

## Example Paleo meal plan 2000Kcal

📅 2023-11-14    👤 Diego Oliveira Sanchez    🏠 Example Client

DAY 1		
Breakfast	Eggs with Spinach	2 serving (328 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Dinner	Paleo Pork Stir Fry with Squash and Zucchini with Cauliflower Rice	2 serving (818 g)
Snack	Seaweed snacks	2 snack pack (10 g)
DAY 2		
Breakfast	Raw Vegan Cauliflower Tabbouleh Salad with Sunflower Seeds	2 serving (580 g)
Lunch	Air Fried Salmon with Mango Avocado Salsa	2 serving (782 g)
Dinner	Sweet Potato Ground Beef Stew with Tomato	2 serving (918 g)
Snack	Honeydew Melon	2 cup (328 g)
DAY 3		
Breakfast	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	2 serving (754 g)
Lunch	Paleo Chicken Cauliflower Rice and Lettuce Bowl	2 serving (604 g)
Dinner	Turkey Stuffed Portobello Mushrooms	2 serving (404 g)
Snack	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad	2 serving (518 g)
DAY 4		
Breakfast	Breakfast Turkey and Sweet Potato Skillet	2 serving (454 g)
Lunch	Pan-Roasted Chicken Breast with Brussels Sprouts and Apples	2 serving (514 g)
Dinner	Baked Chicken Breast with Asparagus and Mushroom	1 serving (395 g)
Snack	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad	2 serving (518 g)

**DAY 5**

<b>Breakfast</b>	Kale Breakfast Salad with Smoked Salmon & Avocado	2 serving (512 g)
<b>Lunch</b>	Sweet Potato Ground Beef Stew with Spinach	2 serving (878 g)
<b>Dinner</b>	Paleo Pork Patties with Sweet Potato Fries and Fresh Cucumber Slices	2 serving (748 g)
<b>Snack</b>	Orange, Fresh	1 fruit (2-5/8" dia) (131 g)

**DAY 6**

<b>Breakfast</b>	Fried Egg Bacon	2 large (140 g) 2 slice (52 g)
<b>Lunch</b>	Peach Glazed Chicken with Roasted Carrots, Sweet Potato, and Zucchini	2 serving (1154 g)
<b>Dinner</b>	Raw Vegan Cauliflower Tabbouleh Salad with Sunflower Seeds	1 serving (290 g)
<b>Snack</b>	Cinnamon Roasted Sweet Potato Fries	2 serving (356 g)

**DAY 7**

<b>Breakfast</b>	Pear	2 medium (356 g)
<b>Lunch</b>	Air Fried Salmon with Mango Avocado Salsa	2 serving (782 g)
<b>Dinner</b>	Spiced Chicken with Zucchini and Bell Peppers	1 serving (614 g)
<b>Snack</b>	Kale Chips	2 serving (128 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y  1	Eggs with Spinach	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	Paleo Pork Stir Fry with Squash and Zucchini with Cauliflower Rice	Seaweed snacks
D A Y  2	Raw Vegan Cauliflower Tabouleh Salad with Sunflower Seeds	Air Fried Salmon with Mango Avocado Salsa	Sweet Potato Ground Beef Stew with Tomato	Honeydew Melon
D A Y  3	Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash	Paleo Chicken Cauliflower Rice and Lettuce Bowl	Turkey Stuffed Portobello Mushrooms	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad
D A Y  4	Breakfast Turkey and Sweet Potato Skillet	Pan-Roasted Chicken Breast with Brussels Sprouts and Apples	Baked Chicken Breast with Asparagus and Mushroom	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad
D A Y  5	Kale Breakfast Salad with Smoked Salmon & Avocado	Sweet Potato Ground Beef Stew with Spinach	Paleo Pork Patties with Sweet Potato Fries and Fresh Cucumber Slices	Orange, Fresh
D A Y  6	Fried Egg Bacon	Peach Glazed Chicken with Roasted Carrots, Sweet Potato, and Zucchini	Raw Vegan Cauliflower Tabouleh Salad with Sunflower Seeds	Cinnamon Roasted Sweet Potato Fries
D A Y  7	Pear	Air Fried Salmon with Mango Avocado Salsa	Spiced Chicken with Zucchini and Bell Peppers	Kale Chips

## Macronutrient summary

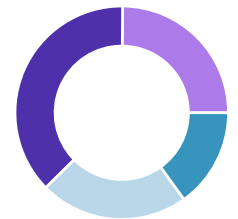
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13875.8	1982.3
Protein [g]	1046.7	149.5
Fat [g]	639.6	91.4
Carbs [g]	1073.6	153.4
Fiber [g]	265.7	38



Protein Fat Carbs

## Macronutrient summary per meal

MEALS AVG/DAY	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast	493.1	30.6	30.4	29	8.3
Lunch	743.8	67	28.4	56.8	11.9
Dinner	446.4	46.5	15.5	32	6.9
Snack	299	5.5	17	35.7	10.8



Breakfast Lunch  
Dinner Snack

## Macronutrient summary per day

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Day 1	2102.2	172.9	90.9	149.6	32.8
Day 2	1953.9	141.1	89.5	159.5	34.8
Day 3	1935.6	136.4	96.5	160	50.6
Day 4	1954.2	171.8	88.4	133.5	43
Day 5	1999.7	141.3	87.4	173.7	40.9
Day 6	2002.5	141	87.4	166	29.5
Day 7	1927.8	142.3	99.4	131.3	34.1

## Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Eggs with Spinach 2 serving (328 g)	569.7	28.4	47.6	8.2	3
<b>TOTAL FOR BREAKFAST</b>	<b>569.7</b>	<b>28.4</b>	<b>47.6</b>	<b>8.2</b>	<b>3</b>
Lunch					
Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans 2 serving (918 g)	961.8	80	25.5	102	16.5
<b>TOTAL FOR LUNCH</b>	<b>961.8</b>	<b>80</b>	<b>25.5</b>	<b>102</b>	<b>16.5</b>
Dinner					
Paleo Pork Stir Fry with Squash and Zucchini with Cauliflower Rice 2 serving (818 g)	540.4	59.8	17.3	39.1	9.8
<b>TOTAL FOR DINNER</b>	<b>540.4</b>	<b>59.8</b>	<b>17.3</b>	<b>39.1</b>	<b>9.8</b>
Snack					
Seaweed snacks 2 snack pack (10 g)	30.3	4.7	0.4	0.2	3.4
<b>TOTAL FOR SNACK</b>	<b>30.3</b>	<b>4.7</b>	<b>0.4</b>	<b>0.2</b>	<b>3.4</b>
<b>TOTAL FOR DAY 1</b>	<b>2102.2</b>	<b>172.9</b>	<b>90.9</b>	<b>149.6</b>	<b>32.8</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Breakfast</b>					
Raw Vegan Cauliflower Tab- bouleh Salad with Sunflower Seeds 2 serving (580 g)	341.8	11.4	24.3	26.8	9.8
<b>TOTAL FOR BREAKFAST</b>	<b>341.8</b>	<b>11.4</b>	<b>24.3</b>	<b>26.8</b>	<b>9.8</b>
<b>Lunch</b>					
Air Fried Salmon with Mango Av- ocado Salsa 2 serving (782 g)	988.7	72.9	57.4	50.6	14.7
<b>TOTAL FOR LUNCH</b>	<b>988.7</b>	<b>72.9</b>	<b>57.4</b>	<b>50.6</b>	<b>14.7</b>
<b>Dinner</b>					
Sweet Potato Ground Beef Stew with Tomato 2 serving (918 g)	505.3	55	7.3	52.2	7.6
<b>TOTAL FOR DINNER</b>	<b>505.3</b>	<b>55</b>	<b>7.3</b>	<b>52.2</b>	<b>7.6</b>
<b>Snack</b>					
Honeydew Melon 2 cup (328 g)	118.1	1.8	0.5	29.8	2.6
<b>TOTAL FOR SNACK</b>	<b>118.1</b>	<b>1.8</b>	<b>0.5</b>	<b>29.8</b>	<b>2.6</b>
<b>TOTAL FOR DAY 2</b>	<b>1953.9</b>	<b>141.1</b>	<b>89.5</b>	<b>159.5</b>	<b>34.8</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Breakfast</b>					
Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash 2 serving (754 g)	578.9	60	18.2	51.8	10.6
<b>TOTAL FOR BREAKFAST</b>	<b>578.9</b>	<b>60</b>	<b>18.2</b>	<b>51.8</b>	<b>10.6</b>
<b>Lunch</b>					
Paleo Chicken Cauliflower Rice and Lettuce Bowl 2 serving (604 g)	328.4	32	10.6	29	8.8
<b>TOTAL FOR LUNCH</b>	<b>328.4</b>	<b>32</b>	<b>10.6</b>	<b>29</b>	<b>8.8</b>
<b>Dinner</b>					
Turkey Stuffed Portobello Mushrooms 2 serving (404 g)	442.6	33.6	30	16.2	5.1
<b>TOTAL FOR DINNER</b>	<b>442.6</b>	<b>33.6</b>	<b>30</b>	<b>16.2</b>	<b>5.1</b>
<b>Snack</b>					
Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad 2 serving (518 g)	585.7	10.7	37.8	63	26.1
<b>TOTAL FOR SNACK</b>	<b>585.7</b>	<b>10.7</b>	<b>37.8</b>	<b>63</b>	<b>26.1</b>
<b>TOTAL FOR DAY 3</b>	<b>1935.6</b>	<b>136.4</b>	<b>96.5</b>	<b>160</b>	<b>50.6</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Breakfast</b>					
Breakfast Turkey and Sweet Potato Skillet 2 serving (454 g)	504.1	57.7	17.8	30.2	6
<b>TOTAL FOR BREAKFAST</b>	<b>504.1</b>	<b>57.7</b>	<b>17.8</b>	<b>30.2</b>	<b>6</b>
<b>Lunch</b>					
Pan-Roasted Chicken Breast with Brussels Sprouts and Ap- ples 2 serving (514 g)	509.5	51.4	19.9	33	7.7
<b>TOTAL FOR LUNCH</b>	<b>509.5</b>	<b>51.4</b>	<b>19.9</b>	<b>33</b>	<b>7.7</b>
<b>Dinner</b>					
Baked Chicken Breast with As- paragus and Mushroom 1 serving (395 g)	355	52	12.9	7.3	3.2
<b>TOTAL FOR DINNER</b>	<b>355</b>	<b>52</b>	<b>12.9</b>	<b>7.3</b>	<b>3.2</b>
<b>Snack</b>					
Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad 2 serving (518 g)	585.7	10.7	37.8	63	26.1
<b>TOTAL FOR SNACK</b>	<b>585.7</b>	<b>10.7</b>	<b>37.8</b>	<b>63</b>	<b>26.1</b>
<b>TOTAL FOR DAY 4</b>	<b>1954.2</b>	<b>171.8</b>	<b>88.4</b>	<b>133.5</b>	<b>43</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Breakfast</b>					
Kale Breakfast Salad with Smoked Salmon & Avocado 2 serving (512 g)	768.3	29.5	63.5	30	17.6
<b>TOTAL FOR BREAKFAST</b>	<b>768.3</b>	<b>29.5</b>	<b>63.5</b>	<b>30</b>	<b>17.6</b>
<b>Lunch</b>					
Sweet Potato Ground Beef Stew with Spinach 2 serving (878 g)	500	55.3	7.3	50.6	7.4
<b>TOTAL FOR LUNCH</b>	<b>500</b>	<b>55.3</b>	<b>7.3</b>	<b>50.6</b>	<b>7.4</b>
<b>Dinner</b>					
Paleo Pork Patties with Sweet Potato Fries and Fresh Cucumber Slices 2 serving (748 g)	669.9	55.2	16.5	77.7	12.7
<b>TOTAL FOR DINNER</b>	<b>669.9</b>	<b>55.2</b>	<b>16.5</b>	<b>77.7</b>	<b>12.7</b>
<b>Snack</b>					
Orange, Fresh 1 fruit (2-5/8" dia) (131 g)	61.6	1.2	0.2	15.4	3.1
<b>TOTAL FOR SNACK</b>	<b>61.6</b>	<b>1.2</b>	<b>0.2</b>	<b>15.4</b>	<b>3.1</b>
<b>TOTAL FOR DAY 5</b>	<b>1999.7</b>	<b>141.3</b>	<b>87.4</b>	<b>173.7</b>	<b>40.9</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Breakfast</b>					
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0
Bacon 2 slice (52 g)	211.6	6.5	20.4	0.4	0
<b>TOTAL FOR BREAKFAST</b>	<b>486</b>	<b>25.6</b>	<b>41.2</b>	<b>1.6</b>	<b>0</b>
<b>Lunch</b>					
Peach Glazed Chicken with Roasted Carrots, Sweet Potato, and Zucchini 2 serving (1154 g)	929.5	104.3	20.3	81.4	13.7
<b>TOTAL FOR LUNCH</b>	<b>929.5</b>	<b>104.3</b>	<b>20.3</b>	<b>81.4</b>	<b>13.7</b>
<b>Dinner</b>					
Raw Vegan Cauliflower Tab- bouleh Salad with Sunflower Seeds 1 serving (290 g)	170.9	5.7	12.2	13.4	4.9
<b>TOTAL FOR DINNER</b>	<b>170.9</b>	<b>5.7</b>	<b>12.2</b>	<b>13.4</b>	<b>4.9</b>
<b>Snack</b>					
Cinnamon Roasted Sweet Pota- to Fries 2 serving (356 g)	416	5.4	13.7	69.6	10.8
<b>TOTAL FOR SNACK</b>	<b>416</b>	<b>5.4</b>	<b>13.7</b>	<b>69.6</b>	<b>10.8</b>
<b>TOTAL FOR DAY 6</b>	<b>2002.5</b>	<b>141</b>	<b>87.4</b>	<b>166</b>	<b>29.5</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Breakfast					
Pear 2 medium (356 g)	202.9	1.3	0.5	54.2	11
<b>TOTAL FOR BREAKFAST</b>	<b>202.9</b>	<b>1.3</b>	<b>0.5</b>	<b>54.2</b>	<b>11</b>
Lunch					
Air Fried Salmon with Mango Avocado Salsa 2 serving (782 g)	988.7	72.9	57.4	50.6	14.7
<b>TOTAL FOR LUNCH</b>	<b>988.7</b>	<b>72.9</b>	<b>57.4</b>	<b>50.6</b>	<b>14.7</b>
Dinner					
Spiced Chicken with Zucchini and Bell Peppers 1 serving (614 g)	440.7	64	12.6	17.7	4.7
<b>TOTAL FOR DINNER</b>	<b>440.7</b>	<b>64</b>	<b>12.6</b>	<b>17.7</b>	<b>4.7</b>
Snack					
Kale Chips 2 serving (128 g)	295.5	4.1	28.9	8.8	3.6
<b>TOTAL FOR SNACK</b>	<b>295.5</b>	<b>4.1</b>	<b>28.9</b>	<b>8.8</b>	<b>3.6</b>
<b>TOTAL FOR DAY 7</b>	<b>1927.8</b>	<b>142.3</b>	<b>99.4</b>	<b>131.3</b>	<b>34.1</b>

## Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	60.4			
Fiber [g]	38			
Calcium, Ca [mg]	536.9	1000	2500	54
Iron, Fe [mg]	15.8	8	45	198
Magnesium, Mg [mg]	469.2	420	*350 mg	112
Phosphorus, P [mg]	1921.3	700	4000	274
Potassium, K [mg]	6257.1	4700		133
Sodium, Na [mg]	3859.9	1500	2300	257
Zinc, Zn [mg]	14	11	40	127
Copper, Cu [mg]	2.5	0.9	10	276
Manganese, Mn [mg]	3.2	2.3	11	138
Selenium, Se [ug]	197.2	55	400	359
Vitamin A, IU [IU]	60989.1			
Retinol [ug]	102.8			
Vitamin A, RAE [ug]	2905.2	900	3000	323
Vitamin E [mg]	15.8	15	1000	106
Vitamin D [ug]	4.7	15	100	32
Vitamin C [mg]	300.6	90	2000	334
Thiamin [mg]	2.1	1.2		177
Riboflavin [mg]	2.3	1.3		176
Niacin [mg]	58.3	16	35	354
Pantothenic acid [mg]	14.1	5		283
Vitamin B6 [mg]	6.4	1.3	100	489
Folate, total [ug]	613.5	400	1000	153
Vitamin B12 [ug]	7	2.4		292
Choline, total [mg]	520.2	550	3500	95
Vitamin K [ug]	608	120		507
Folic acid [ug]	0			
Folate, food [ug]	532.6			

Folate, DFE [ug]	529.2
Vitamin E, added [mg]	0
Vitamin B12, added [ug]	0
Cholesterol [mg]	517.9
Fatty acids, total trans [g]	0.1
Sat Fat [g]	20.4
Fatty acids, total monounsaturated [g]	45.8
Fatty acids, total polyunsaturated [g]	10.9
Net Carbs [g]	115.4

# Formulas

FORMULA	VALUE	COMMENTS
BMI (Body Mass Index)	24.3	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	1734 Kcal	Harris/Benedict Equation
Weight maintenance level	2688 Kcal	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	1733 Kcal	Mifflin and St Jeor Equation
Weight maintenance level	2686 Kcal	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)	1850 Kcal	Katch-McArdle Formula
Weight maintenance level	2868 Kcal	BMR (Katch-McArdle) × Activity Level
PA values for different physical activity	2313 Kcal	BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	62 g	DRI as a function of body weight
Protein recommendation based on lean body mass	69 g	More accurate than DRI if LBM is known

# Eggs with Spinach

🕒 20 min 🍽️ 2 servings

285 **Kcal / serving**

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



Protein Fat Carbs

# Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad

🕒 10 min

👤 2 servings

293 *Kcal / serving*

5g *Protein* 19g *Fat* 32g *Carbs*

## Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Mango**, 1 small (207 g)
- **Leaf lettuce**, 2 cups (45.5 g)
- **Chia seeds**, 2 tbsp (24 g)
- **Onion**, 1/4 cup (40 g)



## Instructions

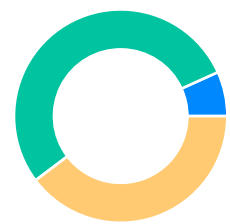
In a large bowl, combine the avocado, mango, lettuce, onion and chia seeds.

Toss until everything is evenly distributed.

Serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	585.7	113.2	292.9
Protein [g]	10.7	2.1	5.4
Fat [g]	37.8	7.3	18.9
Carbs [g]	63	12.2	31.5
Fiber [g]	26.1	5	13.1



Protein Fat Carbs



# Baked Chicken Breast with Asparagus and Mushroom

🕒 35 min    🍽️ 4 servings

355 **Kcal / serving**

52g **Protein**   13g **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)
- **Chicken breasts**, 4 small breast (900 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Pepper**, 1 teaspoon (2 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the chicken breasts 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 chicken breasts with the seasoning mixture, coating both sides.

Arrange the trimmed asparagus and sliced mushrooms around the chicken 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 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 baked chicken breast with asparagus and mushroom hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1419.8	89.9	355
Protein [g]	207.8	13.2	52
Fat [g]	51.6	3.3	12.9
Carbs [g]	29.1	1.8	7.3
Fiber [g]	12.6	0.8	3.2



Protein Fat Carbs

# Air Fried Salmon with Mango Avocado Salsa

🕒 22 min    🍽️ 2 servings

494 **Kcal / serving**

37g **Protein**    29g **Fat**    25g **Carbs**

## Ingredients

- **Avocado**, 1 cup, sliced (146 g)
- **Mango**, 1 small (207 g)
- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 2 tablespoons (0.8 g)
- **Lime juice**, 1 tablespoon (15 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Jalapeno pepper**, 1 large (13 g)
- **Salmon**, 2 fillet (340 g)
- **Onion**, 1/4 cup (40 g)
- **Pepper**, 1 teaspoon (2 g)



## Instructions

Preheat the air fryer to 400°F (200°C).

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

Place the salmon fillets in the air fryer basket and cook for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is cooking, prepare the mango avocado salsa. In a bowl, combine the diced mango, avocado, red onion, jalapeno pepper, cilantro, lime juice, olive oil, salt, and pepper. Mix well.

Once the salmon is done, remove it from the air fryer and let it rest for a few minutes.

Serve the air fried salmon with a generous spoonful of mango avocado salsa on top.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	988.7	126.4	494.4
Protein [g]	72.9	9.3	36.5
Fat [g]	57.4	7.3	28.7
Carbs [g]	50.6	6.5	25.3
Fiber [g]	14.7	1.9	7.4



Protein Fat Carbs



# Turkey Stuffed Portobello Mushrooms

🕒 30 min    🍽️ 4 servings

221 **Kcal / serving**

17g **Protein**   15g **Fat**   8g **Carbs**

## Ingredients

- **Basil**, 1 teaspoon (1 g)
- **Oregano**, 1 teaspoon (2 g)
- **Portobello mushrooms**, 4 piece whole (336 g)
- **Ground turkey**, 1/2 pound (226.8 g)
- **Parsley**, 1 tablespoon (4 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (5.8 g)
- **Avocado oil**, 1 tbsp (14 g)
- **Coconut cream**, 1/2 cup (115.4 g)
- **Spinach**, 1 cup (30 g)
- **Sea salt**, 1/2 tsp (3 g)



## Instructions

Preheat the oven to 375°F (190°C).

Remove the stems from the Portobello mushrooms and gently scrape out the gills using a spoon.

In a large skillet, heat avocado oil over medium heat. Add ground turkey, onion, and garlic. Cook until the turkey is browned and the onion is translucent.

Add spinach, coconut cream, dried oregano, dried basil, and salt. Stir well to combine and cook for an additional 2-3 minutes.

Place the Portobello mushrooms on a baking sheet and fill each mushroom cap with the turkey mixture.

Bake in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the filling is cooked through.

Garnish with fresh parsley and serve hot.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	885.1	109.5	221.3
Protein [g]	67.3	8.3	16.8
Fat [g]	60	7.4	15
Carbs [g]	32.3	4	8.1
Fiber [g]	10.2	1.3	2.6



Protein Fat Carbs

# Breakfast Turkey and Sweet Potato Skillet

🕒 30 min    👤 4 servings

252 **Kcal / serving**

29g **Protein**    9g **Fat**    15g **Carbs**

## Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 portion (6 g)
- **Sweet potato**, 1 medium (226 g)
- **Baby spinach**, 4 cup (120 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Sea salt**, 1/2 tsp (3 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

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

Add sweet potato, bell pepper, onion, garlic, thyme, oregano, and salt. Cook for 8-10 minutes, or until sweet potato is tender.

Add baby spinach and cook until wilted, about 2-3 minutes.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1008.2	111.1	252.1
Protein [g]	115.3	12.7	28.8
Fat [g]	35.6	3.9	8.9
Carbs [g]	60.4	6.7	15.1
Fiber [g]	12	1.3	3



Protein Fat Carbs

# Paleo Chicken Cauliflower Rice and Lettuce Bowl

🕒 35 min    🍽️ 4 servings

164 **Kcal / serving**

16g **Protein**   5g **Fat**   15g **Carbs**

## Ingredients

- **Salt**, 1 tsp (6 g)
- **Chicken breast**, 1/2 pounds (215.5 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Carrots**, 1 small (51.1 g)
- **Cauliflower**, 1 medium head (575 g)
- **Green onions**, 1/4 cup (26 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 small (67 g)
- **Ginger**, 1 tsp (2 g)
- **Garlic**, 3 clove (9 g)
- **Celery stalks**, 1 stalk (17 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Pepper**, 1/2 teaspoon (1 g)
- **Lettuce leaves**, 8 large (192 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add garlic and onion, and sauté for 2 minutes until fragrant.

Add chicken and cook until browned and cooked through, about 5-7 minutes.

Push chicken to one side of the skillet and add carrots and celery. Sauté for 3-4 minutes until slightly softened.

Add riced cauliflower, coconut aminos, ginger, salt, and black pepper. Stir well to combine all ingredients.

Cover the skillet and cook for 5-7 minutes, stirring occasionally, until the cauliflower is tender.

Remove from heat and stir in chopped green onions and cilantro.

Scoop the chicken cauliflower rice mixture into lettuce leaves to create lettuce bowls.

Serve immediately and enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	657.4	54.4	164.4
Protein [g]	64	5.3	16
Fat [g]	21.1	1.7	5.3
Carbs [g]	58	4.8	14.5
Fiber [g]	17.5	1.4	4.4



Protein Fat Carbs

# Peach Glazed Chicken with Roasted Carrots, Sweet Potato, and Zucchini

🕒 40 min    🍽️ 4 servings

465 **Kcal / serving**

52g **Protein**   10g **Fat**   41g **Carbs**

## Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Peaches**, 2 portion (323.1 g)
- **Carrots**, 4 medium (244 g)
- **Olive oil**, 1 servings (14 g)
- **Zucchini**, 2 medium (392 g)
- **Sweet potato**, 1 large (340 g)
- **Chicken breasts**, 4 100 gram (904 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Honey**, 1 tablespoon (21 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Parsley**, 4 servings (16 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together the coconut aminos, honey, apple cider vinegar, olive oil, garlic powder, paprika, salt, and black pepper to make the peach glaze.

Place the chicken breasts in a baking dish and brush both sides with the peach glaze.

Arrange the sliced peaches around the chicken breasts in the baking dish.

In a separate baking dish, toss the sliced carrots, cubed sweet potato, and sliced zucchini with olive oil, salt, and pepper.

Place both baking dishes in the preheated oven. Bake the chicken and peaches for 25-30 minutes, or until the chicken is cooked through and the peaches are caramelized.

Roast the vegetables for 20 minutes, or until they are tender and slightly golden.

Remove the chicken, peaches, and roasted vegetables from the oven.

Serve the chicken with the caramelized peaches on top, along with the roasted carrots, sweet potato, and zucchini.

Garnish with fresh parsley and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1859	80.6	464.8
Protein [g]	208.6	9	52.2
Fat [g]	40.7	1.8	10.2
Carbs [g]	162.8	7.1	40.7
Fiber [g]	27.5	1.2	6.9



Protein Fat Carbs

# Paleo Pork Patties with Sweet Potato Fries and Fresh Cucumber Slices

🕒 40 min    🍽️ 4 servings

335 *Kcal / serving*

28g *Protein*    8g *Fat*    39g *Carbs*

## Ingredients

- **Basil**, 1 teaspoon (1 g)
- **Oregano**, 1 teaspoon (1.6 g)
- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Cucumbers**, 1 large (8-1/4" long) (280 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1/4 cup (41.7 g)
- **Garlic**, 2 cloves (6 g)
- **Sweet potatoes**, 2 large (680 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Garlic powder**, 1 tsp (3.1 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Parsley**, 2 tablespoons (8 g)
- **Ground pork, lean**, 1 lb (454 g)



## Instructions

Preheat the oven to 425°F (220°C).

In a mixing bowl, combine the ground pork, almond flour, chopped onion, minced garlic, dried oregano, dried basil, paprika, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the pork mixture into patties of desired size.

In a separate bowl, toss the sweet potato fries with olive oil, garlic powder, paprika, salt, and black pepper until evenly coated.

Spread the sweet potato fries in a single layer on a baking sheet and bake for 20-25 minutes, or until crispy and golden brown.

While the sweet potato fries are baking, heat a skillet over medium heat and add a drizzle of olive oil.

Cook the pork patties for about 4-5 minutes per side, or until cooked through and nicely browned.

Once the pork patties and sweet potato fries are cooked, serve them alongside fresh cucumber slices.

Garnish with fresh parsley and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1337.9	89.6	334.5
Protein [g]	110.3	7.4	27.6
Fat [g]	32.9	2.2	8.2
Carbs [g]	155.3	10.4	38.8
Fiber [g]	25.4	1.7	6.4



Protein Fat Carbs

# Paleo Pork Stir Fry with Squash and Zucchini with Cauliflower Rice

🕒 35 min    🍽️ 4 servings

270 *Kcal / serving*

30g *Protein*    9g *Fat*    20g *Carbs*

## Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Cilantro**, 1/4 cup (11.3 g)
- **Cauliflower**, 2 small head (552 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ginger**, 1 tablespoon (7 g)
- **Zucchini**, 2 cup, chopped (248 g)
- **Garlic**, 2 cloves (5.9 g)
- **Pork loin**, 1 pound (453.6 g)
- **Fish sauce**, 1 tbsp (18.1 g)
- **Squash**, 2 cups (280 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

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

Add the minced garlic and grated ginger, sauté for 1-2 minutes until fragrant.

Add the sliced pork loin to the skillet and cook until browned and cooked through, about 5-6 minutes.

Remove the cooked pork from the skillet and set aside.

In the same skillet, add the sliced squash and zucchini. Cook for 3-4 minutes until slightly tender.

While the vegetables are cooking, steam the riced cauliflower until tender.

Add the cooked pork back to the skillet with the vegetables.

In a small bowl, whisk together the coconut aminos, fish sauce, and apple cider vinegar.

Pour the sauce over the pork and vegetables in the skillet. Stir well to coat everything evenly.

Season with salt and pepper to taste.

Continue cooking for another 2-3 minutes until everything is heated through.

Serve the stir fry over the steamed cauliflower rice.

Garnish with fresh cilantro before serving.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1080.8	66	270.2
Protein [g]	119.6	7.3	29.9
Fat [g]	34.7	2.1	8.7
Carbs [g]	78.3	4.8	19.6
Fiber [g]	19.7	1.2	4.9



Protein Fat Carbs

# Cauliflower Breakfast Bowl with Ground Turkey and Butternut Squash

🕒 30 min    🍽️ 4 servings

290 *Kcal / serving*

30g *Protein*   9g *Fat*   26g *Carbs*

## Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground turkey to the skillet and cook until browned.

Remove the cooked turkey from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground turkey back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the turkey.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1157.8	76.8	289.5
Protein [g]	120.1	8	30
Fat [g]	36.4	2.4	9.1
Carbs [g]	103.6	6.9	25.9
Fiber [g]	21.3	1.4	5.3



Protein Fat Carbs

# Cinnamon Roasted Sweet Potato Fries

🕒 20 min    🍽️ 4 servings

207 **Kcal / serving**

3g **Protein**    7g **Fat**    35g **Carbs**

## Ingredients

- **Olive oil**, 2 tablespoon (27 g)
- **Sweet potatoes**, 2 large (680 g)
- **Ground cinnamon**, 1 teaspoon (2 g)
- **Pepper**, 1/4 tsp (0.5 g)



## Instructions

Preheat the oven to 425°F (220°C).

Peel the sweet potatoes and cut them into thin fry-like strips.

In a large bowl, toss the sweet potato strips with olive oil, ground cinnamon, salt, and black pepper until well coated.

Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.

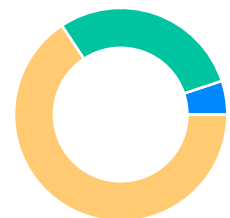
Roast in the preheated oven for about 15-20 minutes, or until the fries are crispy and golden brown.

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

Serve the cinnamon roasted sweet potato fries as a delicious side dish or snack.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	829.7	116.9	207.4
Protein [g]	10.8	1.5	2.7
Fat [g]	27.4	3.9	6.9
Carbs [g]	138.7	19.5	34.7
Fiber [g]	21.6	3	5.4



Protein Fat Carbs

# Kale Chips

🕒 15 min 🍽️ 2 servings

148 **Kcal** / serving

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



Protein Fat Carbs

# Spiced Chicken with Zucchini and Bell Peppers

🕒 35 min    🍽️ 2 servings

440 **Kcal / serving**

64g **Protein**   13g **Fat**   18g **Carbs**

## Ingredients

- **Ground turmeric**, 1/2 teaspoons (1.1 g)
- **Juice of lemon**, 1 tablespoon (16 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olive oil**, 2 teaspoons (8 g)
- **Zucchini**, 1 medium (196 g)
- **Chicken breasts**, 2 1/2 small breast (562.5 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 teaspoon (2 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Onion**, 1 small (70 g)
- **Bell pepper**, 1 medium (120 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Salad greens**, 2 cups (80 g)
- **Parsley**, 1/4 cup (15 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together the 1 teaspoon olive oil, cumin, coriander, paprika, turmeric, garlic powder, salt, and pepper.

Place the chicken breasts on a baking sheet and brush both sides with the spice mixture.

Bake the chicken in the preheated oven for 20-25 minutes, or until cooked through and juices run clear. Let it rest for a few minutes, then slice into thin strips.

While the chicken is baking, heat a teaspoon of olive oil in a large non-stick skillet over medium heat. Add the sliced onion, bell pepper, and zucchini to the skillet. Cook for 5-7 minutes, or until the veggies are tender-crisp.

Add the cherry tomatoes to the skillet and cook for an additional 2 minutes.

In a serving bowl, layer the mixed salad greens. Top with the cooked veggies and sliced chicken.

Sprinkle with chopped parsley and drizzle with lemon juice.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	880.6	71.8	440.3
Protein [g]	127.9	10.4	64
Fat [g]	25.1	2	12.6
Carbs [g]	35.4	2.9	17.7
Fiber [g]	9.4	0.8	4.7



Protein Fat Carbs

# Kale Breakfast Salad with Smoked Salmon & Avocado

🕒 10 min

👤 2 servings

383 **Kcal** / *serv*ing

15g **Protein** 32g **Fat** 15g **Carbs**

## Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon juice**, 1 tablespoons (15 g)
- **Dill**, 2 tablespoon (0.8 g)
- **Baby kale**, 2 cups (95.7 g)
- **Salmon**, 4 oz, boneless (113.4 g)
- **Salt and pepper**, 2 serving (1 g)
- **Onion**, 20 g (20 g)
- **Cherry tomatoes**, 1/4 cup (35.8 g)
- **Extra virgin olive oil**, 2 tablespoon (28 g)



## Instructions

In a large bowl, combine baby kale, smoked salmon, avocado, cherry tomatoes, red onion, and fresh dill.

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

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	766.8	150.1	383.4
Protein [g]	29.5	5.8	14.8
Fat [g]	63.4	12.4	31.7
Carbs [g]	29.9	5.9	15
Fiber [g]	17.6	3.4	8.8



Protein Fat Carbs

# Pan-Roasted Chicken Breast with Brussels Sprouts and Apples

🕒 15 min 🍽️ 2 servings

255 **Kcal / serving**

26g **Protein** 10g **Fat** 17g **Carbs**

## Ingredients

- **Apple**, 1 medium (3" dia) (182 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Brussels sprouts**, 1 cup (88 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Chicken breasts**, 2 portion (226 g)



## Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt and pepper on both sides.

Heat 1 tablespoon of olive oil in a large oven-safe skillet over medium-high heat.

Add the chicken breasts to the skillet and cook for 3-4 minutes per side, until browned.

Remove the skillet from the heat and add the Brussels sprouts and apple slices around the chicken breasts.

Drizzle the remaining olive oil over the Brussels sprouts and apples, and season with salt and pepper.

Transfer the skillet to the preheated oven and roast for 10-12 minutes, or until the chicken is cooked through and the Brussels sprouts are tender.

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

Serve the pan-roasted chicken breast with Brussels sprouts and apples hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	509.5	99.2	254.8
Protein [g]	51.4	10	25.7
Fat [g]	19.9	3.9	10
Carbs [g]	33	6.4	16.5
Fiber [g]	7.7	1.5	3.9



Protein Fat Carbs



# Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans

🕒 20 min    🍽️ 2 servings

480 **Kcal / serving**

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



Protein Fat Carbs

# Sweet Potato Ground Beef Stew with Spinach

🕒 20 min

👤 4 servings

250 **Kcal** / serving

28g **Protein** 4g **Fat** 25g **Carbs**

## Ingredients

- **Vegetable stock**, 4 cups (783.3 g)
- **Sweet potatoes**, 2 medium (452 g)
- **Spinach**, 2 cup (60 g)
- **Lean ground beef**, 1 pound (454 g)
- **salt**, 1 teaspoon (5 g)



## Instructions

In a large pot, brown the ground beef over medium heat until fully cooked.

Add the diced sweet potatoes and vegetable stock to the pot. Bring to a boil.

Reduce heat to low and simmer for 10 minutes or until the sweet potatoes are tender.

Stir in the chopped spinach and cook for an additional 2 minutes or until wilted.

Season with salt and pepper to taste.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	998.9	56.9	249.7
Protein [g]	110.4	6.3	27.6
Fat [g]	14.6	0.8	3.7
Carbs [g]	101.1	5.8	25.3
Fiber [g]	14.9	0.8	3.7



Protein Fat Carbs

# Sweet Potato Ground Beef Stew with Tomato

🕒 20 min 🍽️ 4 servings

253 **Kcal** / *serv*ing

28g **Protein** 4g **Fat** 26g **Carbs**

## Ingredients

- **Vegetable stock**, 4 cups (783.3 g)
- **Sweet potatoes**, 2 medium (452 g)
- **Lean ground beef**, 1 pound (454 g)
- **salt**, 1 teaspoon (5 g)
- **Tomato, diced**, 1 cup (142 g)



## Instructions

In a large pot, brown the ground beef over medium heat until fully cooked.

Add diced tomatoes until cooked.

Then add the diced sweet potatoes and vegetable stock to the pot. Bring to a boil.

Reduce heat to low and simmer for 10 minutes or until the sweet potatoes are tender.

Season with salt and pepper to taste.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1010.6	55	252.7
Protein [g]	109.9	6	27.5
Fat [g]	14.7	0.8	3.7
Carbs [g]	104.5	5.7	26.1
Fiber [g]	15.3	0.8	3.8



Protein Fat Carbs

# Raw Vegan Cauliflower Tabbouleh Salad with Sunflower Seeds

🕒 15 min 🍽️ 4 servings

171 **Kcal** / *serv*ing

6g **Protein** 12g **Fat** 13g **Carbs**

## Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Mint**, 1/4 cup (11.7 g)
- **Cauliflower**, 1 medium head (575 g)
- **Cucumber**, 1 cucumber (300 g)
- **Sunflower seeds**, 1/4 cup (34.9 g)
- **Salt and pepper**, 4 serving (2 g)
- **Parsley**, 1/2 cup (28.8 g)
- **Cherry tomatoes**, 1 cup (148.9 g)
- **Extra virgin olive oil**, 2 tablespoon (28 g)



## Instructions

Remove the leaves and core from the cauliflower, then chop the florets into small pieces.

Place the cauliflower florets in a food processor and pulse until they resemble rice-like grains. Transfer to a large mixing bowl.

Add the cherry tomatoes, cucumber, parsley, mint, and sunflower seeds to the bowl with the cauliflower.

In a separate small bowl, whisk together the olive oil, lemon juice, salt, and pepper.

Pour the dressing over the salad and toss well to combine.

Let the salad sit for about 10 minutes to allow the flavors to meld together.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	683.1	58.9	170.8
Protein [g]	22.9	2	5.7
Fat [g]	48.6	4.2	12.2
Carbs [g]	53.7	4.6	13.4
Fiber [g]	19.6	1.7	4.9



Protein Fat Carbs



# Shopping List

## Dairy and Egg Products

- Eggs, 200 g
- Fried Egg, 140 g

## Spices and Herbs

- Basil, 1.5 g
- Oregano, 3.8 g
- Salt, 30.8 g
- Pepper flakes, 0.5 g
- Pepper, 7.5 g
- Mint, 8.8 g
- Salt and pepper, 8.5 g
- Onion powder, 1.5 g
- Sage, 0 g
- Thyme, 1.1 g
- Sea salt, 3 g
- Dill, 0.8 g
- Apple cider vinegar, 15 g
- Paprika, 2.5 g
- Garlic powder, 4.6 g
- Rosemary, 0 g
- Ground turmeric, 0.6 g
- Ground cumin, 1 g
- Ground coriander, 1 g
- Ground cinnamon, 1 g

## Fats and Oils

- Olive oil, 161.1 g
- Extra virgin olive oil, 49.1 g
- Coconut oil, 26.1 g
- Avocado oil, 7 g

## Vegetables and Vegetable Products

- Garlic, 34.4 g
- Baby spinach, 150 g
- Cauliflower, 1127.1 g
- Cucumber, 365.3 g
- Parsley, 45.2 g

- Cherry tomatoes, 222.2 g
- Butternut squash, 374.9 g
- Onion, 124.3 g
- Sweet potatoes, 1869.3 g
- Kale, 188.9 g
- Onion, 215.1 g
- Green Beans, 100.1 g
- Cilantro, 9.3 g
- Jalapeno pepper, 26 g
- Carrots, 147.5 g
- Green onions, 13 g
- Ginger, 4.5 g
- Celery stalks, 8.5 g
- Lettuce leaves, 95.9 g
- Brussels sprouts, 88.1 g
- Spinach, 45 g
- Zucchini, 418.1 g
- Squash, 140 g
- Tomato, diced, 71 g
- Portobello mushrooms, 168 g
- Parsley, 2 g
- Mushrooms, 47.6 g
- Asparagus, 112.5 g
- Bell pepper, 60 g
- Salad greens, 40 g
- Seaweed snacks, 10 g
- Leaf lettuce, 91.1 g

### **Fruits and Fruit Juices**

- Juice of lemon, 45.6 g
- Avocado, 895.8 g
- Pear, 356 g
- Mango, 828.2 g
- Lime juice, 30.1 g
- Apple, 182.2 g
- Peaches, 161.6 g
- Honeydew Melon, 328 g
- Orange, Fresh, 1 fruit (2-5/8" dia) (131 g)

### **Nut and Seed Products**

- Sunflower seeds, 26.2 g
- Coconut cream, 57.7 g
- Chia seeds, 48 g

### **Poultry Products**

- Ground turkey, 567 g
- Chicken breast, 107.6 g

### **Finfish and Shellfish Products**

- Salmon, 113.7 g
- Salmon, 679.7 g

### **Pork Products**

- Bacon, 52 g
- Pork Tenderloin, sliced, 340.5 g
- Pork loin, 226.7 g
- Ground pork, lean, 227.3 g

### **Other**

- Coconut aminos, 45 g
- Honey, 10.5 g

### **Meals, Entrees, and Side Dishes**

- Chicken breasts, 1184.8 g

### **Soups, Sauces, and Gravies**

- Vegetable stock, 783.6 g
- Fish sauce, 9 g

### **Beef Products**

- Lean ground beef, 454.2 g