

1,200 Calorie Meal Plan

DAY 1		
Breakfast	Ground Chicken, Egg, and Spinach Breakfast Wrap	1 serving (226 g)
Lunch	Turkey Breast and Broccoli over Rice	1 serving (176 g)
Dinner	Carrots Turkey over Quinoa	1 serving (276 g)
Snack	Seaweed snacks	1 snack pack (5 g)
Snack 2	Tuna Greek Yogurt and Lettuce Sandwich	1 serving (307 g)
DAY 2		
Breakfast	Egg White, Bell Pepper, and Spinach Scramble	2 serving (366 g)
Lunch	Spiced Turkey with Zucchini and Bell Peppers	1 serving (583 g)
Dinner	Italian Spaghetti Aglio e Olio with Cherry Tomatoes and Olives	1 serving (163 g)
Snack	Seaweed snacks	2 snack pack (10 g)
Snack 2	Apple	1 medium (3" dia) (182 g)
DAY 3		
Breakfast	Fat-Free Milk	1 cup (245 g)
	Granola	1/4 cup (30.5 g)
Lunch	Sheet Pan Chicken, Broccoli, and Potatoes	2 serving (476 g)
Dinner	Fish Tacos with Sour Cream and Salsa	1 serving (244 g)
Snack	Cottage Cheese	8 oz (226 g)
	Raspberries	20 raspberries (38 g)
	Berries and Agar Jelly Cups (Unsweetened)	
Snack 2		1 serving (197 g)

DAY 4		
Breakfast	Corn Flakes	1 cup (40 g)
	Almond Milk	1 cup (262 g)
Lunch	Turkey Breast and Zucchini over Rice	1 serving (216 g)
Dinner	Baked Garlic White Fish and Zucchini	2 serving (476 g)
Snack	Gelatin and Berries Cups (Sweetened)	1 serving (196 g)
Snack 2	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
	Blackberries	4 ounces (112 g)
DAY 5		
Breakfast	Banana Oat Breakfast Bowl	2 serving (512 g)
Lunch	Lemon Herb Chicken	2 serving (506 g)
Dinner	Mushroom Clear Soup	1 serving (271 g)
Snack	Seaweed snacks	1 snack pack (5 g)
Snack 2	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
DAY 6		
Breakfast	Raspberries	20 raspberries (38 g)
	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
Lunch	Lemon Pepper Baked Chicken with Baby Spinach over Brown Rice	1 serving (232 g)
Dinner	Baked Soy Sauce Ginger Salmon with Zucchini over Rice	1 serving (316 g)
Snack	Berries and Agar Jelly Cups (Unsweetened)	1 serving (197 g)
Snack 2	Tuna Greek Yogurt and Lettuce Sandwich	1 serving (307 g)
DAY 7		
Breakfast	Mixed Berries Breakfast Protein Smoothie	1 serving (436 g)
Lunch	Chicken and Spinach Tortilla Pizza	1 serving (220 g)
Dinner	Pan Fried Chicken Breast with Side Salad	1 serving (553 g)
Snack	Cottage Cheese	8 oz (226 g)
	Raspberries	20 raspberries (38 g)
	Apple	1 medium (3" dia) (182 g)

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Ground Chicken, Egg, and Spinach Breakfast Wrap 1 serving (226 g)	389.4	27.9	20.8	24.2	7.3	16.9
TOTAL FOR BREAKFAST	389.4	27.9	20.8	24.2	7.3	16.9
Lunch						
Turkey Breast and Broccoli over Rice 1 serving (176 g)	188.7	19.1	3	20.5	2	18.5
TOTAL FOR LUNCH	188.7	19.1	3	20.5	2	18.5
Dinner						
Carrots Turkey over Quinoa 1 serving (276 g)	323.9	31.2	10.3	25.7	4.3	21.4
TOTAL FOR DINNER	323.9	31.2	10.3	25.7	4.3	21.4
Snack						
Seaweed snacks 1 snack pack (5 g)	15.2	2.3	0.2	0.1	1.7	-1.6
TOTAL FOR SNACK	15.2	2.3	0.2	0.1	1.7	-1.6
Snack 2						
Tuna Greek Yogurt and Lettuce Sandwich 1 serving (307 g)	331.9	42.1	3.6	30.7	2.8	27.9
TOTAL FOR SNACK 2	331.9	42.1	3.6	30.7	2.8	27.9
TOTAL FOR DAY 1	1249.2	122.6	38	101.2	18.1	83.1

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble 2 serving (366 g)	196.4	27.9	4.7	9.6	2.2	7.4
TOTAL FOR BREAKFAST	196.4	27.9	4.7	9.6	2.2	7.4
Lunch						
Spiced Turkey with Zucchini and Bell Peppers 1 serving (583 g)	405	63.4	9	18.1	4.7	13.4
TOTAL FOR LUNCH	405	63.4	9	18.1	4.7	13.4
Dinner						
Italian Spaghetti Aglio e Olio with Cherry Tomatoes and Olives 1 serving (163 g)	499.6	16.9	26	50.2	2.9	47.3
TOTAL FOR DINNER	499.6	16.9	26	50.2	2.9	47.3
Snack						
Seaweed snacks 2 snack pack (10 g)	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR SNACK	30.3	4.7	0.4	0.2	3.4	-3.2
Snack 2						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR SNACK 2	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR DAY 2	1226	113.3	40.4	103.2	17.6	85.6

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
Granola 1/4 cup (30.5 g)	149.1	4.2	7.4	16.4	2.7	13.7
TOTAL FOR BREAKFAST	232.4	12.4	7.6	28.6	2.7	25.9
Lunch						
Sheet Pan Chicken, Broccoli, and Potatoes 2 serving (476 g)	464.7	53.7	13.1	32.3	5.7	26.6
TOTAL FOR LUNCH	464.7	53.7	13.1	32.3	5.7	26.6
Dinner						
Fish Tacos with Sour Cream and Salsa 1 serving (244 g)	284.3	26.6	10.9	21.5	2.9	18.6
TOTAL FOR DINNER	284.3	26.6	10.9	21.5	2.9	18.6
Snack						
Cottage Cheese 8 oz (226 g)	183.1	23.6	5.1	10.8	0	10.8
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
TOTAL FOR SNACK	202.8	24.1	5.4	15.3	2.5	12.8
Snack 2						
Berries and Agar Jelly Cups (Unsweetened) 1 serving (197 g)	40	0.3	0.5	9.6	2.1	7.5
TOTAL FOR SNACK 2	40	0.3	0.5	9.6	2.1	7.5
TOTAL FOR DAY 3	1224.3	117.1	37.5	107.2	15.8	91.4

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Corn Flakes 1 cup (40 g)	154	2.7	0.8	34.8	1.4	33.4
Almond Milk 1 cup (262 g)	39.3	1.5	2.9	1.5	0	1.5
TOTAL FOR BREAKFAST	193.3	4.3	3.6	36.3	1.4	34.9
Lunch						
Turkey Breast and Zucchini over Rice 1 serving (216 g)	240.1	25.9	5.6	20.2	1.8	18.4
TOTAL FOR LUNCH	240.1	25.9	5.6	20.2	1.8	18.4
Dinner						
Baked Garlic White Fish and Zucchini 2 serving (476 g)	475.7	70	20.2	4.8	1.3	3.5
TOTAL FOR DINNER	475.7	70	20.2	4.8	1.3	3.5
Snack						
Gelatin and Berries Cups (Sweetened) 1 serving (196 g)	150.1	1.8	0.2	36.7	1	35.7
TOTAL FOR SNACK	150.1	1.8	0.2	36.7	1	35.7
Snack 2						
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
Blackberries 4 ounces (112 g)	48.2	1.6	0.5	10.8	5.9	4.9
TOTAL FOR SNACK 2	151.9	7.5	6.1	18.7	5.9	12.8
TOTAL FOR DAY 4	1211.1	109.5	35.8	116.7	11.4	105.3

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana Oat Breakfast Bowl 2 serving (512 g)	433.2	9.8	6.8	89.5	10.9	78.6
TOTAL FOR BREAKFAST	433.2	9.8	6.8	89.5	10.9	78.6
Lunch						
Lemon Herb Chicken 2 serving (506 g)	654.7	96.2	25.8	5	1.4	3.6
TOTAL FOR LUNCH	654.7	96.2	25.8	5	1.4	3.6
Dinner						
Mushroom Clear Soup 1 serving (271 g)	43.5	2.8	1.3	6	0.9	5.1
TOTAL FOR DINNER	43.5	2.8	1.3	6	0.9	5.1
Snack						
Seaweed snacks 1 snack pack (5 g)	15.2	2.3	0.2	0.1	1.7	-1.6
TOTAL FOR SNACK	15.2	2.3	0.2	0.1	1.7	-1.6
Snack 2						
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
TOTAL FOR SNACK 2	103.7	5.9	5.5	7.9	0	7.9
TOTAL FOR DAY 5	1250.3	117	39.7	108.6	14.8	93.8

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
TOTAL FOR BREAKFAST	123.5	6.4	5.8	12.5	2.5	10
Lunch						
Lemon Pepper Baked Chicken with Baby Spinach over Brown Rice 1 serving (232 g)	277.8	27	7.3	24.9	2.7	22.2
TOTAL FOR LUNCH	277.8	27	7.3	24.9	2.7	22.2
Dinner						
Baked Soy Sauce Ginger Salmon with Zucchini over Rice 1 serving (316 g)	368.1	38.1	11.7	25.3	2.2	23.1
TOTAL FOR DINNER	368.1	38.1	11.7	25.3	2.2	23.1
Snack						
Berries and Agar Jelly Cups (Unsweetened) 1 serving (197 g)	40	0.3	0.5	9.6	2.1	7.5
TOTAL FOR SNACK	40	0.3	0.5	9.6	2.1	7.5
Snack 2						
Tuna Greek Yogurt and Lettuce Sandwich 1 serving (307 g)	331.9	42.1	3.6	30.7	2.8	27.9
TOTAL FOR SNACK 2	331.9	42.1	3.6	30.7	2.8	27.9
TOTAL FOR DAY 6	1141.2	113.8	28.9	102.9	12.3	90.6

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mixed Berries Breakfast Protein Smoothie 1 serving (436 g)	230.5	24.6	3.6	28.6	4	24.6
TOTAL FOR BREAKFAST	230.5	24.6	3.6	28.6	4	24.6
Lunch						
Chicken and Spinach Tortilla Piz-za 1 serving (220 g)	339.6	29.6	12.4	27	4.3	22.7
TOTAL FOR LUNCH	339.6	29.6	12.4	27	4.3	22.7
Dinner						
Pan Fried Chicken Breast with Side Salad 1 serving (553 g)	265.8	27.8	11.3	14.6	5	9.6
TOTAL FOR DINNER	265.8	27.8	11.3	14.6	5	9.6
Snack						
Cottage Cheese 8 oz (226 g)	183.1	23.6	5.1	10.8	0	10.8
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
TOTAL FOR SNACK	202.8	24.1	5.4	15.3	2.5	12.8
Snack 2						
Apple 1 medium (3" dia) (182 g)	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR SNACK 2	94.6	0.5	0.3	25.1	4.4	20.7
TOTAL FOR DAY 7	1133.4	106.5	33	110.8	20.2	90.6

Italian Spaghetti Aglio e Olio with Cherry Tomatoes and Olives

Ingredients

- **Parmesan cheese**, 4 servings (120.3 g)
- **Salt**, 4 serving (2 g)
- **Garlic**, 4 clove (12 g)
- **Spaghetti**, 1/2 lb (226.8 g)
- **Extra virgin olive oil**, 4 tablespoons (56 g)
- **Pepper flakes**, 1/2 teaspoon (1 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Kalamata olives**, 1/2 cup (67.5 g)
- **Parsley**, 1/4 cup (15 g)



Instructions

Bring a large pot of salted water to a boil. Cook the spaghetti according to package instructions until al dente. Drain and set aside.

In a large skillet, heat the olive oil over medium heat. Add the minced garlic and red pepper flakes. Cook for 1-2 minutes until the garlic becomes fragrant and slightly golden.

Add the cherry tomatoes and olives to the skillet. Cook for 3-4 minutes until the tomatoes start to soften and release their juices.

Add the cooked spaghetti to the skillet and toss well to coat the pasta with the sauce. Cook for an additional 2-3 minutes until everything is well combined and heated through.

Remove from heat and stir in the chopped parsley. Season with salt to taste.

Serve the spaghetti aglio e olio with cherry tomatoes and olives hot, garnished with grated Parmesan cheese.

Lemon Herb Chicken

Ingredients

- **Lemon juice**, 1 t (14.9 g)
- **Rosemary**, 1 serving (0.1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 servings (28 g)
- **Garlic**, 2 portion (6 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Lemon**, 1 fruit (2-1/8" dia) (58 g)



Instructions

In a small bowl, mix together the olive oil, minced garlic, lemon juice, dried thyme, dried rosemary, dried oregano, sea salt, and black pepper.

Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure each breast is coated evenly. Cover the dish and refrigerate for at least 1 hour or overnight for maximum flavor.

Preheat the oven to 400°F (200°C).

Heat a large oven-safe skillet over medium-high heat. Add the marinated chicken breasts and sear for 2-3 minutes on each side until golden brown.

Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken reaches an internal temperature of 165°F (74°C).

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

Serve the chicken with lemon slices on top for garnish.

Enjoy your Lemon Herb Chicken!

Mixed Berries Breakfast Protein Smoothie

Ingredients

- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Greek yogurt**, 1 cup (206.8 g)
- **Berries**, 1 cups (155 g)
- **Protein powder**, 1 scoop (30 g)
- **Almond milk**, 1 cup (250 g)
- **Ice cubes**, 2 servings (112 g)



Instructions

Wash the mixed berries and remove any stems.

Peel and slice the ripe banana.

In a blender, combine the mixed berries, banana, Greek yogurt, protein powder, almond milk.

Blend on high speed until smooth and creamy.

Add ice cubes and blend again until the smoothie reaches your desired consistency.

Pour into glasses and serve immediately.

Enjoy your high protein mixed berries breakfast smoothie!

Ground Chicken, Egg, and Spinach Breakfast Wrap

Ingredients

- **Thyme**, 1 tsp (0.8 g)
- **Eggs**, 4 large (200 g)
- **Oregano**, 1 tsp, ground (1.8 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Spinach**, 2 cups (60 g)
- **Tortillas**, 4 piece (172 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Ground Chicken**, 1 pound (454 g)



Instructions

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

Add ground meat and cook until browned, breaking it up into small pieces with a spatula.

Remove excess grease from the skillet.

In a bowl, whisk the eggs and season with salt and pepper.

Pour the whisked eggs into the skillet with the ground meat.

Cook the eggs, stirring occasionally, until they are scrambled and fully cooked.

Add the chopped spinach to the skillet and cook for an additional 2-3 minutes, until wilted.

Warm the gluten-free tortillas in a separate skillet.

Divide the ground meat, egg, and spinach mixture evenly among the tortillas.

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

Serve warm and enjoy!

Fish Tacos with Sour Cream and Salsa

Ingredients

- **Chili powder**, 1 tsp (2.7 g) **Sour**
- **Cream**, 4 tablespoon (59.2 g)
- **Lime**, 1 fruit (2" dia) (67 g)
- **Paprika**, 1/2 tsp (1.1 g) **Cilantro**,
- 1/4 cup (4.2 g) **Salsa**, 1/4 cup (67.7
- g) **Olive oil**, 1 tablespoon (13.5 g)
- **Lettuce**, 1 cup shredded (72 g)
- **Tomatoes**, 1/2 cup (71.6 g) **Flour**
- **tortillas**, 4 large (120 g) **Fish**
- **fillets**, 1 lb (453.6 g) **Cumin**, 1/2
- teaspoon (1 g) **Garlic powder**, 1/2
- tsp (1.6 g) **Salt and pepper**, 1 tsp
- (2 g) **Onion**, 1/4 cup (40 g)
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Instructions

Preheat the oven to 400°F (200°C).

Place the fish fillets on a baking sheet and drizzle with olive oil.

In a small bowl, mix together chili powder, cumin, garlic powder, paprika, salt, and pepper.

Sprinkle the spice mixture evenly over the fish fillets.

Bake the fish in the preheated oven for 8-10 minutes, or until cooked through and flaky.

While the fish is baking, warm the flour tortillas in a dry skillet over medium heat for about 1 minute on each side.

Remove the fish from the oven and let it cool slightly.

Break the fish into smaller pieces using a fork.

To assemble the tacos, place a spoonful of fish onto each tortilla.

Top with shredded lettuce, diced tomatoes, chopped cilantro, diced red onion, sour cream, and salsa.

Squeeze fresh lime juice over each taco.

Serve immediately and enjoy!

Spiced Turkey with Zucchini and Bell Peppers

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) **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)
- **Turkey Breast**, 30 oz (500 g)
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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 halved turkey breasts on a baking sheet and brush both sides with the spice mixture.

Bake the turkey 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 thinner strips.

While the turkey 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 turkey.

Sprinkle with chopped parsley and drizzle with lemon juice.

Serve immediately and enjoy!

Carrots Turkey over Quinoa

Ingredients

- **Salt**, 1 tsp (6 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Carrots, raw**, 2 medium (122 g)
- **Turkey Breast**, 1/2 lb (224 g)
- **Quinoa, cooked**, 1 cup (185 g)



Instructions

Cook the quinoa according to package instructions.

Season the turkey breasts with salt and pepper.

In a large skillet, heat some oil over medium-high heat.

Add the turkey breasts to the skillet and cook for about 6-8 minutes per side, or until cooked through.

Remove the cooked turkey from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

In the same skillet, add the carrots and cook for about 5 minutes, or until they are tender-crisp.

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

Serve the carrots and turkey mixture over the cooked quinoa.

Enjoy your delicious Carrots Turkey Quinoa!

Sheet Pan Chicken, Broccoli, and Potatoes

Ingredients

- **Olive oil**, 1 tablespoon (13.5 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Chicken breasts**, 4 portion (452 g)
- **Broccoli florets**, 2 cup (182 g)
- **Baby potatoes**, 2 cups (300 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, broccoli florets, and baby potatoes.

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

Arrange the chicken, broccoli, and potatoes on a sheet pan in a single layer.

Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the potatoes are tender.

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

Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Baked Soy Sauce Ginger Salmon with Zucchini over Rice

Ingredients

- **Ginger**, 2 tablespoon (14 g)
- **Soy sauce**, 1/4 cup (60.4 g)
- **Brown rice**, 2 cup (390 g)
- **Salmon**, 4 fillet (680 g)
- **Zucchini**, 1 small (118 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, mix together the soy sauce and grated ginger.

Place the salmon fillets and zucchini in a baking dish and pour the soy sauce mixture over them, making sure they are well coated.

Bake the salmon in the preheated oven for 15-20 minutes, or until cooked through and flaky.

While the salmon is baking, reheat the cooked rice.

Serve the baked ginger salmon over the rice and enjoy!

Tuna Greek Yogurt and Lettuce Sandwich

Ingredients

- **Greek yogurt**, 2 tablespoons (31 g)
- **Bread**, 2 slices (57.5 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Lettuce leaves**, 2 large (48 g)
- **Tuna**, 1 can (170 g)



Instructions

1. Drain the tuna and transfer it to a bowl.
2. Add Greek yogurt to the bowl and mix well to combine.
3. Season the tuna mixture with salt and pepper according to your taste.
4. Place a lettuce leaf on one slice of bread.
5. Spoon the tuna mixture over the lettuce leaf.
6. Top with another lettuce leaf and cover with the second slice of bread.
7. Press the sandwich gently to hold everything together.
8. Cut the sandwich diagonally into halves or quarters.
9. Serve and enjoy!

Chicken and Spinach Tortilla Pizza

Ingredients

- **Tomato sauce**, 1/4 cup (61.3 g)
- **Tortilla**, 1 100 gram (46 g)
- **Chicken breast**, 1/2 cups (70 g)
- **Mozzarella cheese, low fat**, 1/4 cup (28.2 g)
- **Spinach**, 1/2 cups (14.5 g)



Instructions

Preheat the oven to 425°F (220°C).

Place the tortilla on a baking sheet.

Spread the tomato sauce evenly over the tortilla.

Top with shredded chicken, mozzarella cheese, and spinach.

Bake in the preheated oven for 8-10 minutes, or until the cheese is melted and bubbly.

Remove from the oven and let it cool for a minute.

Slice into wedges and serve hot.

Lemon Pepper Baked Chicken with Baby Spinach over Brown Rice

Ingredients

- **Olive oil**, 1 tablespoon (13.5 g)
- **Brown rice**, 2 cup (390 g)
- **Chicken breasts**, 4 portion (452 g)
- **Lemon pepper seasoning**, 2 tablespoons (12 g)
- **Spinach, baby**, 2 cup (60 g)



Instructions

Preheat the oven to 425°F (220°C).

Place the chicken breasts in a baking dish and drizzle with olive oil.

Sprinkle lemon pepper seasoning evenly over the chicken breasts.

Bake in the preheated oven for 20-25 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

While the chicken is baking, cook the brown rice according to package instructions.

Serve the baked chicken with baby spinach over cooked brown rice and garnish.

Turkey Breast and Zucchini over Rice

Ingredients

- **Salt**, 1 tsp (6 g)
- **brown rice, cooked**, 2 cup (326 g)
- **Olive Oil**, 1 tablespoon (13.5 g)
- **Zucchini**, 1 small (118 g)
- **Turkey Breast**, 24 oz (400 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 zucchini slices and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and zucchini over cooked rice.
8. Enjoy!

Turkey Breast and Broccoli over Rice

Ingredients

- **Salt**, 1 tsp (6 g)
- **Broccoli florets**, 1 cup (91 g)
- **brown rice, cooked**, 2 cup (320 g)
- **Olive Oil**, 1 tsp (5 g)
- **Turkey Breast**, 4 portion(s) (280 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 broccoli florets and cook for 2-3 minutes, or until tender-crisp.
6. Slice the cooked turkey breasts into strips.
7. Serve the sliced turkey and broccoli over cooked rice.
8. Enjoy!

Baked Garlic White Fish and Zucchini

Ingredients

- **Olive oil**, 2 servings (28 g)
- **Salt and pepper**, 2 tsp (4 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Fish**, 4 fillet (680 g)
- **Zucchini**, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and zucchini on a baking sheet.

Drizzle olive oil over the fish and zucchini, then sprinkle with garlic powder, salt, and pepper.

Toss the zucchini to coat evenly with the oil and seasonings.

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

Serve hot and enjoy!

Banana Oat Breakfast Bowl

Ingredients

- **Bananas**, 1 small (6" to 6-7/8" long) (101 g)
- **Oats**, 4 tbsp (24 g)
- **Honey**, 1 teaspoon (6 g)
- **Almond milk**, 1/2 cup (125 g)



Instructions

In a medium-sized bowl, mash the bananas with a fork.

Add the oats, almond milk, and honey to the mashed bananas. Stir well to combine.

Microwave the mixture on high for 2 minutes.

Remove from the microwave and give it a good stir.

Enjoy your gluten-free breakfast bowl!

Gelatin and Berries Cups (Sweetened)

Ingredients

- **Berries**, 1 cup (155 g)
- **Water**, 2 cup (493.3 g)
- **Gelatin mix**, 1 package (3 oz) (85 g)
- **Sugars, granulated**, 1/4 cup (51.3 g)



Instructions

In a medium-sized bowl, dissolve the sugar-free gelatin mix in boiling water. Stir until fully dissolved.

Add cold water and sugar to the gelatin mixture and stir well.

Place the mixed fruits into individual serving cups or a single large dish.

Pour the gelatin mixture over the fruits, ensuring they are evenly distributed.

Refrigerate for about 2 hours or until the gelatin is set.

Serve chilled and enjoy!

Berries and Agar Jelly Cups (Unsweetened)

Ingredients

- **Lemon juice**, 1 tsp (5.1 g)
- **Berries**, 2 cups (310 g)
- **Agar powder**, 2 teaspoon (0.2 g)
- **Water**, 2 cups (472.8 g)



Instructions

Wash and chop the mixed berries into small pieces.

In a saucepan, combine water and agar powder. Let it sit for 5 minutes to allow the agar to soften.

Place the saucepan over medium heat and bring the mixture to a boil, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, stirring continuously until the agar powder is completely dissolved.

Remove the saucepan from heat and stir in the lemon juice.

Allow the mixture to cool for a few minutes.

Divide the chopped berries evenly into serving glasses or molds.

Pour the agar mixture over the berries, distributing it evenly.

Let the desserts cool to room temperature, then refrigerate for at least 2 hours or until set.

Serve chilled and enjoy!

Mushroom Clear Soup

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Cilantro**, 4 servings (0.4 g)
- **Mushrooms**, 200 handful (200 g)
- **Onion**, 1 small (70 g)
- **Sesame oil**, 1 teaspoon (4 g)
- **Garlic**, 2 portion (6 g)
- **Soy sauce**, 1 tbsp (18 g)
- **Salt and pepper**, 4 serving (2 g)



Instructions

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

Add the chopped onions and minced garlic. Sauté until onions are translucent.

Add the sliced mushrooms and cook for 2-3 minutes until they start to soften.

Pour in the vegetable broth and bring to a boil.

Reduce heat to low and let the soup simmer for 8-10 minutes.

Add soy sauce, sesame oil, salt, and pepper. Stir well to combine.

Taste and adjust seasoning if needed.

Remove from heat and garnish with cilantro.

Serve hot and enjoy!

Egg White, Bell Pepper, and Spinach Scramble

Ingredients

- **Egg whites**, 1 cup (243 g)
- **Salt**, 1/4 teaspoon (1.4 g)
- **Olive oil**, 1 teaspoons (4 g)
- **Onions**, 1/4 cup (38.5 g)
- **Tomatoes**, 1/4 cup (35.8 g)
- **Pepper**, 1/4 teaspoon (0.5 g)
- **Spinach**, 1/4 cups (7.2 g)
- **Bell peppers**, 1/4 cup (35.8 g)
- **Herbs**, 1/4 teaspoon (0.2 g)



Instructions

Heat a non-stick skillet over medium heat and coat it with olive oil.

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve hot.

Pan Fried Chicken Breast with Side Salad

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Cucumber**, 1 medium (210 g)
- **Olive oil**, 1 tablespoon (15 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Tomatoes**, 2 cup, chopped or sliced (360 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Chicken breasts**, 2 portion (226 g)



Instructions

In a small bowl, combine paprika, garlic powder, salt, and pepper. Rub the mixture evenly over both sides of the chicken breasts.

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

Add the seasoned chicken breasts to the skillet and cook for about 6-7 minutes per side, or until cooked through and golden brown.

While the chicken is cooking, prepare the side salad by combining diced tomatoes, sliced cucumber, and torn lettuce in a large bowl.

Once the chicken is cooked, remove it from the skillet and let it rest for a few minutes.

Slice the chicken into thin strips.

Serve the pan-fried chicken breast alongside the side salad.

Enjoy!

Shopping List

Spices and Herbs

- Thyme, 0.2 g
- Oregano, 0.9 g
- Salt and pepper, 6.7 g
- Salt, 8 g
- Pepper, 0.7 g
- Herbs, 0.2 g
- Ground turmeric, 0.6 g
- Paprika, 2.3 g
- Ground cumin, 1 g
- Ground coriander, 1 g
- Garlic powder, 3.4 g
- Rosemary, 0 g
- Thyme, 0.5 g
- Sea salt, 1.5 g
- Lemon pepper seasoning, 3 g
- Pepper flakes, 0.3 g
- Chili powder, 0.7 g
- Cumin, 0.2 g

Dairy and Egg Products

- Eggs, 50 g
- Egg whites, 242.7 g
- Fat-Free Milk, 1 cup (245 g)
- Almond milk, 375 g
- Plain Yogurt (Whole Milk), 510 g
- Greek yogurt, 165.5 g
- Mozzarella cheese, low fat, 28.2 g
- Parmesan cheese, 30.2 g
- Sour Cream, 14.8 g
- Cottage Cheese, 452 g

Fats and Oils

- Olive oil, 71.8 g
- Extra virgin olive oil, 14.1 g
- Sesame oil, 1 g

Vegetables and Vegetable Products

- Spinach, 22.2 g Onion,
- 55.9 g Tomatoes, 233.9
- g Bell pepper, 95.8 g
- Broccoli florets, 114.1 g
- Zucchini, 275.3 g
- Onion, 45 g Cherry
- tomatoes, 112 g Salad
- greens, 40 g Parsley,
- 11.3 g Baby potatoes,
- 150.4 g Garlic, 7.5 g
- Spinach, baby, 15 g
- Tomato sauce, 61.3 g
- Spinach, 14.5 g Carrots,
- raw, 61.2 g Cilantro, 1.1
- g Lettuce, 162.2 g
- Mushrooms, 50 g
- Ginger, 3.5 g
- Cucumber, 105.1 g
- Seaweed snacks, 20 g
- Agar powder, 0.1 g
- Lettuce leaves, 96.1 g
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Baked Products

- Tortillas, 43 g
- Bread, 115.1 g

Poultry Products

- Ground Chicken, 113.5 g
- Turkey Breast, 532.9 g

Breakfast Cereals

- Granola, 30.5 g
- Corn Flakes, 1 cup (40 g)
- Oats, 48 g

Beverages

- Almond Milk, 1 cup (262 g)

- Water, 359.6 g

Fruits and Fruit Juices

- Banana, 261 g
- Raspberries, 114 g
- Berries, 271.2 g
- Lemon juice, 18 g
- Lemon, 29 g Lime,
- 16.7 g Apple, 364 g
- Blackberries, 112 g
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Sweets

- Honey, 12 g
- Gelatin mix, 21.2 g
- Sugars, granulated, 12.8 g

Health Foods

- Protein powder, 15 g

Frozen

- Ice cubes, 56 g

Cereal Grains and Pasta

- Brown rice, 356.9 g
- Quinoa, cooked, 92.8 g
- Spaghetti, 56.9 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 902.6 g
- Chicken breast, 70 g

Other

- Tortilla, 46 g
- Flour tortillas, 30 g

Canned and Jarred

- Kalamata olives, 16.9 g
- Tuna, 340.5 g

Soups, Sauces, and Gravies

- Salsa, 16.9 g

- Vegetable broth, 195.9 g

Finfish and Shellfish Products

- Fish, 453.6 g
- Salmon, 170.2 g

Legumes and Legume Products

- Soy sauce, 19.6 g