



# Menu for Marie DUPONT

Kcal : 2801

Protein : 165g

Carbs : 253g

Fat : 127g

Fiber : 39g

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**

2802 kcal



Creamy almond and egg porridge



Chocolate coconut custard



Crunchy shrimp and apple salad



Wasa crackers with smoked trout and...



Leek and ham quiche

**Day 2**

2802 kcal



Creamy almond and egg porridge



Chocolate coconut custard



Crunchy shrimp and apple salad



Wasa crackers with smoked trout and...



Leek and ham quiche

**Day 3**

2802 kcal



Creamy almond and egg porridge



Chocolate coconut custard



Crunchy shrimp and apple salad



Wasa crackers with smoked trout and...



Leek and ham quiche

**Day 4**

2799 kcal



Lactose-free banana cocoa smoothie



Chia and berry pudding



Spinach omelet



Protein fruity ice cream with cottage cheese



Beef with garlic potatoes and green beans

**Day 5**

2799 kcal



Lactose-free banana  
cocoa smoothie



Chia and berry pudding



Spinach omelet



Protein fruity ice cream  
with cottage cheese



Beef with garlic potatoes  
and green beans

**Day 6**

2801 kcal



Vegan cream cheese and  
ham wrap



Chocolate zucchini  
brownie



Greek chicken and feta  
salad



Kiwi-almond yogurt



Chicken lettuce wrap

**Day 7**

2801 kcal



Vegan cream cheese and  
ham wrap



Chocolate zucchini  
brownie



Greek chicken and feta  
salad



Kiwi-almond yogurt



Chicken lettuce wrap





# Day 1

Kcal : 2802    Protein : 163g    Carbs : 219g    Fat : 142g    Fiber : 34g

**Breakfast:** Creamy Almond and Egg Porridge

**Morning snack:** Chocolate Coconut Custard

**Lunch:** Crunchy Shrimp and Apple Salad

**Afternoon snack:** Wasa Crackers with Smoked Trout and Plant-Based Cheese

**Dinner:** Leek and Ham Quiche



# Creamy Almond and Egg Porridge

- **Rolled oats of choice**  
7 tbsp (70 g)
- **Honey or agave**  
3 tsp (21 g)
- **White milk 2%**  
250 ml
- **Almonds**  
10 u (12 g)
- **Egg, medium**  
2 u (100 g)
- **Greek yogurt 2%**  
3 tbsp (45 g)

- Add the oats, milk, and honey to a saucepan and turn the heat to medium.
- Stir occasionally until the porridge begins to thicken, about 5 minutes.
- Add the cottage cheese and continue stirring for about 3 minutes.
- Add the beaten egg to the porridge and stir continuously so the porridge becomes creamy and the egg cooks through. Reduce heat to low and adjust with a little water if needed according to desired texture.
- Serve in a bowl and garnish with almonds.

Per serving: 666 kcal P: 35g C: 75g F: 26g Fi: 8g



Prep  
5 min



Cook  
10 min



Serves  
1





Prep  
**3 min**



Cook  
**2 min**



Serves  
**1**

## Chocolate Coconut Custard

- **Shredded coconut**  
1 tsp (2.3 g)
- **Egg, medium**  
1 u (50 g)
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Coconut milk**  
120 ml
- **Cornstarch**  
1 tsp (3.3 g)
- **Honey or agave**  
30 g

- In a microwave-safe mug, mix the honey, cocoa powder, and cornstarch until well combined.
- Add the egg and coconut milk. Whisk vigorously until smooth and lump-free.
- Microwave for 2 minutes at full power.
- Top with shredded coconut if desired and serve immediately.

Per serving: 402 kcal P: 9g C: 31g F: 27g Fi: 2g



# Crunchy Shrimp and Apple Salad

- **Apple**  
1 u (180 g)
- **Cooked edamame**  
100 g
- **Carrot**  
2 u (120 g)
- **Cooked peeled shrimps**  
200 g
- **Greek yogurt**  
3 tbsp (54 g)
- **Fresh spinach**  
40 g
- **Mustard**  
1 tsp (5 g)
- **Lemon juice**  
1 tbsp (15 ml)
- **Walnut kernels**  
40 g

- In a large bowl, combine the cooked peeled shrimp, spinach leaves, and diced apple, and add the cooked edamame.
- Add the grated carrots and chopped walnuts to the bowl.
- In a small bowl, mix the Greek yogurt, mustard, and lemon juice. Season with salt and pepper to taste.
- Pour the dressing over the salad and mix well.

Per serving: 666 kcal P: 58g C: 50g F: 26g Fi: 15g

Prep  
10 min

Cook  
3 min

Serves  
1





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Wasa Crackers with Smoked Trout and Plant-Based Cheese

- **Wasa crispbread**  
3 u (30 g)
- **Vegan cream cheese**  
50 g
- **Lemon juice**  
1/2 tbsp (7.5 ml)
- **Fresh dill**  
2 tsp (0.7 g)
- **Smoked trout**  
120 g

- In a bowl, mix the plant-based cream cheese with the lemon juice and chopped dill.
- Spread the mixture on the Wasa crackers.
- Add slices of smoked trout and sprinkle with chopped dill.

Per serving: 400 kcal P: 29g C: 22g F: 22g Fi: 6g



# Leek and Ham Quiche

- **Shredded emmental**  
30 g
- **Puff pastry of choice**  
1/4 u (57.5 g)
- **White milk 2%**  
110 ml
- **Oil of choice**  
2 tsp (10 ml)
- **Leek**  
1/2 u (100 g)
- **Egg, medium**  
1 u (50 g)
- **Cucumber**  
1/2 u (175 g)
- **Sour cream 15%**  
2 tbsp (30 ml)
- **Cooked ham**  
30 g

- Preheat the oven to 350°F (175°C).
- Clean and finely slice the leek.
- In a skillet, sauté the leek with a drizzle of oil of choice until tender. Season with salt and pepper. Let cool slightly.
- Spread the puff pastry of choice into a small tart pan or individual dish. Prick the bottom with a fork.
- Cut the cooked ham into small pieces and spread it over the pastry base. Add the cooked leeks on top.
- In a bowl, whisk the eggs with the sour cream 15% and white milk 2%. Add the shredded emmental, salt, pepper, and nutmeg if desired.
- Pour the quiche filling over the leeks and ham.
- Bake for approximately 25 to 30 minutes, until the quiche is golden and set.
- Let cool for a few minutes before unmolding. Serve with cucumber sticks.

Per serving: 667 kcal P: 31g C: 42g F: 42g Fi: 4g



Prep  
20 min

Cook  
30 min

Serves  
1



## Day 2

Kcal : 2802

Protein : 163g

Carbs : 219g

Fat : 142g

Fiber : 34g

**Breakfast:** Creamy Almond and Egg Porridge

**Morning snack:** Chocolate Coconut Custard

**Lunch:** Crunchy Shrimp and Apple Salad

**Afternoon snack:** Wasa Crackers with Smoked Trout and Plant-Based Cheese

**Dinner:** Leek and Ham Quiche





Prep  
5 min



Cook  
10 min



Serves  
1



## Creamy Almond and Egg Porridge

- **Rolled oats of choice**  
7 tbsp (70 g)
- **Honey or agave**  
3 tsp (21 g)
- **White milk 2%**  
250 ml
- **Almonds**  
10 u (12 g)
- **Egg, medium**  
2 u (100 g)
- **Greek yogurt 2%**  
3 tbsp (45 g)

- Add the oats, milk, and honey to a saucepan and turn the heat to medium.
- Stir occasionally until the porridge begins to thicken, about 5 minutes.
- Add the cottage cheese and continue stirring for about 3 minutes.
- Add the beaten egg to the porridge and stir continuously so the porridge becomes creamy and the egg cooks through. Reduce heat to low and adjust with a little water if needed according to desired texture.
- Serve in a bowl and garnish with almonds.

Per serving: 666 kcal P: 35g C: 75g F: 26g Fi: 8g



# Chocolate Coconut Custard

- **Shredded coconut**  
1 tsp (2.3 g)
- **Egg, medium**  
1 u (50 g)
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Coconut milk**  
120 ml
- **Cornstarch**  
1 tsp (3.3 g)
- **Honey or agave**  
30 g

- In a microwave-safe mug, mix the honey, cocoa powder, and cornstarch until well combined.
- Add the egg and coconut milk. Whisk vigorously until smooth and lump-free.
- Microwave for 2 minutes at full power.
- Top with shredded coconut if desired and serve immediately.

Per serving: 402 kcal P: 9g C: 31g F: 27g Fi: 2g



Prep  
3 min



Cook  
2 min



Serves  
1





Prep  
**10 min**



Cook  
**3 min**



Serves  
**1**

## Crunchy Shrimp and Apple Salad

- **Apple**  
1 u (180 g)
- **Cooked edamame**  
100 g
- **Carrot**  
2 u (120 g)
- **Cooked peeled shrimps**  
200 g
- **Greek yogurt**  
3 tbsp (54 g)
- **Fresh spinach**  
40 g
- **Mustard**  
1 tsp (5 g)
- **Lemon juice**  
1 tbsp (15 ml)
- **Walnut kernels**  
40 g

- In a large bowl, combine the cooked peeled shrimp, spinach leaves, and diced apple, and add the cooked edamame.
- Add the grated carrots and chopped walnuts to the bowl.
- In a small bowl, mix the Greek yogurt, mustard, and lemon juice. Season with salt and pepper to taste.
- Pour the dressing over the salad and mix well.

Per serving: 666 kcal P: 58g C: 50g F: 26g Fi: 15g



# Wasa Crackers with Smoked Trout and Plant-Based Cheese

- **Wasa crispbread**  
3 u (30 g)
- **Fresh dill**  
2 tsp (0.7 g)
- **Vegan cream cheese**  
50 g
- **Smoked trout**  
120 g
- **Lemon juice**  
1/2 tbsp (7.5 ml)

- In a bowl, mix the plant-based cream cheese with the lemon juice and chopped dill.
- Spread the mixture on the Wasa crackers.
- Add slices of smoked trout and sprinkle with chopped dill.

Per serving: 400 kcal P: 29g C: 22g F: 22g Fi: 6g

Prep  
5 min

Cook  
0 min

Serves  
1





Prep  
20 min



Cook  
30 min



Serves  
1

# Leek and Ham Quiche

- **Shredded emmental** 30 g
- **Puff pastry of choice** 1/4 u (57.5 g)
- **White milk 2%** 110 ml
- **Oil of choice** 2 tsp (10 ml)
- **Leek** 1/2 u (100 g)
- **Egg, medium** 1 u (50 g)
- **Cucumber** 1/2 u (175 g)
- **Sour cream 15%** 2 tbsp (30 ml)
- **Cooked ham** 30 g

- Preheat the oven to 350°F (175°C).
- Clean and finely slice the leek.
- In a skillet, sauté the leek with a drizzle of oil of choice until tender. Season with salt and pepper. Let cool slightly.
- Spread the puff pastry of choice into a small tart pan or individual dish. Prick the bottom with a fork.
- Cut the cooked ham into small pieces and spread it over the pastry base. Add the cooked leeks on top.
- In a bowl, whisk the eggs with the sour cream 15% and white milk 2%. Add the shredded emmental, salt, pepper, and nutmeg if desired.
- Pour the quiche filling over the leeks and ham.
- Bake for approximately 25 to 30 minutes, until the quiche is golden and set.
- Let cool for a few minutes before unmolding. Serve with cucumber sticks.

Per serving: 667 kcal P: 31g C: 42g F: 42g Fi: 4g

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# Day 3

Kcal : 2802

Protein : 163g

Carbs : 219g

Fat : 142g

Fiber : 34g

**Breakfast:** Creamy Almond and Egg Porridge

**Morning snack:** Chocolate Coconut Custard

**Lunch:** Crunchy Shrimp and Apple Salad

**Afternoon snack:** Wasa Crackers with Smoked Trout and Plant-Based Cheese

**Dinner:** Leek and Ham Quiche



# Creamy Almond and Egg Porridge

- **Rolled oats of choice**  
7 tbsp (70 g)
- **Honey or agave**  
3 tsp (21 g)
- **White milk 2%**  
250 ml
- **Almonds**  
10 u (12 g)
- **Egg, medium**  
2 u (100 g)
- **Greek yogurt 2%**  
3 tbsp (45 g)

- Add the oats, milk, and honey to a saucepan and turn the heat to medium.
- Stir occasionally until the porridge begins to thicken, about 5 minutes.
- Add the cottage cheese and continue stirring for about 3 minutes.
- Add the beaten egg to the porridge and stir continuously so the porridge becomes creamy and the egg cooks through. Reduce heat to low and adjust with a little water if needed according to desired texture.
- Serve in a bowl and garnish with almonds.

Per serving: 666 kcal P: 35g C: 75g F: 26g Fi: 8g



Prep  
5 min



Cook  
10 min



Serves  
1





Prep  
**3 min**



Cook  
**2 min**



Serves  
**1**

## Chocolate Coconut Custard

- **Shredded coconut**  
1 tsp (2.3 g)
- **Egg, medium**  
1 u (50 g)
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Coconut milk**  
120 ml
- **Cornstarch**  
1 tsp (3.3 g)
- **Honey or agave**  
30 g

- In a microwave-safe mug, mix the honey, cocoa powder, and cornstarch until well combined.
- Add the egg and coconut milk. Whisk vigorously until smooth and lump-free.
- Microwave for 2 minutes at full power.
- Top with shredded coconut if desired and serve immediately.

Per serving: 402 kcal P: 9g C: 31g F: 27g Fi: 2g



# Crunchy Shrimp and Apple Salad

- **Apple**  
1 u (180 g)
- **Cooked edamame**  
100 g
- **Carrot**  
2 u (120 g)
- **Cooked peeled shrimps**  
200 g
- **Greek yogurt**  
3 tbsp (54 g)
- **Fresh spinach**  
40 g
- **Mustard**  
1 tsp (5 g)
- **Lemon juice**  
1 tbsp (15 ml)
- **Walnut kernels**  
40 g

- In a large bowl, combine the cooked peeled shrimp, spinach leaves, and diced apple, and add the cooked edamame.
- Add the grated carrots and chopped walnuts to the bowl.
- In a small bowl, mix the Greek yogurt, mustard, and lemon juice. Season with salt and pepper to taste.
- Pour the dressing over the salad and mix well.

Per serving: 666 kcal P: 58g C: 50g F: 26g Fi: 15g

Prep  
10 min

Cook  
3 min

Serves  
1





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Wasa Crackers with Smoked Trout and Plant-Based Cheese

- **Wasa crispbread**  
3 u (30 g)
- **Vegan cream cheese**  
50 g
- **Lemon juice**  
1/2 tbsp (7.5 ml)
- **Fresh dill**  
2 tsp (0.7 g)
- **Smoked trout**  
120 g

- In a bowl, mix the plant-based cream cheese with the lemon juice and chopped dill.
- Spread the mixture on the Wasa crackers.
- Add slices of smoked trout and sprinkle with chopped dill.

Per serving: 400 kcal P: 29g C: 22g F: 22g Fi: 6g



# Leek and Ham Quiche

- **Shredded emmental**  
30 g
- **Puff pastry of choice**  
1/4 u (57.5 g)
- **White milk 2%**  
110 ml
- **Oil of choice**  
2 tsp (10 ml)
- **Leek**  
1/2 u (100 g)
- **Egg, medium**  
1 u (50 g)
- **Cucumber**  
1/2 u (175 g)
- **Sour cream 15%**  
2 tbsp (30 ml)
- **Cooked ham**  
30 g

- Preheat the oven to 350°F (175°C).
- Clean and finely slice the leek.
- In a skillet, sauté the leek with a drizzle of oil of choice until tender. Season with salt and pepper. Let cool slightly.
- Spread the puff pastry of choice into a small tart pan or individual dish. Prick the bottom with a fork.
- Cut the cooked ham into small pieces and spread it over the pastry base. Add the cooked leeks on top.
- In a bowl, whisk the eggs with the sour cream 15% and white milk 2%. Add the shredded emmental, salt, pepper, and nutmeg if desired.
- Pour the quiche filling over the leeks and ham.
- Bake for approximately 25 to 30 minutes, until the quiche is golden and set.
- Let cool for a few minutes before unmolding. Serve with cucumber sticks.

Per serving: 667 kcal P: 31g C: 42g F: 42g Fi: 4g



Prep  
20 min

Cook  
30 min

Serves  
1



# Day 4

Kcal : 2799

Protein : 156g

Carbs : 343g

Fat : 92g

Fiber : 54g

**Breakfast:** Lactose-Free Banana Cocoa Smoothie

**Morning snack:** Chia and Berry Pudding

**Lunch:** Spinach Omelet

**Afternoon snack:** Protein Fruity Ice Cream with Cottage Cheese

**Dinner:** Beef with Garlic Potatoes and Green Beans





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Lactose-Free Banana Cocoa Smoothie

- **Banana, medium**  
2.5 u (300 g)
- **Vegan yogurt of choice**  
300 g
- **Cocoa powder 100%**  
2 tbsp (10 g)
- **Honey or agave**  
2 tsp (14 g)
- **White milk, LF**  
250 ml

- Put all ingredients in a blender. (Preferably use a banana that was frozen beforehand, or if not, add 1 or 2 ice cubes.)
- Blend until you achieve a smooth consistency, adjust with a little water if needed for desired texture.
- Pour the mixture into a glass and serve immediately.

Per serving: 667 kcal P: 25g C: 116g F: 11g Fi: 16g

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# Chia and Berry Pudding

- **Chia seeds**

3 tbsp (36 g)

- **Plain skyr**

75 g

- **Honey or agave**

1.5 tbsp (31.5 g)

- **White milk 2%**

100 ml

- **Blueberries**

100 g

- In a small bowl, mix the chia seeds, skyr, milk and honey until you get a smooth mixture.
- Gently add the blueberries.
- Refrigerate for at least two hours before serving.

Per serving:

399 kcal

P: 17g

C: 61g

F: 13g

Fi: 15g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**5 min**



Cook  
**8 min**



Serves  
**1**

# Spinach Omelet

- **Bread of choice**  
3 sl (96 g)
- **Fresh garlic clove**  
1 u (4 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Fresh spinach**  
200 g
- **Vegan cream**  
30 ml
- **Egg, medium**  
4 u (200 g)

- Heat the oil of choice in a nonstick skillet over medium heat and cook the fresh spinach and chopped fresh garlic clove for 2 to 3 minutes until the spinach is completely wilted.
- In a bowl, whisk the eggs with the vegan cream and season to your taste.
- Pour the egg mixture over the spinach and reduce the heat to medium-low.
- When the eggs begin to set, gently lift the edges and bottom to let the uncooked eggs flow underneath.
- Cook until the eggs thicken and there is no more visible liquid egg.
- Serve immediately with the bread of choice, toasted if desired.

Per serving: 666 kcal P: 40g C: 53g F: 33g Fi: 8g



# Protein Fruity Ice Cream with Cottage Cheese

- **Honey or agave**  
2 tsp (14 g)
- **Frozen fruit of choice**  
200 g
- **Cottage cheese**  
250 g

- Blend the frozen fruit of choice with cottage cheese and honey until smooth.
- Transfer the mixture to a freezer-safe mold and freeze for at least 2 hours.
- If the mixture crystallizes, blend it again before serving.
- Garnish with fresh basil before serving if desired.

Per serving: 399 kcal P: 29g C: 45g F: 11g Fi: 4g



Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
10 min



Cook  
17 min



Serves  
1

# Beef with Garlic Potatoes and Green Beans

- **Arom. herbs of choice** 1 tsp (1.3 g)
- **Potato** 300 g
- **Green beans** 200 g
- **Oil of choice** 4 tsp (20 ml)
- **Fresh garlic clove** 2 u (8 g)
- **Lemon juice** 1 tsp (5 ml)
- **Beef steak** 150 g

- Wash and cut the potatoes into small pieces.
- Heat the oil in a large non-stick pan and add the minced garlic. Add the potatoes and cook for 10 minutes.
- Once the potatoes are almost cooked, push them to one side of the pan and add the beef steak and green beans.
- Cook the beef steak 3–4 minutes on each side and stir the green beans and potatoes occasionally.
- Season with salt, pepper, and your herbs of choice.
- Transfer everything to a plate and serve.

Per serving: 667 kcal P: 45g C: 68g F: 24g Fi: 11g





# Day 5

Kcal : 2799

Protein : 156g

Carbs : 343g

Fat : 92g

Fiber : 54g

**Breakfast:** Lactose-Free Banana Cocoa Smoothie

**Morning snack:** Chia and Berry Pudding

**Lunch:** Spinach Omelet

**Afternoon snack:** Protein Fruity Ice Cream with Cottage Cheese

**Dinner:** Beef with Garlic Potatoes and Green Beans



# Lactose-Free Banana Cocoa Smoothie

- **Banana, medium**  
2.5 u (300 g)
- **Vegan yogurt of choice**  
300 g
- **Cocoa powder 100%**  
2 tbsp (10 g)
- **Honey or agave**  
2 tsp (14 g)
- **White milk, LF**  
250 ml

- Put all ingredients in a blender. (Preferably use a banana that was frozen beforehand, or if not, add 1 or 2 ice cubes.)
- Blend until you achieve a smooth consistency, adjust with a little water if needed for desired texture.
- Pour the mixture into a glass and serve immediately.

Per serving: 667 kcal P: 25g C: 116g F: 11g Fi: 16g

Prep  
5 min

Cook  
0 min

Serves  
1





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Chia and Berry Pudding

- **Chia seeds**

3 tbsp (36 g)

- **Honey or agave**

1.5 tbsp (31.5 g)

- **Blueberries**

100 g

- **Plain skyr**

75 g

- **White milk 2%**

100 ml

- In a small bowl, mix the chia seeds, skyr, milk and honey until you get a smooth mixture.
- Gently add the blueberries.
- Refrigerate for at least two hours before serving.

Per serving:

399 kcal

P: 17g

C: 61g

F: 13g

Fi: 15g



# Spinach Omelet

- **Bread of choice**  
3 sl (96 g)
- **Fresh garlic clove**  
1 u (4 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Fresh spinach**  
200 g
- **Vegan cream**  
30 ml
- **Egg, medium**  
4 u (200 g)

- Heat the oil of choice in a nonstick skillet over medium heat and cook the fresh spinach and chopped fresh garlic clove for 2 to 3 minutes until the spinach is completely wilted.
- In a bowl, whisk the eggs with the vegan cream and season to your taste.
- Pour the egg mixture over the spinach and reduce the heat to medium-low.
- When the eggs begin to set, gently lift the edges and bottom to let the uncooked eggs flow underneath.
- Cook until the eggs thicken and there is no more visible liquid egg.
- Serve immediately with the bread of choice, toasted if desired.

Per serving: 666 kcal P: 40g C: 53g F: 33g Fi: 8g



Prep  
5 min



Cook  
8 min



Serves  
1



Prep  
**10 min**



Cook  
**0 min**



Serves  
**1**

## Protein Fruity Ice Cream with Cottage Cheese

- **Honey or agave**  
2 tsp (14 g)
- **Frozen fruit of choice**  
200 g
- **Cottage cheese**  
250 g

- Blend the frozen fruit of choice with cottage cheese and honey until smooth.
- Transfer the mixture to a freezer-safe mold and freeze for at least 2 hours.
- If the mixture crystallizes, blend it again before serving.
- Garnish with fresh basil before serving if desired.

Per serving: 399 kcal P: 29g C: 45g F: 11g Fi: 4g



# Beef with Garlic Potatoes and Green Beans

- **Arom. herbs of choice**  
1 tsp (1.3 g)
- **Potato**  
300 g
- **Green beans**  
200 g
- **Oil of choice**  
4 tsp (20 ml)
- **Fresh garlic clove**  
2 u (8 g)
- **Lemon juice**  
1 tsp (5 ml)
- **Beef steak**  
150 g

- Wash and cut the potatoes into small pieces.
- Heat the oil in a large non-stick pan and add the minced garlic. Add the potatoes and cook for 10 minutes.
- Once the potatoes are almost cooked, push them to one side of the pan and add the beef steak and green beans.
- Cook the beef steak 3–4 minutes on each side and stir the green beans and potatoes occasionally.
- Season with salt, pepper, and your herbs of choice.
- Transfer everything to a plate and serve.

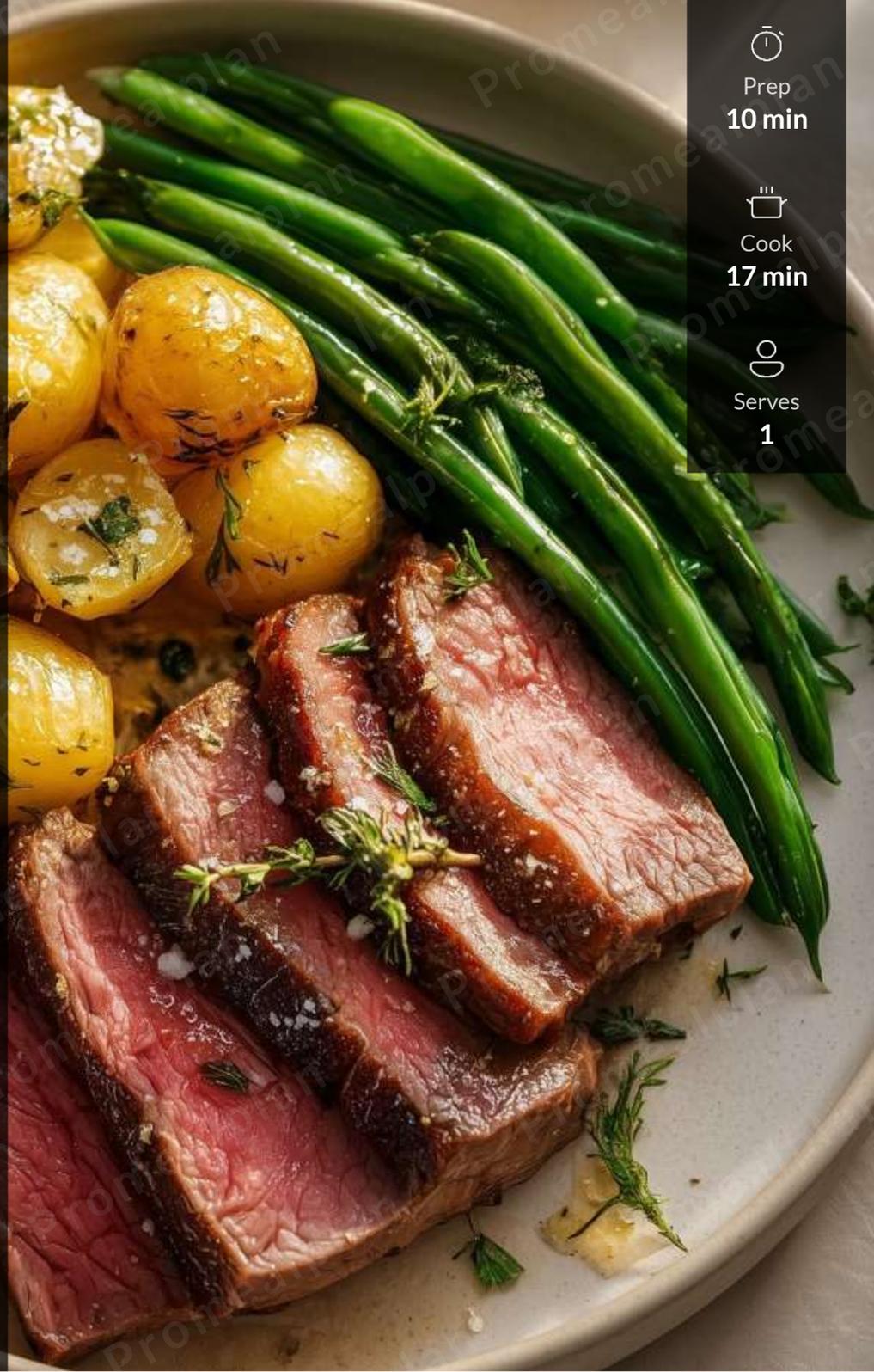
Per serving: 667 kcal P: 45g C: 68g F: 24g Fi: 11g



Prep  
10 min

Cook  
17 min

Serves  
1





# Day 6

Kcal : 2801

Protein : 176g

Carbs : 214g

Fat : 138g

Fiber : 30g

**Breakfast:** Vegan Cream Cheese and Ham Wrap

**Morning snack:** Chocolate Zucchini Brownie

**Lunch:** Greek Chicken and Feta Salad

**Afternoon snack:** Kiwi-Almond Yogurt

**Dinner:** Chicken Lettuce Wrap





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Vegan Cream Cheese and Ham Wrap

- **Vegan cream cheese**  
140 g

- **Egg, medium**  
3 u (150 g)

- **Cooked ham**  
90 g

- **Raw vegetable of choice**  
150 g

- In a bowl, mix the cottage cheese and eggs until you have a smooth mixture. Season with salt and pepper to taste.
- Spread the mixture evenly on parchment paper placed on a baking sheet.
- Bake at 350°F (180°C) for about 15 minutes until the mixture is golden brown.
- Remove from the oven, let cool slightly, then fill the wrap with the ham and fresh vegetables.

Per serving: 668 kcal P: 39g C: 16g F: 50g Fi: 5g

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# Chocolate Zucchini Brownie

- **Zucchini**  
90 g
- **Flour of choice**  
20 g
- **Chocolate 70%**  
30 g
- **Chestnuts**  
20 g
- **Egg, medium**  
1 u (50 g)
- **Honey or agave**  
20 g

- Melt the dark chocolate in the microwave for 30 to 60 seconds, stirring halfway through.
- Wash, peel, and finely grate the zucchini.
- In a bowl, mix the applesauce with the grated zucchini and agave syrup until smooth.
- Add the melted chocolate, crushed walnuts, and flour, then mix until the batter is smooth.
- Pour the batter into a ramekin and microwave for about 2 minutes, or bake at 350°F (175°C) for 20 minutes until the brownie is set.

Per serving: 398 kcal P: 13g C: 51g F: 16g Fi: 7g



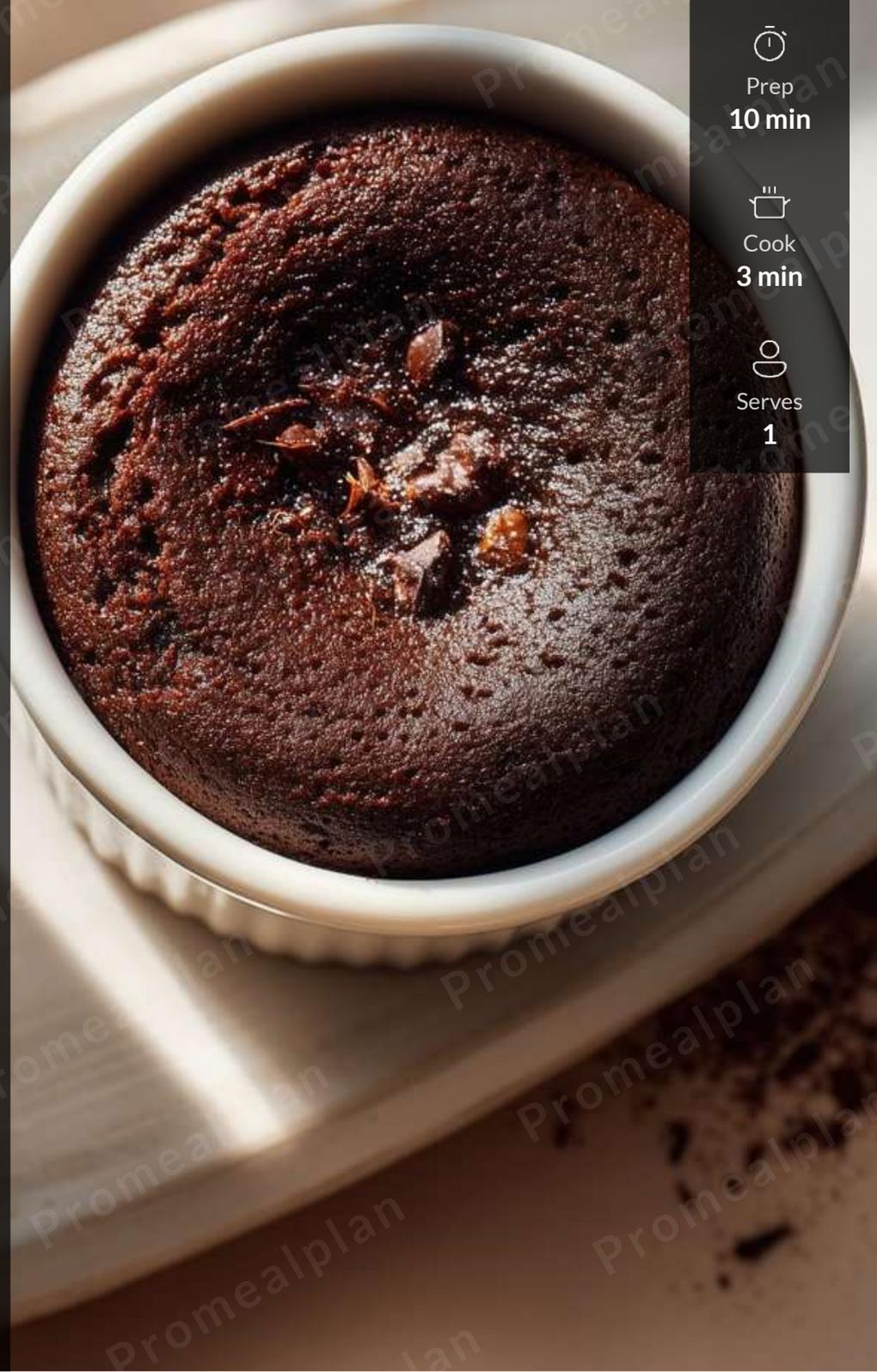
Prep  
**10 min**



Cook  
**3 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**12 min**



Serves  
**1**

# Greek Chicken and Feta Salad

- **Balsamic vinegar**  
1 tbsp (15 ml)
- **Feta**  
40 g
- **Bread of choice**  
2 sl (64 g)
- **Lemon juice**  
1 tbsp (15 ml)
- **Lettuce**  
150 g
- **Cherry tomatoes**  
150 g
- **Chicken breast fillet**  
150 g
- **Oil of choice**  
1 tbsp (15 ml)
- **Dried oregano**  
1 tsp (1 g)
- **Cucumber**  
1/2 u (175 g)

- Season the chicken breast with salt, pepper and dried oregano. Cook in a nonstick skillet with oil until no longer pink in the middle, about 5-6 minutes per side.
- Mix the chopped romaine lettuce, cherry tomatoes and cucumber in a bowl.
- Cut the grilled chicken into cubes and add to the salad.
- Crumble the feta cheese over the salad. In a small bowl, whisk the balsamic vinegar and lemon juice with salt and pepper and drizzle the dressing over the salad.
- Serve with whole grain bread slices on the side.

Per serving: 668 kcal P: 52g C: 51g F: 28g Fi: 8g



# Kiwi-Almond Yogurt

- **Honey or agave**

2 tsp (14 g)

- **Kiwi**

1 u (85 g)

- **Almond flakes**

2.5 tbsp (22.5 g)

- **Greek yogurt 2%**

250 g

- Peel and cut the kiwi into pieces.
- Place the Greek yogurt 2% in a glass or small serving cup.
- Top with almond flakes and kiwi pieces, then drizzle with honey or agave before serving.

Per serving:

398 kcal

P: 25g

C: 30g

F: 20g

Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**8 min**



Serves  
**1**

# Chicken Lettuce Wrap

- **Lettuce**  
30 g
- **Large tortilla of choice**  
2 u (124 g)
- **Soy sauce of choice**  
1.5 tbs (22.5 ml)
- **Garlic powder**  
1/2 tsp (1.2 g)
- **Chicken breast fillet**  
150 g
- **Smoked paprika**  
1 tsp (2.3 g)
- **Oil of choice**  
1.5 tsp (7.5 ml)
- **Vegan cream cheese**  
40 g
- **Carrot**  
2 u (120 g)

- Cut the chicken breast fillet into cubes and grate the carrot.
- In a bowl, mix the soy sauce, oil, garlic powder, and smoked paprika.
- Coat the chicken cubes evenly in the marinade.
- Let marinate for 10 minutes if you have time.
- Heat a non-stick skillet over medium heat.
- Cook the chicken cubes for about 3 to 4 minutes on each side until golden.
- Assemble the wrap by placing the lettuce leaves on the tortilla, then the cooked chicken cubes and grated carrots.
- Drizzle with vegan cream cheese and fold the wrap.

Per serving: 668 kcal P: 47g C: 66g F: 24g Fi: 7g





# Day 7

Kcal : 2801

Protein : 176g

Carbs : 214g

Fat : 138g

Fiber : 30g

**Breakfast:** Vegan Cream Cheese and Ham Wrap

**Morning snack:** Chocolate Zucchini Brownie

**Lunch:** Greek Chicken and Feta Salad

**Afternoon snack:** Kiwi-Almond Yogurt

**Dinner:** Chicken Lettuce Wrap



# Vegan Cream Cheese and Ham Wrap

- **Vegan cream cheese**  
140 g
- **Egg, medium**  
3 u (150 g)
- **Cooked ham**  
90 g
- **Raw vegetable of choice**  
150 g

- In a bowl, mix the cottage cheese and eggs until you have a smooth mixture. Season with salt and pepper to taste.
- Spread the mixture evenly on parchment paper placed on a baking sheet.
- Bake at 350°F (180°C) for about 15 minutes until the mixture is golden brown.
- Remove from the oven, let cool slightly, then fill the wrap with the ham and fresh vegetables.

Per serving: 668 kcal P: 39g C: 16g F: 50g Fi: 5g

Marie D.

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Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**



Prep  
**10 min**



Cook  
**3 min**



Serves  
**1**

## Chocolate Zucchini Brownie

- **Zucchini**  
90 g

- **Chestnuts**  
20 g

- **Flour of choice**  
20 g

- **Egg, medium**  
1 u (50 g)

- **Chocolate 70%**  
30 g

- **Honey or agave**  
20 g

- Melt the dark chocolate in the microwave for 30 to 60 seconds, stirring halfway through.
- Wash, peel, and finely grate the zucchini.
- In a bowl, mix the applesauce with the grated zucchini and agave syrup until smooth.
- Add the melted chocolate, crushed walnuts, and flour, then mix until the batter is smooth.
- Pour the batter into a ramekin and microwave for about 2 minutes, or bake at 350°F (175°C) for 20 minutes until the brownie is set.

Per serving: 398 kcal P: 13g C: 51g F: 16g Fi: 7g



# Greek Chicken and Feta Salad

- **Balsamic vinegar**  
1 tbsp (15 ml)
- **Feta**  
40 g
- **Bread of choice**  
2 sl (64 g)
- **Lemon juice**  
1 tbsp (15 ml)
- **Lettuce**  
150 g
- **Cherry tomatoes**  
150 g
- **Chicken breast fillet**  
150 g
- **Oil of choice**  
1 tbsp (15 ml)
- **Dried oregano**  
1 tsp (1 g)
- **Cucumber**  
1/2 u (175 g)

- Season the chicken breast with salt, pepper and dried oregano. Cook in a nonstick skillet with oil until no longer pink in the middle, about 5-6 minutes per side.
- Mix the chopped romaine lettuce, cherry tomatoes and cucumber in a bowl.
- Cut the grilled chicken into cubes and add to the salad.
- Crumble the feta cheese over the salad. In a small bowl, whisk the balsamic vinegar and lemon juice with salt and pepper and drizzle the dressing over the salad.
- Serve with whole grain bread slices on the side.

Per serving: 668 kcal P: 52g C: 51g F: 28g Fi: 8g



Prep  
**10 min**



Cook  
**12 min**



Serves  
**1**





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**



## Kiwi-Almond Yogurt

- **Honey or agave**  
2 tsp (14 g)
  - **Almond flakes**  
2.5 tbsp (22.5 g)
  - **Greek yogurt 2%**  
250 g
  - **Kiwi**  
1 u (85 g)
- Peel and cut the kiwi into pieces.
  - Place the Greek yogurt 2% in a glass or small serving cup.
  - Top with almond flakes and kiwi pieces, then drizzle with honey or agave before serving.

Per serving: 398 kcal P: 25g C: 30g F: 20g Fi: 4g



# Chicken Lettuce Wrap

- **Lettuce**  
30 g
- **Large tortilla of choice**  
2 u (124 g)
- **Soy sauce of choice**  
1.5 tbsp (22.5 ml)
- **Garlic powder**  
1/2 tsp (1.2 g)
- **Chicken breast fillet**  
150 g
- **Smoked paprika**  
1 tsp (2.3 g)
- **Oil of choice**  
1.5 tsp (7.5 ml)
- **Vegan cream cheese**  
40 g
- **Carrot**  
2 u (120 g)

- Cut the chicken breast fillet into cubes and grate the carrot.
- In a bowl, mix the soy sauce, oil, garlic powder, and smoked paprika.
- Coat the chicken cubes evenly in the marinade.
- Let marinate for 10 minutes if you have time.
- Heat a non-stick skillet over medium heat.
- Cook the chicken cubes for about 3 to 4 minutes on each side until golden.
- Assemble the wrap by placing the lettuce leaves on the tortilla, then the cooked chicken cubes and grated carrots.
- Drizzle with vegan cream cheese and fold the wrap.

Per serving: 668 kcal P: 47g C: 66g F: 24g Fi: 7g



Prep  
15 min

Cook  
8 min

Serves  
1



# Shopping List

Full Week

## Fresh Produce

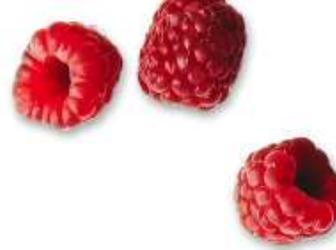
- Apple (3 u (540 g))
- Banana, medium (5 u (600 g))
- Blueberries (200 g)
- Carrot (10 u (600 g))
- Cherry tomatoes (300 g)
- Cooked edamame (300 g)
- Cucumber (3 u (1050 g))
- Fresh garlic clove (6 u (24 g))
- Fresh spinach (520 g)
- Frozen fruit of choice (400 g)
- Green beans (400 g)
- Kiwi (2 u (170 g))
- Leek (2 u (400 g))
- Lettuce (360 g)
- Potato (600 g)
- Raw vegetable of choice (300 g)
- Zucchini (180 g)

## Animal Proteins

- Beef steak (300 g)
- Chicken breast fillet (600 g)
- Cooked ham (270 g)
- Cooked peeled shrimps (600 g)
- Smoked trout (360 g)

## Dairy and Eggs

- Cottage cheese (500 g)
- Egg, medium (28 u (1400 g))
- Feta (80 g)
- Greek yogurt (162 g)
- Greek yogurt 2% (640 g)
- Plain skyr (150 g)
- Shredded emmental (90 g)
- Sour cream 15% (90 ml)
- White milk 2% (1.28 L)
- White milk, LF (500 ml)



# Shopping List

Full Week (cont.)

## Bread, Rice & Pasta

- Bread of choice (320 g)
- Large tortilla of choice (4 u (248 g))
- Puff pastry of choice (1 u (230 g))
- Rolled oats of choice (210 g)

## Baking Supplies & Canned Goods

- Cocoa powder 100% (25.5 g)
- Cornstarch (10 g)
- Flour of choice (40 g)

## Snacks and Sweets

- Almond flakes (45 g)
- Almonds (30 u (36 g))
- Chestnuts (40 g)
- Chia seeds (72 g)
- Chocolate 70% (60 g)
- Shredded coconut (7 g)
- Walnut kernels (120 g)
- Wasa crispbread (9 u (90 g))

## Fats, Oils, and Condiments

- Arom. herbs of choice (2.8 g)
- Balsamic vinegar (30 ml)
- Dried oregano (2.1 g)
- Fresh dill (2 g)
- Garlic powder (2.8 g)
- Honey or agave (340 g)
- Lemon juice (110 ml)
- Mustard (15 g)
- Oil of choice (140 ml)
- Smoked paprika (4.9 g)
- Soy sauce of choice (50 ml)

## Other

- Coconut milk (360 ml)
- Vegan cream (60 ml)
- Vegan cream cheese (510 g)
- Vegan yogurt of choice (600 g)