



7-DAY MEAL PLAN

DESIGNED FOR YOU BY QUALIFIED NUTRITIONISTS.

ELIMINATING YOUR SENSITIVITIES, THIS PLAN REMOVES
THE GUESSWORK AND ALLOWS YOU
TO LIVE A SYMPTOM-FREE LIFE.



UK LABS
FOOD INTOLERANCE TESTING

NutriAdmin



7 Day Meal Plan

📅 2024-08-13 🌐 XXXXXX

DAY 1

Breakfast	Chicken, Green Peas and Carrots Wrap	1 serving (298 g)
Lunch	White Fish with Zucchini over Quinoa	2 serving (508 g)
Dinner	Turkey Breast and Peppers over Quinoa	2 serving (390 g)
Snack	Carrot and Hummus Roll-Ups	2 serving (300 g)

DAY 2

Breakfast	Almond Butter	1 tablespoons (15.4 g)
Lunch	Skillet Chicken with Wild Rice, Brussel Sprouts, and Mushrooms	2 serving (922 g)
Dinner	Baked Garlic Salmon and Carrots	1 serving (217 g)
Snack	Plain soy yogurt	2 cup (450 g)
	Strawberries	2 cup, halves (304 g)

DAY 3

Breakfast	Raspberries	1 cup (123 g)
Lunch	Easy Chicken Shawarma with Bell Peppers	2 serving (906 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Tomatoes	1 serving (320 g)
Snack	Cinnamon Roasted Carrot Sticks	1 serving (121 g)

DAY 4

Breakfast	Coffee (Unsweetened) Oat milk	1 portion(s) (50 g) 1 cup (128 g)
Lunch	Vegan Lentil Curry	1 serving (330 g)
Dinner	Lebanese Beef Kofta Meatballs with Veggies over Rice	1 serving (826 g)
Snack	Strawberry and Walnuts Parfait	2 serving (300 g)

DAY 5

Breakfast	Eggs with Spinach	1 serving (164 g)
Lunch	Cilantro Beef Meatballs with Roasted Carrots, Green Beans and Potato	2 serving (632 g)
Dinner	Air Fried Lemon White Fish with Potatoes and Tomatoes	2 serving (640 g)
Snack	roasted chickpea snack	1 cup (92 g)

DAY 6

Breakfast	Plain Yogurt, Full Fat	2 container (6 oz) (340 g)
Lunch	Pork with Pistachio Couscous Salad	2 serving (360 g)
Dinner	Beef Slices with Green Beans and Quinoa	2 serving (458 g)
Snack	Chicken and Avocado Tortilla Roll-ups	1 serving (259 g)

DAY 7

Breakfast	Baked Mushroom, Cherry Tomatoes, Hummus Whole Wheat Toast	1 serving (108 g)
Lunch	Air Fryer White Fish, Potato, and Carrots	2 serving (724 g)
Dinner	Chicken Skillet Supper	2 serving (732 g)
Snack	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad	1 serving (259 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y	Chicken, Green Peas and Carrots Wrap	White Fish with Zucchini over Quinoa	Turkey Breast and Peppers over Quinoa	Carrot and Hummus Roll-Ups
1				
D A Y	Almond Butter	Skillet Chicken with Wild Rice, Brussel Sprouts, and Mushrooms	Baked Garlic Salmon and Carrots	Plain soy yogurt Strawberries
2				
D A Y	Raspberries	Easy Chicken Shawarma with Bell Peppers	Air Fried Lemon White Fish with Potatoes and Tomatoes	Cinnamon Roasted Carrot Sticks
3				
D A Y	Coffee (Unsweetened) Oat milk	Vegan Lentil Curry	Lebanese Beef Kofta Meatballs with Veggies over Rice	Strawberry and Walnuts Parfait
4				
D A Y	Eggs with Spinach	Cilantro Beef Meatballs with Roasted Carrots, Green Beans and Potato	Air Fried Lemon White Fish with Potatoes and Tomatoes	roasted chickpea snack
5				
D A Y	Plain Yogurt, Full Fat	Pork with Pistachio Couscous Salad	Beef Slices with Green Beans and Quinoa	Chicken and Avocado Tortilla Roll-ups
6				
D A Y	Baked Mushroom, Cherry Tomatoes, Hummus Whole Wheat Toast	Air Fryer White Fish, Potato, and Carrots	Chicken Skillet Supper	Hearty Avocado, Mango, Red Leaf, Onion and Chia Seed Salad
7				

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12423.9	1774.8
Protein [g]	932.9	133.3
Fat [g]	453.2	64.7
Carbs [g]	1204.1	172
Fiber [g]	209	29.9
Net Carbs [g]	995.1	142.2



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	176.1	10.1	9	14.4	3.5	10.8
Lunch	757.7	60.3	24.6	75.9	11	65
Dinner	499.3	48.6	14.9	43.4	6	37.4
Snack	341.8	14.3	16.2	38.3	9.4	29



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1835.5	145.7	60.9	179.4	32.9	146.5
Day 2	1703.5	124.1	64.6	165.7	26.6	139.1
Day 3	1879.1	151.9	55.4	195.3	23	172.3
Day 4	1759.8	132	67.6	158.7	36.2	122.5
Day 5	1793	142.8	69.6	160.1	28.7	131.4
Day 6	1713.9	113.3	67.5	169.8	24.3	145.5
Day 7	1739.1	123.1	67.5	175	37.4	137.6

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	819.2			
Vitamin C [mg]	221			
Vitamin D [ug]	5.4			
Vitamin E [mg]	9.5			
Vitamin K [ug]	222.3			
Thiamin [mg]	1.5			
Riboflavin [mg]	1.6			
Niacin [mg]	39.9			
Vitamin B6 [mg]	3.8			
Vitamin B12 [ug]	6.2			
Calcium, Ca [mg]	557.1			
Iron, Fe [mg]	15.4			
Magnesium, Mg [mg]	402.6			
Phosphorus, P [mg]	1677.3			
Zinc, Zn [mg]	13.8			
Potassium, K [mg]	4132.7			
Sodium, Na [mg]	2858.6			

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

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

Ingredients

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



Instructions

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

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

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

Serve immediately.

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

🕒 10 min 🍽️ 2 servings

Per serving: 293 Kcal 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.

Vegan Lentil Curry

🕒 40 min 🍽️ 4 servings

Per serving: 473 Kcal 17g Protein 25g Fat 50g Carbs

Ingredients

- Turmeric, 1 teaspoons (2.3 g)
- Vegetable broth, 2 cups (392 g)
- Lime juice, 1 tablespoon (15 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Ginger, 1 tablespoon (7 g)
- Garlic, 3 clove (9 g)
- Curry powder, 1 tablespoons (6 g)
- Coconut milk, 14 ounces (396.9 g)
- Lentils, 1 cup (192 g)
- Cumin, 1 teaspoon (2 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 1 tsp (2 g)
- Naan bread, 4 servings (124 g)



Instructions

In a large pot, heat some oil over medium heat.

Add the chopped onion, minced garlic, and grated ginger. Sauté until the onion becomes translucent.

Add the curry powder, cumin, and turmeric. Stir well to coat the onions and spices.

Add the red lentils, coconut milk, and vegetable broth. Bring to a boil, then reduce heat and let it simmer for about 20 minutes or until the lentils are cooked and tender.

Stir in the spinach and lime juice. Cook for an additional 5 minutes until the spinach wilts.

Season with salt and pepper to taste.

Serve the vegan lentil curry over cooked rice or with naan bread.

Easy Chicken Shawarma with Bell Peppers

🕒 30 min 🍽️ 2 servings

Per serving: 740 Kcal 61g Protein 23g Fat 72g Carbs

Ingredients

- **Ground turmeric**, 1/2 teaspoon (1.1 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Ground paprika**, 1 teaspoon (2 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 cloves (5.9 g)
- **Bell pepper**, 1 small (53 g)
- **Pita breads**, 4 pita bread (224 g)
- **Chicken breasts**, 2 small breast (450 g)
- **Ground cumin**, 1 teaspoon (2 g)
- **Ground coriander**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Tzatziki sauce**, 8 tbsp (120 g)



Instructions

In a bowl, combine olive oil, lemon juice, minced garlic, cumin, paprika, coriander, turmeric, salt, and pepper. Mix well.

Slice the chicken breasts into thin strips and add them to the bowl with the marinade. Toss to coat the chicken evenly. Let it marinate for 10 minutes.

Heat a large skillet over medium-high heat. Add the marinated chicken and cook for about 6-8 minutes or until cooked through.

Remove the cooked chicken from the skillet and set aside.

In the same skillet, add the sliced bell peppers and onion. Cook for 5-6 minutes or until the vegetables are tender.

Warm the pita breads in a pan, toaster or oven.

To assemble the shawarma, place a spoonful of cooked vegetables on each pita bread. Top with some cooked chicken strips. Drizzle with tzatziki sauce.

Fold the pita breads and serve warm.

Enjoy your easy chicken shawarma with bell peppers!

Lebanese Beef Kofta Meatballs with Veggies over Rice

🕒 35 min 🍽️ 2 servings

Per serving: 835 Kcal 84g Protein 19g Fat 78g Carbs

Ingredients

- Paprika, 1/2 teaspoons (1 g)
- Parsley, 1/4 cup (15.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Zucchini, 1 medium (196 g)
- Garlic, 2 cloves (5.9 g)
- Ground cumin, 1 teaspoon (2 g)
- Ground coriander, 1 teaspoon (2 g)
- Ground cinnamon, 1/2 teaspoon (1 g)
- Salt and pepper, 1 tsp (2 g)
- Bell pepper, 1 medium (120 g)
- Cherry tomatoes, 1 cup (149 g)
- Rice, 2 1/2 cups (462.5 g)
- Lean ground beef, 1 1/2 pound (681 g)



Instructions

In a large bowl, combine the ground beef, minced garlic, parsley, cumin, coriander, cinnamon, paprika, salt, and pepper. Mix well until all the ingredients are evenly incorporated.

Shape the mixture into small meatballs, about 1-2 inches in diameter.

Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides and cooked through, about 10-12 minutes. Remove the meatballs from the skillet and set aside.

In the same skillet, add the sliced bell pepper, zucchini, and cherry tomatoes. Cook for about 5 minutes, or until the vegetables are tender.

Return the meatballs to the skillet with the vegetables and stir gently to combine.

Serve the meatballs and vegetables over a bed of cooked rice. Enjoy!

Cilantro Beef Meatballs with Roasted Carrots, Green Beans and Potato

🕒 35 min 🍽️ 4 servings

Per serving: 313 Kcal 29g Protein 11g Fat 26g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Paprika, 1/2 teaspoons (1 g)
- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426 g)
- Cilantro, 1/4 cup (4.2 g)
- Carrots, 2 medium (122 g)
- Green beans, 1/2 pound (218.1 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 2 clove (5.8 g)
- Ground cumin, 1/2 teaspoon (1 g)
- Pepper, 1/4 tsp (0.5 g)
- lean ground beef, 1 pound (454 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large bowl, combine ground beef, chopped cilantro, minced garlic, ground cumin, paprika, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the mixture into meatballs, about 1 inch in diameter.

Heat olive oil in a large skillet over medium-high heat. Add the meatballs and cook until browned on all sides, about 5 minutes.

Transfer the meatballs to a baking sheet and place in the preheated oven. Bake for 15-20 minutes, or until cooked through.

While the meatballs are baking, prepare the roasted vegetables. Place sliced carrots, green beans, and cubed potatoes on a separate baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat evenly.

Add the vegetables to the oven and roast for 15-20 minutes, or until tender and slightly browned.

Once the meatballs and vegetables are cooked, remove from the oven.

Serve the meatballs with the roasted carrots, green beans, and potato. Garnish with chopped fresh cilantro.

Enjoy!

Chicken Skillet Supper

🕒 30 min 🍽️ 4 servings

Per serving: 319 Kcal 28g Protein 12g Fat 27g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Potatoes**, 2 cups (420 g)
- **Carrots**, 1 cup chopped (128 g)
- **Zucchini**, 1 cup, chopped (124 g)
- **Tomatoes**, 1 cup (148.9 g)
- **Bell peppers**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)
- **Olive Oil**, 2 tbsp (28.4 g)
- **lean ground pork**, 1 lb (454 g)



Instructions

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

Add the ground pork and cook until browned.

Remove the pork from the skillet and set aside.

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

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

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

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

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

Garnish with fresh parsley before serving.

Enjoy your pork skillet supper!

Cinnamon Roasted Carrot Sticks

🕒 20 min 🍽️ 4 servings

Per serving: 107 Kcal 1g Protein 7g Fat 11g Carbs

Ingredients

- Carrots, 1 pound (453.6 g)
- Olive oil, 2 tablespoon (27 g)
- Ground cinnamon, 1 teaspoon (2 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, toss the carrot sticks with olive oil, ground cinnamon, salt, and pepper until evenly coated.

Spread the carrot sticks in a single layer on a baking sheet.

Roast in the preheated oven for about 15-20 minutes, or until the carrots are tender and slightly caramelized, stirring once halfway through.

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

Chicken and Avocado Tortilla Roll-ups

🕒 15 min 🍽️ 2 servings

Per serving: 362 Kcal 19g Protein 21g Fat 28g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Lime juice**, 2 tablespoon (28 g)
- **Tortillas**, 2 tortilla medium (approx 6" dia) (60 g)
- **Chicken**, 2 cups (108.5 g)
- **Cherry tomatoes**, 1/2 cup (74.5 g)
- **Onion**, 1/4 cup (40 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a bowl, combine the shredded chicken, lime juice, salt, and pepper. Mix well.

Lay the tortillas flat on a clean surface.

Divide the chicken mixture evenly between the tortillas, spreading it out in a thin layer.

Place the avocado slices, cherry tomatoes, red onion, and cilantro on top of the chicken mixture.

Roll up the tortillas tightly, making sure to tuck in the fillings as you go.

Slice the roll-ups into bite-sized pieces.

Serve immediately or refrigerate for later.

Carrot and Hummus Roll-Ups

🕒 15 min 🍽️ 4 servings

Per serving: 213 Kcal 8g Protein 9g Fat 28g Carbs

Ingredients

- Carrots, 2 large (7-1/4" to 8-1/2" long) (144 g)
- Cucumber, 1/4 cup (34.7 g)
- Baby spinach leaves, 1/2 cup (14.8 g)
- Bell pepper, 1/4 cup (38.8 g)
- Hummus, 1 cup (246 g)
- Tortillas, 4 tortilla medium (approx 6" dia) (120 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Using a vegetable peeler, slice the carrots into thin, wide strips.

Spread a generous amount of hummus onto each tortilla or wrap.

Place a layer of baby spinach leaves on top of the hummus.

Arrange the carrot strips, cucumber, and red bell pepper slices evenly over the spinach.

Season with salt and pepper to taste.

Roll up the tortillas tightly, tucking in the sides as you go.

Slice the rolled-up tortillas into bite-sized pieces.

Serve immediately or refrigerate until ready to serve.

Air Fryer White Fish, Potato, and Carrots

🕒 20 min 🍽️ 4 servings

Per serving: 336 Kcal 28g Protein 9g Fat 37g Carbs

Ingredients

- **Salt**, 1/2 teaspoon (2.9 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato small (1-3/4" to 2-1/2" dia) (680 g)
- **Carrots**, 4 medium (244 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Fish**, 4 fillet (480 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

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

In a bowl, combine olive oil, garlic powder, paprika, salt, and black pepper.

Place the potato slices and carrot sticks in a large bowl. Drizzle the olive oil mixture over them and toss to coat evenly.

Arrange the coated potatoes and carrots in a single layer in the air fryer basket.

Cook for 10 minutes, flipping halfway through.

Season the white fish fillets with salt and pepper.

After the potatoes and carrots have cooked for 10 minutes, remove the basket from the air fryer and place the seasoned fish fillets on top of the cooked vegetables.

Return the basket to the air fryer and cook for an additional 8-10 minutes, or until the fish is cooked through and flakes easily with a fork.

Garnish with fresh parsley and serve hot.

Chicken, Green Peas and Carrots Wrap

🕒 15 min 🍽️ 1 serving

Per serving: 375 Kcal 32g Protein 10g Fat 38g Carbs

Ingredients

- **Salt**, 1/4 tsp (1.5 g)
- **Paprika**, 1/4 teaspoon (0.5 g)
- **Peas**, 1/2 cup (72.5 g)
- **Carrots**, 1/2 cup chopped (64 g)
- **Olive oil**, 1 teaspoons (4 g)
- **Chicken breast**, 1/2 small breast (112.5 g)
- **Tortilla**, 1 piece (42 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Garlic powder**, 1/4 teaspoon (0.8 g)



Instructions

In a small bowl, combine salt, black pepper, garlic powder, and paprika.

Season the chicken breast with the spice mixture on both sides.

Heat olive oil in a skillet over medium heat.

Cook the chicken breast for 6-8 minutes per side, or until cooked through.

Remove the cooked chicken from the skillet and let it rest for a few minutes.

In the same skillet, add frozen green peas and diced carrots.

Cook for 3-4 minutes, or until the vegetables are tender.

Slice the cooked chicken breast into thin strips.

Warm the whole wheat tortilla in the skillet for a few seconds on each side.

Place the sliced chicken, green peas, and carrots on the tortilla.

Wrap the tortilla tightly, folding in the sides as you go.

Serve immediately and enjoy!

Pork with Pistachio Couscous Salad

🕒 10 min 🍽️ 4 servings

Per serving: 312 Kcal 19g Protein 9g Fat 39g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Mint**, 2 tablespoon (10 g)
- **Cucumber**, 1/2 cup (64.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Pistachios**, 1/4 cup (29.7 g)
- **Couscous**, 1 cup (173 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onion**, 1/4 cup (40 g)
- **Parsley**, 2 tablespoons (8 g)
- **Salt and pepper**, 1 tsp (2 g)
- **lean pork slices**, 200 grams (200 g)



Instructions

Season the pork slices with salt and pepper on both sides.

Heat a skillet over medium-high heat and add a drizzle of olive oil.

Cook the pork slices for 3-4 minutes per side, or until cooked through. Remove from the skillet and let them rest for a few minutes.

While the pork slices are resting, prepare the couscous according to package instructions.

In a large bowl, combine the cooked couscous, chopped pistachios, cherry tomatoes, cucumber, red onion, parsley, mint, lemon juice, and olive oil. Toss to mix well.

Slice the rested pork slices into thin strips.

Serve the pork strips over the pistachio couscous salad. Garnish with additional herbs if desired.

Enjoy your Pork with Pistachio Couscous Salad!

Beef Slices with Green Beans and Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 260 Kcal 23g Protein 9g Fat 24g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- green beans, 1/2 lb (226.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Beef, sirloin, lean, 300 grams (300 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Season the beef slices with salt.

Heat olive oil in a large skillet over medium-high heat.

Add the beef to the skillet and cook for 4-5 minutes, or until cooked through.

Remove the beef from the skillet and set aside.

In the same skillet, add the green beans and sauté for 3-4 minutes, or until tender-crisp.

Return the beef to the skillet and cook for an additional 2 minutes to heat through.

Serve the beef and green beans over cooked quinoa.

White Fish with Zucchini over Quinoa

🕒 20 min 🍽️ 4 servings

Per serving: 296 Kcal 30g Protein 11g Fat 21g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 1 tsp (2 g)
- White Fish, 500 g (500 g)
- Zucchini, 1 small (118 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Cook quinoa according to package instructions.

Preheat oven to 400°F (200°C).

Place the white fish fillets and zucchini on a baking sheet lined with parchment paper.

Drizzle olive oil over the fish fillets and zucchini and season with salt and pepper.

Bake the fish and zucchini in the preheated oven for 12-15 minutes or until cooked through and flaky.

Once the quinoa, fish, and zucchini are cooked, divide the quinoa among serving plates.

Top each plate with a white fish fillet and serve with zucchini on the side.

Enjoy your 5 Ingredient White Fish with zucchini over quinoa!

Air Fried Lemon White Fish with Potatoes and Tomatoes

🕒 15 min 🍽️ 2 servings

Per serving: 227 Kcal 27g Protein 3g Fat 26g Carbs

Ingredients

- **Lemon**, 1 half (50 g)
- **Salt**, 1 tsp (6 g)
- **Potatoes**, 4 medium (244 g)
- **White Fish**, 2 fillet (240 g)
- **Tomatoes, cherry**, 100 grams (100 g)



Instructions

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

Season the white fish fillets with salt on both sides.

Place the fish fillets in the air fryer basket and top each fillet with a few slices of lemon.

Add the diced potatoes and cherry tomatoes to the air fryer basket.

Cook for 10-12 minutes, or until the fish is cooked through and the potatoes are crispy, shaking the basket halfway through cooking.

Remove from the air fryer and serve hot.

Turkey Breast and Peppers over Quinoa

🕒 15 min 🍽️ 4 servings

Per serving: 222 Kcal 19g Protein 6g Fat 22g Carbs

Ingredients

- **Salt**, 1 tsp (6 g)
- **Olive Oil**, 1 tablespoon (13.5 g)
- **Red/Yellow Pepper**, 1 cup (139 g)
- **Quinoa, cooked**, 2 cup (370 g)
- **Turkey Breast**, 15 oz (250 g)



Instructions

1. Season the turkey breasts with salt on both sides.
2. Heat oil in a pan over medium-high heat.
3. Add the turkey breasts to the pan and cook for 4-5 minutes on each side, or until cooked through.
4. Remove the turkey from the pan and set aside.
5. In the same pan, add the peppers slices and cook for 2-3 minutes, or until cooked.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and peppers over cooked quinoa.
8. Enjoy!

Baked Garlic Salmon and Carrots

🕒 20 min 🍽️ 2 servings

Per serving: 378 Kcal 34g Protein 24g Fat 4g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 g)
- Carrots, sliced, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the carrots and arrange them around the salmon on the baking sheet.

Drizzle the carrots with the remaining tablespoon of olive oil and season with salt and pepper.

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

Serve hot and enjoy!

Strawberry and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

Per serving: 191 Kcal 14g Protein 11g Fat 11g Carbs

Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Strawberry, sliced, 4 fruit, medium (48 g)



Instructions

In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

Repeat the layers until all ingredients are used, finishing with a sprinkle of nuts and chia seeds on top.

Serve immediately or refrigerate until ready to serve.

Baked Mushroom, Cherry Tomatoes, Hummus Whole Wheat Toast

🕒 15 min 🍽️ 4 servings

Per serving: 137 Kcal 6g Protein 6g Fat 16g Carbs

Ingredients

- **Mushrooms**, 1 cup, whole (96 g)
- **Olive oil**, 1 servings (14 g)
- **Hummus**, 4 tablespoons (56 g)
- **Bread**, 4 slices (112.9 g)
- **Salt and pepper**, 4 serving (2 g)
- **Cherry tomatoes**, 1 cup (148.9 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the sliced mushrooms and cherry tomatoes on a baking sheet.

Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat evenly.

Bake in the preheated oven for 8-10 minutes, or until the mushrooms are tender and tomatoes are slightly roasted.

While the mushrooms and tomatoes are baking, toast the whole wheat bread slices.

Once toasted, spread each slice with a tablespoon of hummus.

Remove the baked mushrooms and tomatoes from the oven and divide them evenly among the hummus-covered toasts.

Serve immediately and enjoy your delicious vegan breakfast!

Skillet Chicken with Wild Rice, Brussel Sprouts, and Mushrooms

🕒 40 min 🍽️ 4 servings

Per serving: 417 Kcal 36g Protein 11g Fat 46g Carbs

Ingredients

- **Vegetable broth**, 3/4 c (180 g)
- **Salt**, 1/2 tsp (2 g)
- **Paprika**, 1/2 tsp (1.1 g)
- **Thyme, dried**, 1/2 tsp (0.7 g)
- **Chicken breast, cut into bite-sized pieces**, 1 pounds (430.9 g)
- **Mushrooms, sliced**, 8 ounces (226.7 g)
- **Olive oil**, 2 tablespoon (30 g)
- **Onion, diced**, 1 medium (2-1/2" dia) (110 g)
- **Garlic, minced**, 2 portion (6 g)
- **Brussel sprouts, , trimmed and halved**, 1 pound (453.6 g)
- **Wild Rice, raw**, 1 cup (160 g)
- **Ground Black Pepper**, 1/2 teaspoon (1 g)
- **Water**, 1 cup (240 g)



Instructions

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

Add chicken pieces and cook until browned, about 5 minutes.

Add garlic, onion, Brussel sprouts, and mushrooms to the skillet. Cook for another 5 minutes, stirring occasionally.

Stir in wild rice, salt, pepper, paprika, and thyme. Cook for 2 minutes.

Pour vegetable broth and water into the skillet and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes or until rice is cooked and chicken is tender.

Serve hot and enjoy!

Shopping List

Spices and Herbs

- Salt, 21.1 g
- Paprika, 5 g
- Pepper, 1.7 g
- Garlic powder, 3.8 g
- Basil, 0.3 g
- Oregano, 1.5 g
- Pepper flakes, 0.3 g
- Salt and pepper, 10.5 g
- Thyme, 0.8 g
- Turmeric, 1.7 g
- Ground cumin, 3.5 g
- Ground coriander, 3 g
- Curry powder, 1.5 g
- Cumin, 0.5 g
- Mint, 5 g
- Ground cinnamon, 1 g

Vegetables and Vegetable Products

- Peas, 72.4 g
- Carrots, 526.8 g
- Garlic, 20.1 g
- Baby spinach leaves, 52.4 g
- Mushrooms, sliced, 137.6 g
- Cherry tomatoes, 223.8 g
- Zucchini, 218.9 g
- Onion, 82.6 g
- Brussel sprouts, , trimmed and halved, 227 g
- Red/Yellow Pepper, 122.7 g
- Ginger, 1.8 g
- Spinach, 15 g
- Potatoes, 1129.2 g
- Cilantro, 4 g
- green beans, 222.6 g
- Cucumber, 49.4 g
- Onion, 60 g
- Parsley, 12 g

- Tomatoes, cherry, 150 g
- Parsley, 7.8 g
- Bell peppers, 134.5 g
- Tomatoes, 74.4 g
- Bell pepper, 19.4 g
- Leaf lettuce, 22.8 g

Fats and Oils

- Olive oil, 152 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 562.6 g
- Chicken, 54.3 g

Other

- Tortilla, 42 g
- Lentils, 48.1 g
- Walnuts, 20.1 g

Nut and Seed Products

- Almond Butter, 1 tablespoons (15.4 g)
- Coconut milk, 99.4 g
- Pistachios, 14.9 g
- Chia seeds, 36.1 g

Fruits and Fruit Juices

- Raspberries, 1 cup (123 g)
- Lemon juice, 45 g
- Lime juice, 17.8 g
- Lemon, 75 g
- Strawberries, 304 g
- Strawberry, sliced, 48.2 g
- Avocado, 201.1 g
- Mango, 103.6 g

Beverages

- Coffee (Unsweetened), 1 portion(s) (50 g)
- Water, 120.1 g

Dairy and Egg Products

- Oat milk, 1 cup (128 g)
- Eggs, 100 g

- Plain Yogurt, Full Fat, 340 g
- Tzatziki sauce, 120.1 g
- Greek yogurt, 207.6 g

Legumes and Legume Products

- Hummus, 137 g
- Plain soy yogurt, 450 g

Baked Products

- Bread, 28.4 g
- Pita breads, 224.1 g
- Tortillas, 90 g

Finfish and Shellfish Products

- White Fish, 849.9 g
- Salmon, 170.4 g

Cereal Grains and Pasta

- Quinoa, cooked, 555.1 g
- Wild Rice, raw, 80.1 g
- Rice, 262.4 g
- Couscous, 86.6 g

Soups, Sauces, and Gravies

- Vegetable broth, 188.2 g

Poultry Products

- Chicken breast, cut into bite-sized pieces, 215.7 g
- Turkey Breast, 125.2 g

Beef Products

- Lean ground beef, 567.9 g
- Beef, sirloin, lean, 150 g

Pork Products

- lean pork slices, 100.1 g
- lean ground pork, 226.8 g

Snacks

- roasted chickpea snack, 92 g