

## Polyphenol-Rich Recipes

BREAKFAST	SNACKS	MAINS
Mediterranean Omelet	Mexican Salad	Turkey Skillet Supper
Mixed Berry Granola Yogurt	Vegan Berry Crumble	Chickpea and Quinoa Grain Bowl with Hummus Dressing
Tofu Kale Power Bowl	Matcha Chocolate Chip Energy Balls	Roasted Beets and Chicken Breast with Asparagus
	Vegan Banana Pudding with Dark Chocolate	Pesto Chicken Tray Bake
		Grilled Vegetable Salad with Cottage Cheese

# Pesto Chicken Tray Bake

🕒 30 min    👤 4 servings

Per serving: 464 Kcal 41g Protein 18g Fat 34g Carbs

## Ingredients

- Olive oil, 2 tablespoon
- Zucchini, 1 medium
- Yellow Bell pepper, 1 small
- Red Bell pepper, 1 small
- Chicken breasts, 3 small breast
- Cherry tomatoes, 2 cups
- pesto, 1/4 cup
- Rice, 2 cup
- Salt and pepper, 1 tsp



## Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, cherry tomatoes, zucchini, and bell peppers.

In a small bowl, mix together the pesto, olive oil, salt, and pepper.

Pour the pesto mixture over the chicken and vegetables, ensuring they are evenly coated.

Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.

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

Serve the pesto chicken tray bake with a side of rice.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1855.8	104.3	464
Protein [g]	162.9	9.2	40.7
Fat [g]	69.8	3.9	17.5
Carbs [g]	136.5	7.7	34.1
Fiber [g]	8.8	0.5	2.2
Net Carbs [g]	127.7	7.2	31.9



36 % Protein 34 % Fat 30 % Carbs



# Turkey Skillet Supper

🕒 30 min    🍽️ 4 servings

*Per serving:* 348 Kcal 25g Protein 17g Fat 27g Carbs

## Ingredients

- **Oregano**, 1 teaspoons
- **Thyme**, 1 tsp, leaves
- **Potatoes**, 2 cups
- **Carrots**, 1 cup chopped
- **Zucchini**, 1 cup, chopped
- **Tomatoes**, 1 cup
- **Bell peppers**, 1 cup
- **Salt and pepper**, 1 tsp
- **Parsley**, 2 tablespoons
- **Olive Oil**, 2 tbsp
- **ground turkey**, 1 pound



## Instructions

Heat a large skillet over medium heat and add the garlic-infused oil.

Add the ground turkey and cook until browned.

Remove the turkey from the skillet and set aside.

In the same skillet, add the diced potatoes and carrots. Cook for about 5 minutes, or until slightly tender.

Add the bell peppers, zucchini, and tomatoes to the skillet. Cook for another 5 minutes.

Return the cooked ground turkey to the skillet and mix well with the vegetables.

Sprinkle the dried oregano, dried thyme, salt, and pepper over the mixture. Stir to combine.

Cover the skillet and let it simmer for about 10 minutes, or until the vegetables are cooked through.

Garnish with fresh parsley before serving.

Enjoy your turkey skillet supper!

# Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1392	95.6	348
Protein [g]	97.9	6.7	24.5
Fat [g]	67.6	4.6	16.9
Carbs [g]	106.9	7.3	26.7
Fiber [g]	20	1.4	5
Net Carbs [g]	86.9	6	21.7



27 % Protein 43 % Fat 30 %  
Carbs

# Mediterranean Omelet

🕒 20 min    🍽️ 1 serving

*Per serving:* 350 Kcal 19g Protein 28g Fat 8g Carbs

## Ingredients

- Feta cheese, 2 tbsp
- Eggs, 2 large
- Olive oil, 2 teaspoons
- Zucchini, 1/4 cup, chopped
- Tomatoes, 1/4 cup
- Bell peppers, 1/4 cup
- Olives, 2 tablespoons
- Parsley, 1 tablespoon
- Salt and pepper, 1 tsp



## Instructions

In a bowl, whisk the eggs until well beaten. Set aside.

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

Add the bell peppers and zucchini to the skillet and sauté for 2-3 minutes until slightly softened.

Add the tomatoes and black olives to the skillet and sauté for another 1-2 minutes.

Pour the beaten eggs into the skillet, spreading them evenly over the vegetables.

Cook the omelet for 2-3 minutes until the edges start to set.

Sprinkle the feta cheese and parsley over one half of the omelet.

Fold the other half of the omelet over the filling.

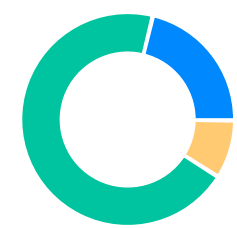
Continue cooking for another 1-2 minutes until the cheese is melted and the omelet is cooked through.

Season with salt and pepper to taste.

Remove the omelet from the skillet and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	350.1	129.9	350.1
Protein [g]	18.8	7	18.8
Fat [g]	27.5	10.2	27.5
Carbs [g]	7.6	2.8	7.6
Fiber [g]	2.2	0.8	2.2
Net Carbs [g]	5.4	2	5.4



21 % Protein 70 % Fat 9 % Carbs

# Matcha Chocolate Chip Energy Balls

 10 min

 12 servings

Per serving: 168 Kcal 6g Protein 12g Fat 12g Carbs

## Ingredients

- Rolled oats, 1 cups
- Chia seeds, 4 tablespoon
- Almond butter, 3/4 cup
- Matcha powder, 1 tablespoon
- Chocolate chips, 1/4 cup



## Instructions

In a mixing bowl, combine rolled oats, almond butter, maple syrup, chia seeds, matcha powder, and shredded coconut.

Mix well until all ingredients are evenly combined.

If desired, fold in dark chocolate chips.

Using your hands, roll the mixture into small balls, about 1 inch in diameter.

Place the energy balls on a baking sheet lined with parchment paper.

Refrigerate for at least 30 minutes to allow the balls to firm up.

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2021.2	526.6	168.4
Protein [g]	70.5	18.4	5.9
Fat [g]	141.6	36.9	11.8
Carbs [g]	137.8	35.9	11.5
Fiber [g]	45.5	11.9	3.8
Net Carbs [g]	92.3	24	7.7



13 % Protein 60 % Fat 26 % Carbs





# Mexican Salad

🕒 10 min    🍽️ 4 servings

Per serving: 212 Kcal 9g Protein 8g Fat 29g Carbs

## Ingredients

- Avocado, 1 avocado, ns as to florida or california
- Cilantro, 1/4 cup
- Corn kernels, 1 cup
- Black beans, 1 can
- Cherry tomatoes, 1 cup

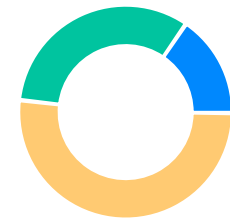


## Instructions

In a large bowl, combine the black beans, corn kernels, cherry tomatoes, avocado, and cilantro.  
Toss gently to mix well.  
Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	846	89.7	211.5
Protein [g]	34.9	3.7	8.7
Fat [g]	32.9	3.5	8.2
Carbs [g]	117.1	12.4	29.3
Fiber [g]	47.2	5	11.8
Net Carbs [g]	69.9	7.4	17.5



15 % Protein 33 % Fat 52 %  
Carbs

# Grilled Vegetable Salad with Cottage Cheese

🕒 10 min    🍽️ 4 servings

*Per serving:* 131 Kcal 8g Protein 6g Fat 13g Carbs

## Ingredients

- Cottage cheese, 1 cup
- Olive oil, 1 tablespoon
- Zucchini, 1 medium
- Balsamic vinegar, 2 tbsp
- Bell pepper, 1 portion
- Squash, 1 medium
- Onion, 1/2 large
- Salt and pepper, 1 tsp
- Salad greens, 4 cups
- Cherry tomatoes, 1 cup



## Instructions

Preheat the grill to medium-high heat.

In a bowl, toss the zucchini, yellow squash, red bell pepper, and red onion with olive oil, salt, and pepper.

Grill the vegetables for about 4-5 minutes per side, or until lightly charred and tender.

Remove the grilled vegetables from the grill and let them cool slightly.

In a large salad bowl, combine the mixed salad greens and cherry tomatoes.

Add the grilled vegetables on top of the salad greens.

Crumble the cottage cheese over the vegetables.

Drizzle the balsamic vinegar over the salad.

Toss everything gently to combine.

Serve immediately and enjoy!

# Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	523.5	45.7	130.9
Protein [g]	32.8	2.9	8.2
Fat [g]	23.9	2.1	6
Carbs [g]	50.2	4.4	12.6
Fiber [g]	8.9	0.8	2.2
Net Carbs [g]	41.3	3.6	10.3



24 % Protein 39 % Fat 37 % Carbs

# Roasted Beets and Chicken Breast with Asparagus

🕒 30 min    🍽️ 2 servings

*Per serving:* 447 Kcal 35g Protein 17g Fat 43g Carbs

## Ingredients

- Thyme, 1 tsp, leaves
- Chicken breasts, 1 portion
- Olive oil, 2 tablespoon
- Beets, 4 medium
- Asparagus, 1 bunches
- Garlic powder, 1 teaspoon
- Salt and pepper, 2 servings
- Rosemary, 1 tablespoons



## Instructions

Preheat the oven to 425°F (220°C).

Peel and dice the beets into small cubes.

Trim the woody ends of the asparagus and cut them into bite-sized pieces.

Place the diced beets and asparagus on a baking sheet. Drizzle with 1 tablespoon of olive oil and sprinkle with salt and pepper. Toss to coat evenly.

In a separate bowl, mix together the garlic powder, dried thyme, salt, and pepper. Rub the chicken breasts with the spice mixture.

Heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the chicken breasts and cook for 3-4 minutes on each side, until browned.

Transfer the chicken breasts to the baking sheet with the beets and asparagus. Arrange everything in a single layer.

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

Remove from the oven and let the chicken rest for a few minutes before slicing.

Serve the roasted beets and asparagus alongside the sliced chicken breasts. Enjoy!


# Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	894	64.8	447
Protein [g]	69.8	5.1	34.9
Fat [g]	34.5	2.5	17.3
Carbs [g]	85.7	6.2	42.9
Fiber [g]	29.4	2.1	14.7
Net Carbs [g]	56.3	4.1	28.2



30 % Protein 33 % Fat 37 %  
Carbs

# Mixed Berry Granola Yogurt

 10 min

 2 servings

Per serving: 257 Kcal 16g Protein 10g Fat 26g Carbs

## Ingredients

- Berries, 1/2 cups
- Greek yogurt, 1 cups
- Granola, 2 serving

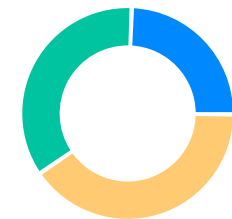


## Instructions

Wash the mixed berries and pat them dry with a paper towel. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of mixed berries on top of the yogurt. Sprinkle the granola evenly over the berries. Repeat the layers until all the ingredients are used, ending with a final layer of mixed berries. Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	514.5	140.8	257.3
Protein [g]	31.4	8.6	15.7
Fat [g]	20.1	5.5	10.1
Carbs [g]	51.9	14.2	26
Fiber [g]	7.6	2.1	3.8
Net Carbs [g]	44.3	12.1	22.2



24 % Protein 35 % Fat 40 % Carbs

# Vegan Banana Pudding with Dark Chocolate

 15 min

 4 servings

Per serving: 182 Kcal 4g Protein 7g Fat 27g Carbs

## Ingredients

- Bananas, 2 medium (7" to 7-7/8" long)
- Silken tofu, 200 g
- Maple syrup, 2 tablespoons
- Chocolate, 50 grams



## Instructions

In a blender or food processor, blend the ripe bananas and silken tofu until smooth.

Add the melted dark chocolate, and maple syrup to the blender, and blend again until well combined.

Transfer the mixture into serving bowls or glasses.

Refrigerate or freeze until set and chill.

Garnish with additional banana slices or grated dark chocolate, if desired.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	727	138.2	181.8
Protein [g]	16.1	3.1	4
Fat [g]	27.5	5.2	6.9
Carbs [g]	109.6	20.8	27.4
Fiber [g]	11.8	2.2	3
Net Carbs [g]	97.8	18.6	24.5



9 % Protein 33 % Fat 58 % Carbs



# Vegan Berry Crumble

🕒 15 min    🍽️ 4 servings

*Per serving:* 212 Kcal 5g Protein 12g Fat 24g Carbs

## Ingredients

- Rolled oats, 3/4 c
- Berries, 1 cups
- Coconut oil, 1 tablespoon
- Maple syrup, 2 tablespoon
- Almond flour, 4 tablespoons



## Instructions

Preheat the oven to 350°F (175°C).

In a mixing bowl, combine the mixed berries and maple syrup. Stir well to coat the berries evenly.

In a separate bowl, mix the rolled oats, almond flour, and coconut oil until crumbly.

Spread the berry mixture evenly in a baking dish.

Sprinkle the oat mixture over the berries, covering them completely.

Bake in the preheated oven for 10-12 minutes or until the topping turns golden brown.

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

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	846.7	264.6	211.7
Protein [g]	21.2	6.6	5.3
Fat [g]	47.2	14.7	11.8
Carbs [g]	94.1	29.4	23.5
Fiber [g]	16.6	5.2	4.2
Net Carbs [g]	77.5	24.2	19.4



10 % Protein 48 % Fat 43 % Carbs

# Tofu Kale Power Bowl

 10 min

 2 servings

Per serving: 468 Kcal 25g Protein 28g Fat 33g Carbs

## Ingredients

- Lemon juice, 1 tablespoons
- Olive oil, 2 tablespoon
- Kale, 2 cups
- Soy sauce, 2 tbsp
- Quinoa, 1 cup
- Cherry tomatoes, 1/2 cup
- Almonds, 1/8 cup
- Block of tofu, 1 block



## Instructions

In a large skillet, heat 1 tablespoon of olive oil over medium heat.

Add the tofu cubes to the skillet and cook for 5-7 minutes, until golden brown on all sides.

In a separate skillet, heat the remaining 1 tablespoon of olive oil over medium heat.

Add the kale and sauté for 2-3 minutes, until slightly wilted.

In a small bowl, whisk together soy sauce and lemon juice.

Add the cooked quinoa, cherry tomatoes, sliced almonds, sautéed kale, and tofu cubes to a serving bowl.

Drizzle the soy sauce and lemon juice mixture over the bowl.

Toss everything together until well combined.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	935	118.2	467.5
Protein [g]	50.8	6.4	25.4
Fat [g]	55.5	7	27.8
Carbs [g]	65.5	8.3	32.8
Fiber [g]	14.4	1.8	7.2
Net Carbs [g]	51.1	6.5	25.6



21 % Protein 52 % Fat 27 % Carbs



# Chickpea and Quinoa Grain Bowl with Hummus Dressing

 15 min

 2 servings

Per serving: 525 Kcal 20g Protein 24g Fat 63g Carbs

## Ingredients

- lemon juice, 2 tablespoons
- salt, 1 pinch
- cucumber, diced, 1 small
- olive oil, 2 tbsp
- chickpeas, drained and rinsed, 1 can
- hummus, 1/4 cup
- cooked quinoa, 1 cup
- ground black pepper, 1 pinch
- fresh parsley, chopped, 1/4 cup
- red onion, thinly sliced, 1/4 cup
- cherry tomatoes, halved, 1 cup



## Instructions

In a large bowl, combine quinoa, chickpeas, cherry tomatoes, cucumber, red onion, and parsley.

In a small bowl, whisk together hummus, lemon juice, olive oil, salt, and pepper to make the dressing.

Pour the dressing over the quinoa mixture and toss to combine.

Divide the mixture into serving bowls and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1050.4	93.7	525.2
Protein [g]	38.9	3.5	19.5
Fat [g]	47.3	4.2	23.7
Carbs [g]	126	11.2	63
Fiber [g]	32.4	2.9	16.2
Net Carbs [g]	93.6	8.3	46.8



14 % Protein 39 % Fat 46 % Carbs