salt, and pepper.

Add the wild rice, vegetable broth and water. Bring to a boil, then reduce heat and simmer for 20 minutes.

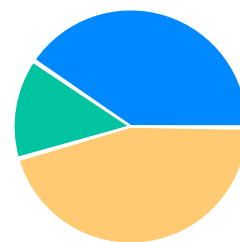
Transfer the mixture to a casserole dish and sprinkle with Parmesan cheese.

Bake in the preheated oven for 15-20 minutes, or until the cheese is melted and bubbly.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1328.9	91.7	332.2
Protein [g]	135.6	9.4	33.9
Fat [g]	20.4	1.4	5.1
Carbs [g]	151.6	10.5	37.9
Fiber [g]	17.2	1.2	4.3
Net Carbs [g]	134.4	9.3	33.6



41 % Protein 14 % Fat 45 %
Carbs

Overnight Oats with Chia Seeds, Coconut Milk, and Banana

🕒 5 min 🍴 1 serving

Per serving: 593 Kcal 11g Protein 35g Fat 66g Carbs

Ingredients

- Rolled oats, 1/2 cup (40.5 g)
- Coconut milk, 1/2 cup (120 g)
- Chia seeds, 1 tbsp (12 g)
- Banana, sliced, 1 medium (7" to 7-7/8" long) (118 g)



Instructions

In a small mason jar or container, combine the rolled oats and chia seeds.

Pour in the coconut milk and mix well to combine.

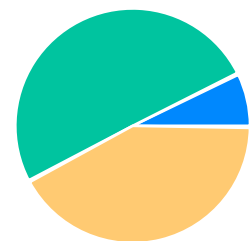
Add the sliced bananas on top.

Cover the jar or container and refrigerate overnight.

In the morning, stir the oats well and enjoy cold or heat in the microwave for 1-2 minutes before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	592.9	204.1	592.9
Protein [g]	11.3	3.9	11.3
Fat [g]	35.3	12.2	35.3
Carbs [g]	66.1	22.8	66.1
Fiber [g]	13.9	4.8	13.9
Net Carbs [g]	52.2	18	52.2



7 % Protein 51 % Fat 42 % Carbs

Unsweetened Strawberry Chia Pudding

🕒 15 min 🍽️ 1 serving

Per serving: 248 Kcal 8g Protein 15g Fat 20g Carbs

Ingredients

- Vanilla extract, 1/2 tsp (2.1 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 3/4 cup (187.5 g)
- Strawberry, 3 fruit, medium (36 g)



Instructions

In a medium bowl, mix chia seeds and almond milk together. Let sit for 10 minutes.

In a blender, blend strawberries and vanilla extract until smooth.

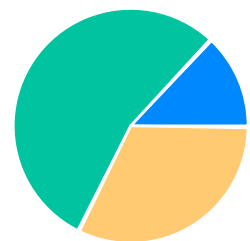
Pour strawberry mixt into chia seed mixture and stir well.

Ideally, cover and refrigerate for at least 2 hours or overnight.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	248.2	92.6	248.2
Protein [g]	8.2	3.1	8.2
Fat [g]	15.4	5.7	15.4
Carbs [g]	20.3	7.6	20.3
Fiber [g]	16.1	6	16.1
Net Carbs [g]	4.2	1.6	4.2



13 % Protein 55 % Fat 32 % Carbs

Egg Scramble with Onion and Spinach on Whole Wheat Toast

🕒 10 min 🍽️ 1 serving

Per serving: 387 Kcal 26g Protein 17g Fat 32g Carbs

Ingredients

- Eggs, 3 medium (132 g)
- Olive oil, 1/2 teaspoon (2 g)
- Onion, 1/4 cup, chopped (40 g)
- Garlic, 1 clove (3 g)
- Salt and pepper, 1 pinch (0.1 g)
- Spinach leaves, 1 cup (30 g)
- Bread, whole-wheat, toasted, 2 slice (50 g)



Instructions

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

Add chopped onion and minced garlic, sauté until fragrant.

Add fresh spinach leaves and cook until wilted.

In a bowl, whisk eggs with salt and pepper.

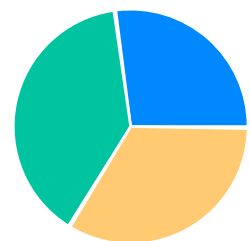
Pour the egg mixture into the skillet with the vegetables.

Stir gently until the eggs are cooked to desired consistency.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	386.5	150.4	386.5
Protein [g]	26.2	10.2	26.2
Fat [g]	16.7	6.5	16.7
Carbs [g]	32.3	12.6	32.3
Fiber [g]	5.2	2	5.2
Net Carbs [g]	27.1	10.5	27.1



27 % Protein 39 % Fat 34 % Carbs