

South Beach Diet Phase 1 Meal Plan

DAY 1

Breakfast	Garden Veggies and Chicken Frittata	1 serving (154 g)
Mid-morning snack	Hummus Celery sticks	1/4 cup (61.5 g) 2 stalk, large (11"-12" long) (128 g)
Lunch	Herbed Ground Pork with Zucchini Noodles	2 serving (500 g)
Mid-afternoon snack	Lemon Herb Zucchini Chips	1 serving (110 g)
Dinner	Vegan Creamy Vegetable Bean Soup	2 serving (934 g)

DAY 2

Breakfast	Mushroom and Spinach Sauté	1 serving (158 g)
Mid-morning snack	Plain soy yogurt Walnuts	1/2 cup (113.5 g) 2 tbsp (19.9 g)
Lunch	Lemon Asparagus Chicken	2 serving (808 g)
Mid-afternoon snack	Coffee (Unsweetened) Fat-Free Milk	1 portion(s) (50 g) 1 cup (245 g)
Dinner	Vegan Crispy Tofu and Brussels Sprouts Salad with Almonds	1 serving (196 g)

DAY 3

Breakfast	Egg Scramble with Onion and Spinach	2 serving (324 g)
Mid-morning snack	Seaweed snacks	1 snack pack (5 g)
Lunch	Lemon Asparagus Chicken	1 serving (404 g)
Mid-afternoon snack	Plain Yogurt (Low Fat)	1 container (6 oz) (170 g)
Dinner	Baked Garlic White Fish and Broccoli	2 serving (540 g)

DAY 4

Breakfast	Easy Vegan Tofu Cauliflower Breakfast Skillet	1 serving (205 g)
Mid-morning snack	Plain Yogurt (Low Fat)	1 container (6 oz) (170 g)
Lunch	Sauteed Garlic Shrimp and Spinach	2 serving (314 g)
Mid-afternoon snack	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)
Dinner	Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry	2 serving (556 g)

DAY 5

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
Mid-morning snack	Vegan Tofu, Bell Pepper and Spinach Fritters	1 serving (279 g)
Lunch	Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry	2 serving (556 g)
Mid-afternoon snack	Kale Chips	1 serving (64 g)
Dinner	Chicken & White Bean Soup with Cabbage	1 serving (447 g)

DAY 6

Breakfast	Vegan Tofu Scramble	1 serving (121 g)
Mid-morning snack	Coffee (Unsweetened)	1 cup (248 g)
Lunch	Quick Mushroom and Spinach Stuffed Chicken Breast	2 serving (626 g)
Mid-afternoon snack	Almonds	1/8 cup (17.9 g)
Dinner	Lemon Asparagus Chicken	2 serving (808 g)

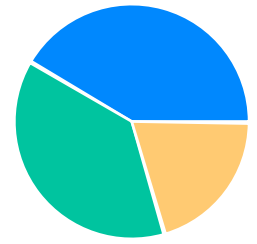
DAY 7

Breakfast	Eggs with Spinach	1 serving (164 g)
Mid-morning snack	Lemon Herb Zucchini Chips	1 serving (110 g)
Lunch	Baked Beef Strips with Asparagus and Mushroom	2 serving (390 g)
Mid-afternoon snack	Coffee (Unsweetened)	2 portion(s) (100 g)
	Fat-Free Milk	2 cup (490 g)
Dinner	Garlic Rosemary Chicken with Brussel Sprouts	2 serving (516 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D	Garden Veggies and	Hummus	Herbed Ground Pork with	Lemon Herb Zucchini	Vegan Creamy Vegetable
A	Chicken Frittata	¼ cup (61.5 g)	Zucchini Noodles	Chips	Bean Soup
Y	1 serving (154 g)	Celery sticks	2 serving (500 g)	1 serving (110 g)	2 serving (934 g)
1		2 stalk, large (11"-12" long) (128 g)			
D	Mushroom and Spinach	Plain soy yogurt	Lemon Asparagus Chick-	Coffee (Unsweetened)	Vegan Crispy Tofu and
A	Sauté	½ cup (113.5 g)	en	1 portion(s) (50 g)	Brussels Sprouts Salad
Y	1 serving (158 g)	Walnuts	2 serving (808 g)	Fat-Free Milk	with Almonds
2		2 tbsp (19.9 g)		1 cup (245 g)	1 serving (196 g)
D	Egg Scramble with Onion	Seaweed snacks	Lemon Asparagus Chick-	Plain Yogurt (Low Fat)	Baked Garlic White Fish
A	and Spinach	1 snack pack (5 g)	en	1 container (6 oz) (170 g)	and Broccoli
Y	2 serving (324 g)		1 serving (404 g)		2 serving (540 g)
3					
D	Easy Vegan Tofu Cauli-	Plain Yogurt (Low Fat)	Sauteed Garlic Shrimp	Coffee (Unsweetened)	Low Carb Bell Pep-
A	flower Breakfast Skillet	1 container (6 oz) (170 g)	and Spinach	1 portion(s) (50 g)	per, Zucchini and Chicken
Y	1 serving (205 g)		2 serving (314 g)	Fat-Free Milk	Stir-Fry
4				1 cup (245 g)	2 serving (556 g)
D	Fried Egg	Vegan Tofu, Bell Pepper	Low Carb Bell Pep-	Kale Chips	Chicken & White Bean
A	2 large (140 g)	and Spinach Fritters	per, Zucchini and Chicken	1 serving (64 g)	Soup with Cabbage
Y	Mushrooms, Fresh	1 serving (279 g)	Stir-Fry		1 serving (447 g)
5	1 cups (97 g)		2 serving (556 g)		
D	Vegan Tofu Scramble	Coffee (Unsweetened)	Quick Mushroom and	Almonds	Lemon Asparagus Chick-
A	1 serving (121 g)	1 cup (248 g)	Spinach Stuffed Chicken	¼ cup (17.9 g)	en
Y			Breast		2 serving (808 g)
6			2 serving (626 g)		
D	Eggs with Spinach	Lemon Herb Zucchini	Baked Beef Strips with	Coffee (Unsweetened)	Garlic Rosemary Chicken
A	1 serving (164 g)	Chips	Asparagus and Mushroom	2 portion(s) (100 g)	with Brussel Sprouts
Y		1 serving (110 g)	2 serving (390 g)	Fat-Free Milk	2 serving (516 g)
7				2 cup (490 g)	

Macronutrient summary

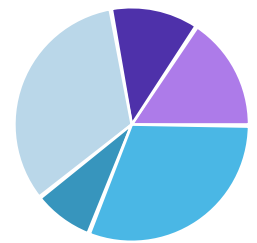
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	9487.9	1355.4
Protein [g]	1008.9	144.1
Fat [g]	408.4	58.3
Carbs [g]	488.9	69.8
Fiber [g]	129.3	18.5
Net Carbs [g]	359.6	51.4



42 % Protein 38 % Fat
20 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	213.7	14.7	14.2	7.7	2.5	5.2
Mid-morning snack	163.6	8.7	9	13.4	3.4	10.1
Lunch	447.1	61.9	17.1	12.6	4.4	8.2
Mid-afternoon snack	110.9	7.1	4.9	10.4	0.7	9.7
Dinner	420.1	51.7	13.1	25.7	7.5	18.2



16 % Breakfast 12 %
Mid-morning snack 33
% Lunch 8 % Mid-af-
ternoon snack 31 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1167.6	91.9	48.1	100.6	26.7	73.9
Day 2	1367.5	136.6	63.8	72.7	20.3	52.4
Day 3	1327.1	161.4	55.6	48.8	13.5	35.3
Day 4	1056	131.7	36.1	55.2	9.9	45.3
Day 5	1660.3	142.9	79.5	101.5	26.3	75.2
Day 6	1661.4	221.8	68.1	41.4	15.9	25.5
Day 7	1248	122.6	57.2	68.7	16.9	51.8

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

Per serving: 285 Kcal 14g Protein 24g Fat 4g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

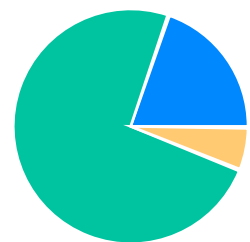
Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



20 % Protein 75 % Fat 6 % Carbs

Mushroom and Spinach Sauté

🕒 22 min 🍽️ 2 servings

Per serving: 133 Kcal 8g Protein 8g Fat 11g Carbs

Ingredients

- **Rosemary**, 1 serving (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Shallot**, 1 shallots (25 g)
- **Mushrooms**, 2 cup, whole (192 g)
- **Olive oil**, 1 servings (14 g)
- **Garlic**, 2 portion (6 g)
- **Spinach**, 2 cups (60 g)
- **Nutritional yeast**, 2 tablespoons (15 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and chopped shallot to the skillet, sauté for 2 minutes until fragrant.

Add sliced mushrooms to the skillet and cook for 5 minutes, stirring occasionally.

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

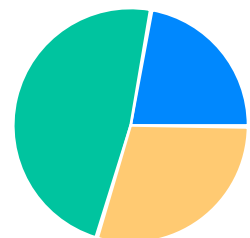
Season with dried thyme, dried rosemary, nutritional yeast, salt, and pepper. Stir well to combine.

Continue cooking for another 2 minutes until the flavors meld together.

Remove from heat and serve hot as a side dish or over cauliflower rice for a complete meal.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	266.1	84.5	133.1
Protein [g]	16.3	5.2	8.2
Fat [g]	15.7	5	7.9
Carbs [g]	21.6	6.9	10.8
Fiber [g]	8.3	2.6	4.2
Net Carbs [g]	13.3	4.2	6.7



22% Protein 48% Fat 30% Carbs

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.

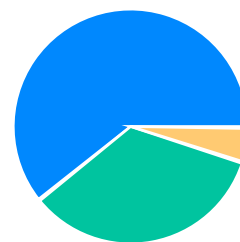
Stuff each chicken breast with the mushroom and spinach mixture, then secure with toothpicks to hold the filling in place.

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

Baked Beef Strips with Asparagus and Mushroom

🕒 35 min 🍽️ 4 servings

Per serving: 134 Kcal 10g Protein 9g Fat 7g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Rosemary**, 1/2 teaspoon (0 g)
- **Salt**, 1 teaspoon (5 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Mushrooms**, 2 cups (190.5 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Asparagus**, 1 bunches (450 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Pepper**, 1 teaspoon (2 g)
- **Beef, fillet steak, raw, lean**, 100 grams (100 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the beef strips on a baking sheet lined with parchment paper.

In a bowl, combine the olive oil, garlic powder, onion powder, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Brush the beef strips with the seasoning mixture, coating both sides.

Arrange the trimmed asparagus and sliced mushrooms around the beef on the baking sheet.

Drizzle the remaining seasoning mixture over the asparagus and mushrooms.

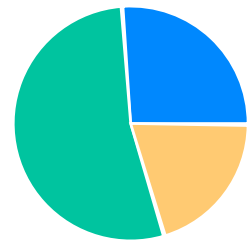
Bake in the preheated oven for 25-30 minutes or until the beef is cooked through and the vegetables are tender.

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

Serve the baked beef strips with asparagus and mushroom hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	533.8	68.4	133.5
Protein [g]	37.9	4.9	9.5
Fat [g]	34.4	4.4	8.5
Carbs [g]	29.1	3.7	7.3
Fiber [g]	12.6	1.6	3.2
Net Carbs [g]	16.5	2.1	4.1



26 % Protein 54 % Fat 20 %
Carbs

Lemon Asparagus Chicken

🕒 35 min 🍽️ 4 servings

Per serving: 363 Kcal 51g Protein 13g Fat 11g Carbs

Ingredients

- Lemons, 2 lemon (216 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 servings (28 g)
- Asparagus, 1 bunches (450 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 4 100 gram (904 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 375°F (190°C).

In a large baking dish, arrange the chicken breasts in a single layer.

Place the asparagus and lemon slices on top and sides of the chicken breasts.

In a small bowl, whisk together the minced garlic, olive oil, dried thyme, salt, and black pepper.

Drizzle the garlic mixture over the chicken, asparagus, and lemon slices.

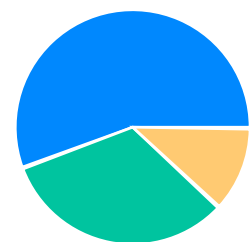
Cover the baking dish with foil and bake for 25-30 minutes, or until the chicken is cooked through and the asparagus is tender.

Remove the foil and broil for an additional 2-3 minutes to lightly brown the chicken and asparagus.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1452.6	90	363.2
Protein [g]	205.1	12.7	51.3
Fat [g]	52.8	3.3	13.2
Carbs [g]	42.5	2.6	10.6
Fiber [g]	16.2	1	4.1
Net Carbs [g]	26.3	1.6	6.6



56 % Protein 32 % Fat 12 % Carbs

Herbed Ground Pork with Zucchini Noodles

🕒 30 min 🍽️ 4 servings

Per serving: 190 Kcal 26g Protein 7g Fat 7g Carbs

Ingredients

- Oregano, 1 teaspoons (2 g)
- Salt, 1 tsp (6 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Zucchini, 2 medium (392 g)
- Garlic, 2 portion (6 g)
- Fresh Basil, 1 cup (22 g)
- Oil, avocado, 2 teaspoons (9 g)
- Lean ground pork, 1 lb (454 g)



Instructions

Heat avocado oil in a large skillet over medium heat.

Add diced onion and minced garlic to the skillet. Sauté until onion becomes translucent.

Add ground meat to the skillet and cook until browned, breaking it up into small pieces.

In a food processor, mix basil, oregano, and salt. Add it to the skillet. Simmer for 10 minutes.

Meanwhile, spiralize the zucchini to create zucchini noodles.

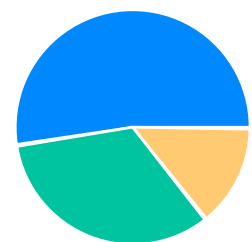
Heat another skillet over medium heat and add the zucchini noodles. Sauté for 3-4 minutes until slightly softened.

Divide the zucchini noodles into serving plates and top with the meat mixture.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	758.8	75.8	189.7
Protein [g]	103	10.3	25.8
Fat [g]	28.8	2.9	7.2
Carbs [g]	27.4	2.7	6.9
Fiber [g]	7.1	0.7	1.8
Net Carbs [g]	20.3	2	5.1



53% Protein 33% Fat 14% Carbs

Vegan Crispy Tofu and Brussels Sprouts Salad with Almonds

🕒 40 min 🍽️ 4 servings

Per serving: 217 Kcal 11g Protein 14g Fat 15g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 teaspoon (5 g)
- **Olive oil**, 2 servings (28 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Soy sauce**, 2 teaspoon (14 g)
- **Block of tofu**, 1 100 gram (226 g)
- **Almonds**, 1/4 cup (35.8 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Pepper**, 1 teaspoon (2 g)



Instructions

Preheat the oven to 400°F (200°C).

Cut the tofu into bite-sized cubes and place them on a baking sheet lined with parchment paper.

In a small bowl, whisk together the olive oil, tamari or soy sauce, apple cider vinegar, garlic powder, smoked paprika, salt, and pepper.

Pour the marinade over the tofu and gently toss to coat. Let it marinate for 10-15 minutes.

Meanwhile, in a large mixing bowl, combine the Brussels sprouts and sliced almonds. Drizzle with olive oil and season with salt and pepper. Toss to coat evenly.

Spread the Brussels sprouts and almonds on a separate baking sheet.

Place both baking sheets in the preheated oven and bake for 20-25 minutes, or until the tofu is crispy and the Brussels sprouts are tender.

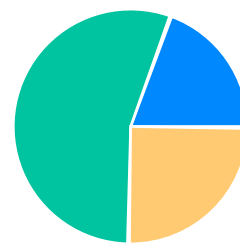
Remove from the oven and allow to cool slightly.

To serve, divide the crispy tofu, Brussels sprouts, and almonds among plates or bowls.

Enjoy warm as a main dish or chilled as a refreshing salad.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	868.7	110.9	217.2
Protein [g]	45.3	5.8	11.3
Fat [g]	57.4	7.3	14.4
Carbs [g]	58.4	7.5	14.6
Fiber [g]	24.7	3.2	6.2
Net Carbs [g]	33.7	4.3	8.4



19 % Protein 55 % Fat 25 %
Carbs

Sauteed Garlic Shrimp and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 170 Kcal 24g Protein 8g Fat 2g Carbs

Ingredients

- **Lemon juice**, 1 t (14.9 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 3 clove (9 g)
- **Shrimp**, 1 lb (453.6 g)
- **Spinach**, 4 cups (120 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Pepper flakes**, 1/4 teaspoon (0.5 g)



Instructions

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

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add shrimp to the skillet and cook for 2-3 minutes per side until pink and cooked through.

Remove the shrimp from the skillet and set aside.

In the same skillet, add spinach, salt, black pepper, and red pepper flakes (if desired).

Sauté the spinach for 2-3 minutes until wilted.

Return the cooked shrimp to the skillet and toss with the spinach.

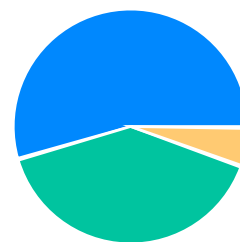
Drizzle lemon juice over the shrimp and spinach mixture.

Cook for an additional 1-2 minutes to combine the flavors.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	680	108	170
Protein [g]	95.3	15.1	23.8
Fat [g]	30.9	4.9	7.7
Carbs [g]	8.9	1.4	2.2
Fiber [g]	3.2	0.5	0.8
Net Carbs [g]	5.7	0.9	1.4



55 % Protein 40 % Fat 5 %
Carbs

Vegan Tofu Scramble

🕒 20 min 🍽️ 4 servings

Per serving: 118 Kcal 9g Protein 6g Fat 8g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoon (1.1 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Olive oil**, 1 servings (14 g)
- **Onion**, 1/2 medium (52.9 g)
- **Garlic**, 2 portion (6 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Block of tofu**, 1 100 gram (226 g)
- **Bell pepper**, 1 (119 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Salt**, 1 tsp (2 g)
- **Nutritional yeast**, 2 tablespoons (15 g)
- **Parsley**, 2 tablespoons (8 g)
- **Spices, pepper, black**, 1 tsp, ground (2.3 g)



Instructions

Press the tofu to remove excess water, then crumble it into small pieces.

Heat olive oil in a large skillet over medium heat.

Add diced onion, bell pepper, and minced garlic to the skillet. Sauté until vegetables are softened.

Add crumbled tofu to the skillet and stir to combine with the vegetables.

Sprinkle turmeric, cumin, paprika, salt, and pepper over the tofu mixture. Stir well to evenly distribute the spices.

Cook for about 5 minutes, stirring occasionally, until the tofu is heated through and slightly browned.

Add nutritional yeast and soy sauce to the skillet. Stir to coat the tofu mixture.

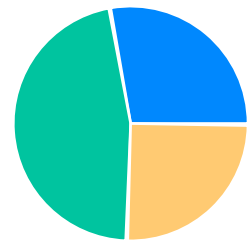
Continue cooking for another 2-3 minutes, allowing the flavors to meld together.

Remove from heat and sprinkle chopped fresh parsley over the tofu scramble.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	470.9	97.3	117.7
Protein [g]	34.4	7.1	8.6
Fat [g]	25.6	5.3	6.4
Carbs [g]	31.2	6.4	7.8
Fiber [g]	10.9	2.3	2.7
Net Carbs [g]	20.3	4.2	5.1



28 % Protein 47 % Fat 25 %
Carbs

Easy Vegan Tofu Cauliflower Breakfast Skillet

🕒 25 min 🍽️ 4 servings

Per serving: 179 Kcal 11g Protein 11g Fat 11g Carbs

Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Cauliflower**, 1 small head (265 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (5.8 g)
- **Bell pepper**, 1 small (83 g)
- **Block of tofu**, 1 block (340 g)
- **Nutritional yeast**, 2 tablespoons (15 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add onion and garlic, sauté until fragrant and translucent.

Add cauliflower florets and cook for about 5 minutes until slightly tender.

Push cauliflower to one side of the skillet and add crumbled tofu to the other side.

Cook tofu for about 5 minutes until lightly browned.

Combine tofu and cauliflower in the skillet, then add red bell pepper, nutritional yeast, turmeric, smoked paprika, salt, and pepper.

Stir well to evenly coat the ingredients with the spices.

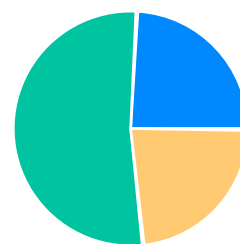
Continue cooking for another 5 minutes until everything is heated through and well combined.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	717.7	87.6	179.4
Protein [g]	45.4	5.5	11.4
Fat [g]	43.9	5.4	11
Carbs [g]	43.3	5.3	10.8
Fiber [g]	16	2	4
Net Carbs [g]	27.3	3.3	6.8



24 % Protein 53 % Fat 23 %
Carbs

Vegan Creamy Vegetable Bean Soup

🕒 35 min 🍽️ 4 servings

Per serving: 212 Kcal 10g Protein 5g Fat 34g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 small (102.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (5.9 g)
- **Beans**, 1 can (439 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Celery stalks**, 1 stalk (17 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Almond Milk**, 1 cup (262 g)



Instructions

Heat olive oil in a large pot over medium heat.

Add onion and garlic, sauté until fragrant and translucent.

Add carrots, celery, and red bell pepper. Cook for another 5 minutes, stirring occasionally.

Add white beans, vegetable broth, almond milk, thyme, oregano, smoked paprika, salt, and pepper.

Bring the soup to a boil, then reduce heat and simmer for 15-20 minutes until the vegetables are tender.

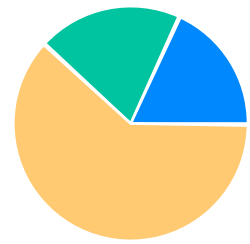
Using an immersion blender or regular blender, blend the soup until creamy and smooth.

Return the soup to the pot and heat over low heat until warmed through.

Serve hot, garnished with fresh parsley.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	847.9	45.4	212
Protein [g]	39.7	2.1	9.9
Fat [g]	19.3	1	4.8
Carbs [g]	135.3	7.3	33.8
Fiber [g]	30.5	1.6	7.6
Net Carbs [g]	104.8	5.6	26.2



18 % Protein 20 % Fat 62 %
Carbs

Garden Veggies and Chicken Frittata

🕒 40 min 🍽️ 6 servings

Per serving: 161 Kcal 14g Protein 11g Fat 3g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Basil, 1/4 teaspoon (0.3 g)
- Oregano, 1/4 teaspoon (0.5 g)
- Salt, 1/2 tsp (3.1 g)
- Thyme, 1/4 tsp (0.3 g)
- Olive oil, 1 tablespoon (14.6 g)
- Zucchini, 1 cup (125.1 g)
- Bell pepper, 1 cup (159 g)
- Spinach, 1 cup (30 g)
- Almond milk, 1/4 cup (62.5 g)
- Pepper, 1/4 tsp (0.5 g)
- Ground Chicken, 1/2 pound (227 g)



Instructions

Preheat the oven to 375°F (190°C).

Heat the olive oil in a large oven-safe skillet over medium heat.

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

Add the diced red bell pepper and zucchini to the skillet. Cook for 5 minutes, until the vegetables are slightly softened.

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

In a separate bowl, whisk together the eggs, almond milk, salt, black pepper, dried oregano, dried basil, and dried thyme.

Pour the egg mixture over the cooked chicken and vegetables in the skillet. Stir gently to distribute the ingredients evenly.

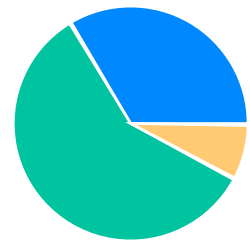
Place the skillet in the preheated oven and bake for 20-25 minutes, or until the frittata is set and lightly golden on top.

Remove from the oven and let it cool for a few minutes before slicing into wedges.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	964.8	104.5	160.8
Protein [g]	81.7	8.9	13.6
Fat [g]	63.3	6.9	10.5
Carbs [g]	18	2	3
Fiber [g]	6	0.7	1
Net Carbs [g]	12	1.3	2



34 % Protein 59 % Fat 7 %
Carbs

Lemon Herb Zucchini Chips

🕒 20 min 🍽️ 4 servings

Per serving: 81 Kcal 1g Protein 7g 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 servings (28 g)
- Zucchini, 2 medium (392 g)
- Pepper, 1/4 tsp (0.5 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.

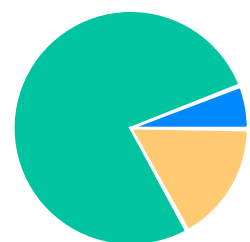
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

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

Enjoy as a healthy snack or side dish!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	321.8	73.2	80.5
Protein [g]	4.9	1.1	1.2
Fat [g]	29.4	6.7	7.4
Carbs [g]	14.2	3.2	3.6
Fiber [g]	4.5	1	1.1
Net Carbs [g]	9.7	2.2	2.4



6 % Protein 78 % Fat 17 % Carbs

Kale Chips

🕒 15 min 🍽️ 2 servings

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

Ingredients

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



Instructions

Preheat your oven to 350°F (175°C).

Wash and dry the kale leaves thoroughly.

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

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

Spread the seasoned kale evenly on a baking sheet.

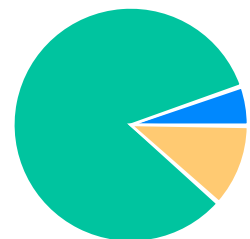
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

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

Enjoy your homemade Kale Chips!

Macronutrient summary

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



5 % Protein 84 % Fat 11 % Carbs

Vegan Tofu, Bell Pepper and Spinach Fritters

🕒 15 min 🍽️ 2 servings

Per serving: 608 Kcal 36g Protein 32g Fat 51g Carbs

Ingredients

- **Turmeric powder**, 1/2 teaspoon (1.1 g)
- **Salt**, 1/4 tsp (1.6 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1/4 cup (41.7 g)
- **Garlic**, 2 cloves (6 g)
- **Water**, 1/2 cup (113.8 g)
- **Chickpea flour**, 1 cup (120 g)
- **Nutritional yeast**, 1/4 cup (11 g)
- **Spinach**, 1/4 cup (7.5 g)
- **Bell peppers**, 1/4 cup (37.3 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Tofu, crumbled**, 1 extra firm, drained (200 g)



Instructions

In a large mixing bowl, combine chickpea flour, nutritional yeast, crumbled tofu chopped spinach, diced bell peppers, finely chopped onion, minced garlic, ground cumin, turmeric powder, paprika, salt, and black pepper.

Gradually add water while stirring the mixture until a thick batter consistency is achieved.

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

Drop spoonfuls of the batter onto the skillet and flatten them slightly with the back of the spoon to form fritters.

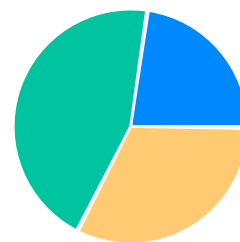
Cook the fritters for about 3-4 minutes on each side or until they turn golden brown.

Remove the fritters from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

Serve the high protein vegan snack fritters hot with your favorite dipping sauce or enjoy them as is.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1216.8	218.5	608.4
Protein [g]	72.1	12.9	36.1
Fat [g]	63.2	11.4	31.6
Carbs [g]	102.5	18.4	51.3
Fiber [g]	26.2	4.7	13.1
Net Carbs [g]	76.3	13.7	38.2



23 % Protein 45 % Fat 32 %
Carbs

Chicken & White Bean Soup with Cabbage

🕒 15 min 🍽️ 4 servings

Per serving: 262 Kcal 27g Protein 6g Fat 26g Carbs

Ingredients

- Chicken broth, 4 cup (940 g)
- Thyme, 1 tsp, leaves (1 g)
- Cabbage, 2 cup, shredded (140 g)
- Beans, 15 ounces (425.3 g)
- Chicken, 2 cups (280 g)



Instructions

In a large pot, combine the chicken, white beans, cabbage, chicken broth, and dried thyme.

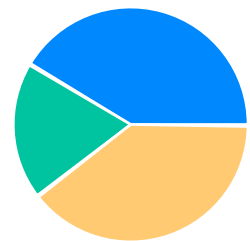
Bring the mixture to a boil over medium-high heat.

Reduce the heat to low and simmer for 10 minutes, or until the cabbage is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1046.5	58.6	261.6
Protein [g]	108.8	6.1	27.2
Fat [g]	22	1.2	5.5
Carbs [g]	103	5.8	25.8
Fiber [g]	24.3	1.4	6.1
Net Carbs [g]	78.7	4.4	19.7



42 % Protein 19 % Fat 39 % Carbs

Baked Garlic White Fish and Broccoli

🕒 20 min 🍽️ 4 servings

Per serving: 259 Kcal 37g Protein 10g Fat 7g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Broccoli, 4 cups (364 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and broccoli on a baking sheet.

Drizzle olive oil over the fish and broccoli, then sprinkle with garlic powder, salt, and pepper.

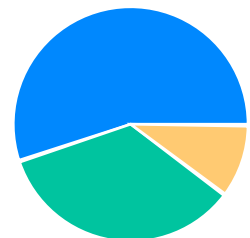
Toss the broccoli to coat evenly with the oil and seasonings.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and the broccoli is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1034	95.8	258.5
Protein [g]	147.3	13.7	36.8
Fat [g]	40.9	3.8	10.2
Carbs [g]	26.4	2.4	6.6
Fiber [g]	9.7	0.9	2.4
Net Carbs [g]	16.7	1.5	4.2



55 % Protein 35 % Fat 10 % Carbs

Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry

🕒 10 min 🍽️ 2 servings

Per serving: 173 Kcal 28g Protein 3g Fat 8g Carbs

Ingredients

- Zucchini, 1 medium (196 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 2 tbsp (36 g)
- Bell pepper, 1 cup, sliced (92 g)
- Chicken breasts, 2 portion (226 g)



Instructions

Slice the chicken breasts into thin strips.

Cut the zucchini and red bell pepper into thin slices.

Mince the garlic cloves.

Heat a non-stick skillet over medium-high heat.

Add the chicken strips to the skillet and cook for 3-4 minutes, until browned and cooked through.

Remove the chicken from the skillet and set aside.

In the same skillet, add the sliced zucchini, red bell pepper, and minced garlic.

Cook for 2-3 minutes, until the vegetables are tender-crisp.

Return the cooked chicken to the skillet.

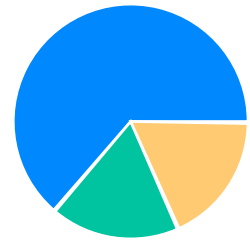
Pour the soy sauce over the chicken and vegetables.

Stir-fry for another 1-2 minutes, until everything is well coated and heated through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	345.4	62.1	172.7
Protein [g]	55.4	10	27.7
Fat [g]	6.8	1.2	3.4
Carbs [g]	15.6	2.8	7.8
Fiber [g]	4.3	0.8	2.2
Net Carbs [g]	11.3	2	5.7



64 % Protein 18 % Fat 18 %
Carbs

Garlic Rosemary Chicken with Brussel Sprouts

🕒 15 min 🍽️ 2 servings

Per serving: 223 Kcal 36g Protein 4g Fat 11g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 300 g (300 g)
- Brussels sprouts, halved, 2 portion(s) (200 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.

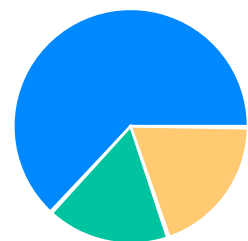
Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced Brussel Sprouts.

Place the chicken breasts and Brussel Sprouts 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]	446.1	86.6	223.1
Protein [g]	71.2	13.8	35.6
Fat [g]	8.4	1.6	4.2
Carbs [g]	21.9	4.3	11
Fiber [g]	7.9	1.5	4
Net Carbs [g]	14	2.7	7



64 % Protein 17 % Fat 20 % Carbs

Egg Scramble with Onion and Spinach

🕒 10 min 🍽️ 1 serving

Per serving: 162 Kcal 13g Protein 10g Fat 7g Carbs

Ingredients

- Eggs, 2 medium (88 g)
- Olive oil, 1/4 teaspoon (1 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)



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.

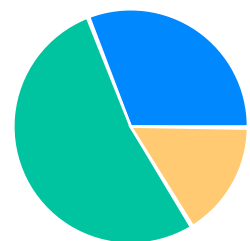
Pour the egg mixture into the skillet with the vegetables.

Stir gently until the eggs are cooked to desired consistency.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	161.9	99.9	161.9
Protein [g]	12.5	7.7	12.5
Fat [g]	9.5	5.9	9.5
Carbs [g]	6.5	4	6.5
Fiber [g]	1.4	0.9	1.4
Net Carbs [g]	5.1	3.1	5.1



31 % Protein 53 % Fat 16 % Carbs

Shopping List

Dairy and Egg Products

- Eggs, 3 large (150.1 g)
- Almond milk, 0 cup (10.4 g)
- Eggs, 4 medium (175.9 g)
- Fried Egg, 2 large (140 g)
- Plain Yogurt (Low Fat), 2 container (6 oz) (340 g)
- Fat-Free Milk, 4 cup (980 g)

Spices and Herbs

- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 0 teaspoon (0.1 g)
- Salt, 1 2/3 tsp (10.3 g)
- Thyme, 0 tsp (0 g)
- Pepper, 5/6 tsp (1.7 g)
- Rosemary, 1 serving (0.1 g)
- Thyme, 4 tsp, leaves (4 g)
- Salt and pepper, 2 1/3 tsp (4.5 g)
- Salt and pepper, 2 pinch (0.2 g)
- Turmeric, 1/3 teaspoons (0.6 g)
- Paprika, 1/2 teaspoon (1 g)
- Turmeric, 1/8 teaspoon (0.3 g)
- Paprika, 1/3 teaspoons (0.7 g)
- Cumin, 1/8 teaspoon (0.2 g)
- Salt, 1/4 tsp (0.5 g)
- Spices, pepper, black, 1/4 tsp, ground (0.6 g)
- Oregano, 1 1/3 teaspoons (2.5 g)
- Salt, 2 teaspoon (11.5 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Turmeric powder, 1/3 teaspoon (0.5 g)
- Ground cumin, 1/2 teaspoon (1 g)
- Fresh Basil, 1/2 cup (11 g)
- Salt and pepper, 2 servings (1 g)
- Onion powder, 1/2 teaspoon (1 g)
- Rosemary, 1/4 teaspoon (0 g)
- Thyme, 1/4 teaspoon (0.2 g)
- Garlic powder, 1 1/3 teaspoon (3.8 g)
- Pepper, 1 1/3 teaspoon (2.5 g)

- Apple cider vinegar, 1/3 tablespoon (3.8 g)
- Rosemary, 2 sprig (0.2 g)

Fats and Oils

- Olive oil, 2 2/3 tablespoon (36 g)
- Olive oil, 9 3/4 servings (136.6 g)
- Olive oil, 1/2 teaspoon (2 g)
- Oil, avocado, 1 teaspoons (4.5 g)

Vegetables and Vegetable Products

- Zucchini, 1/5 cup (20.9 g)
- Bell pepper, 1/5 cup (26.5 g)
- Spinach, 1/5 cup (5 g)
- Shallot, 1/2 shallots (12.5 g)
- Mushrooms, 2 cup, whole (192.3 g)
- Garlic, 2 1/2 portion (7.5 g)
- Spinach, 4 cups (120 g)
- Onion, 1/2 cup, chopped (80 g)
- Garlic, 20 clove (60 g)
- Spinach leaves, 2 cup (60 g)
- Cauliflower, 1/3 small head (66.3 g)
- Onion, 1/3 small (17.5 g)
- Bell pepper, 1/3 small (20.8 g)
- Parsley, 2 tablespoons (8 g)
- Mushrooms, Fresh, 1 cups (97 g)
- Onion, 1/8 medium (13.2 g)
- Bell pepper, 1/4 (29.7 g)
- Baby spinach, 1 1/2 cup (45 g)
- Celery sticks, 2 stalk, large (11"-12" long) (128 g)
- Seaweed snacks, 1 snack pack (5 g)
- Onion, 1/7 cup (20.9 g)
- Garlic, 2 cloves (5.9 g)
- Bell peppers, 1/7 cup (18.7 g)
- Zucchini, 1 medium (196.3 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Zucchini, 3 medium (587.8 g)
- Asparagus, 1 3/4 bunches (788.1 g)
- Bell pepper, 2 cup, sliced (184 g)
- Mushrooms, 1 cups (95.2 g)
- Kale, 1/2 small bunch (46.5 g)

- Carrots, 1 small (51.1 g)
- Bell pepper, 1/2 portion (59.6 g)
- Celery stalks, 1/2 stalk (8.5 g)
- Brussels sprouts, 1/3 pound (113.5 g)
- Broccoli, 2 cups (182.2 g)
- Cabbage, 1/2 cup, shredded (35 g)
- Brussels sprouts, halved, 2 portion(s) (200.3 g)

Poultry Products

- Ground Chicken, 0 pound (37.9 g)
- Chicken Breast, 2 breast (448 g)

Other

- Nutritional yeast, 2 tablespoons (15 g)
- Block of tofu, 1/3 block (85.1 g)
- Block of tofu, 1/2 100 gram (113 g)
- Nutritional yeast, 1/7 cup (5.5 g)

Legumes and Legume Products

- Soy sauce, 4 1/2 tbsp (81 g)
- Hummus, 1/4 cup (61.5 g)
- Plain soy yogurt, 1/2 cup (113.5 g)
- Chickpea flour, 1/2 cup (60.1 g)
- Tofu, crumbled, 1/2 extra firm, drained (100.2 g)
- Beans, 1/2 can (219.7 g)
- Soy sauce, 1/2 teaspoon (3.5 g)
- Beans, 3 3/4 ounces (106.4 g)

Nut and Seed Products

- Walnuts, 2 tbsp (19.9 g)
- Almonds, 1/8 cup (17.9 g)

Beverages

- Water, 1/3 cup (57 g)
- Coffee (Unsweetened), 1 cup (248 g)
- Coffee (Unsweetened), 4 portion(s) (200 g)
- Almond Milk, 1/2 cup (131.1 g)

Fruits and Fruit Juices

- Lemon juice, 1 t (14.9 g)
- Lemons, 2 1/2 lemon (270.3 g)

Pork Products

- Lean ground pork, 1/2 lb (226.8 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 5 100 gram (1131.1 g)
- Chicken breasts, 4 portion (452 g)
- Chicken, 1/2 cups (70.1 g)
- Chicken breasts, 300 1/2 g (300.5 g)

Finfish and Shellfish Products

- Shrimp, 1/2 lb (226.3 g)
- Fish, 2 fillet (340.3 g)

Beef Products

- Beef, fillet steak, raw, lean, 50 grams (50 g)

Soups, Sauces, and Gravies

- Vegetable broth, 2 cups (392.1 g)
- Chicken broth, 1 cup (235.2 g)

Baked Products

- Almonds, 0 cup (8.9 g)