



Menu for Marie DUPONT

Kcal : 2000

Protein : 125g

Carbs : 177g

Fat : 91g

Fiber : 29g

This menu has been created with proportions calculated expressly for you. As a reminder, this is not a medical prescription. It's not a personalized dietary assessment, but a simple sample menu with healthy, balanced recipes.

All ingredients must be weighed raw, unless otherwise indicated.

Day 1

2001 kcal



Savory ham and emmental
pancakes



Creamy gnocchi with
mushrooms and bacon



Buckwheat wrap with turkey and
avocado



Baked pork chop with butternut
squash

Day 2

2001 kcal



Savory ham and emmental
pancakes



Creamy gnocchi with
mushrooms and bacon



Buckwheat wrap with turkey and
avocado



Baked pork chop with butternut
squash

Day 3

2001 kcal



Savory ham and emmental
pancakes



Creamy gnocchi with
mushrooms and bacon



Buckwheat wrap with turkey and
avocado



Baked pork chop with butternut
squash

Day 4

1999 kcal



Classic soft gingerbread cake



Mediterranean tuna and quinoa
salad



Greek yogurt with honey or
agave



Beef tartare with sweet potato
fries

Day 5

1999 kcal



Classic soft gingerbread cake



Mediterranean tuna and quinoa salad



Greek yogurt with honey or agave



Beef tartare with sweet potato fries

Day 6

2000 kcal



Peanut butter and berry smoothie



Turkey and fresh vegetable wrap



Raspberry minute mug flan



Peanut chicken with tender carrots

Day 7

2000 kcal



Peanut butter and berry smoothie



Turkey and fresh vegetable wrap



Raspberry minute mug flan



Peanut chicken with tender carrots





Day 1

Kcal : 2001

Protein : 138g

Carbs : 142g

Fat : 98g

Fiber : 18g

Breakfast: Savory Ham and Emmental Pancakes

Lunch: Creamy Gnocchi with Mushrooms and Bacon

Afternoon snack: Buckwheat Wrap with Turkey and Avocado

Dinner: Baked Pork Chop with Butternut Squash



Savory Ham and Emmental Pancakes

- **Shredded emmental**
40 g
- **Flour of choice**
60 g
- **Water**
75 ml
- **Egg, medium**
2 u (100 g)
- **Cooked ham**
60 g

- In a mixing bowl, whisk the egg until well beaten.
- Add the flour and mix.
- Gradually pour in the water while stirring until you get a smooth, slightly thick batter.
- Fold in the grated Emmental and diced ham, add pepper if desired.
- Heat a lightly oiled nonstick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes per side until golden brown.

Per serving: 555 kcal P: 43g C: 45g F: 23g Fi: 2g

Prep
10 min

Cook
5 min

Serves
1





Prep
10 min



Cook
12 min



Serves
1

Creamy Gnocchi with Mushrooms and Bacon

- | | | |
|---|--|------------------------------|
| - Parmesan 1 tbsp (5 g) | - Mushrooms of choice 150 g | - Gnocchis 150 g |
| - Sour cream 15% 2 tbsp (30 ml) | - Fresh garlic clove 1 u (4 g) | - Bacon cubes 75 g |

- Wash and slice the mushrooms, then mince the garlic.
- In a non-stick skillet over high heat, cook the bacon for about 2-3 minutes until crispy.
- Remove excess fat and add the sliced mushrooms and minced garlic to the skillet, sauté for 3-4 minutes while stirring regularly.
- Add the gnocchi and sauté everything together for about 2-3 minutes.
- Finally, add the cream and parmesan, season with salt and pepper, mix well and serve.

Per serving: 557 kcal P: 26g C: 56g F: 25g Fi: 5g



Buckwheat Wrap with Turkey and Avocado

- **Turkey deli-style sl.**
60 g
- **Buckwheat crepe**
1 u (50 g)
- **Hummus**
2 tbsp (36 g)
- **Avocado, medium**
1/4 u (50 g)

- Spread the hummus evenly over the buckwheat crepe.
- Place the turkey slices on top of the hummus.
- Arrange the sliced avocado over the turkey and season with salt and pepper.
- Roll the crepe tightly and serve.

Per serving: 333 kcal P: 20g C: 23g F: 19g Fi: 7g



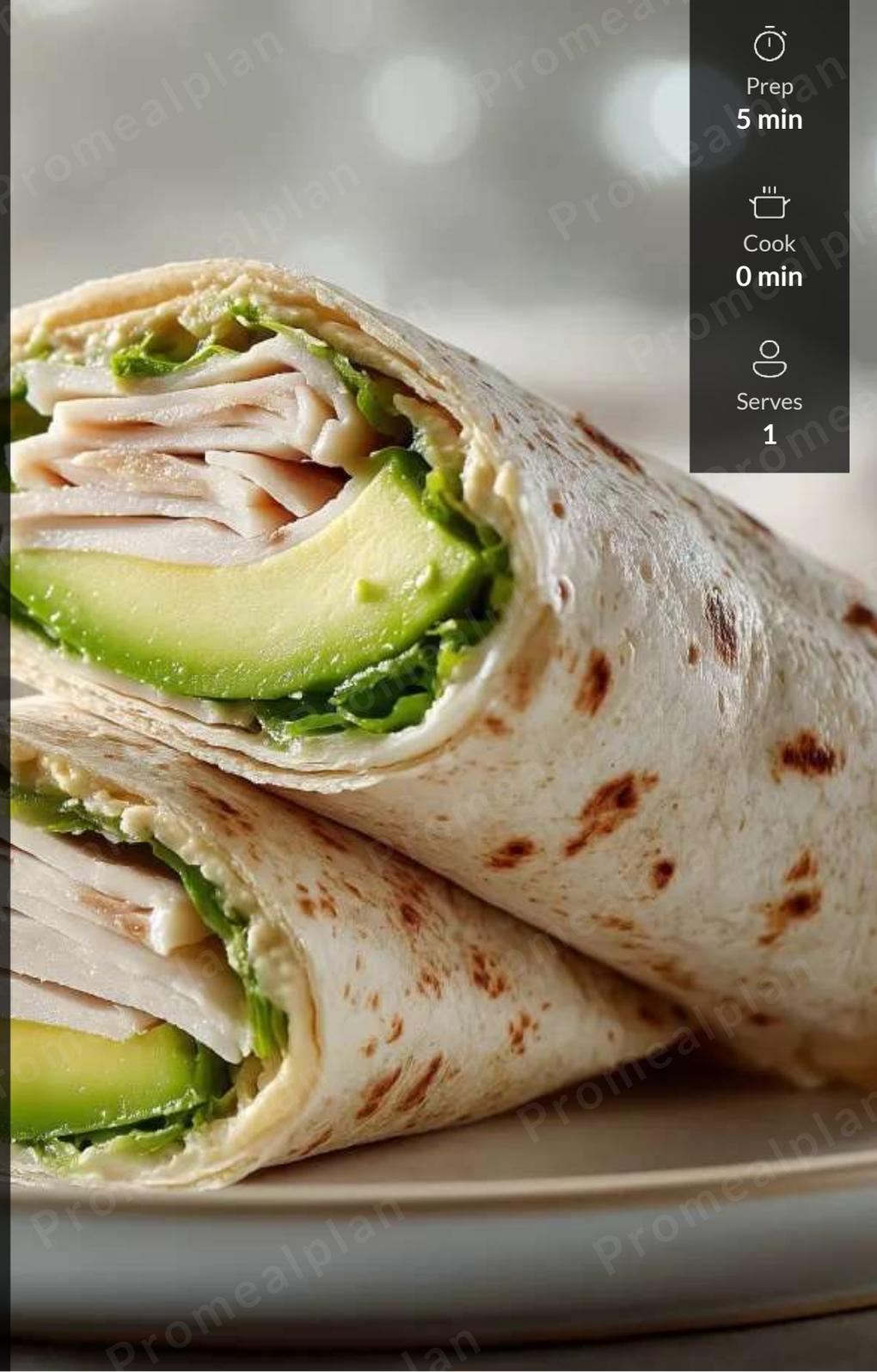
Prep
5 min



Cook
0 min



Serves
1





Prep
5 min



Cook
25 min



Serves
1

Baked Pork Chop with Butternut Squash

- **Oil of choice**
2 tsp (10 ml)
- **Mustard**
2 tbsp (30 g)
- **Butternut squash**
150 g
- **Pork chop**
180 g
- **Dried thyme**
2 tsp (0.7 g)

- Preheat the oven to 400°F (200°C).
- Brush the pork chop with mustard and sprinkle with thyme. Toss the butternut squash cubes with oil, salt, and pepper.
- Arrange the pork chop and squash side by side on a baking sheet lined with parchment paper.
- Bake for 20-25 minutes, flipping the pork chop halfway through, until the meat is cooked through and the squash is tender and golden.

Per serving: 555 kcal P: 50g C: 19g F: 31g Fi: 4g





Day 2

Kcal : 2001

Protein : 138g

Carbs : 142g

Fat : 98g

Fiber : 18g

Breakfast: Savory Ham and Emmental Pancakes

Lunch: Creamy Gnocchi with Mushrooms and Bacon

Afternoon snack: Buckwheat Wrap with Turkey and Avocado

Dinner: Baked Pork Chop with Butternut Squash



Savory Ham and Emmental Pancakes

- **Shredded emmental**
40 g
- **Flour of choice**
60 g
- **Water**
75 ml
- **Egg, medium**
2 u (100 g)
- **Cooked ham**
60 g

- In a mixing bowl, whisk the egg until well beaten.
- Add the flour and mix.
- Gradually pour in the water while stirring until you get a smooth, slightly thick batter.
- Fold in the grated Emmental and diced ham, add pepper if desired.
- Heat a lightly oiled nonstick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes per side until golden brown.

Per serving: 555 kcal P: 43g C: 45g F: 23g Fi: 2g

Prep
10 min

Cook
5 min

Serves
1





Prep
10 min



Cook
12 min



Serves
1

Creamy Gnocchi with Mushrooms and Bacon

- | | | |
|---|--|------------------------------|
| - Parmesan 1 tbsp (5 g) | - Mushrooms of choice 150 g | - Gnocchis 150 g |
| - Sour cream 15% 2 tbsp (30 ml) | - Fresh garlic clove 1 u (4 g) | - Bacon cubes 75 g |

- Wash and slice the mushrooms, then mince the garlic.
- In a non-stick skillet over high heat, cook the bacon for about 2-3 minutes until crispy.
- Remove excess fat and add the sliced mushrooms and minced garlic to the skillet, sauté for 3-4 minutes while stirring regularly.
- Add the gnocchi and sauté everything together for about 2-3 minutes.
- Finally, add the cream and parmesan, season with salt and pepper, mix well and serve.

Per serving: 557 kcal P: 26g C: 56g F: 25g Fi: 5g



Buckwheat Wrap with Turkey and Avocado

- **Turkey deli-style sl.**
60 g
- **Buckwheat crepe**
1 u (50 g)
- **Hummus**
2 tbsp (36 g)
- **Avocado, medium**
1/4 u (50 g)

- Spread the hummus evenly over the buckwheat crepe.
- Place the turkey slices on top of the hummus.
- Arrange the sliced avocado over the turkey and season with salt and pepper.
- Roll the crepe tightly and serve.

Per serving: 333 kcal P: 20g C: 23g F: 19g Fi: 7g



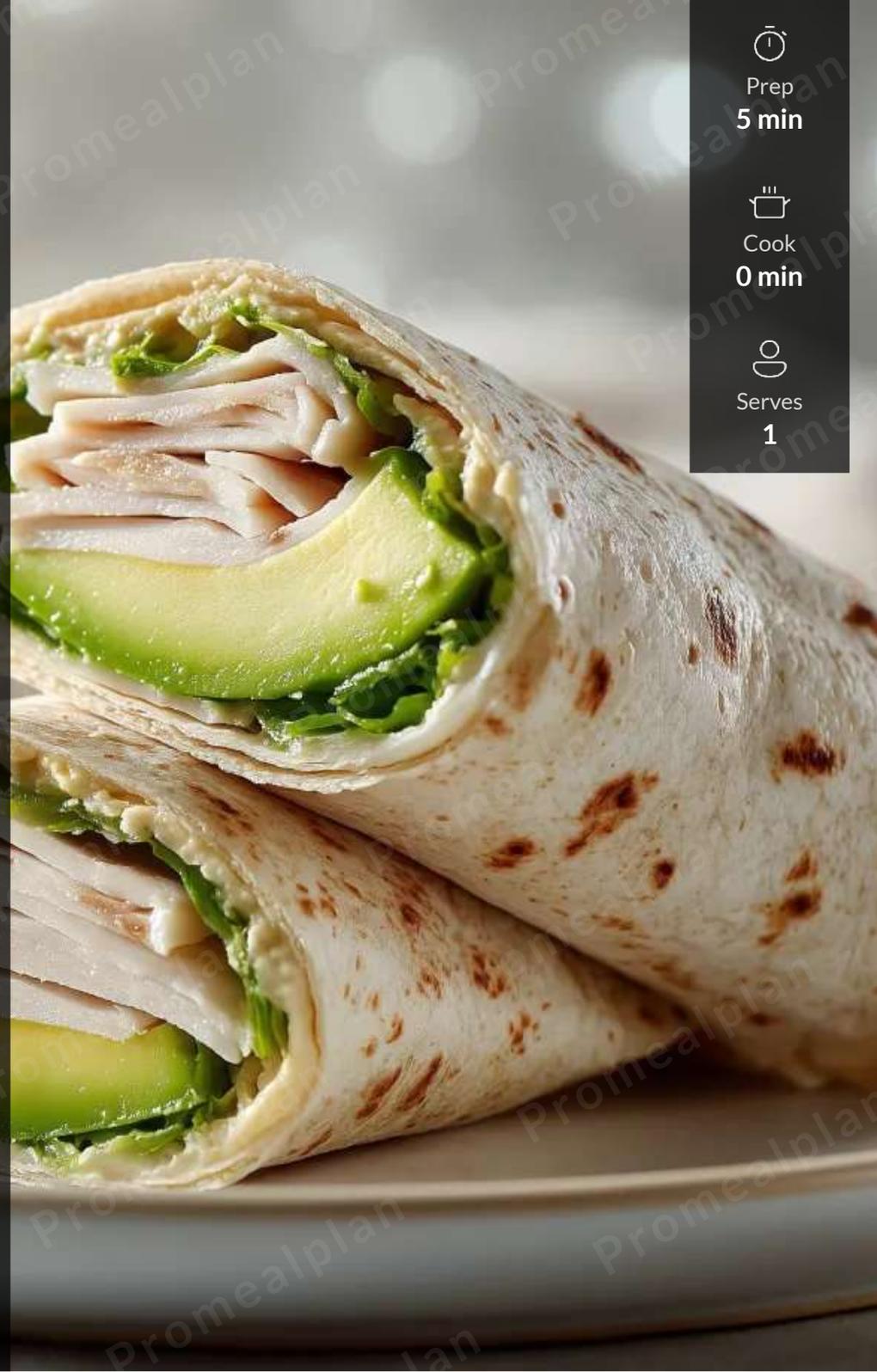
Prep
5 min



Cook
0 min



Serves
1





Prep
5 min



Cook
25 min



Serves
1

Baked Pork Chop with Butternut Squash

- **Oil of choice**
2 tsp (10 ml)
- **Mustard**
2 tbsp (30 g)
- **Butternut squash**
150 g
- **Pork chop**
180 g
- **Dried thyme**
2 tsp (0.7 g)

- Preheat the oven to 400°F (200°C).
- Brush the pork chop with mustard and sprinkle with thyme. Toss the butternut squash cubes with oil, salt, and pepper.
- Arrange the pork chop and squash side by side on a baking sheet lined with parchment paper.
- Bake for 20-25 minutes, flipping the pork chop halfway through, until the meat is cooked through and the squash is tender and golden.

Per serving: 555 kcal P: 50g C: 19g F: 31g Fi: 4g





Day 3

Kcal : 2001

Protein : 138g

Carbs : 142g

Fat : 98g

Fiber : 18g

Breakfast: Savory Ham and Emmental Pancakes

Lunch: Creamy Gnocchi with Mushrooms and Bacon

Afternoon snack: Buckwheat Wrap with Turkey and Avocado

Dinner: Baked Pork Chop with Butternut Squash



Savory Ham and Emmental Pancakes

- **Shredded emmental**
40 g
- **Flour of choice**
60 g
- **Water**
75 ml
- **Egg, medium**
2 u (100 g)
- **Cooked ham**
60 g

- In a mixing bowl, whisk the egg until well beaten.
- Add the flour and mix.
- Gradually pour in the water while stirring until you get a smooth, slightly thick batter.
- Fold in the grated Emmental and diced ham, add pepper if desired.
- Heat a lightly oiled nonstick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes per side until golden brown.

Per serving: 555 kcal P: 43g C: 45g F: 23g Fi: 2g



Prep
10 min



Cook
5 min



Serves
1





Prep
10 min



Cook
12 min



Serves
1

Creamy Gnocchi with Mushrooms and Bacon

- | | | |
|---|--|------------------------------|
| - Parmesan 1 tbsp (5 g) | - Mushrooms of choice 150 g | - Gnocchis 150 g |
| - Sour cream 15% 2 tbsp (30 ml) | - Fresh garlic clove 1 u (4 g) | - Bacon cubes 75 g |

- Wash and slice the mushrooms, then mince the garlic.
- In a non-stick skillet over high heat, cook the bacon for about 2-3 minutes until crispy.
- Remove excess fat and add the sliced mushrooms and minced garlic to the skillet, sauté for 3-4 minutes while stirring regularly.
- Add the gnocchi and sauté everything together for about 2-3 minutes.
- Finally, add the cream and parmesan, season with salt and pepper, mix well and serve.

Per serving: 557 kcal P: 26g C: 56g F: 25g Fi: 5g



Buckwheat Wrap with Turkey and Avocado

- **Turkey deli-style sl.**
60 g
- **Buckwheat crepe**
1 u (50 g)
- **Hummus**
2 tbsp (36 g)
- **Avocado, medium**
1/4 u (50 g)

- Spread the hummus evenly over the buckwheat crepe.
- Place the turkey slices on top of the hummus.
- Arrange the sliced avocado over the turkey and season with salt and pepper.
- Roll the crepe tightly and serve.

Per serving: 333 kcal P: 20g C: 23g F: 19g Fi: 7g



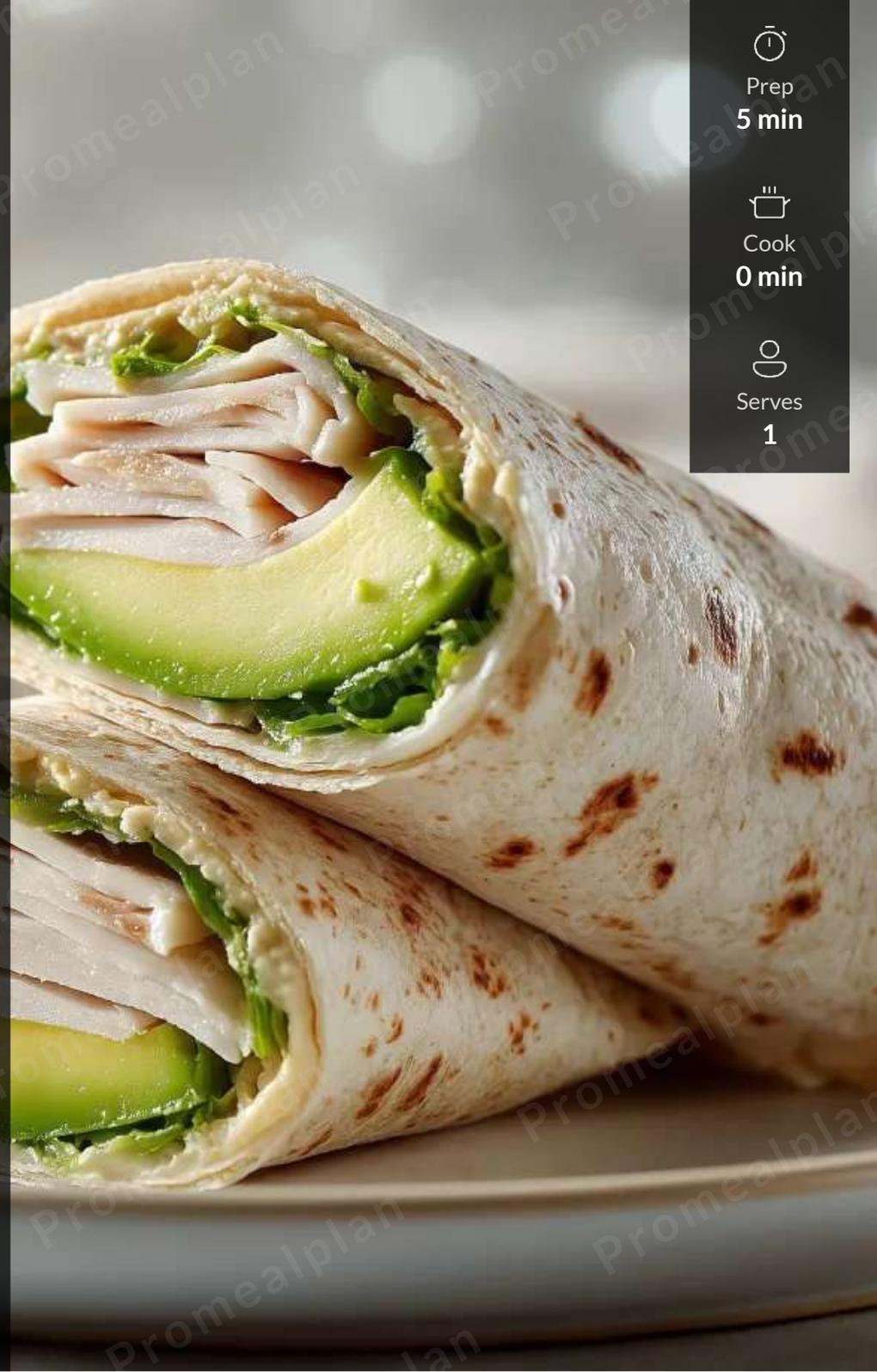
Prep
5 min



Cook
0 min



Serves
1





Prep
5 min



Cook
25 min



Serves
1

Baked Pork Chop with Butternut Squash

- **Oil of choice**
2 tsp (10 ml)
- **Mustard**
2 tbsp (30 g)
- **Butternut squash**
150 g
- **Pork chop**
180 g
- **Dried thyme**
2 tsp (0.7 g)

- Preheat the oven to 400°F (200°C).
- Brush the pork chop with mustard and sprinkle with thyme. Toss the butternut squash cubes with oil, salt, and pepper.
- Arrange the pork chop and squash side by side on a baking sheet lined with parchment paper.
- Bake for 20-25 minutes, flipping the pork chop halfway through, until the meat is cooked through and the squash is tender and golden.

Per serving: 555 kcal P: 50g C: 19g F: 31g Fi: 4g





Day 4

Kcal : 1999

Protein : 111g

Carbs : 229g

Fat : 79g

Fiber : 52g

Breakfast: Classic Soft Gingerbread Cake

Lunch: Mediterranean Tuna and Quinoa Salad

Afternoon snack: Greek Yogurt with Honey or Agave

Dinner: Beef Tartare With Sweet Potato Fries



Classic Soft Gingerbread Cake

- **Butter**
10 g
- **Baking powder**
1/2 tsp (2 g)
- **White milk 2%**
15 ml
- **Honey**
15 g
- **Flour of choice**
20 g
- **Egg, medium**
1 u (50 g)
- **Brown sugar**
10 g
- **Gingerbread spice blend**
1 tsp (2 g)

- In a saucepan, heat the honey, milk, brown sugar, and butter until everything is melted and well combined.
- In a mixing bowl, combine the flour, baking powder, and gingerbread spices.
- Add the egg to the honey mixture and whisk until smooth.
- Pour the liquid mixture into the flour and stir until you have a smooth batter.
- Pour the batter into individual molds and bake for 15-20 minutes at 325°F (160°C) until a knife inserted comes out clean.

Per serving: 555 kcal P: 13g C: 103g F: 18g Fi: 36g



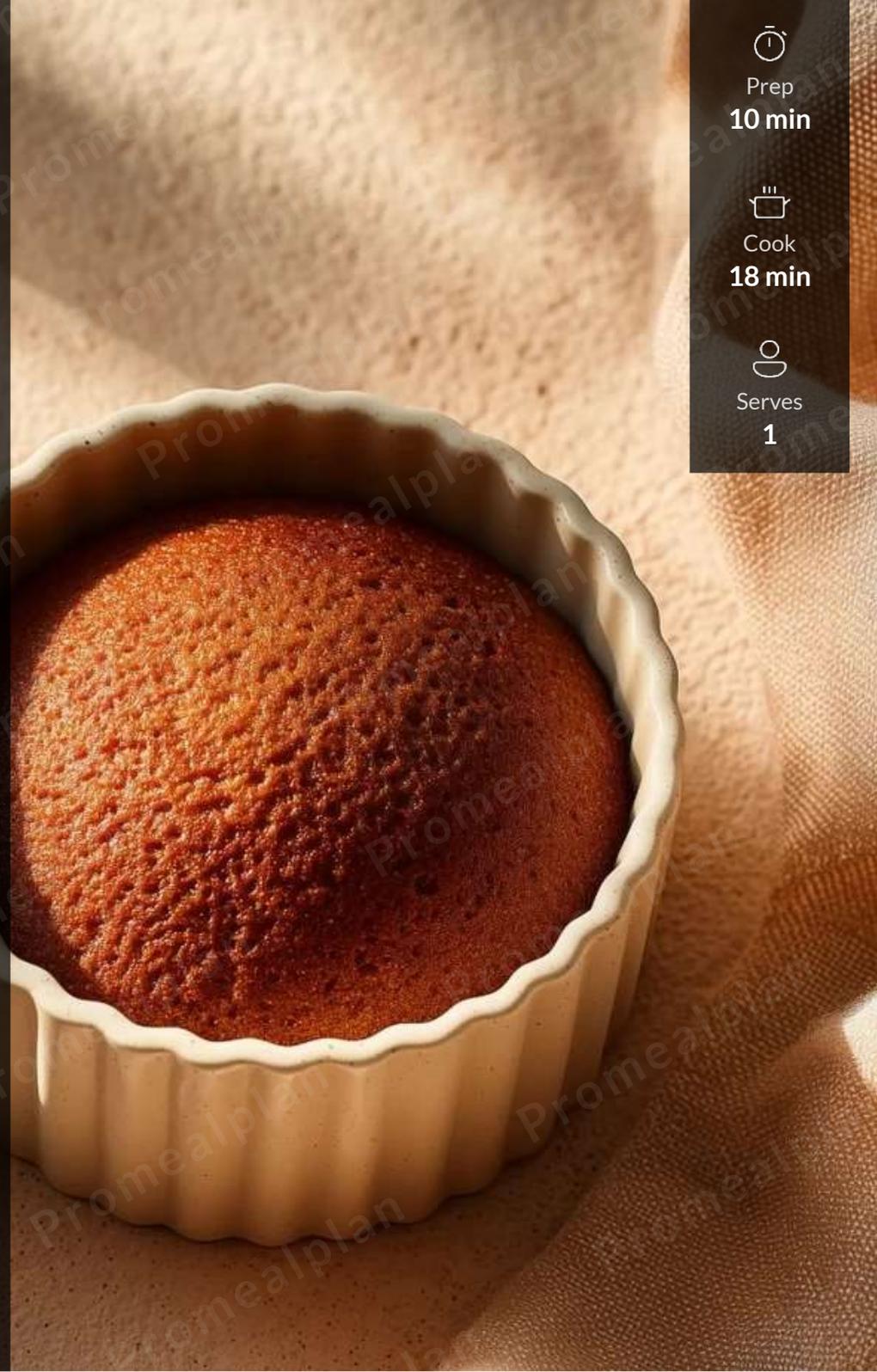
Prep
10 min



Cook
18 min



Serves
1





Prep
10 min



Cook
10 min



Serves
1

Mediterranean Tuna and Quinoa Salad

- **Tomato**
1 u (150 g)
- **Onion, medium**
1/4 u (37.5 g)
- **Mustard**
1/2 tsp (2.5 g)
- **Pitted olives**
30 g
- **Oil of choice**
1.5 tsp (7.5 ml)
- **Apple cider vinegar**
1 tbsp (15 ml)
- **Green beans, can.**
150 g
- **Quinoa**
55 g
- **Tuna, can.**
140 g
- **Fresh dill**
1 tsp (0.3 g)

- Bring salted water to a boil in a saucepan and add the quinoa, cooking until tender, about 8–10 minutes.
- Drain the quinoa, rinse with cold water, and drain well again.
- In a small bowl, whisk together apple cider vinegar, oil, and Dijon mustard to make the dressing.
- In a large bowl, combine the quinoa, green beans, chopped onion, chopped tomato, tuna, olives, and fresh dill.
- Pour the dressing over the salad, season with salt and pepper, toss well, and serve.

Per serving: 556 kcal P: 48g C: 54g F: 17g Fi: 10g



Greek Yogurt with Honey or Agave

- **Honey or agave**
1 tbsp (21 g)
- **Greek yogurt**
250 g

- Place the Greek yogurt in a bowl.
- Drizzle the honey or agave over the yogurt and serve.

Per serving: 333 kcal P: 8g C: 27g F: 21g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
15 min



Cook
25 min



Serves
1

Beef Tartare With Sweet Potato Fries

- **Balsamic vinegar**
1.5 tbsp (22.5 ml)
- **Mixed green salad**
40 g
- **Mustard**
1/2 tsp (2.5 g)
- **Fresh chives**
1 tsp (1.3 g)
- **Oil of choice**
1 tbsp (15 ml)
- **Egg yolk**
1 u (17 g)
- **Ketchup**
1/2 tbsp (8.5 g)
- **Beef steak**
150 g
- **Sweet potato**
200 g
- **Capers**
1 tbsp (10 g)
- **Shallot**
15 g

- Preheat your oven to 356°F (180°C) in convection mode.
- In a bowl, toss the sweet potato fries with oil until well coated, season with salt and pepper to taste.
- Place them on a baking sheet lined with parchment paper, arranging them side by side, and bake for 20-25 minutes.
- Meanwhile, mix the finely chopped beef with shallot, chives, capers, mustard, and ketchup, season with salt and pepper to taste.
- Serve immediately with an egg yolk on top, alongside your sweet potato fries and salad dressed with balsamic vinegar.

Per serving: 556 kcal P: 41g C: 45g F: 23g Fi: 6g





Day 5

Kcal : 1999

Protein : 111g

Carbs : 229g

Fat : 79g

Fiber : 52g

Breakfast: Classic Soft Gingerbread Cake

Lunch: Mediterranean Tuna and Quinoa Salad

Afternoon snack: Greek Yogurt with Honey or Agave

Dinner: Beef Tartare With Sweet Potato Fries



Classic Soft Gingerbread Cake

- **Butter**
10 g
- **Baking powder**
1/2 tsp (2 g)
- **White milk 2%**
15 ml
- **Honey**
15 g
- **Flour of choice**
20 g
- **Egg, medium**
1 u (50 g)
- **Brown sugar**
10 g
- **Gingerbread spice blend**
1 tsp (2 g)

- In a saucepan, heat the honey, milk, brown sugar, and butter until everything is melted and well combined.
- In a mixing bowl, combine the flour, baking powder, and gingerbread spices.
- Add the egg to the honey mixture and whisk until smooth.
- Pour the liquid mixture into the flour and stir until you have a smooth batter.
- Pour the batter into individual molds and bake for 15-20 minutes at 325°F (160°C) until a knife inserted comes out clean.

Per serving: 555 kcal P: 13g C: 103g F: 18g Fi: 36g



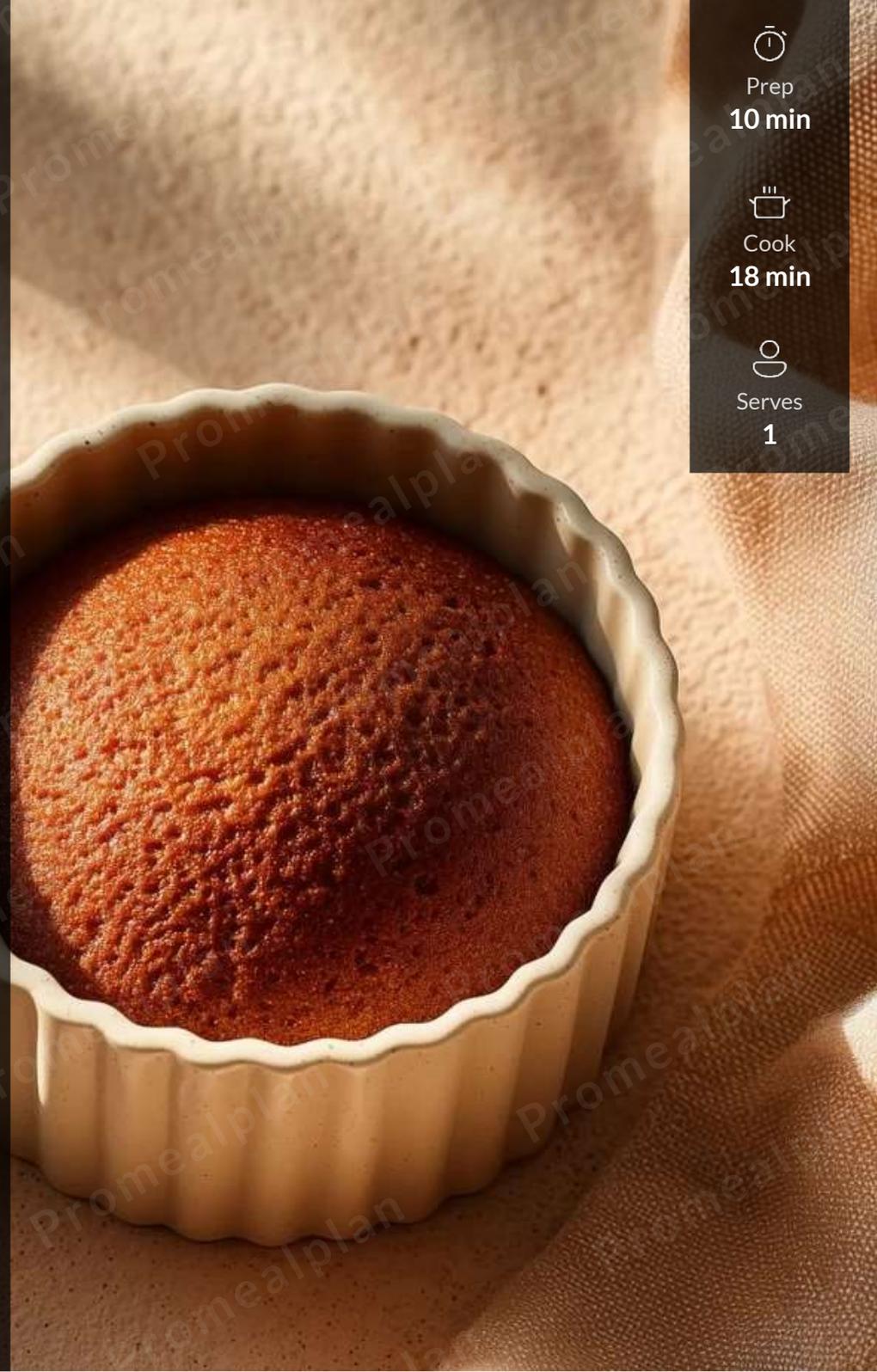
Prep
10 min



Cook
18 min



Serves
1





Prep
10 min



Cook
10 min



Serves
1

Mediterranean Tuna and Quinoa Salad

- **Tomato**
1 u (150 g)
- **Onion, medium**
1/4 u (37.5 g)
- **Mustard**
1/2 tsp (2.5 g)
- **Pitted olives**
30 g
- **Oil of choice**
1.5 tsp (7.5 ml)
- **Apple cider vinegar**
1 tbsp (15 ml)
- **Green beans, can.**
150 g
- **Quinoa**
55 g
- **Tuna, can.**
140 g
- **Fresh dill**
1 tsp (0.3 g)

- Bring salted water to a boil in a saucepan and add the quinoa, cooking until tender, about 8–10 minutes.
- Drain the quinoa, rinse with cold water, and drain well again.
- In a small bowl, whisk together apple cider vinegar, oil, and Dijon mustard to make the dressing.
- In a large bowl, combine the quinoa, green beans, chopped onion, chopped tomato, tuna, olives, and fresh dill.
- Pour the dressing over the salad, season with salt and pepper, toss well, and serve.

Per serving: 556 kcal P: 48g C: 54g F: 17g Fi: 10g



Greek Yogurt with Honey or Agave

- **Honey or agave**
1 tbsp (21 g)
- **Greek yogurt**
250 g

- Place the Greek yogurt in a bowl.
- Drizzle the honey or agave over the yogurt and serve.

Per serving: 333 kcal P: 8g C: 27g F: 21g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
15 min



Cook
25 min



Serves
1

Beef Tartare With Sweet Potato Fries

- **Balsamic vinegar**
1.5 tbsp (22.5 ml)
- **Mixed green salad**
40 g
- **Mustard**
1/2 tsp (2.5 g)
- **Fresh chives**
1 tsp (1.3 g)
- **Oil of choice**
1 tbsp (15 ml)
- **Egg yolk**
1 u (17 g)
- **Ketchup**
1/2 tbsp (8.5 g)
- **Beef steak**
150 g
- **Sweet potato**
200 g
- **Capers**
1 tbsp (10 g)
- **Shallot**
15 g

- Preheat your oven to 356°F (180°C) in convection mode.
- In a bowl, toss the sweet potato fries with oil until well coated, season with salt and pepper to taste.
- Place them on a baking sheet lined with parchment paper, arranging them side by side, and bake for 20-25 minutes.
- Meanwhile, mix the finely chopped beef with shallot, chives, capers, mustard, and ketchup, season with salt and pepper to taste.
- Serve immediately with an egg yolk on top, alongside your sweet potato fries and salad dressed with balsamic vinegar.

Per serving: 556 kcal P: 41g C: 45g F: 23g Fi: 6g





Day 6

Kcal : 2000

Protein : 118g

Carbs : 178g

Fat : 91g

Fiber : 23g

Breakfast: Peanut Butter and Berry Smoothie

Lunch: Turkey and Fresh Vegetable Wrap

Afternoon snack: Raspberry Minute Mug Flan

Dinner: Peanut Chicken with Tender Carrots



Peanut Butter and Berry Smoothie

- **Honey**
2.5 tsp (17.5 g)
- **Peanut butter**
2.5 tsp (13.3 g)
- **Mixed berries**
225 g
- **White milk 2%**
225 ml
- **Greek yogurt**
225 g

- In a blender, combine the berries, Greek yogurt, milk, peanut butter, and honey.
- Blend until smooth and creamy.
- Pour the smoothie into a glass and serve immediately.

Per serving: 557 kcal P: 20g C: 52g F: 30g Fi: 10g



Prep
5 min



Cook
0 min



Serves
1



Prep
10 min



Cook
0 min



Serves
1

Turkey and Fresh Vegetable Wrap

- | | | |
|--|--|---|
| - Tomato 1/2 u (75 g) | - Mozzarella 30 g | - Lettuce 15 g |
| - Turkey deli-style sl. 80 g | - Large tortilla of choice 2 u (124 g) | - Plain yogurt 3% 2 tbsp (30 g) |
| - Mustard 2 tsp (10 g) | - Mayonnaise 2 tsp (9.3 g) | - Carrot 1/2 u (30 g) |

- In a small bowl, mix the mayonnaise, fromage blanc, and Dijon mustard.
- Season the mixture with salt, pepper, or spices to taste.
- Spread the mayonnaise mixture over the tortilla.
- Layer the lettuce, diced tomatoes, grated carrots, turkey slices, and mozzarella on top.
- Season to taste, roll the wrap tightly, and enjoy immediately or pack in a container.

Per serving: 555 kcal P: 35g C: 60g F: 20g Fi: 4g



Raspberry Minute Mug Flan

- **Raspberries**
60 g
- **White milk 2%**
240 ml
- **Egg, medium**
1 u (50 g)
- **Honey or agave**
20 g
- **Cornstarch**
1.5 tbsp (15 g)

- In a microwave-safe mug, mix the honey or agave, raspberries, and cornstarch until well combined.
- Add the egg and white milk 2%. Whisk vigorously until the mixture is smooth and lump-free.
- Microwave for 2 minutes on full power until the flan is set.

Per serving: 333 kcal P: 15g C: 49g F: 8g Fi: 4g



Prep
3 min



Cook
2 min



Serves
1





Prep
10 min



Cook
15 min



Serves
1



Peanut Chicken with Tender Carrots

- **Oil of choice**
1.5 tbsp (22.5 ml)
- **Water**
100 ml
- **Carrot**
2 u (120 g)
- **Garlic powder**
1 tsp (2.3 g)
- **Peanut butter**
3 tsp (16 g)
- **Chicken breast fillet**
175 g
- **Soy sauce of choice**
2 tbsp (30 ml)

- Brown the chicken in a hot nonstick skillet with the oil, then set aside.
- Add the carrots to the skillet with a splash of water, cover, and simmer for about 10 minutes until tender.
- In a small bowl, whisk together the peanut butter, soy sauce, garlic powder, and remaining water until smooth.
- Pour the sauce over the carrots, return the chicken to the skillet, and stir for 1-2 minutes until everything is coated and the sauce has thickened slightly.

Per serving: 555 kcal P: 48g C: 17g F: 33g Fi: 5g





Day 7

Kcal : 2000

Protein : 118g

Carbs : 178g

Fat : 91g

Fiber : 23g

Breakfast: Peanut Butter and Berry Smoothie

Lunch: Turkey and Fresh Vegetable Wrap

Afternoon snack: Raspberry Minute Mug Flan

Dinner: Peanut Chicken with Tender Carrots



Peanut Butter and Berry Smoothie

- **Honey**
2.5 tsp (17.5 g)
- **Peanut butter**
2.5 tsp (13.3 g)
- **Mixed berries**
225 g
- **White milk 2%**
225 ml
- **Greek yogurt**
225 g

- In a blender, combine the berries, Greek yogurt, milk, peanut butter, and honey.
- Blend until smooth and creamy.
- Pour the smoothie into a glass and serve immediately.

Per serving: 557 kcal P: 20g C: 52g F: 30g Fi: 10g



Prep
5 min



Cook
0 min



Serves
1



Prep
10 min



Cook
0 min



Serves
1

Turkey and Fresh Vegetable Wrap

- **Tomato**
1/2 u (75 g)
- **Turkey deli-style sl.**
80 g
- **Mustard**
2 tsp (10 g)
- **Mozzarella**
30 g
- **Large tortilla of choice**
2 u (124 g)
- **Mayonnaise**
2 tsp (9.3 g)
- **Lettuce**
15 g
- **Plain yogurt 3%**
2 tbsp (30 g)
- **Carrot**
1/2 u (30 g)

- In a small bowl, mix the mayonnaise, fromage blanc, and Dijon mustard.
- Season the mixture with salt, pepper, or spices to taste.
- Spread the mayonnaise mixture over the tortilla.
- Layer the lettuce, diced tomatoes, grated carrots, turkey slices, and mozzarella on top.
- Season to taste, roll the wrap tightly, and enjoy immediately or pack in a container.

Per serving: 555 kcal P: 35g C: 60g F: 20g Fi: 4g



Raspberry Minute Mug Flan

- **Raspberries**
60 g
- **White milk 2%**
240 ml
- **Egg, medium**
1 u (50 g)
- **Honey or agave**
20 g
- **Cornstarch**
1.5 tbsp (15 g)

- In a microwave-safe mug, mix the honey or agave, raspberries, and cornstarch until well combined.
- Add the egg and white milk 2%. Whisk vigorously until the mixture is smooth and lump-free.
- Microwave for 2 minutes on full power until the flan is set.

Per serving: 333 kcal P: 15g C: 49g F: 8g Fi: 4g



Prep
3 min



Cook
2 min



Serves
1





Prep
10 min



Cook
15 min



Serves
1



Peanut Chicken with Tender Carrots

- **Oil of choice**
1.5 tbsp (22.5 ml)
- **Water**
100 ml
- **Carrot**
2 u (120 g)
- **Garlic powder**
1 tsp (2.3 g)
- **Peanut butter**
3 tsp (16 g)
- **Chicken breast fillet**
175 g
- **Soy sauce of choice**
2 tbsp (30 ml)

- Brown the chicken in a hot nonstick skillet with the oil, then set aside.
- Add the carrots to the skillet with a splash of water, cover, and simmer for about 10 minutes until tender.
- In a small bowl, whisk together the peanut butter, soy sauce, garlic powder, and remaining water until smooth.
- Pour the sauce over the carrots, return the chicken to the skillet, and stir for 1-2 minutes until everything is coated and the sauce has thickened slightly.

Per serving: 555 kcal P: 48g C: 17g F: 33g Fi: 5g



Shopping List

Full Week

Fresh Produce

- Avocado, medium (1 u (200 g))
- Butternut squash (450 g)
- Carrot (5 u (300 g))
- Fresh garlic clove (3 u (12 g))
- Lettuce (30 g)
- Mixed berries (450 g)
- Mixed green salad (80 g)
- Mushrooms of choice (450 g)
- Onion, medium (1 u (150 g))
- Raspberries (120 g)
- Shallot (30 g)
- Sweet potato (400 g)
- Tomato (3 u (450 g))

Animal Proteins

- Bacon cubes (230 g)
- Beef steak (300 g)
- Chicken breast fillet (350 g)
- Cooked ham (180 g)

Animal Proteins (cont.)

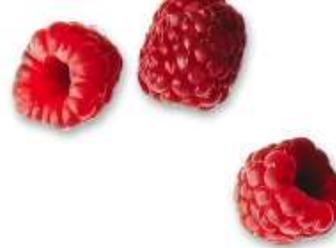
- Pork chop (540 g)
- Turkey deli-style sl. (340 g)

Dairy and Eggs

- Egg, medium (10 u (500 g))
- Egg yolk (2 u (34 g))
- Greek yogurt (950 g)
- Mozzarella (60 g)
- Parmesan (15 g)
- Plain yogurt 3% (60 g)
- Shredded emmental (120 g)
- Sour cream 15% (90 ml)
- White milk 2% (960 ml)

Bread, Rice & Pasta

- Buckwheat crepe (3 u (150 g))
- Gnocchis (450 g)
- Large tortilla of choice (4 u (248 g))
- Quinoa (110 g)



Shopping List

Full Week (cont.)

Baking Supplies & Canned Goods

- Baking powder (4.8 g)
- Brown sugar (20 g)
- Cornstarch (30 g)
- Flour of choice (220 g)
- Green beans, can. (300 g)
- Tuna, can. (280 g)

Snacks and Sweets

- Peanut butter (59.2 g)

Beverages

- Water (430 ml)

Fats, Oils, and Condiments

- Apple cider vinegar (30 ml)
- Balsamic vinegar (50 ml)
- Butter (20 g)
- Capers (20 g)
- Dried thyme (2 g)

Fats, Oils, and Condiments (cont.)

- Fresh chives (2.8 g)
- Fresh dill (0.7 g)
- Garlic powder (4.9 g)
- Gingerbread spice blend (4.2 g)
- Honey (70 g)
- Honey or agave (90 g)
- Hummus (108 g)
- Ketchup (17 g)
- Mayonnaise (19.6 g)
- Mustard (120 g)
- Oil of choice (120 ml)
- Pitted olives (60 g)
- Soy sauce of choice (60 ml)