

Low Histamine Meal Plan

DAY 1

Breakfast	Mixed Berries Chia Pudding (Unsweetened)	1 serving (231 g)
Mid-morning snack	Paleo Sweet Potato Chips	1 serving (242 g)
Lunch	Chicken and Broccoli over Quinoa	2 serving (440 g)
Mid-afternoon snack	Watermelon	1 wedge (approx 1/16 of melon) (285 g)
Dinner	Sheet Pan Chicken, Asparagus, and Potatoes	2 serving (678 g)

DAY 2

Breakfast	Rolled Oats	3 tablespoon (30 g)
	Almond Milk	1 cup (262 g)
Mid-morning snack	Mixed Berries Chia Pudding (Unsweetened)	2 serving (462 g)
Lunch	Sheet Pan Chicken, Asparagus, and Potatoes	2 serving (678 g)
Mid-afternoon snack	Apple	1 medium (3" dia) (182 g)
Dinner	Beef and Broccoli with Quinoa	2 serving (516 g)

DAY 3

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
Mid-morning snack	Blueberries	1 cup (124 g)
Lunch	Roasted Chicken Thighs and Garlic Potatoes with Carrots	2 serving (638 g)
Mid-afternoon snack	Peach	1 medium (2-2/3" dia) (150 g)
Dinner	Garlic Turkey Breast with Potato and Brussels Sprouts	1 serving (458 g)

DAY 4

Breakfast	Chia Pudding with Berries	1 serving (223 g)
Mid-morning snack	Kale Chips	1 serving (64 g)
Lunch	Roasted Turkey Breast and Garlic Potatoes with Zucchini	2 serving (518 g)
Mid-afternoon snack	Apple	1 medium (3" dia) (182 g)
Dinner	Garlic Rosemary Chicken with Zucchini	2 serving (478 g)

DAY 5

Breakfast	Cauliflower Noatmeal with Peaches (Unsweetened)	1 serving (327 g)
Mid-morning snack	Blackberries	1/2 cup (69 g)
Lunch	Garlic Rosemary Chicken with Asparagus	2 serving (382 g)
Mid-afternoon snack	Paleo Sweet Potato Chips	1 serving (242 g)
Dinner	Rosemary Pork Loin with Potato and Carrots	1 serving (350 g)

DAY 6

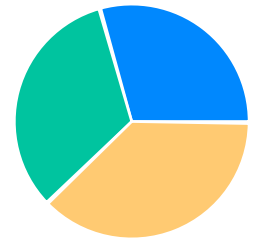
Breakfast	Rolled Oats	3 tablespoon (30 g)
	Almond Milk	1 cup (262 g)
	Apple, with skin	1/2 cup, sliced (54.5 g)
Mid-morning snack	Boiled Eggs	1 egg (56 g)
Lunch	Broccoli Turkey over Quinoa	2 serving (510 g)
Mid-afternoon snack	Paleo Sweet Potato Chips	1 serving (242 g)
Dinner	Pork and Cabbage with Brown Rice	1 serving (248 g)

DAY 7

Breakfast	Fried Egg Mushrooms, Fresh	2 large (140 g) 1 cups (97 g)
Mid-morning snack	popcorn, oil-popped, white popcorn, salt added	1 cup (11 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Carrots	1 serving (470 g)
Mid-afternoon snack	Kale Chips	1 serving (64 g)
Dinner	Chicken, Carrots and Asparagus Stir Fry over Brown Rice	1 serving (328 g)

Macronutrient summary

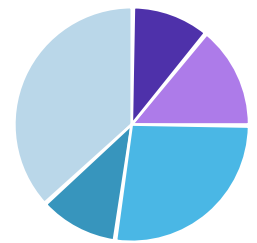
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10279.1	1468.4
Protein [g]	767.9	109.7
Fat [g]	379.6	54.2
Carbs [g]	980.7	140.1
Fiber [g]	195.3	27.9
Net Carbs [g]	785.4	112.2



30 % Protein 33 % Fat
38 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	207.9	9.9	11.9	16.6	4.9	11.7
Mid-morning snack	155.9	3.8	8.4	18	5.9	12.1
Lunch	546	54.4	16.9	43.2	6.9	36.3
Mid-afternoon snack	158.5	1.9	6	26.2	4.1	22.1
Dinner	400.2	39.7	11	36.1	6.1	30



14 % Breakfast 11 %
Mid-morning snack 37
% 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	1664.8	122.6	52.9	180.1	36.5	143.6
Day 2	1703.1	120.7	56.8	190.1	51.1	139
Day 3	1687.9	104.6	75.3	154.6	24.3	130.3
Day 4	1218.9	116.3	40.1	103.2	23.8	79.4
Day 5	1205.6	90.9	44.1	116.8	23	93.8
Day 6	1437.8	106.1	46.1	147.3	21.6	125.7
Day 7	1361.1	106.9	64.2	88.7	14.9	73.8

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mixed Berries Chia Pudding (Unsweetened) 1 serving (231 g)	193.5	5.6	10.6	21.8	12.1	9.7
TOTAL FOR BREAKFAST	193.5	5.6	10.6	21.8	12.1	9.7
Mid-morning snack						
Paleo Sweet Potato Chips 1 serving (242 g)	314.1	3.6	13.1	46.4	7.3	39.1
TOTAL FOR MID-MORNING SNACK	314.1	3.6	13.1	46.4	7.3	39.1
Lunch						
Chicken and Broccoli over Quinoa 2 serving (440 g)	536.5	54.4	15.7	42.4	6.4	36
TOTAL FOR LUNCH	536.5	54.4	15.7	42.4	6.4	36
Mid-afternoon snack						
Watermelon 1 wedge (approx 1/16 of melon) (286 g)	85.8	1.7	0.4	21.6	1.1	20.5
TOTAL FOR MID-AFTERNOON SNACK	85.8	1.7	0.4	21.6	1.1	20.5
Dinner						
Sheet Pan Chicken, Asparagus, and Potatoes 2 serving (678 g)	534.8	57.3	13.1	48	9.5	38.5
TOTAL FOR DINNER	534.8	57.3	13.1	48	9.5	38.5
TOTAL FOR DAY 1	1664.8	122.6	52.9	180.1	36.5	143.6

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Rolled Oats 3 tablespoon (30 g)	113.7	3.9	2	20.3	3	17.3
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
TOTAL FOR BREAKFAST	153	5.5	4.8	21.8	3	18.8
Mid-morning snack						
Mixed Berries Chia Pudding (Unsweetened) 2 serving (462 g)	387.1	11.2	21.3	43.5	24.3	19.2
TOTAL FOR MID-MORNING SNACK	387.1	11.2	21.3	43.5	24.3	19.2
Lunch						
Sheet Pan Chicken, Asparagus, and Potatoes 2 serving (678 g)	534.8	57.3	13.1	48	9.5	38.5
TOTAL FOR LUNCH	534.8	57.3	13.1	48	9.5	38.5
Mid-afternoon snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR MID-AFTERNOON SNACK	94.6	0.5	0.3	25.1	4.4	20.7
Dinner						
Beef and Broccoli with Quinoa 2 serving (516 g)	533.6	46.3	17.3	51.6	9.9	41.7
TOTAL FOR DINNER	533.6	46.3	17.3	51.6	9.9	41.7
TOTAL FOR DAY 2	1703.1	120.7	56.8	190.1	51.1	139

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Mushrooms, Fresh 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
TOTAL FOR BREAKFAST	295.7	22.1	21.1	4.3	1	3.3
Mid-morning snack						
Blueberries 1 cup (124 g)	70.7	0.9	0.4	18	3	15
TOTAL FOR MID-MORNING SNACK	70.7	0.9	0.4	18	3	15
Lunch						
Roasted Chicken Thighs and Garlic Potatoes with Carrots 2 serving (638 g)	851	45	44.5	67.9	9	58.9
TOTAL FOR LUNCH	851	45	44.5	67.9	9	58.9
Mid-afternoon snack						
Peach 1 medium (2-2/3" dia) (150 g)	58.5	1.4	0.4	14.3	2.3	12
TOTAL FOR MID-AFTERNOON SNACK	58.5	1.4	0.4	14.3	2.3	12
Dinner						
Garlic Turkey Breast with Potato and Brussels Sprouts 1 serving (458 g)	411.9	35.3	9	50.1	9.2	40.9
TOTAL FOR DINNER	411.9	35.3	9	50.1	9.2	40.9
TOTAL FOR DAY 3	1687.9	104.6	75.3	154.6	24.3	130.3

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Chia Pudding with Berries 1 serving (223 g)	156.3	4.3	8.3	18.5	9.5	9
TOTAL FOR BREAKFAST	156.3	4.3	8.3	18.5	9.5	9
Mid-morning snack						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
TOTAL FOR MID-MORNING SNACK	147.8	2	14.4	4.4	1.8	2.6
Lunch						
Roasted Turkey Breast and Garlic Potatoes with Zucchini 2 serving (518 g)	503.6	57.7	10.4	43.8	5.5	38.3
TOTAL FOR LUNCH	503.6	57.7	10.4	43.8	5.5	38.3
Mid-afternoon snack						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR MID-AFTERNOON SNACK	94.6	0.5	0.3	25.1	4.4	20.7
Dinner						
Garlic Rosemary Chicken with Zucchini 2 serving (478 g)	316.6	51.7	6.7	11.4	2.6	8.8
TOTAL FOR DINNER	316.6	51.7	6.7	11.4	2.6	8.8
TOTAL FOR DAY 4	1218.9	116.3	40.1	103.2	23.8	79.4

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Cauliflower Noatmeal with Peaches (Unsweetened) 1 serving (327 g)	174	4.4	12.6	15.4	3.8	11.6
TOTAL FOR BREAKFAST	174	4.4	12.6	15.4	3.8	11.6
Mid-morning snack						
Blackberries 1/2 cup (69 g)	29.7	1	0.3	6.6	3.7	2.9
TOTAL FOR MID-MORNING SNACK	29.7	1	0.3	6.6	3.7	2.9
Lunch						
Garlic Rosemary Chicken with Asparagus 2 serving (382 g)	304.6	52	6.1	9.5	3.2	6.3
TOTAL FOR LUNCH	304.6	52	6.1	9.5	3.2	6.3
Mid-afternoon snack						
Paleo Sweet Potato Chips 1 serving (242 g)	314.1	3.6	13.1	46.4	7.3	39.1
TOTAL FOR MID-AFTERNOON SNACK	314.1	3.6	13.1	46.4	7.3	39.1
Dinner						
Rosemary Pork Loin with Potato and Carrots 1 serving (350 g)	383.3	30	11.9	38.9	5	33.9
TOTAL FOR DINNER	383.3	30	11.9	38.9	5	33.9
TOTAL FOR DAY 5	1205.6	90.9	44.1	116.8	23	93.8

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Rolled Oats 3 tablespoon (30 g)	113.7	3.9	2	20.3	3	17.3
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
Apple, with skin 1/2 cup, sliced (54.5 g)	34.3	0.1	0.1	8.3	1.1	7.2
TOTAL FOR BREAKFAST	187.3	5.6	4.9	30.1	4.2	25.9
Mid-morning snack						
Boiled Eggs 1 egg (56 g)	86.8	7	5.9	0.6	0	0.6
TOTAL FOR MID-MORNING SNACK	86.8	7	5.9	0.6	0	0.6
Lunch						
Broccoli Turkey over Quinoa 2 serving (510 g)	568	63.7	14	45.8	7.5	38.3
TOTAL FOR LUNCH	568	63.7	14	45.8	7.5	38.3
Mid-afternoon snack						
Paleo Sweet Potato Chips 1 serving (242 g)	314.1	3.6	13.1	46.4	7.3	39.1
TOTAL FOR MID-AFTERNOON SNACK	314.1	3.6	13.1	46.4	7.3	39.1
Dinner						
Pork and Cabbage with Brown Rice 1 serving (248 g)	281.6	26.1	8.2	24.4	2.6	21.8
TOTAL FOR DINNER	281.6	26.1	8.2	24.4	2.6	21.8
TOTAL FOR DAY 6	1437.8	106.1	46.1	147.3	21.6	125.7

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Mushrooms, Fresh 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
TOTAL FOR BREAKFAST	295.7	22.1	21.1	4.3	1	3.3
Mid-morning snack						
popcorn, oil-popped, white popcorn, salt added 1 cup (11 g)	55	1	3.1	6.3	1.1	5.2
TOTAL FOR MID-MORNING SNACK	55	1	3.1	6.3	1.1	5.2
Lunch						
Roasted Pork Strips and Garlic Sweet Potatoes with Carrots 1 serving (470 g)	523.2	50.7	14.7	45.1	7	38.1
TOTAL FOR LUNCH	523.2	50.7	14.7	45.1	7	38.1
Mid-afternoon snack						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
TOTAL FOR MID-AFTERNOON SNACK	147.8	2	14.4	4.4	1.8	2.6
Dinner						
Chicken, Carrots and Asparagus Stir Fry over Brown Rice 1 serving (328 g)	339.4	31.1	10.9	28.6	4.1	24.5
TOTAL FOR DINNER	339.4	31.1	10.9	28.6	4.1	24.5
TOTAL FOR DAY 7	1361.1	106.9	64.2	88.7	14.9	73.8

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.

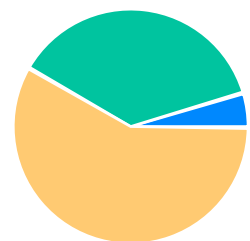
Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

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

Mixed Berries Chia Pudding (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 193 Kcal 6g Protein 11g Fat 22g Carbs

Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (56 g)
- Almond milk, 1 cup (250 g)

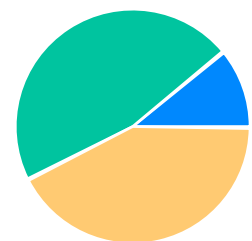


Instructions

In a medium-sized bowl, mash the mixed berries with a fork until they are slightly crushed. Add chia seeds, almond milk and maple syrup to the bowl. Stir well to combine all the ingredients. Cover the bowl and refrigerate. Stir the mixture once or twice during this time to prevent clumping. Once the chia pudding has thickened and set, give it a final stir to break up any clumps. Divide the pudding into serving bowls or glasses. Garnish with fresh berries and mint leaves, if desired. Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	385.2	83.8	193.1
Protein [g]	11.2	2.4	5.6
Fat [g]	21.2	4.6	10.6
Carbs [g]	43.5	9.4	21.8
Fiber [g]	24.2	5.2	12.1
Net Carbs [g]	19.3	4.2	9.7



11 % Protein 47 % Fat 42 % Carbs

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.

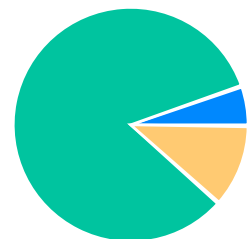
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

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

Broccoli Turkey over Quinoa

🕒 30 min 🍽️ 4 servings

Per serving: 284 Kcal 32g Protein 7g Fat 23g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Broccoli florets, 2 cups (182 g)
- Turkey Breast, 1 lb (448 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 broccoli florets and cook for about 5 minutes, or until they are tender-crisp.

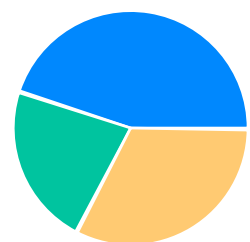
Add the sliced turkey back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and turkey mixture over the cooked Quinoa.

Enjoy your delicious Broccoli Turkey Quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1135.9	111.4	284
Protein [g]	127.4	12.5	31.9
Fat [g]	27.9	2.7	7
Carbs [g]	91.5	9	22.9
Fiber [g]	15.1	1.5	3.8
Net Carbs [g]	76.4	7.5	19.1



45% Protein 22% Fat 32% Carbs

Sheet Pan Chicken, Asparagus, and Potatoes

🕒 30 min 🍽️ 4 servings

Per serving: 268 Kcal 29g Protein 7g Fat 24g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Chicken breasts, 4 portion (452 g)
- Baby potatoes, 1 pound (453.6 g)
- Table salt, 1 teaspoon (5 g)
- Asparagus, Fresh, 1 bunch (433 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, sliced asparagus, and baby potatoes.

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

Arrange the chicken, asparagus, and 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 potatoes are tender.

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

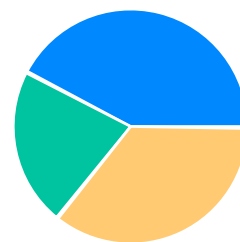
Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1070.5	78.9	267.6
Protein [g]	114.6	8.4	28.7
Fat [g]	26.1	1.9	6.5
Carbs [g]	96	7.1	24
Fiber [g]	19.1	1.4	4.8
Net Carbs [g]	76.9	5.7	19.2



43 % Protein 22 % Fat 36 %
Carbs

Chia Pudding with Berries

🕒 20 min 🍽️ 2 servings

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

Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (40.9 g)
- Almond milk, 1 cup (250 g)



Instructions

In a bowl, combine chia seeds and almond milk.

Whisk the mixture well to avoid any clumps.

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

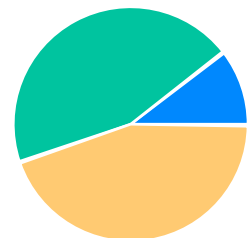
Cover the bowl and refrigerate for at least 15 minutes or until the chia pudding thickens.

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

Serve immediately and enjoy!

Macronutrient summary

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



10 % Protein 45 % Fat 45 % Carbs

Rosemary Pork Loin with Potato and Carrots

🕒 30 min 🍽️ 4 servings

Per serving: 383 Kcal 30g Protein 12g Fat 39g Carbs

Ingredients

- Rosemary, 2 tablespoons (4 g)
- Potatoes, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- Olive oil, 2 servings (28 g)
- Pork loin, 1 pounds (454 g)
- Carrots, sliced, 1 portion (61.6 g)



Instructions

Preheat the oven to 400°F (200°C).

Rub the pork loin slices with olive oil and sprinkle with chopped rosemary. Season with salt and pepper.

In a large baking dish, arrange the diced potatoes and round the pork loin.

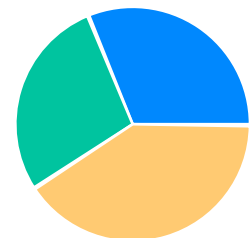
Drizzle the potatoes and carrots with olive oil, and season with salt and pepper.

Place the baking dish in the preheated oven and roast for 20-25 minutes.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1533.4	109.6	383.4
Protein [g]	119.8	8.6	30
Fat [g]	47.6	3.4	11.9
Carbs [g]	155.7	11.1	38.9
Fiber [g]	20.2	1.4	5.1
Net Carbs [g]	135.5	9.7	33.9



31 % Protein 28 % Fat 41 % Carbs

Garlic Turkey Breast with Potato and Brussels Sprouts

🕒 30 min 🍽️ 2 servings

Per serving: 412 Kcal 35g Protein 9g Fat 50g Carbs

Ingredients

- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Brussels sprouts, 12 (240 g)
- Turkey Breast, sliced, 1/2 lb (224 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the turkey breasts and sprinkle minced garlic over them.

In a separate bowl, toss the diced potatoes and halved Brussels sprouts with olive oil until evenly coated.

Arrange the potato and Brussels sprout mixture around the turkey breasts in the baking dish.

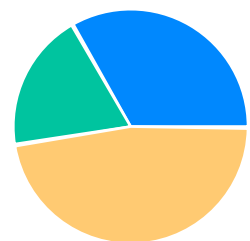
Season everything with salt and pepper to taste.

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

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	823.8	90	411.9
Protein [g]	70.6	7.7	35.3
Fat [g]	18	2	9
Carbs [g]	100.3	11	50.2
Fiber [g]	18.3	2	9.2
Net Carbs [g]	82	9	41



33 % Protein 19 % Fat 47 % Carbs

Roasted Chicken Thighs and Garlic Potatoes with Carrots

🕒 20 min 🍽️ 4 servings

Per serving: 425 Kcal 23g Protein 22g Fat 34g Carbs

Ingredients

- **Potatoes**, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 4 clove (12 g)
- **Chicken thighs**, 4 portion (447.9 g)
- **Carrots, sliced**, 2 medium (122 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the chicken thighs, potatoes, minced garlic, and olive oil. Season with salt and pepper to taste.

Toss everything together until the chicken and potatoes are evenly coated with the oil and garlic.

Spread the chicken thighs and potatoes in a single layer in the baking dish.

Place the dish in the preheated oven and roast for 15 minutes.

After 15 minutes, remove the baking dish from the oven and add the carrots to the dish, arranging them around the chicken and potatoes.

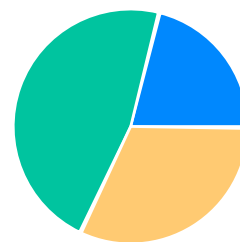
Return the dish to the oven and continue roasting for an additional 5 minutes, or until the chicken is cooked through, the potatoes are tender, and the carrots is slightly crisp.

Once done, remove from the oven and let it rest for a few minutes before serving.

Serve the roasted chicken thighs, garlic potatoes, and carrots together as a delicious and quick meal.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1700.7	133.3	425.2
Protein [g]	89.8	7	22.5
Fat [g]	88.9	7	22.2
Carbs [g]	135.7	10.6	33.9
Fiber [g]	17.9	1.4	4.5
Net Carbs [g]	117.8	9.2	29.5



21 % Protein 47 % Fat 32 %
Carbs

Roasted Turkey Breast and Garlic Potatoes with Zucchini

🕒 20 min 🍽️ 4 servings

Per serving: 252 Kcal 29g Protein 5g Fat 22g Carbs

Ingredients

- Potatoes, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Zucchini, 1 small (118 g)
- Turkey Breast, sliced, 4 portion(s) (440 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking dish, combine the chicken breast, potatoes, minced garlic, and olive oil. Season with salt and pepper to taste.

Toss everything together until the chicken and potatoes are evenly coated with the oil and garlic.

Spread the chicken breast and potatoes in a single layer in the baking dish.

Place the dish in the preheated oven and roast for 15 minutes.

After 15 minutes, remove the baking dish from the oven and add the zucchini to the dish, arranging them around the chicken and potatoes.

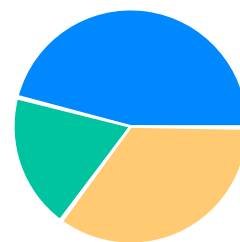
Return the dish to the oven and continue roasting for an additional 5 minutes, or until the chicken is cooked through, the potatoes are tender, and the zucchini is slightly crisp.

Once done, remove from the oven and let it rest for a few minutes before serving.

Serve the roasted chicken breast, garlic potatoes, and zucchini together as a delicious and quick meal.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1008.1	97.2	252
Protein [g]	115.6	11.1	28.9
Fat [g]	20.9	2	5.2
Carbs [g]	87.6	8.4	21.9
Fiber [g]	11	1.1	2.8
Net Carbs [g]	76.6	7.4	19.2



46 % Protein 19 % Fat 35 %
Carbs

Roasted Pork Strips and Garlic Sweet Potatoes with Carrots

🕒 20 min 🍽️ 2 servings

Per serving: 523 Kcal 51g Protein 15g Fat 45g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 3 cup, cubes (399 g)
- Pork Tenderloin, sliced, 1 lb (453.6 g)
- Carrots, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

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

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

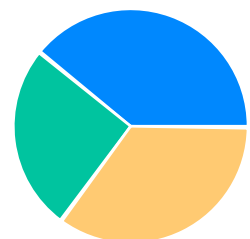
Roast in the preheated oven for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

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]	1045.3	111.4	522.7
Protein [g]	101.3	10.8	50.7
Fat [g]	29.4	3.1	14.7
Carbs [g]	90.1	9.6	45.1
Fiber [g]	13.9	1.5	7
Net Carbs [g]	76.2	8.1	38.1



39% Protein 26% Fat 35% Carbs

Pork and Cabbage with Brown Rice

🕒 15 min 🍽️ 4 servings

Per serving: 281 Kcal 26g Protein 8g Fat 24g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Pork tenderloin, 1 pound (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 2 cup (380 g)
- Cabbage, 2 cup, shredded (140 g)

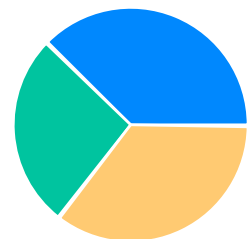


Instructions

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 cabbage and cook for 2-3 minutes until wilted.
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]	1124.2	113.6	281.1
Protein [g]	104.3	10.5	26.1
Fat [g]	32.8	3.3	8.2
Carbs [g]	97.5	9.8	24.4
Fiber [g]	10.3	1	2.6
Net Carbs [g]	87.2	8.8	21.8



38 % Protein 27 % Fat 35 % Carbs

Chicken and Broccoli over Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 269 Kcal 27g Protein 8g Fat 21g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 400 g (400 g)
- Broccoli florets, 1 cup (91 g)
- Olive Oil, 1 tablespoon (13.5 g)
- Quinoa, cooked, 2 cup (370 g)

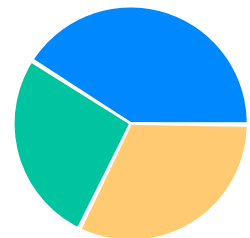


Instructions

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 broccoli florets and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked chicken breasts into strips.
7. Serve the sliced chicken and broccoli over cooked quinoa.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1074.3	122	268.6
Protein [g]	108.8	12.4	27.2
Fat [g]	31.4	3.6	7.9
Carbs [g]	84.9	9.6	21.2
Fiber [g]	12.7	1.4	3.2
Net Carbs [g]	72.2	8.2	18.1



41 % Protein 27 % Fat 32 % Carbs

Beef and Broccoli with Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 266 Kcal 23g Protein 9g Fat 26g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 1 tablespoon (13.5 g)
- Broccoli, 4 cups (364 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 broccoli florets 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]	1065.1	103.4	266.3
Protein [g]	92.3	9	23.1
Fat [g]	34.6	3.4	8.7
Carbs [g]	103	10	25.8
Fiber [g]	19.8	1.9	5
Net Carbs [g]	83.2	8.1	20.8



34 % Protein 28 % Fat 38 % 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.

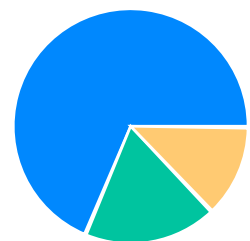
Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced asparagus.

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

Garlic Rosemary Chicken with Zucchini

🕒 15 min 🍽️ 2 servings

Per serving: 158 Kcal 26g Protein 3g Fat 6g 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)
- **Zucchini**, 2 small (236 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 zucchini.

Place the chicken breasts and zucchini 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]	315.9	66.2	158
Protein [g]	51.6	10.8	25.8
Fat [g]	6.7	1.4	3.4
Carbs [g]	11.3	2.4	5.7
Fiber [g]	2.6	0.5	1.3
Net Carbs [g]	8.7	1.8	4.4



66% Protein 19% Fat 15% Carbs

Chicken, Carrots and Asparagus Stir Fry over Brown Rice

🕒 15 min 🍽️ 2 servings

Per serving: 339 Kcal 31g Protein 11g Fat 29g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Chicken breasts, 2 portion(s) (240 g)
- Carrots, 1 medium (61 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 1 cup (195 g)
- Asparagus, sliced, 2 portion(s) (140 g)



Instructions

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

Add the sliced chicken breasts to the skillet and season with salt. Cook for about 5-6 minutes or until the chicken is cooked through and no longer pink.

Remove the chicken from the skillet and set aside.

In the same skillet, add the sliced asparagus and carrots. Stir fry for about 3-4 minutes or until the vegetables are tender-crisp.

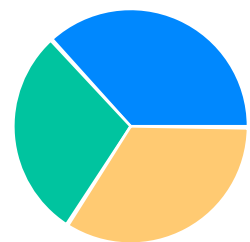
Add the cooked chicken back to the skillet and stir to combine with the vegetables.

Serve the chicken and vegetable stir fry over cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	678.8	103.6	339.4
Protein [g]	62.2	9.5	31.1
Fat [g]	21.7	3.3	10.9
Carbs [g]	57.1	8.7	28.6
Fiber [g]	8.2	1.3	4.1
Net Carbs [g]	48.9	7.5	24.5



37 % Protein 29 % Fat 34 % Carbs

Cauliflower Noatmeal with Peaches (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 174 Kcal 4g Protein 13g Fat 15g Carbs

Ingredients

- Cauliflower, 1 small head (265 g)
- Coconut milk, 1/2 cup (113 g)
- Water, 1/2 cup (125 g)
- Peach, peeled, sliced, 1 medium (2-2/3" dia) (150 g)

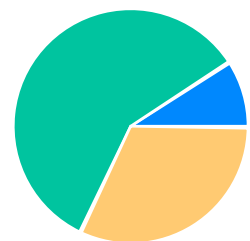


Instructions

1. Cut the cauliflower into florets and pulse in a food processor until it resembles rice-like texture.
2. In a saucepan, combine the cauliflower rice, and coconut milk.
3. Cook over medium heat for about 10 minutes, or until the cauliflower is tender and the mixture thickens slightly.
4. Remove from heat and let it cool for a few minutes.
5. Add sliced peaches.
6. Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	347.4	53.2	173.7
Protein [g]	8.7	1.3	4.4
Fat [g]	25.2	3.9	12.6
Carbs [g]	30.7	4.7	15.4
Fiber [g]	7.6	1.2	3.8
Net Carbs [g]	23.1	3.5	11.6



9 % Protein 59 % Fat 32 % Carbs

Shopping List

Fruits and Fruit Juices

- Berries, 2 cups (310.6 g)
- Peach, peeled, sliced, 1/2 medium (2-2/3" dia) (75.1 g)
- Apple, with skin, 1/2 cup, sliced (54.5 g)
- Blueberries, 1 cup (124 g)
- Blackberries, 1/2 cup (69 g)
- Watermelon, 1 wedge (approx 1/16 of melon) (286 g)
- Apple, 2 medium (3" dia) (364 g)
- Peach, 1 medium (2-2/3" dia) (150 g)

Nut and Seed Products

- Chia seeds, 1/2 cup (112.2 g)
- Coconut milk, 1/3 cup (56.6 g)

Dairy and Egg Products

- Almond milk, 2 cup (500.8 g)
- Fried Egg, 4 large (280 g)
- Boiled Eggs, 1 egg (56 g)

Breakfast Cereals

- Rolled Oats, 6 tablespoon (60 g)

Beverages

- Almond Milk, 2 cup (524 g)
- Water, 1/3 cup (62.6 g)

Vegetables and Vegetable Products

- Mushrooms, Fresh, 2 cups (194 g)
- Cauliflower, 1/2 small head (132.7 g)
- Sweet potatoes, 3 medium (679.2 g)
- Kale, 1 small bunch (93 g)
- Broccoli florets, 1/2 cup (45.5 g)
- Baby potatoes, 1 pound (453.2 g)
- Asparagus, Fresh, 1 bunch (432.7 g)
- Potatoes, 2 potato small (1-3/4" to 2-1/2" dia) (340.2 g)
- Garlic, 16 clove (48.1 g)
- Carrots, sliced, 1 medium (61 g)
- Potatoes, 1/2 pound (226.6 g)
- Zucchini, 2 1/2 small (295.3 g)

- Asparagus, 2 portion(s) (140.3 g)
- Broccoli florets, 1 cups (91 g)
- Sweet potatoes, 1 1/2 cup, cubes (199.8 g)
- Carrots, 1 medium (61.1 g)
- Broccoli, 2 cups (182.3 g)
- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426.2 g)
- Brussels sprouts, 6 (120.1 g)
- Carrots, sliced, 1/3 portion (15.4 g)
- Cabbage, 1/2 cup, shredded (35.1 g)
- Asparagus, sliced, 1 portion(s) (70.1 g)

Spices and Herbs

- Cinnamon, 1 1/2 teaspoon (3 g)
- Sea salt, 3/4 tsp (4.5 g)
- Salt, 3 1/2 tsp (21 g)
- Pepper, 1/2 teaspoon (1 g)
- Table salt, 1 teaspoon (5 g)
- Rosemary, 4 sprig (0.4 g)
- Salt, 1/3 teaspoon (2.2 g)
- Rosemary, 1/2 tablespoons (1 g)

Fats and Oils

- Coconut oil, 3 tablespoon (39.3 g)
- Olive oil, 2 1/2 servings (35 g)
- Olive Oil, 1/2 tablespoon (6.7 g)
- Olive oil, 4 1/3 tablespoon (57.4 g)
- Olive oil, 1/2 tbsp (6.5 g)

Snacks

- popcorn, oil-popped, white popcorn, salt added, 1 cup (11 g)

Poultry Products

- Chicken breasts, 199 7/8 g (199.9 g)
- Chicken thighs, 2 portion (224.1 g)
- Turkey Breast, sliced, 2 portion(s) (219.8 g)
- Turkey Breast, 1/2 lb (224.1 g)
- Turkey Breast, sliced, 1/3 lb (112.1 g)
- Chicken breasts, 1 portion(s) (120.1 g)

Cereal Grains and Pasta

- Quinoa, cooked, 3 cup (555.3 g)

- Brown rice, 1 cup (195.3 g)

Meals, Entrees, and Side Dishes

- Chicken breasts, 8 portion (904.5 g)

Pork Products

- Pork Tenderloin, sliced, 1/2 lb (227.1 g)
- Pork loin, 1/3 pounds (113.5 g)
- Pork tenderloin, 1/3 pound (113.6 g)

Beef Products

- Beef sirloin, thinly sliced, 140 1/4 grams (140.2 g)