

Energy: 2000, Carbs: 40, Protein: 30, Fat: 30 (option 1)

📅 2024-01-05 👤 Diego Oliveira Sanchez @ diego portal

DAY 1

Meal 1	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
	Banana Jam	1 serving (116 g)
Meal 2	Protein Strawberry Smoothie	1 serving (1023 g)
Meal 3	Instant Pot Crack Chicken Chili	1 serving (456 g)
Meal 4	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	2 serving (1076 g)
Meal 5		

DAY 2

Meal 1	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
Meal 2	Chilled Swiss Oatmeal	1 serving (657 g)
Meal 3	How to Make an Amazing Chicken Salad with Apples and Celery	1 serving (420 g)
Meal 4	How to Make the Perfect Instant Pot Chicken	222 g
Meal 5	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	1 serving (538 g)

DAY 3

Meal 1	Tiramisu Overnight Oats	1 serving (366 g)
Meal 2	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
Meal 3	Ground Beef Street Tacos	413 g
Meal 4	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	2 serving (1076 g)
Meal 5		

DAY 4

Meal 1	Delicious Mango Pineapple Smoothie	1 serving (207 g)
Meal 2	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
Meal 3	How to Make an Amazing Chicken Salad with Apples and Celery	1 serving (420 g)
Meal 4	Instant Pot Hawaiian Chicken	1 serving (416 g)
Meal 5	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	1 serving (538 g)

DAY 5

Meal 1	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	1 serving (322 g)
Meal 2	Wasabi & Honey Glazed-Salmon	241 g
Meal 3	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	2 serving (1076 g)
Meal 4	Instant Pot Quinoa Grain Bowl	449 g
Meal 5		

DAY 6

Meal 1	Pumpkin Pie Smoothie	1 serving (299 g)
Meal 2	Japanese Salad Dressing	1 serving (670 g)
Meal 3	Fruity Curried Chicken Salad	1 serving (298 g)
Meal 4	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	2 serving (1076 g)
Meal 5		

DAY 7

Meal 1	Mango, Persimmon Smoothie with Cranberries	1 serving (322 g)
Meal 2	How to Make an Amazing Chicken Salad with Apples and Celery	1 serving (420 g)
Meal 3	Instant Pot Hawaiian Chicken	1 serving (416 g)
Meal 4	Tuna Avocado Salad	1 serving (356 g)
Meal 5	Wasabi & Honey Glazed-Salmon	241 g

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
D A Y 1	Mango, Persimmon Smoothie with Cranber- ries Banana Jam	Protein Strawberry Smoothie	Instant Pot Crack Chicken Chili	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	
D A Y 2	Mango, Persimmon Smoothie with Cranber- ries	Chilled Swiss Oatmeal	How to Make an Amazing Chicken Salad with Ap- ples and Celery	How to Make the Perfect Instant Pot Chicken	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers
D A Y 3	Tiramisu Overnight Oats	Mango, Persimmon Smoothie with Cranber- ries	Ground Beef Street Tacos	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	
D A Y 4	Delicious Mango Pineap- ple Smoothie	Mango, Persimmon Smoothie with Cranber- ries	How to Make an Amazing Chicken Salad with Ap- ples and Celery	Instant Pot Hawaiian Chicken	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers
D A Y 5	Blueberry, Persimmon Smoothie with Banana and Peanut Butter	Wasabi & Honey Glazed-Salmon	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	Instant Pot Quinoa Grain Bowl	
D A Y 6	Pumpkin Pie Smoothie	Japanese Salad Dressing	Fruity Curried Chicken Salad	Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers	
D A Y 7	Mango, Persimmon Smoothie with Cranber- ries	How to Make an Amazing Chicken Salad with Ap- ples and Celery	Instant Pot Hawaiian Chicken	Tuna Avocado Salad	Wasabi & Honey Glazed-Salmon

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	14182.1	2026
Protein [g]	1058.6	151.2
Fat [g]	483.6	69.1
Carbs [g]	1474.4	210.6
Fiber [g]	204.4	29.2



Protein Fat Carbs

Macronutrient summary per meal

MEALS AVG/DAY	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1	343	7.8	7.7	66.6	4.3
Meal 2	442.5	24.3	11.1	64.7	7.2
Meal 3	535.2	49.1	23.5	33.5	7.1
Meal 4	560.8	54.3	21.1	39	8.9
Meal 5	144.6	15.7	5.7	6.8	1.7



Meal 1 Meal 2 Meal 3 Meal 4 Meal 5

Macronutrient summary per day

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Day 1	2162.5	156.7	74.7	231.5	33.5
Day 2	1975.9	155.1	69.4	199.5	27.8
Day 3	2088.7	161.3	75.3	198.4	25.2
Day 4	1928.5	153.4	65.1	195.6	23.1
Day 5	2112.7	142.7	65.5	248.6	32.9
Day 6	1972.2	149.3	66.8	194.7	37.9
Day 7	1941.7	140.2	66.7	206.1	24.1

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
Banana Jam 1 serving (116 g)	184.6	0.8	5.9	34.6	1.8
TOTAL FOR MEAL 1	483.5	3.3	7.1	112.5	5.3
Meal 2					
Protein Strawberry Smoothie 1 serving (1023 g)	387.7	34.1	3.7	58.6	7.7
TOTAL FOR MEAL 2	387.7	34.1	3.7	58.6	7.7
Meal 3					
Instant Pot Crack Chicken Chili 1 serving (456 g)	534.3	30.4	30.3	36.5	9.5
TOTAL FOR MEAL 3	534.3	30.4	30.3	36.5	9.5
Meal 4					
Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers 2 serving (1076 g)	757	88.8	33.7	23.9	11
TOTAL FOR MEAL 4	757	88.8	33.7	23.9	11
Meal 5					
TOTAL FOR MEAL 5	0	0	0	0	0
TOTAL FOR DAY 1	2162.5	156.7	74.7	231.5	33.5

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
TOTAL FOR MEAL 1	298.9	2.4	1.1	77.9	3.5
Meal 2					
Chilled Swiss Oatmeal 1 serving (657 g)	523.1	17	13.7	89.9	9.9
TOTAL FOR MEAL 2	523.1	17	13.7	89.9	9.9
Meal 3					
How to Make an Amazing Chicken Salad with Apples and Celery 1 serving (420 g)	594.9	60.2	33.2	17.7	8.3
TOTAL FOR MEAL 3	594.9	60.2	33.2	17.7	8.3
Meal 4					
How to Make the Perfect Instant Pot Chicken 222 g	180.4	31	4.6	2	0.7
TOTAL FOR MEAL 4	180.4	31	4.6	2	0.7
Meal 5					
Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers 1 serving (538 g)	378.5	44.4	16.9	12	5.5
TOTAL FOR MEAL 5	378.5	44.4	16.9	12	5.5
TOTAL FOR DAY 2	1975.9	155.1	69.4	199.5	27.8

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Tiramisu Overnight Oats 1 serving (366 g)	546.7	21.8	21.4	66.1	6.5
TOTAL FOR MEAL 1	546.7	21.8	21.4	66.1	6.5
Meal 2					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
TOTAL FOR MEAL 2	298.9	2.4	1.1	77.9	3.5
Meal 3					
Ground Beef Street Tacos 413 g	486.1	48.3	19.1	30.5	4.2
TOTAL FOR MEAL 3	486.1	48.3	19.1	30.5	4.2
Meal 4					
Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers 2 serving (1076 g)	757	88.8	33.7	23.9	11
TOTAL FOR MEAL 4	757	88.8	33.7	23.9	11
Meal 5					
TOTAL FOR MEAL 5	0	0	0	0	0
TOTAL FOR DAY 3	2088.7	161.3	75.3	198.4	25.2

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Delicious Mango Pineapple Smoothie 1 serving (207 g)	183.1	8.4	8.8	19.8	3
TOTAL FOR MEAL 1	183.1	8.4	8.8	19.8	3
Meal 2					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
TOTAL FOR MEAL 2	298.9	2.4	1.1	77.9	3.5
Meal 3					
How to Make an Amazing Chicken Salad with Apples and Celery 1 serving (420 g)	594.9	60.2	33.2	17.7	8.3
TOTAL FOR MEAL 3	594.9	60.2	33.2	17.7	8.3
Meal 4					
Instant Pot Hawaiian Chicken 1 serving (416 g)	473	37.9	5.1	68.3	2.9
TOTAL FOR MEAL 4	473	37.9	5.1	68.3	2.9
Meal 5					
Baked Almond-Crusted Cod With Sautéed Bok Choy and Bell Peppers 1 serving (538 g)	378.5	44.4	16.9	12	5.5
TOTAL FOR MEAL 5	378.5	44.4	16.9	12	5.5
TOTAL FOR DAY 4	1928.5	153.4	65.1	195.6	23.1

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Blueberry, Persimmon Smoothie with Banana and Peanut Butter 1 serving (322 g)	419.9	6.3	9.3	88.3	4.3
TOTAL FOR MEAL 1	419.9	6.3	9.3	88.3	4.3
Meal 2					
Wasabi & Honey Glazed-Salmon 241 g	254.9	21.3	6.5	23.7	0.6
TOTAL FOR MEAL 2	254.9	21.3	6.5	23.7	0.6
Meal 3					
Baked Almond-Crusted Cod With Sautéed Bok Choy and Bell Peppers 2 serving (1076 g)	757	88.8	33.7	23.9	11
TOTAL FOR MEAL 3	757	88.8	33.7	23.9	11
Meal 4					
Instant Pot Quinoa Grain Bowl 449 g	680.9	26.2	16	112.6	17
TOTAL FOR MEAL 4	680.9	26.2	16	112.6	17
Meal 5					
TOTAL FOR MEAL 5	0	0	0	0	0
TOTAL FOR DAY 5	2112.7	142.7	65.5	248.6	32.9

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Pumpkin Pie Smoothie 1 serving (299 g)	170.2	10	4.8	24	4.1
TOTAL FOR MEAL 1	170.2	10	4.8	24	4.1
Meal 2					
Japanese Salad Dressing 1 serving (670 g)	738.8	32.5	18.5	107.1	17.2
TOTAL FOR MEAL 2	738.8	32.5	18.5	107.1	17.2
Meal 3					
Fruity Curried Chicken Salad 1 serving (298 g)	306.2	18	9.7	39.6	5.5
TOTAL FOR MEAL 3	306.2	18	9.7	39.6	5.5
Meal 4					
Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers 2 serving (1076 g)	757	88.8	33.7	23.9	11
TOTAL FOR MEAL 4	757	88.8	33.7	23.9	11
Meal 5					
TOTAL FOR MEAL 5	0	0	0	0	0
TOTAL FOR DAY 6	1972.2	149.3	66.8	194.7	37.9

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Meal 1					
Mango, Persimmon Smoothie with Cranberries 1 serving (322 g)	298.9	2.4	1.1	77.9	3.5
TOTAL FOR MEAL 1	298.9	2.4	1.1	77.9	3.5
Meal 2					
How to Make an Amazing Chicken Salad with Apples and Celery 1 serving (420 g)	594.9	60.2	33.2	17.7	8.3
TOTAL FOR MEAL 2	594.9	60.2	33.2	17.7	8.3
Meal 3					
Instant Pot Hawaiian Chicken 1 serving (416 g)	473	37.9	5.1	68.3	2.9
TOTAL FOR MEAL 3	473	37.9	5.1	68.3	2.9
Meal 4					
Tuna Avocado Salad 1 serving (356 g)	319.9	18.3	20.8	18.6	8.9
TOTAL FOR MEAL 4	319.9	18.3	20.8	18.6	8.9
Meal 5					
Wasabi & Honey Glazed-Salmon 241 g	254.9	21.3	6.5	23.7	0.6
TOTAL FOR MEAL 5	254.9	21.3	6.5	23.7	0.6
TOTAL FOR DAY 7	1941.7	140.2	66.7	206.1	24.1

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	89.8			
Fiber [g]	29.2			
Calcium, Ca [mg]	918.5	1000	2500	92
Iron, Fe [mg]	15.5	8	45	194
Magnesium, Mg [mg]	390.4	420	*350 mg	93
Phosphorus, P [mg]	1691.8	700	4000	242
Potassium, K [mg]	4489.5	4700		96
Sodium, Na [mg]	3733.1	1500	2300	249
Zinc, Zn [mg]	8.9	11	40	81
Copper, Cu [mg]	1.3	0.9	10	148
Manganese, Mn [mg]	2.9	2.3	11	126
Selenium, Se [ug]	188.2	55	400	342
Vitamin A, IU [IU]	21544.5			
Retinol [ug]	96.7			
Vitamin A, RAE [ug]	553.2	900	3000	61
Vitamin E [mg]	9.8	15	1000	65
Vitamin D [ug]	3.8	15	100	25
Vitamin C [mg]	453.4	90	2000	504
Thiamin [mg]	1	1.2		87
Riboflavin [mg]	1.6	1.3		122
Niacin [mg]	24.6	16	35	154
Pantothenic acid [mg]	5.6	5		113
Vitamin B6 [mg]	3.1	1.3	100	240
Folate, total [ug]	341.6	400	1000	85
Vitamin B12 [ug]	6.1	2.4		253
Choline, total [mg]	371.5	550	3500	68
Vitamin K [ug]	156.8	120		131
Folic acid [ug]	0			
Folate, food [ug]	296.2			

Folate, DFE [ug]	295.8
Vitamin E, added [mg]	0
Vitamin B12, added [ug]	0
Cholesterol [mg]	347.4
Fatty acids, total trans [g]	0.1
Sat Fat [g]	16
Fatty acids, total monounsaturated [g]	28.9
Fatty acids, total polyunsaturated [g]	9.4
Net Carbs [g]	181.4

Mango, Persimmon Smoothie with Cranberries

🕒 10 min

👤 2 servings

299 **Kcal / serving**

2g **Protein** 1g **Fat** 78g **Carbs**

Ingredients

- **Cranberries**, 1 cup, whole (100 g)
- **Persimmon**, 2 (336 g)
- **Mango**, 1 small (207 g)



Instructions

1. Peel and chop mango and persimmons. Blend all the ingredients together with as much water and ice as you like.

Comments

Mango, Persimmon Smoothie with Cranberries might be just the breakfast you are searching for. This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe serves 2 and costs \$1.83 per serving. One portion of this dish contains roughly 2g of protein, 1g of fat, and a total of 298 calories. 1 person has tried and liked this recipe. It is brought to you by Foodista. It is perfect for Christmas. If you have cranberries, mango, persimmon, and a few other ingredients on hand, you can make it. From preparation to the plate, this recipe takes around 10 minutes. With a spoonacular score of 61%, this dish is pretty good. If you like this recipe, you might also like recipes such as Persimmon Salad with Toasted Walnuts and Dried Cranberries, Persimmon vanilla bean smoothie, and Paleo Pumpkin Persimmon Smoothie or Pudding.

Source: <https://www.foodista.com/recipe/SKMR87QT/mango-persimmon-smoothie-with-cranberries>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	596.9	92.8	298.5
Protein [g]	4.8	0.7	2.4
Fat [g]	2.3	0.4	1.2
Carbs [g]	155.5	24.2	77.8
Fiber [g]	6.9	1.1	3.5



Protein Fat Carbs

Banana Jam

🕒 45 min 🍽️ 6 servings

185 **Kcal / serving**

1g **Protein** 6g **Fat** 35g **Carbs**

Ingredients

- **Bananas**, 3 medium (7" to 7-7/8" long) (354 g)
- **Butter**, 3 tablespoon (42 g)
- **Cinnamon**, 3/4 tsp (2 g)
- **Juice of lemon**, 6 juice of lemon (180 g)
- **Brown sugar**, 1/2 cup (114.6 g)
- **Vanilla**, 1 teaspoon (3.9 g)



Instructions

1. Mash the bananas and put in a small heavy saucepan with the lemon juice, sugar and butter. Bring it to a simmer over medium heat and then turn to low. Simmer for 20 minutes, stirring every five minutes or so.
2. Turn off the heat and let it cool until it is cool enough to taste. Taste and then add the cinnamon and vanilla by half teaspoon-fuls until it has the taste you like. The jam will still be a little liquid at this point - don't worry!
3. Let the jam cool completely to room temperature - it will thicken up as it cools to about the consistency of apple butter.
4. Store in the fridge for a week or so - if it even lasts that long!

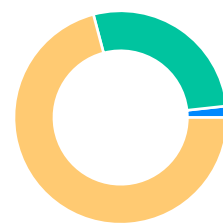
Comments

Banana Jam requires about 45 minutes from start to finish. One serving contains 182 calories, 1g of protein, and 6g of fat. This gluten free, lacto ovo vegetarian, and fodmap friendly recipe serves 6 and costs 46 cents per serving. This recipe from Framed Cooks requires vanilla, brown sugar, juice of lemon, and cinnamon. 3 people found this recipe to be delicious and satisfying. It works well as a condiment. Taking all factors into account, this recipe earns a spoonacular score of 16%, which is not so amazing. Similar recipes are Blushing Peach Banana Jam, Coconut Jam And Banana Bars, and CERTO Strawberry Banana Jam.

Source: <http://www.framedcooks.com/2014/11/banana-jam.html>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1107.3	159	184.5
Protein [g]	5.1	0.7	0.9
Fat [g]	35.7	5.1	6
Carbs [g]	207.8	29.8	34.6
Fiber [g]	10.8	1.6	1.8



Protein Fat Carbs

Tiramisu Overnight Oats

🕒 5 min 👤 1 serving

547 **Kcal / serving**

22g **Protein** 21g **Fat** 66g **Carbs**

Ingredients

- **Vanilla extract**, 1/4 tsp (1 g)
- **Milk**, 6 tablespoon (88.5 g)
- **Old fashioned rolled oats**, 1/2 c (40.5 g)
- **Chia seeds**, 1 1/2 teaspoon (6 g)
- **Cocoa powder**, 1 tsp (1 g)
- **Honey**, 2 tablespoons (40 g)
- **Greek yogurt**, 1/2 c (100 g)
- **Strong coffee**, 1/4 c (59 g)
- **Mascarpone cheese**, 2 tbsp (30 g)



Instructions

1. In a bowl, stir together oats, chia seeds, vanilla, 1 tablespoon honey, milk, and coffee.
2. Cover and refrigerate overnight (or 8 hours).
3. In the morning, in a separate bowl, combine yogurt, mascarpone, cocoa powder, and 1 tablespoon honey.
4. Finally, in a tall glass or jelly jar, layer first the oats, then the yogurt mixture; and repeat once more.
5. Garnish the top with a little extra cocoa powder and shaved chocolate.
6. Enjoy!

Comments

You can never have too many Mediterranean recipes, so give Tiramisu Overnight Oats a try. One portion of this dish contains about 22g of protein, 22g of fat, and a total of 549 calories. For \$2.41 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe serves 1. From preparation to the plate, this recipe takes approximately 5 minutes. It works well as a breakfast. It is a good option if you're following a gluten free and lacto ovo vegetarian diet. This recipe from spoonacular user maplewoodroad requires greek yogurt, chia seeds, honey, and vanillan extract. Similar recipes are 5 Ways to Top Your Overnight Oats + Vanilla Bean Overnight Oat, 5 Ways to Top Your Overnight Oats + Vanilla Bean Overnight Oat, and Overnight Oats.

Source: <https://maplewoodroad.com/tiramisu-overnight-oats/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	546.7	149.3	546.7
Protein [g]	21.8	6	21.8
Fat [g]	21.4	5.8	21.4
Carbs [g]	66.1	18.1	66.1
Fiber [g]	6.5	1.8	6.5



Protein Fat Carbs

Delicious Mango Pineapple Smoothie

🕒 10 min

👤 2 servings

183 **Kcal / serving**

8g **Protein** 9g **Fat** 20g **Carbs**

Ingredients

- **Mango**, 1/2 cup pieces (82.5 g)
- **Vanilla greek yogurt**, 1/2 cup (103.4 g)
- **Milk**, 1/2 cup (120 g)
- **Pineapple**, 1/2 c (82.5 g)
- **Maraschino cherry**, 1 portion (5 g)
- **Coconut flakes**, 2 servings (20 g)



Instructions

1. Combine all ingredients in a large blender and blend until smooth. Top with a cherry and coconut flakes before serving.
2. Serve immediately and enjoy!

Comments

Delicious Mango Pineapple Smoothie could be just the gluten free and lacto ovo vegetarian recipe you've been looking for. This recipe serves 2. This breakfast has 183 calories, 8g of protein, and 9g of fat per serving. For 97 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. 1 person found this recipe to be flavorful and satisfying. This recipe from Pink When requires coconut flakes, vanilla greek yogurt, maraschino cherry, and milk. Only a few people really liked this Mexican dish. From preparation to the plate, this recipe takes roughly 10 minutes. All things considered, we decided this recipe deserves a spoonacular score of 47%. This score is good. Users who liked this recipe also liked Delicious Mango Pineapple Smoothie, Mango-Pineapple Smoothie, and Pineapple Mango Smoothie.

Source: <https://www.pinkwhen.com/delicious-mango-pineapple-smoothie-recipe/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	365.2	88.3	182.6
Protein [g]	16.8	4.1	8.4
Fat [g]	17.6	4.3	8.8
Carbs [g]	39.5	9.6	19.8
Fiber [g]	5.9	1.4	3



Protein Fat Carbs

Blueberry, Persimmon Smoothie with Banana and Peanut Butter

🕒 5 min 🍽️ 2 servings

420 **Kcal / serving**

6g **Protein** 9g **Fat** 88g **Carbs**

Ingredients

- **Bananas**, 2 small (6" to 6-7/8" long) (202 g)
- **Persimmon**, 2 (336 g)
- **Blueberries**, 1/2 cup (74 g)
- **Creamy peanut butter**, 2 tablespoon (32 g)



Instructions

1. Blend all the ingredients together with as much water and ice as you like.

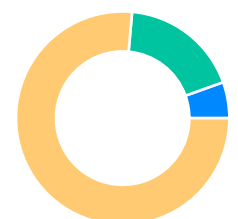
Comments

If you want to add more gluten free, dairy free, lacto ovo vegetarian, and vegan recipes to your recipe box, Blueberry, Persimmon Smoothie with Bananan and Peanut Butter might be a recipe you should try. This recipe serves 2. This breakfast has 420 calories, 6g of protein, and 9g of fat per serving. For \$1.23 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. A mixture of bananas, persimmon, blueberries, and a handful of other ingredients are all it takes to make this recipe so scrumptious. It is brought to you by Foodista. 1 person has tried and liked this recipe. From preparation to the plate, this recipe takes around 5 minutes. Overall, this recipe earns a pretty good spoonacular score of 61%. Try Peanut Butter Blueberry Banana Smoothie, Peanut Butter Blueberry Banana Smoothie, and Peanut Butter Blueberry Banana Smoothie for similar recipes.

Source: <https://www.foodista.com/recipe/SF7WGG4V/blueberry-persimmon-smoothie-with-banana-and-peanut-butter>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	839.7	130.4	419.9
Protein [g]	12.6	2	6.3
Fat [g]	18.6	2.9	9.3
Carbs [g]	176.6	27.4	88.3
Fiber [g]	8.6	1.3	4.3



Protein Fat Carbs

Pumpkin Pie Smoothie

🕒 5 min 👤 2 servings

170 **Kcal / serving**

10g **Protein** 5g **Fat** 24g **Carbs**

Ingredients

- **Ground nutmeg**, 1/4 teaspoon (0.5 g)
- **Soy milk**, 1 cup (240 g)
- **Cinnamon**, 1 teaspoon (2 g)
- **Pumpkin**, 1 cup (245 g)
- **Brown sugar**, 1 tablespoons (12 g)
- **Ice**, 6 portion (84 g)
- **Vanilla protein powder**, 1/2 scoop (15 g)



Instructions

1. Add all ingredients to the blender in order of the listed ingredients.
2. Blend until perfect consistency is achieved.

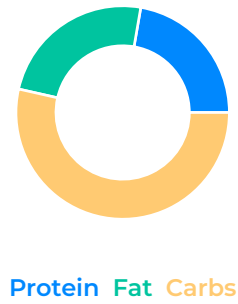
Comments

If you want to add more gluten free recipes to your collection, Pumpkin Pie Smoothie might be a recipe you should try. One portion of this dish contains about 10g of protein, 5g of fat, and a total of 170 calories. This recipe serves 2 and costs \$1.15 per serving. It can be enjoyed any time, but it is especially good for Thanksgiving. If you have vanilla protein powder, ground nutmeg, ice, and a few other ingredients on hand, you can make it. Not a lot of people really liked this breakfast. This recipe from Foodista has 1 fans. From preparation to the plate, this recipe takes roughly 5 minutes. With a spoonacular score of 92%, this dish is amazing. Try Pumpkin Smoothie + VIDEO // Healthy Pumpkin Pie Smoothie, Pumpkin Smoothie (tastes like Pumpkin Pie!), and Pumpkin Pie Smoothie for similar recipes.

Source: <http://www.foodista.com/recipe/DQ74XQZV/pumpkin-pie-smoothie>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	340.5	55.9	170.3
Protein [g]	20	3.3	10
Fat [g]	9.6	1.6	4.8
Carbs [g]	48	8	24
Fiber [g]	8.3	1.4	4.2



Protein Strawberry Smoothie

🕒 5 min 🍷 1 serving

388 **Kcal / serving**

34g **Protein** 4g **Fat** 59g **Carbs**

Ingredients

- **Banana**, 1/2 medium (7" to 7-7/8" long) (59 g)
- **Strawberries**, 2 cup, whole (288 g)
- **Honey**, 2 tsp (14 g)
- **Almond milk**, 1/2 cup (125 g)
- **Ice**, 1 cup (236.6 g)
- **Greek yogurt**, 1 1/2 cup (300 g)



Instructions

1. Combine ingredients and blend!

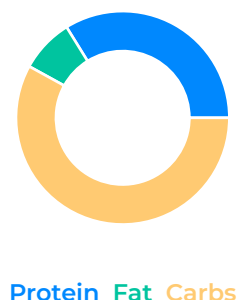
Comments

Need a gluten free breakfast? Protein Strawberry Smoothie could be a super recipe to try. This recipe makes 1 servings with 388 calories, 34g of protein, and 4g of fat each. For \$5.22 per serving, this recipe covers 28% of your daily requirements of vitamins and minerals. This recipe is liked by 4 foodies and cooks. It can be enjoyed any time, but it is especially good for Mother's Day. Head to the store and pick up honey, banana, strawberries, and a few other things to make it today. From preparation to the plate, this recipe takes about 5 minutes. This recipe is typical of Mexican cuisine. It is brought to you by Foodista. Taking all factors into account, this recipe earns a spoonacular score of 83%, which is great. If you like this recipe, take a look at these similar recipes: Strawberry Protein Smoothie, Strawberry Protein Smoothie, and Protein Strawberry Smoothie.

Source: <http://www.foodista.com/recipe/FMT8M6DR/fruity-milk-spin>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	387.7	37.9	387.7
Protein [g]	34.1	3.3	34.1
Fat [g]	3.7	0.4	3.7
Carbs [g]	58.6	5.7	58.6
Fiber [g]	7.7	0.8	7.7



Chilled Swiss Oatmeal

🕒 10 min 🍽️ 1 serving

523 **Kcal / serving**

17g **Protein** 14g **Fat** 90g **Carbs**

Ingredients

- **Banana**, 1 small (6" to 6-7/8" long) (101 g)
- **Cranberry**, 2 tablespoon (29.6 g)
- **Milk**, 1/3 cups (80.8 g)
- **Apple**, 1 small (2-3/4" dia) (149 g)
- **Old-fashioned oatmeal**, 1/2 cup (116.7 g)
- **Walnuts**, 1 portion(s) (10 g)
- **Vanilla yogurt**, 6 oz (170.1 g)



Instructions

1. -In a small bowl, add oatmeal, yogurt, milk and combine.
2. Let it sit for few minutes or several hours in the refrigerator. Then add apples, banana, dried fruits and stir until well combined. Top with nuts before serving. Note: it tastes best when allowed to sit overnight.
3. Add fruits right before serving to prevent browning and being mushy.

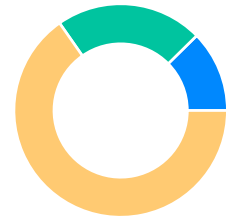
Comments

Chilled Swiss Oatmeal takes roughly 10 minutes from beginning to end. This recipe serves 1 and costs \$1.89 per serving. One portion of this dish contains around 17g of protein, 14g of fat, and a total of 523 calories. It is brought to you by Foodista. Not a lot of people made this recipe, and 7 would say it hit the spot. It works well as a breakfast. A mixture of apple, cranberry, banana, and a handful of other ingredients are all it takes to make this recipe so scrumptious. It is a good option if you're following a gluten free and lacto ovo vegetarian diet. Overall, this recipe earns an outstanding spoonacular score of 87%. If you like this recipe, take a look at these similar recipes: Chilled Swiss Oatmeal, Chilled Swiss Oatmeal, and Quick & Healthy Breakfast – Chilled Swiss Oatmeal.

Source: <https://www.foodista.com/recipe/K232GXCT/chilled-swiss-oatmeal>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	523.1	79.6	523.1
Protein [g]	17	2.6	17
Fat [g]	13.7	2.1	13.7
Carbs [g]	89.9	13.7	89.9
Fiber [g]	9.9	1.5	9.9



Protein Fat Carbs

Wasabi & Honey Glazed-Salmon

🕒 20 min 🍽️ 2 servings

341 **Kcal / serving**

35g **Protein** 11g **Fat** 21g **Carbs**

Ingredients

- **Ginger root**, 1 tsp (2 g)
- **Soy sauce**, 1 tablespoons (16 g)
- **Mirin**, 3 tbsp (45 g)
- **Honey**, 2 tbsp (42 g)
- **Salmon fillets**, 12 ounces (340.2 g)
- **Rice vinegar**, 1 tablespoon (16 g)
- **Wasabi paste**, 4 teaspoons (20 g)



Instructions

1. In a small saucepan over medium-high heat, stir together mirin, vinegar, soy sauce, honey, ginger and wasabi to taste. (
2. Add the wasabi incrementally, tasting as you go.)Bring to a boil. Reduce the heat to medium and cook, stirring occasionally, until glaze thickens slightly, about 5-10 minutes.
3. Remove from the heat.Preheat oven to 425F.Lightly coat an oven-proof skillet with olive oil and heat on medium-high.Season the salmon with a little kosher salt & fresh cracked pepper.When the oil is hot and begins to shimmer, add the salmon, skin side up.Sear, without moving it around for 3-4 minutes. Turn the salmon over, skin side down.
4. Brush some of the glaze onto the salmon and then place the skillet of salmon into the oven for about 4 minutes.Spoon the remainder of the sauce over the salmon and serve hot.

Comments

Wasabi & Honey Glazed-Salmon is a main course that serves 2. One portion of this dish contains approximately 35g of protein, 11g of fat, and a total of 341 calories. For \$5.08 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. 2 people have tried and liked this recipe. A mixture of ginger root, honey, wasabi paste, and a handful of other ingredients are all it takes to make this recipe so delicious. It is brought to you by Foodista. From preparation to the plate, this recipe takes roughly 20 minutes. It is a good option if you're following a gluten free, dairy free, and pescatarian diet. Overall, this recipe earns a pretty good spoonacular score of 79%. If you like this recipe, take a look at these similar recipes: Wasabi & Honey Glazed-Salmon, Wasabi & Honey Glazed-Salmon, and Wasabi & Honey Glazed-Salmon.

Source: <http://www.foodista.com/recipe/LFLJWRX8/wasabi-honey-glazed-salmon>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	682.2	141.8	341.1
Protein [g]	70.1	14.6	35.1
Fat [g]	21.8	4.5	10.9
Carbs [g]	42.3	8.8	21.2
Fiber [g]	1.8	0.4	0.9



Protein Fat Carbs

Japanese Salad Dressing

🕒 12 min 🍽️ 1 serving

739 **Kcal / serving**

31g **Protein** 19g **Fat** 107g **Carbs**

Ingredients

- **Carrot**, 1 medium (61 g)
- **Sesame oil**, 1/4 tsp (1.1 g)
- **Iceberg lettuce head torn**, 1/2 head, medium (6" dia) (269.5 g)
- **Water**, 2 tablespoons (30 g)
- **Sesame seeds**, 1 tbsp (9 g)
- **Sugar**, 3 tablespoons (35.8 g)
- **Mirin**, 3 tbsp (45 g)
- **Soy sauce**, 2 tsps (12 g)
- **Miso**, 3/4 cup (206.3 g)



Comments

Japanese Salad Dressing requires about 12 minutes from start to finish. One serving contains 739 calories, 32g of protein, and 19g of fat. For \$23.07 per serving, this recipe covers 38% of your daily requirements of vitamins and minerals. This recipe serves 1. Head to the store and pick up carrot, iceberg lettuce head torn, mirin, and a few other things to make it today. Not a lot of people really liked this Japanese dish. 1 person has tried and liked this recipe. It works well as a main course. It is a good option if you're following a gluten free, dairy free, lacto ovo vegetarian, and vegan diet. It is brought to you by Foodista. Overall, this recipe earns a solid spoonacular score of 70%. Japanese Carrot Ginger Salad Dressing Japanese Carrot Ginger Salad Dressing (Power Foods), Japanese Carrot Ginger Salad Dressing Japanese Carrot Ginger Salad Dressing (Power Foods), and Wafu Dressing (Japanese Salad Dressing) are very similar to this recipe.

Source: <http://www.foodista.com/recipe/FQZYHKZ5/japanese-salad-dressing>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	738.8	110.3	738.8
Protein [g]	31.2	4.7	31.2
Fat [g]	18.5	2.8	18.5
Carbs [g]	107.1	16	107.1
Fiber [g]	17.2	2.6	17.2



Protein Fat Carbs

How to Make an Amazing Chicken Salad with Apples and Celery

🕒 10 min

👤 3 servings

595 **Kcal / serving**

60g **Protein** 33g **Fat** 18g **Carbs**

Ingredients

- **Avocado**, 3 servings (300 g)
- **Lemon juice squeezed**, 2 tsp (9.9 g)
- **Celery**, 3 stalk (105 g)
- **Reduced fat mayo**, 2 tbsp (27.9 g)
- **Non-fat greek yogurt**, 1/2 cup (98 g)
- **Rotisserie chicken cut**, 2 1/2 cups (593.9 g)
- **Apples i use 2 granny smith apples**, 1 cup (126.3 g)



Instructions

1. Mix chicken, celery, and apples.
2. In a separate bowl mix mayo, yogurt, and lemon juice.
3. Mix well.
4. Combine chicken mixture with mayo mixture and stir well.
5. Add salt and pepper to taste.
6. OPTIONAL: Slice an avocado, remove the pit, and serve the chicken salad with avocado. It's so good!

Comments

You can never have too many main course recipes, so give How to Make an Amazing Chicken Salad with Apples and Celery a try. This recipe serves 3. Watching your figure? This gluten free recipe has 593 calories, 60g of protein, and 33g of fat per serving. For \$2.37 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. This recipe from Pink When has 5 fans. A mixture of celery, rotisserie chicken cut, avocado, and a handful of other ingredients are all it takes to make this recipe so delicious. From preparation to the plate, this recipe takes about 10 minutes. Taking all factors into account, this recipe earns a spoonacular score of 56%, which is pretty good. How to Make an Amazing Chicken Salad with Apples and Celery, How to Make an Amazing Chicken Salad with Apples and Celery, and How to Make an Amazing Chicken Salad with Apples and Celery are very similar to this recipe.

Source: <https://www.pinkwhen.com/healthy-chicken-salad-with-apples/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1783.4	141.4	594.5
Protein [g]	180.6	14.3	60.2
Fat [g]	99.5	7.9	33.2
Carbs [g]	53.1	4.2	17.7
Fiber [g]	24.8	2	8.3



Protein Fat Carbs

Instant Pot Crack Chicken Chili

🕒 16 min

👤 6 servings

535 **Kcal / serving**

31g **Protein** 30g **Fat** 37g **Carbs**

Ingredients

- **Cream cheese**, 8 oz (227.4 g)
- **Chicken broth**, 2 cups (474.7 g)
- **Olive oil**, 1 serving (13.7 g)
- **Bacon**, 8 pieces (8 g)
- **Black beans**, 15 ounce (425.3 g)
- **Cheddar cheese**, 2 cups (228.3 g)
- **Chicken breasts**, 2 portion (228.3 g)
- **Cannellini beans**, 15 ounce (425.3 g)
- **Ranch seasoning**, 4 tbsp (59.7 g)
- **Tomatoes**, 15 oz (425.2 g)



Instructions

1. Hit saute function on Instant Pot and add olive oil.
2. Add chicken breasts and cook for 2 minutes on each side. Hit off button twice.
3. Add ranch seasoning, chicken broth, tomatoes, black beans, and then top with cubed cream cheese. Do not stir.
4. Secure lid into place, making sure the vent is set to seal. Manual cook for 4 minutes. Allow to natural release for 5 minutes and then carefully manually release, removing the lid once the pin has dropped.
5. Shred the chicken breasts. Stir the contents well.
6. Add the crumbled bacon and cheddar cheese and stir until combined.
7. Serve immediately.

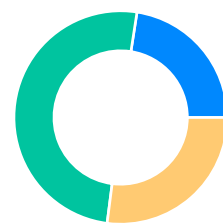
Comments

Instant Pot Crack Chicken Chili might be just the main course you are searching for. This recipe makes 6 servings with 556 calories, 31g of protein, and 30g of fat each. For \$2.43 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe from Pink When requires olive oil, cheddar cheese, chicken broth, and tomatoes. Only a few people really liked this American dish. It is a good option if you're following a gluten free diet. It is perfect for The Super Bowl. 1 person were glad they tried this recipe. From preparation to the plate, this recipe takes about 16 minutes. All things considered, we decided this recipe deserves a spoonacular score of 55%. This score is good. Instant Pot Crack Chicken Chili, Instant Pot Crack Chicken Chili, and Instant Pot Crack Chicken Chili are very similar to this recipe.

Source: <https://www.pinkwhen.com/instant-pot-crack-chicken-chili/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	3208.2	127.5	534.7
Protein [g]	182.8	7.3	30.5
Fat [g]	181.7	7.2	30.3
Carbs [g]	219.1	8.7	36.5
Fiber [g]	57.4	2.3	9.6



Protein Fat Carbs

Ground Beef Street Tacos

🕒 20 min 🍽️ 6 servings

354 **Kcal / serving**

34g **Protein** 13g **Fat** 26g **Carbs**

Ingredients

- **Chili powder**, 1/2 tsp (1.4 g)
- **Onion powder**, 1 tsp (2.4 g)
- **Taco seasoning**, 2 1/2 tbsp (6.6 g)
- **Cilantro**, 6 servings (0.5 g)
- **Lime juice**, 6 juice of lime (180 g)
- **Corn tortillas 4"**, 8 portion (208.5 g)
- **Ground beef**, 1 1/2 lbs (680.4 g)
- **Onion**, 6 serving (6 g)
- **Cherry tomatoes**, 6 serving (888 g)
- **Cheese**, 6 servings (168 g)



Instructions

1. Cook ground beef with seasonings until meat is no longer pink. Set aside.
2. Warm tortilla shells in the oven on 300 degrees Fahrenheit for 7 minutes or in a skillet on medium-high heat for 30-45 seconds on each side.
3. Scoop ground beef mixture into the tortillas.
4. Add sliced onion, cherry tomatoes, shredded cheese, and cilantro.
5. Squeeze the fresh lime juice on top.
6. Top with pico de gallo, fresh avocado, or fresh salsa.

Comments

Need a gluten free main course? Ground Beef Street Tacos could be an amazing recipe to try. This recipe makes 6 servings with 354 calories, 34g of protein, and 13g of fat each. For \$3.35 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies and cooks. This recipe is typical of Mexican cuisine. Head to the store and pick up lime juice, onion, chili powder, and a few other things to make it today. It is brought to you by Pink When. From preparation to the plate, this recipe takes around 20 minutes. Overall, this recipe earns a solid spoonacular score of 50%. Users who liked this recipe also liked Ground Beef Street Tacos, Ground Beef Street Tacos, and Ground Beef Street Tacos.

Source: <https://www.pinkwhen.com/ground-beef-street-tacos/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2122.3	99.1	353.7
Protein [g]	204.5	9.5	34.1
Fat [g]	78.8	3.7	13.1
Carbs [g]	154.3	7.2	25.7
Fiber [g]	22.3	1	3.7



Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers

🕒 20 min 🍽️ 4 servings

378 **Kcal / serving**

44g **Protein** 17g **Fat** 12g **Carbs**

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Rosemary leaves**, 2 serving (0.2 g)
- **Apple cider vinegar**, 2 tablespoon (30.1 g)
- **Oregano leaves**, 2 teaspoon (4 g)
- **Parsley leaves**, 2 sprig (2 g)
- **Avocado oil**, 4 tbsp (56 g)
- **Bell peppers**, 2 medium (approx 2-3/4" long, 2-1/2 dia.) (238 g)
- **Rock cod filets**, 2 pounds (907.2 g)
- **Pepper**, 4 servings (0.4 g)
- **Kosher salt**, 4 servings (2 g)
- **Mustard**, 1/2 cup (119.7 g)
- **Baby bok choy stems and leaves**, 6 portion (677.8 g)



Instructions

1. Heat oven to 350F. In a small bowl, mix half the herbs, mustard, apple cider vinegar, and a pinch of salt and pepper until all ingredients are fully incorporated. Grease a 9 x13 inch baking dish or pan with 1 tablespoon of the avocado oil and place the fish on top.
2. Spread an even layer of the mustard mixture over the top of each fillet. Evenly distribute slivered almonds on top of each fillet.
3. Drizzle a thin layer of avocado oil and another pinch of salt over the almonds.
4. Transfer to the oven and bake until the fish is flakey and opaque, about 10 minutes. Then broil for 2 minutes to brown slightly. Quickly remove from the oven. In a large frying pan over medium-high heat, warm 2 tablespoons of avocado oil.
5. Add pepper and bok choy stems and cook, stirring, until softened, about 2 minutes.
6. Add the bok choy leaves and cook until wilted, about 1 minute.
7. Remove from the heat and stir in a few generous pinches of salt and pepper. Plate in large bowls with the veggies on the bottom with the fish on top. Spoon the juices from the baking dish over the fish.
8. Garnish with a slice of lemon and remaining fresh chopped herbs.

Comments

Need a gluten free, dairy free, paleolithic, and primal main course? Baked Almond-Crusted Cod With Sauteed Bok Choy and Bell Peppers could be an amazing recipe to try. This recipe serves 4. For \$6.18 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. One portion of this dish contains around 44g of protein, 17g of fat, and a total of 379 calories. A mixture of bell peppers, mustard, avocado oil, and a handful of other ingredients are all it takes to make this recipe so flavorful. 1 person were glad they tried this recipe. From preparation to the plate, this recipe takes about 20 minutes. It is brought to you by Foodista. All things considered, we decided this recipe deserves a spoonacular score of 85%. This score is spectacular. If you like this recipe, take a look at these similar recipes: Baby Bok Choy With Yellow Bell Peppers, The Best Sauteed Bok Choy, and Sautéed Bok Choy.

Source:

<https://www.foodista.com/recipe/7W4KBQ5K/baked-almond-crust-ed-cod-with-sauteed-bok-choy-and-bell-peppers>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1512.6	70.5	378.2
Protein [g]	177.5	8.3	44.4
Fat [g]	67.4	3.1	16.9
Carbs [g]	47.9	2.2	12
Fiber [g]	21.9	1	5.5



Protein Fat Carbs

Fruity Curried Chicken Salad

🕒 15 min 🍽️ 2 servings

306 **Kcal / serving**

18g **Protein** 10g **Fat** 40g **Carbs**

Ingredients

- **Apple**, 2 serving (125 g)
- **Cranberries**, 2 serving (60 g)
- **Celery**, 2 servings (192.5 g)
- **Mayonnaise**, 2 tablespoons (28 g)
- **Chicken**, 1 can (127 g)
- **Curry powder**, 1/4 tsp (0.5 g)
- **Spinach**, 2 cup (60 g)
- **Pecans**, 2 servings (2 g)



Instructions

1. Combine all in a bowl.
2. Add as much fruit and veggies as you like. Spoon chicken salad over a bed of fresh spinach.

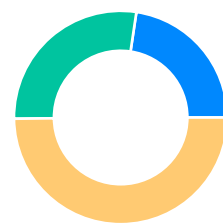
Comments

If you want to add more gluten free and dairy free recipes to your repertoire, Fruity Curried Chicken Salad might be a recipe you should try. This recipe serves 2. One serving contains 306 calories, 18g of protein, and 10g of fat. For \$2.27 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. A mixture of curry powder, mayonnaise, celery, and a handful of other ingredients are all it takes to make this recipe so flavorful. It is brought to you by Foodista. Not a lot of people really liked this main course. 1 person were glad they tried this recipe. From preparation to the plate, this recipe takes around 15 minutes. All things considered, we decided this recipe deserves a spoonacular score of 64%. This score is pretty good. Similar recipes are Fruity Chicken Salad, Fruity Chicken Salad, and Fruity Chicken Salad.

Source: <http://www.foodista.com/recipe/HSC852ZY/fruity-curved-chicken-salad>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	611.4	102.8	305.7
Protein [g]	36	6.1	18
Fat [g]	19.4	3.3	9.7
Carbs [g]	79.1	13.3	39.6
Fiber [g]	11	1.8	5.5



Protein Fat Carbs

Instant Pot Hawaiian Chicken

🕒 18 min 🍽️ 4 servings

473 **Kcal / serving**

38g **Protein** 5g **Fat** 68g **Carbs**

Ingredients

- **Chicken breasts**, 3 portion (644.1 g)
- **Barbecue sauce**, 16 oz (453.6 g)
- **Dole pineapple tidbits**, 20 oz (567 g)



Instructions

1. First, place your trivet in the bottom of the Instant Pot and add about a cup of water (depending on the size of the Instant Pot) and a tablespoon of the pineapple juice.
2. Next, mix together your Dole pineapple tidbits and the barbecue sauce. Cover the chicken breasts with the barbecue pineapple mixture, and then place onto the trivet.
3. Make sure the lid is securely sealed and then place the Instant Pot on manual mode and cook with High pressure for about 13 minutes. Don't forget to place the steam valve over to "sealing".
4. When time is up hit cancel and allow 5-10 minutes to naturally release pressure.
5. Remove your chicken from the Instant Pot with tongs and serve over a bed of rice, or for a healthier version, over a bed of lettuce.

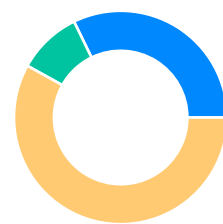
Comments

Instant Pot Hawaiian Chicken is a gluten free and dairy free main course. For \$2.35 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. This recipe makes 4 servings with 473 calories, 38g of protein, and 5g of fat each. It is brought to you by Pink When. A mixture of barbecue sauce, chicken breasts, dole pineapple tidbits, and a handful of other ingredients are all it takes to make this recipe so delicious. This recipe is liked by 19 foodies and cooks. From preparation to the plate, this recipe takes around 18 minutes. With a spoonacular score of 73%, this dish is pretty good. Try Instant Pot Hawaiian Chicken, Instant Pot Hawaiian Chicken, and Instant Pot Hawaiian Chicken for similar recipes.

Source: <https://www.pinkwhen.com/instant-pot-hawaiian-chicken-recipe/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1893.3	113.7	473.3
Protein [g]	151.5	9.1	37.9
Fat [g]	20.4	1.2	5.1
Carbs [g]	273.2	16.4	68.3
Fiber [g]	11.4	0.7	2.9



Protein Fat Carbs

How to Make the Perfect Instant Pot Chicken

🕒 18 min 👤 6 servings

157 **Kcal / serving**

25g **Protein** 4g **Fat** 5g **Carbs**

Ingredients

- **Chicken breasts**, 3 portion (644.1 g)
- **Avocado oil**, 1 teaspoon (4.4 g)
- **Bell pepper**, 3 cup (447 g)
- **Quality stock**, 1 cup (230.6 g)
- **Himalayan salt**, 1/2 tsp (3.1 g)



Instructions

1. Heat the bottom of the instant pot using saut mode. Once it has heated up, add the oil and seasonings before placing the chicken into the oil in a single layer.
2. Brown each side for 1-2 minutes to create a rich flavor and then cancel the saut mode.
3. Pour in the stock or broth and deglaze the bottom of the pan. Slide the chicken over to scrape up any little browned bits on the pot as this is flavor you want. Return the chicken to a single layer.
4. Twist on the locking lid and ensure the steam valve is set to sealing. Then, select the manual setting to cook for 4 minutes. Be sure to adjust your cooking time depending on the size and thickness of your breasts.
5. When the chicken has finished cooking, allow it to natural pressure release for 10 minutes. When the time is up, carefully release any remaining pressure and remove the lid.
6. Remove your chicken from the instant pot and shred the chicken using forks or a hand mixer. The leftover liquid from cooking can be saved for future recipes if used within 3-4 days. Enjoy!

Comments

The recipe How to Make the Perfect Instant Pot Chicken can be made in approximately 18 minutes. For \$1.53 per serving, you get a main course that serves 6. Watching your figure? This gluten free, dairy free, paleolithic, and primal recipe has 157 calories, 25g of protein, and 4g of fat per serving. Head to the store and pick up avocado oil, chicken breasts, himalayan salt, and a few other things to make it today. 1 person has tried and liked this recipe. It is brought to you by Pink When. With a spoonacular score of 70%, this dish is solid. Similar recipes are Perfect Instant Pot Chicken Breasts, Perfect Instant Pot New York Cheesecake, and Instant Pot Carnitas - perfect every time!.

Source: <https://www.pinkwhen.com/instant-pot-chicken/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	939.7	70.7	156.6
Protein [g]	149.3	11.2	24.9
Fat [g]	22.6	1.7	3.8
Carbs [g]	29.9	2.2	5
Fiber [g]	9.4	0.7	1.6



Protein Fat Carbs

Instant Pot Quinoa Grain Bowl

🕒 13 min

👤 4 servings

414 **Kcal / serving**

16g **Protein** 9g **Fat** 70g **Carbs**

Ingredients

- **Avocado**, 1/2 portion (96.6 g)
- **Baby brussell sprouts**, 1 cup (33 g)
- **Clementine**, 1 portion (74 g)
- **Broccoli**, 1 cups (88 g)
- **Kale**, 2 cups (95.8 g)
- **Quinoa**, 2 cup (340 g)
- **Salt and pepper**, 4 serving (2 g)
- **Rainbow cherry tomatoes**, 4 serving (592 g)
- **Stock**, 2 cup (470.4 g)



Instructions

1. Rinse and drain the quinoa to remove the bitter and sometimes mildly soapy taste that can linger if not rinsed.
2. Combine the quinoa, stock and seasonings in the Instant Pot together and then twist to lock the lid shut. Set the pot to Manual for 1 minute.
3. At the end of the cook time, let the pot to natural pressure release for 10 minutes before carefully releasing the remaining pressure.
4. Fluff the cooked quinoa with a fork. Now you have Instant Pot Quinoa!
5. Add fruits and vegetables over a scoop of cooked quinoa and make an amazing quinoa grain bowl.

Comments

Instant Pot Quinoa Grain Bowl might be a good recipe to expand your main course recipe box. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and vegan recipe has 416 calories, 16g of protein, and 10g of fat per serving. This recipe serves 4 and costs \$3.02 per serving. From preparation to the plate, this recipe takes roughly 13 minutes. A mixture of baby brussell sprouts, broccoli, salt and pepper, and a handful of other ingredients are all it takes to make this recipe so tasty. 1 person has made this recipe and would make it again. It is brought to you by Pink When. With a spoonacular score of 96%, this dish is super. Users who liked this recipe also liked Instant Pot Quinoa Grain Bowl, Instant Pot Sausage Cabbage Bowl with Quinoa (or Stovetop), and Crock Pot Chicken Fajita Bowl (Grain-Free, Paleo).

Source: <https://www.pinkwhen.com/instant-pot-quinoa-grain-bowl/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1655.1	92.4	413.8
Protein [g]	64.1	3.6	16
Fat [g]	37	2.1	9.3
Carbs [g]	280	15.6	70
Fiber [g]	42	2.3	10.5



Protein Fat Carbs

Tuna Avocado Salad

🕒 15 min 🍽️ 2 servings

320 **Kcal / serving**

18g **Protein** 21g **Fat** 19g **Carbs**

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Salt**, 2 serving (1 g)
- **Celery**, 1 tbsp (6.5 g)
- **Mayonnaise**, 1 tbsp (13.8 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Tomato**, 1 medium whole (2-3/5" dia) (123 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Lettuce leaves**, 3 large (72 g)
- **Tuna**, 1 cup (154 g)



Instructions

1. In a bowl, mash the avocado and the canned, drained tuna with a fork.
2. Add the chopped tomato, onion, and celery along with the lemon juice, mayonnaise, and salt.
3. Mix well
4. Add the chopped lettuce leaves to the mixture and place the salad in refrigerator to chill.
5. Serve chilled with chips or crackers.

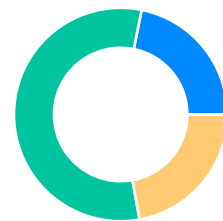
Comments

Need a gluten free, dairy free, whole 30, and pescatarian main course? Tuna Avocado Salad could be an excellent recipe to try. This recipe makes 2 servings with 320 calories, 18g of protein, and 21g of fat each. For \$1.84 per serving, this recipe covers 26% of your daily requirements of vitamins and minerals. Not a lot of people made this recipe, and 1 would say it hit the spot. A mixture of avocado, pepper, tomato, and a handful of other ingredients are all it takes to make this recipe so yummy. From preparation to the plate, this recipe takes around 15 minutes. It is brought to you by Foodista. Taking all factors into account, this recipe earns a spoonacular score of 82%, which is excellent. If you like this recipe, you might also like recipes such as Chili Crusted Ahi Tuna & Avocado Salad with Cilantro Garlic Dressing (GF!) ... and Fave Five Friday: Healthy Tuna, Chili Crusted Ahi Tuna & Avocado Salad with Cilantro Garlic Dressing (GF!) ... and Fave Five Friday: Healthy Tuna, and Chili Crusted Ahi Tuna & Avocado Salad with Cilantro Garlic Dressing (GF!) ... and Fave Five Friday: Healthy Tuna.

Source: <https://www.foodista.com/recipe/YN7B665L/tuna-avocado-salad>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	639.8	89.9	319.9
Protein [g]	36.6	5.1	18.3
Fat [g]	41.7	5.9	20.9
Carbs [g]	37.1	5.2	18.6
Fiber [g]	17.8	2.5	8.9



Protein Fat Carbs

Shopping List

Fruits and Fruit Juices

- Cranberries, 279.9 g
- Persimmon, 1009.3 g
- Mango, 559.6 g
- Banana, 320 g
- Lemon juice, 54.9 g
- Pineapple, 41.3 g
- Maraschino cherry, 2.5 g
- Blueberries, 37 g
- Strawberries, 288.1 g
- Apple, 211.6 g
- Avocado, 424.5 g
- Lime juice, 34.7 g
- Lemon, 270.8 g
- Cranberries, 30.1 g
- Clementine, 18.5 g

Dairy and Egg Products

- Butter, 7 g
- Milk, 349.3 g
- Greek yogurt, 100 g
- Mascarpone cheese, 30 g
- Vanilla greek yogurt, 51.8 g
- Almond milk, 125 g
- Non-fat greek yogurt, 398.1 g
- Vanilla yogurt, 170.1 g
- Cream cheese, 41.2 g
- Cheddar cheese, 41.4 g
- Cheese, 32.4 g

Spices and Herbs

- Cinnamon, 1.3 g
- Vanilla extract, 1 g
- Ground nutmeg, 0.2 g
- Chili powder, 0.3 g
- Onion powder, 0.5 g
- Taco seasoning, 1.3 g

- Rosemary leaves, 0.5 g
- Apple cider vinegar, 75.5 g
- Oregano leaves, 10 g
- Pepper, 1.2 g
- Kosher salt, 5 g
- Curry powder, 0.2 g
- Salt and pepper, 0.5 g
- Salt, 0.5 g

Sweets

- Brown sugar, 25.1 g
- Cocoa powder, 1 g
- Honey, 40 g
- Honey, 56.1 g
- Sugar, 35.8 g

Baked Products

- Vanilla, 0.7 g
- Corn tortillas 4", 40.2 g

Breakfast Cereals

- Old fashioned rolled oats, 40.5 g
- Old-fashioned oatmeal, 116.6 g

Nut and Seed Products

- Chia seeds, 6 g
- Coconut flakes, 10 g
- Creamy peanut butter, 1 tablespoon (16 g)
- Walnuts, 10 g
- Sesame seeds, 9 g

Beverages

- Strong coffee, 59 g
- Mirin, 45.1 g
- Water, 30 g
- Mirin, 45 g

Vegetables and Vegetable Products

- Pumpkin, 122.4 g
- Ginger root, 2 g
- Carrot, 61 g

- Iceberg lettuce head torn, 269.6 g
- Celery, 204.6 g
- Apples i use 2 granny smith apples, 126.2 g
- Cilantro, 0.1 g
- Onion, 1.2 g
- Rainbow cherry tomatoes, 319.6 g
- Parsley leaves, 5 g
- Bell peppers, 596.8 g
- Baby bok choy stems and leaves, 1699.7 g
- Spinach, 30.1 g
- Bell pepper, 74.7 g
- Baby brussell sprouts, 8.3 g
- Broccoli, 22.1 g
- Kale, 24 g
- Onion, 55 g
- Tomato, 61.5 g
- Lettuce leaves, 36 g

Frozen

- Ice, 42 g
- Ice, 236.7 g

Health Foods

- Vanilla protein powder, 7.5 g

Legumes and Legume Products

- Soy sauce, 16 g
- Black beans, 77.1 g

Finfish and Shellfish Products

- Salmon fillets, 340.8 g
- Rock cod filets, 2274.9 g

Other

- Rice vinegar, 16 g
- Wasabi paste, 20 g
- Soy sauce, 12 g
- Cannellini beans, 77.1 g
- Tomatoes, 77.1 g
- Pecans, 1 g
- Himalayan salt, 0.5 g

Fats and Oils

- Sesame oil, 1.1 g
- Mayonnaise, 41.9 g
- Olive oil, 2.5 g
- Ranch seasoning, 10.8 g
- Avocado oil, 141.2 g
- Mayonnaise, 6.9 g

Ethnic Foods

- Miso, 206.3 g

Meals, Entrees, and Side Dishes

- Rotisserie chicken cut, 593.4 g
- Chicken breasts, 41.4 g

Soups, Sauces, and Gravies

- Chicken broth, 86 g
- Mustard, 300.3 g
- Barbecue sauce, 226.7 g

Pork Products

- Bacon, 1.5 g

Beef Products

- Ground beef, 131.2 g

Poultry Products

- Chicken, 63.6 g
- Chicken breasts, 429.5 g

Canned and Jarred

- Dole pineapple tidbits, 283.4 g
- Stock, 156.4 g
- Tuna, 77 g

Cereal Grains and Pasta

- Quinoa, 85.2 g