



Menu for Alex MARTIN

Kcal : 3198

Protein : 204g

Carbs : 390g

Fat : 91g

Fiber : 48g

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

3167 kcal



English muffin egg-bacon
(lactose-free)



Protein yogurt with
granola and fruits



High-protein
lactose-free chicken, egg...



Protein fruity ice cream
with cottage cheese



Garlic tomato cod with
quinoa

Day 2

3167 kcal



English muffin egg-bacon
(lactose-free)



Protein yogurt with
granola and fruits



High-protein
lactose-free chicken, egg...



Protein fruity ice cream
with cottage cheese



Garlic tomato cod with
quinoa

Day 3

3167 kcal



English muffin egg-bacon
(lactose-free)



Protein yogurt with
granola and fruits



High-protein
lactose-free chicken, egg...



Protein fruity ice cream
with cottage cheese



Garlic tomato cod with
quinoa

Day 4

3218 kcal



Skyr and berry smoothie
bowl



Chickpea cookie dough



Tropical chicken and
mango salad



Lactose-free tuna
rillettes with carrot...



Lactose-free buckwheat
galette wrap with...

Day 5

3218 kcal



Skr and berry smoothie bowl



Chickpea cookie dough



Tropical chicken and mango salad



Lactose-free tuna rillettes with carrot...



Lactose-free buckwheat galette wrap with...

Day 6

3224 kcal



Coconut mango quinoa porridge



Savory skyr with olives and walnuts



Creamy chicken and pea pasta



Chocolate and red bean brownie



Grilled chicken with honey mustard sauce,...

Day 7

3224 kcal



Coconut mango quinoa porridge



Savory skyr with olives and walnuts



Creamy chicken and pea pasta



Chocolate and red bean brownie



Grilled chicken with honey mustard sauce,...





Day 1

Kcal : 3167

Protein : 200g

Carbs : 385g

Fat : 92g

Fiber : 31g

Breakfast: English Muffin Egg-Bacon (Lactose-Free)

Morning snack: Protein Yogurt With Granola and Fruits

Lunch: High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

Afternoon snack: Protein Fruity Ice Cream with Cottage Cheese

Dinner: Garlic Tomato Cod with Quinoa



English Muffin Egg-Bacon (Lactose-Free)

- **Bacon, round sl.**
4 u (1.7 oz)
 - **Egg, medium**
3 u (5.3 oz)
 - **Vegan shred. emmental**
1 oz
 - **English muffin**
3 u (6.3 oz)
- Cut the English muffin in half and toast if desired.
 - In a nonstick skillet, cook the bacon until crispy. Remove and set aside.
 - In the same skillet, scramble the eggs, stirring well. Season with salt and pepper.
 - Place the plant-based Emmental, scrambled eggs, and bacon on the muffin and enjoy.

Per serving: 742 kcal P: 43g C: 91g F: 23g Fi: 5g



Prep
5 min



Cook
8 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1

Protein Yogurt With Granola and Fruits

- **Granola of choice**
1 oz
- **Fruit of choice**
7 oz
- **Greek yogurt 2%**
7 oz
- **Vanilla prot. powder of choice**
2 tbsp (0.6 oz)
- **Honey or agave**
1.5 tsp (0.4 oz)

- Wash the fruit and cut into pieces.
- Pour the greek yogurt into a bowl, add honey and mix well.
- Add the protein powder and mix thoroughly.
- Top with granola and arrange the fruit pieces on top.

Per serving: 468 kcal P: 32g C: 58g F: 12g Fi: 6g

Alex M.

Promealplan



High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

- **Fresh spinach**
2 oz
- **Vegan cream cheese**
2 tbsp (1.1 oz)
- **Egg, medium**
2 u (3.5 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)
- **Bagel bun of choice**
2 u (6 oz)

- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes.
- Cool the egg in ice water, remove the shell, and slice into rounds.
- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on each bagel half and season with salt and pepper.
- Arrange the fresh spinach on the bottom half of the bagel, then add the deli-style chicken slices.
- Top with the hard-boiled egg slices.
- Cover with the top half of the bagel and serve.

Per serving: 770 kcal P: 47g C: 94g F: 23g Fi: 5g



Prep
10 min

Cook
10 min

Serves
1



Prep
10 min



Cook
0 min



Serves
1

Protein Fruity Ice Cream with Cottage Cheese

- **Frozen fruit of choice** 10.5 oz - **Honey or agave** 2 tsp (0.5 oz) - **Cottage cheese** 8.75 oz

- 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: 452 kcal P: 29g C: 58g F: 12g Fi: 6g



Garlic Tomato Cod with Quinoa

- **Quinoa**
3.5 oz
- **Oil of choice**
3 tsp (0.5 fl oz)
- **White fish of choice**
5.75 oz
- **Cherry tomatoes**
8.75 oz
- **Fresh garlic clove**
2 u (0.3 oz)
- **Fresh parsley**
1 tbsp (0 oz)

- Cook the quinoa in boiling water for about 10 minutes until tender, then drain.
- Coarsely chop the garlic, halve the cherry tomatoes, and finely chop the parsley.
- Pat the cod fillets dry and season with salt and pepper.
- Heat a nonstick skillet over medium heat and add the oil.
- Add the chopped garlic and cherry tomatoes to the skillet.
- After a few minutes, add the cod and cook for 2-3 minutes on each side until fully cooked, then remove from heat and serve with fresh parsley and quinoa.

Per serving: 735 kcal P: 48g C: 85g F: 23g Fi: 9g



Prep
5 min



Cook
15 min



Serves
1





Day 2

Kcal : 3167

Protein : 200g

Carbs : 385g

Fat : 92g

Fiber : 31g

Breakfast: English Muffin Egg-Bacon (Lactose-Free)

Morning snack: Protein Yogurt With Granola and Fruits

Lunch: High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

Afternoon snack: Protein Fruity Ice Cream with Cottage Cheese

Dinner: Garlic Tomato Cod with Quinoa





Prep
5 min



Cook
8 min



Serves
1

English Muffin Egg-Bacon (Lactose-Free)

- **Bacon, round sl.**

4 u (1.7 oz)

- **Vegan shred. emmen-
tal**

1 oz

- **English muffin**

3 u (6.3 oz)

- **Egg, medium**

3 u (5.3 oz)

- Cut the English muffin in half and toast if desired.
- In a nonstick skillet, cook the bacon until crispy. Remove and set aside.
- In the same skillet, scramble the eggs, stirring well. Season with salt and pepper.
- Place the plant-based Emmental, scrambled eggs, and bacon on the muffin and enjoy.

Per serving: 742 kcal P: 43g C: 91g F: 23g Fi: 5g



Protein Yogurt With Granola and Fruits

- **Granola of choice**
1 oz
- **Fruit of choice**
7 oz
- **Greek yogurt 2%**
7 oz
- **Vanilla prot. powder of choice**
2 tbsp (0.6 oz)
- **Honey or agave**
1.5 tsp (0.4 oz)

- Wash the fruit and cut into pieces.
- Pour the greek yogurt into a bowl, add honey and mix well.
- Add the protein powder and mix thoroughly.
- Top with granola and arrange the fruit pieces on top.

Per serving: 468 kcal P: 32g C: 58g F: 12g Fi: 6g



Prep
5 min



Cook
0 min



Serves
1





Prep
10 min



Cook
10 min



Serves
1

High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

- **Fresh spinach**
2 oz
- **Vegan cream cheese**
2 tbsp (1.1 oz)
- **Egg, medium**
2 u (3.5 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)
- **Bagel bun of choice**
2 u (6 oz)

- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes.
- Cool the egg in ice water, remove the shell, and slice into rounds.
- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on each bagel half and season with salt and pepper.
- Arrange the fresh spinach on the bottom half of the bagel, then add the deli-style chicken slices.
- Top with the hard-boiled egg slices.
- Cover with the top half of the bagel and serve.

Per serving: 770kcal P: 47g C: 94g F: 23g Fi: 5g



Protein Fruity Ice Cream with Cottage Cheese

- **Frozen fruit of choice** 10.5 oz
- **Honey or agave** 2 tsp (0.5 oz)
- **Cottage cheese** 8.75 oz

- 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: 452 kcal P: 29g C: 58g F: 12g Fi: 6g



Prep
10 min



Cook
0 min



Serves
1





Prep
5 min



Cook
15 min



Serves
1

Garlic Tomato Cod with Quinoa

- **Quinoa**
3.5 oz

- **Oil of choice**
3 tsp (0.5 fl oz)

- **White fish of choice**
5.75 oz

- **Cherry tomatoes**
8.75 oz

- **Fresh garlic clove**
2 u (0.3 oz)

- **Fresh parsley**
1 tbsp (0 oz)

- Cook the quinoa in boiling water for about 10 minutes until tender, then drain.
- Coarsely chop the garlic, halve the cherry tomatoes, and finely chop the parsley.
- Pat the cod fillets dry and season with salt and pepper.
- Heat a nonstick skillet over medium heat and add the oil.
- Add the chopped garlic and cherry tomatoes to the skillet.
- After a few minutes, add the cod and cook for 2-3 minutes on each side until fully cooked, then remove from heat and serve with fresh parsley and quinoa.

Per serving: 735 kcal P: 48g C: 85g F: 23g Fi: 9g





Day 3

Kcal : 3167

Protein : 200g

Carbs : 385g

Fat : 92g

Fiber : 31g

Breakfast: English Muffin Egg-Bacon (Lactose-Free)

Morning snack: Protein Yogurt With Granola and Fruits

Lunch: High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

Afternoon snack: Protein Fruity Ice Cream with Cottage Cheese

Dinner: Garlic Tomato Cod with Quinoa



English Muffin Egg-Bacon (Lactose-Free)

- **Bacon, round sl.**
4 u (1.7 oz)
 - **Egg, medium**
3 u (5.3 oz)
 - **Vegan shred. emmental**
1 oz
 - **English muffin**
3 u (6.3 oz)
- Cut the English muffin in half and toast if desired.
 - In a nonstick skillet, cook the bacon until crispy. Remove and set aside.
 - In the same skillet, scramble the eggs, stirring well. Season with salt and pepper.
 - Place the plant-based Emmental, scrambled eggs, and bacon on the muffin and enjoy.

Per serving: 742 kcal P: 43g C: 91g F: 23g Fi: 5g



Prep
5 min



Cook
8 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1

Protein Yogurt With Granola and Fruits

- **Granola of choice**
1 oz
- **Fruit of choice**
7 oz
- **Greek yogurt 2%**
7 oz
- **Vanilla prot. powder of choice**
2 tbsp (0.6 oz)
- **Honey or agave**
1.5 tsp (0.4 oz)

- Wash the fruit and cut into pieces.
- Pour the greek yogurt into a bowl, add honey and mix well.
- Add the protein powder and mix thoroughly.
- Top with granola and arrange the fruit pieces on top.

Per serving: 468 kcal P: 32g C: 58g F: 12g Fi: 6g

Alex M.

Promealplan



High-Protein Lactose-Free Chicken, Egg and Spinach Bagel

- **Fresh spinach**
2 oz
- **Vegan cream cheese**
2 tbsp (1.1 oz)
- **Egg, medium**
2 u (3.5 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)
- **Bagel bun of choice**
2 u (6 oz)

- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes.
- Cool the egg in ice water, remove the shell, and slice into rounds.
- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on each bagel half and season with salt and pepper.
- Arrange the fresh spinach on the bottom half of the bagel, then add the deli-style chicken slices.
- Top with the hard-boiled egg slices.
- Cover with the top half of the bagel and serve.

Per serving: 770 kcal P: 47g C: 94g F: 23g Fi: 5g



Prep
10 min

Cook
10 min

Serves
1



Prep
10 min



Cook
0 min



Serves
1

Protein Fruity Ice Cream with Cottage Cheese

- **Frozen fruit of choice** 10.5 oz - **Honey or agave** 2 tsp (0.5 oz) - **Cottage cheese** 8.75 oz

- 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: 452 kcal P: 29g C: 58g F: 12g Fi: 6g



Garlic Tomato Cod with Quinoa

- **Quinoa**
3.5 oz
- **Oil of choice**
3 tsp (0.5 fl oz)
- **White fish of choice**
5.75 oz
- **Cherry tomatoes**
8.75 oz
- **Fresh garlic clove**
2 u (0.3 oz)
- **Fresh parsley**
1 tbsp (0 oz)

- Cook the quinoa in boiling water for about 10 minutes until tender, then drain.
- Coarsely chop the garlic, halve the cherry tomatoes, and finely chop the parsley.
- Pat the cod fillets dry and season with salt and pepper.
- Heat a nonstick skillet over medium heat and add the oil.
- Add the chopped garlic and cherry tomatoes to the skillet.
- After a few minutes, add the cod and cook for 2-3 minutes on each side until fully cooked, then remove from heat and serve with fresh parsley and quinoa.

Per serving: 735 kcal P: 48g C: 85g F: 23g Fi: 9g



Prep
5 min



Cook
15 min



Serves
1





Day 4

Kcal : 3218

Protein : 231g

Carbs : 371g

Fat : 90g

Fiber : 57g

Breakfast: Skyr and Berry Smoothie Bowl

Morning snack: Chickpea Cookie Dough

Lunch: Tropical Chicken and Mango Salad

Afternoon snack: Lactose-Free Tuna Rillettes with Carrot Sticks

Dinner: Lactose-Free Buckwheat Galette Wrap with Creamy Salmon





Prep
5 min



Cook
0 min



Serves
1

Skyr and Berry Smoothie Bowl

- **Frozen mixed berries**
8 oz
- **Honey or agave**
3 tbsp (2.2 oz)
- **Granola of choice**
3.5 tbsp (1.7 oz)
- **Vanilla extract**
1/2 tsp (0.1 oz)
- **Almond flakes**
3 tbsp (1 oz)
- **Plain skyr**
8.5 oz

- In a blender, combine the plain skyr, frozen mixed berries, vanilla extract, and honey or agave.
- Blend until smooth and creamy, adding a few drops of water if the mixture is too thick.
- Pour into a bowl and top with almond flakes and granola of choice.

Per serving: 761 kcal P: 36g C: 102g F: 24g Fi: 15g



Chickpea Cookie Dough

- **Rolled oats of choice**
3 tbsp (1.1 oz)
- **Plant milk of choice**
3 tsp (0.5 fl oz)
- **Peanut butter**
3 tsp (0.6 oz)
- **Chickpeas, can.**
3.5 oz
- **Honey or agave**
3 tsp (0.7 oz)
- **Dark chocolate chips**
1 tbsp (0.5 oz)
- **Vanilla extract**
1 tsp (0.2 oz)

- In a food processor, pulse the oat flakes until they form a flour-like consistency.
- Add the chickpeas, honey, plant milk, peanut butter, vanilla extract, and a pinch of salt to the processor.
- Process until the mixture forms a smooth paste, gradually adjusting the amount of plant milk if needed to achieve the desired dough texture.
- Add the chocolate chips and mix with a spatula or spoon until evenly distributed.

Per serving: 457 kcal P: 15g C: 61g F: 17g Fi: 13g

Prep
10 min

Cook
0 min

Serves
1





Prep
15 min



Cook
15 min



Serves
1

Tropical Chicken and Mango Salad

- **Chicken breast fillet**
5.25 oz
- **Balsamic vinegar**
2 tbsp (1 fl oz)
- **Lettuce**
2 oz
- **Oil of choice**
3 tsp (0.5 fl oz)
- **Corn, can.**
2.5 oz
- **Cherry tomatoes**
7 oz
- **Mango**
5.25 oz
- **Quinoa**
6 tbsp (2.5 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- Bring water to a boil in a saucepan and cook the quinoa according to package instructions, about 10-12 minutes.
- Meanwhile, heat the oil in a nonstick skillet over medium heat and add the chicken. Cook until well done, about 6-7 minutes on each side.
- Drain the cooked quinoa and rinse under cold water. In a large bowl, mix the romaine lettuce, quinoa, diced mango, halved cherry tomatoes, and drained corn.
- Add the cooked chicken cut into slices to the salad mixture.
- Sprinkle with fresh chopped cilantro if desired.
- Drizzle with balsamic vinegar and season with salt and pepper, gently toss to combine.

Per serving: 786 kcal P: 50g C: 97g F: 22g Fi: 11g



Lactose-Free Tuna Rillettes with Carrot Sticks

- **Vegan cream**
5 tbsp (2.6 oz)
- **Mustard**
1 tbsp (0.5 oz)

- **Lemon juice**
2 tsp (0.3 fl oz)
- **Carrot**
2.25 u (4.8 oz)

- **Tuna, can.**
10.5 oz

- In a small bowl, mix the drained and flaked tuna, Dijon mustard, lemon juice, and plant-based cream.
- Season with salt and pepper to taste.
- Serve with the carrot sticks for dipping.

Per serving: 457 kcal P: 81g C: 17g F: 7g Fi: 4g

Prep
10 min

Cook
0 min

Serves
1



Prep
10 min



Cook
0 min



Serves
1

Lactose-Free Buckwheat Galette Wrap with Creamy Salmon

- **Buckwheat crepe**
4 u (7.1 oz)
- **Lemon juice**
3 tsp (0.5 fl oz)
- **Smoked salmon**
4 sl (4.9 oz)
- **Carrot**
3 u (6.3 oz)
- **Vegan yogurt of choice**
5.25 oz

- In a small bowl, mix the vegan yogurt of choice with the lemon juice, salt, and pepper.
- Spread the lemon yogurt mixture evenly over the buckwheat crepe.
- Arrange the grated carrot and smoked salmon over the yogurt.
- Season with salt and pepper to taste.
- Roll the crepe firmly and serve immediately.

Per serving: 757 kcal P: 50g C: 95g F: 20g Fi: 15g





Day 5

Kcal : 3218

Protein : 231g

Carbs : 371g

Fat : 90g

Fiber : 57g

Breakfast: Skyr and Berry Smoothie Bowl

Morning snack: Chickpea Cookie Dough

Lunch: Tropical Chicken and Mango Salad

Afternoon snack: Lactose-Free Tuna Rillettes with Carrot Sticks

Dinner: Lactose-Free Buckwheat Galette Wrap with Creamy Salmon



Skyr and Berry Smoothie Bowl

- **Frozen mixed berries**
8 oz
- **Honey or agave**
3 tbsp (2.2 oz)
- **Granola of choice**
3.5 tbsp (1.7 oz)
- **Vanilla extract**
1/2 tsp (0.1 oz)
- **Almond flakes**
3 tbsp (1 oz)
- **Plain skyr**
8.5 oz

- In a blender, combine the plain skyr, frozen mixed berries, vanilla extract, and honey or agave.
- Blend until smooth and creamy, adding a few drops of water if the mixture is too thick.
- Pour into a bowl and top with almond flakes and granola of choice.

Per serving: 761 kcal P: 36g C: 102g F: 24g Fi: 15g

Prep
5 min

Cook
0 min

Serves
1





Prep
10 min



Cook
0 min



Serves
1

Chickpea Cookie Dough

- **Rolled oats of choice**
3 tbsp (1.1 oz)
- **Chickpeas, can.**
3.5 oz
- **Dark chocolate chips**
1 tbsp (0.5 oz)
- **Plant milk of choice**
3 tsp (0.5 fl oz)
- **Honey or agave**
3 tsp (0.7 oz)
- **Vanilla extract**
1 tsp (0.2 oz)
- **Peanut butter**
3 tsp (0.6 oz)

- In a food processor, pulse the oat flakes until they form a flour-like consistency.
- Add the chickpeas, honey, plant milk, peanut butter, vanilla extract, and a pinch of salt to the processor.
- Process until the mixture forms a smooth paste, gradually adjusting the amount of plant milk if needed to achieve the desired dough texture.
- Add the chocolate chips and mix with a spatula or spoon until evenly distributed.

Per serving: 457 kcal P: 15g C: 61g F: 17g Fi: 13g



Tropical Chicken and Mango Salad

- **Chicken breast fillet**
5.25 oz
- **Balsamic vinegar**
2 tbsp (1 fl oz)
- **Lettuce**
2 oz
- **Oil of choice**
3 tsp (0.5 fl oz)
- **Corn, can.**
2.5 oz
- **Cherry tomatoes**
7 oz
- **Mango**
5.25 oz
- **Quinoa**
6 tbsp (2.5 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- Bring water to a boil in a saucepan and cook the quinoa according to package instructions, about 10-12 minutes.
- Meanwhile, heat the oil in a nonstick skillet over medium heat and add the chicken. Cook until well done, about 6-7 minutes on each side.
- Drain the cooked quinoa and rinse under cold water. In a large bowl, mix the romaine lettuce, quinoa, diced mango, halved cherry tomatoes, and drained corn.
- Add the cooked chicken cut into slices to the salad mixture.
- Sprinkle with fresh chopped cilantro if desired.
- Drizzle with balsamic vinegar and season with salt and pepper, gently toss to combine.

Per serving: 786 kcal P: 50g C: 97g F: 22g Fi: 11g

Prep
15 min

Cook
15 min

Serves
1





Prep
10 min



Cook
0 min



Serves
1

Lactose-Free Tuna Rillettes with Carrot Sticks

- **Vegan cream**

5 tbsp (2.6 oz)

- **Mustard**

1 tbsp (0.5 oz)

- **Lemon juice**

2 tsp (0.3 fl oz)

- **Carrot**

2.25 u (4.8 oz)

- **Tuna, can.**

10.5 oz

- In a small bowl, mix the drained and flaked tuna, Dijon mustard, lemon juice, and plant-based cream.
- Season with salt and pepper to taste.
- Serve with the carrot sticks for dipping.

Per serving: 457 kcal P: 81g C: 17g F: 7g Fi: 4g



Lactose-Free Buckwheat Galette Wrap with Creamy Salmon

- **Buckwheat crepe**
4 u (7.1 oz)
- **Lemon juice**
3 tsp (0.5 fl oz)
- **Smoked salmon**
4 sl (4.9 oz)
- **Carrot**
3 u (6.3 oz)
- **Vegan yogurt of choice**
5.25 oz

- In a small bowl, mix the vegan yogurt of choice with the lemon juice, salt, and pepper.
- Spread the lemon yogurt mixture evenly over the buckwheat crepe.
- Arrange the grated carrot and smoked salmon over the yogurt.
- Season with salt and pepper to taste.
- Roll the crepe firmly and serve immediately.

Per serving: 757 kcal P: 50g C: 95g F: 20g Fi: 15g



Prep
10 min



Cook
0 min



Serves
1





Day 6

Kcal : 3224

Protein : 183g

Carbs : 417g

Fat : 92g

Fiber : 64g

Breakfast: Coconut Mango Quinoa Porridge

Morning snack: Savory Skyr with Olives and Walnuts

Lunch: Creamy Chicken and Pea Pasta

Afternoon snack: Chocolate and Red Bean Brownie

Dinner: Grilled Chicken with Honey Mustard Sauce, Quinoa, and Zucchini





Prep
5 min



Cook
15 min



Serves
1

Coconut Mango Quinoa Porridge

- **Quinoa**
4.25 oz

- **Shredded coconut**
3 tsp (0.2 oz)

- **White milk 2%**
6.75 fl oz

- **Honey or agave**
3 tsp (0.7 oz)

- **Mango**
5.25 oz

- Rinse the quinoa under cold water.
- In a small saucepan, pour the milk and add the quinoa.
- Cook over low heat for 12 to 15 minutes, until you achieve a creamy texture (adjust with a little liquid if necessary).
- Sweeten lightly with the honey or agave, if desired.
- Pour the porridge into a bowl, add the fresh diced mango, and sprinkle with shredded coconut.
- Serve warm or cold.

Per serving: 761 kcal P: 24g C: 132g F: 15g Fi: 11g



Savory Skyr with Olives and Walnuts

- Bread of choice
2 sl (2.3 oz)
- Walnut kernels
1.25 oz
- Pitted olives
1.75 oz
- Fresh dill
2 tsp (0 oz)
- Plain skyr
7 oz

- In a bowl, combine the skyr, chopped olives, chopped walnuts, and chopped dill if desired.
- Season with salt and pepper to taste.
- Serve with bread of choice, toasted if desired (preferably whole grain).

Per serving: 457 kcal P: 28g C: 41g F: 20g Fi: 7g



Prep
5 min



Cook
0 min



Serves
1





Prep
5 min



Cook
15 min



Serves
1

Creamy Chicken and Pea Pasta

- **Chicken breast fillet**
5.25 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Cooked green peas**
2.75 oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Fresh dill**
1/2 tsp (0 oz)
- **Pasta of choice**
3.25 oz
- **Sour cream 15%**
3 tbsp (1.5 fl oz)
- **Lemon**
1/2 u (1.8 oz)

- Bring a large saucepan of salted water to a boil and cook the pasta.
- Meanwhile, heat oil in a nonstick skillet and cook the sliced onion until golden and softened, about 5-7 minutes.
- Add the minced garlic and chicken breast to the nonstick skillet, cooking until the chicken is fully cooked through, about 8-10 minutes.
- Add the cream and lemon juice to the nonstick skillet, then add the cooked peas, mixing until everything is combined and heated through.
- Drain the pasta and add it to the nonstick skillet, then sprinkle with chopped dill and lemon zest.
- Mix well and serve.

Per serving: 759 kcal P: 53g C: 88g F: 22g Fi: 10g



Chocolate and Red Bean Brownie

- **Honey or agave**
3/4 oz
- **Walnut kernels**
3/4 oz
- **Cocoa powder 100%**
1 oz
- **Red beans**
2.5 oz
- **White milk 2%**
1 tsp (0.2 fl oz)

- Rinse the red beans thoroughly with cold water and drain well.
- Place the beans, cocoa powder, agave syrup or honey, and milk in a blender. Blend on high speed for 1 to 2 minutes until completely smooth.
- Pour the mixture into a ramekin and add the chopped walnuts.
- Microwave on high power for 1 minute 30 seconds to 2 minutes, or bake at 350°F (175°C) for about 15 minutes.
- Let cool for a few minutes before enjoying.

Per serving: 482 kcal P: 26g C: 68g F: 12g Fi: 30g

Prep
5 min

Cook
2 min

Serves
1





Prep
10 min



Cook
20 min



Serves
1

Grilled Chicken with Honey Mustard Sauce, Quinoa, and Zucchini

- **Chicken breast fillet**
5.75 oz
- **Oil of choice**
1 tbsp (0.5 fl oz)
- **Zucchini**
1 u (7.1 oz)
- **Quinoa**
2.5 oz
- **Honey**
2 tbsp (1.5 oz)
- **Plant broth cube**
2 u (0.7 oz)
- **Mustard**
2 tbsp (1.1 oz)

- Rinse the quinoa. Bring the water and plant broth cube to a boil and add the quinoa.
- Cover and cook over low heat until the liquid is fully absorbed. Fluff with a fork.
- Slice the zucchini into rounds. Sauté them in a pan with a little oil of choice until golden. Season with salt and pepper. Set aside.
- In a bowl, mix the mustard and honey. You can add a splash of water if the mixture is too thick.
- Cook the chicken breast fillet in a pan for about 6 to 8 minutes per side. Brush the chicken with the honey-mustard sauce during the last few minutes of cooking.
- Plate the quinoa with the grilled chicken breast fillet and zucchini on the side.
- Serve warm.

Per serving: 764 kcal P: 52g C: 88g F: 23g Fi: 7g





Day 7

Kcal : 3224

Protein : 183g

Carbs : 417g

Fat : 92g

Fiber : 64g

Breakfast: Coconut Mango Quinoa Porridge

Morning snack: Savory Skyr with Olives and Walnuts

Lunch: Creamy Chicken and Pea Pasta

Afternoon snack: Chocolate and Red Bean Brownie

Dinner: Grilled Chicken with Honey Mustard Sauce, Quinoa, and Zucchini



Coconut Mango Quinoa Porridge

- **Quinoa**
4.25 oz
- **Shredded coconut**
3 tsp (0.2 oz)
- **White milk 2%**
6.75 fl oz
- **Honey or agave**
3 tsp (0.7 oz)
- **Mango**
5.25 oz

- Rinse the quinoa under cold water.
- In a small saucepan, pour the milk and add the quinoa.
- Cook over low heat for 12 to 15 minutes, until you achieve a creamy texture (adjust with a little liquid if necessary).
- Sweeten lightly with the honey or agave, if desired.
- Pour the porridge into a bowl, add the fresh diced mango, and sprinkle with shredded coconut.
- Serve warm or cold.

Per serving: 761 kcal P: 24g C: 132g F: 15g Fi: 11g



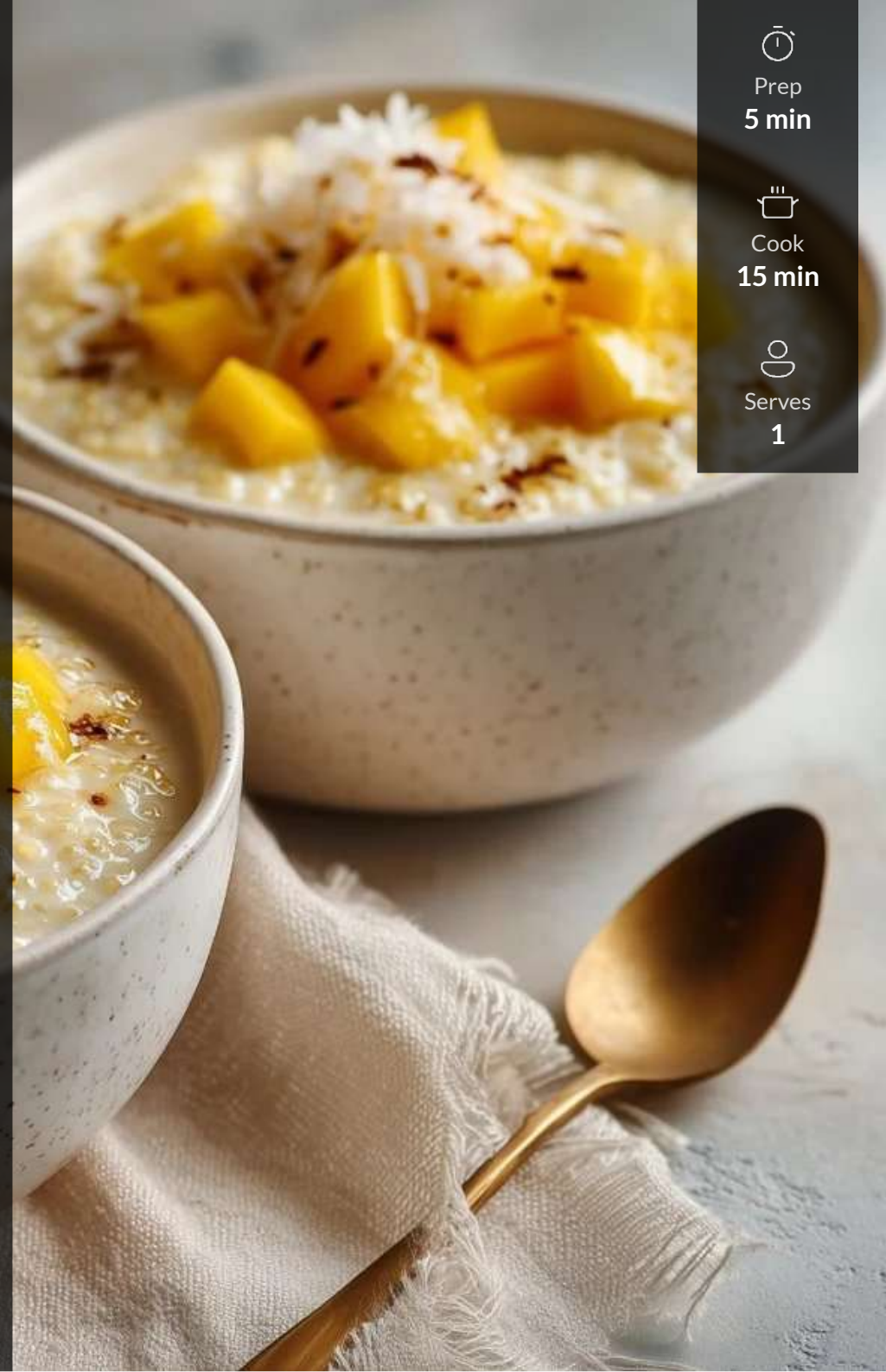
Prep
5 min



Cook
15 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1

Savory Skyr with Olives and Walnuts

- **Bread of choice**
2 sl (2.3 oz)
- **Pitted olives**
1.75 oz
- **Plain skyr**
7 oz
- **Walnut kernels**
1.25 oz
- **Fresh dill**
2 tsp (0 oz)

- In a bowl, combine the skyr, chopped olives, chopped walnuts, and chopped dill if desired.
- Season with salt and pepper to taste.
- Serve with bread of choice, toasted if desired (preferably whole grain).

Per serving: 457 kcal P: 28g C: 41g F: 20g Fi: 7g



Creamy Chicken and Pea Pasta

- **Chicken breast fillet**
5.25 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Cooked green peas**
2.75 oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Fresh dill**
1/2 tsp (0 oz)
- **Pasta of choice**
3.25 oz
- **Sour cream 15%**
3 tbsp (1.5 fl oz)
- **Lemon**
1/2 u (1.8 oz)

- Bring a large saucepan of salted water to a boil and cook the pasta.
- Meanwhile, heat oil in a nonstick skillet and cook the sliced onion until golden and softened, about 5-7 minutes.
- Add the minced garlic and chicken breast to the nonstick skillet, cooking until the chicken is fully cooked through, about 8-10 minutes.
- Add the cream and lemon juice to the nonstick skillet, then add the cooked peas, mixing until everything is combined and heated through.
- Drain the pasta and add it to the nonstick skillet, then sprinkle with chopped dill and lemon zest.
- Mix well and serve.

Per serving: 759 kcal P: 53g C: 88g F: 22g Fi: 10g



Prep
5 min



Cook
15 min



Serves
1





Prep
5 min



Cook
2 min



Serves
1

Chocolate and Red Bean Brownie

- **Honey or agave**
3/4 oz
- **Cocoa powder 100%**
1 oz
- **White milk 2%**
1 tsp (0.2 fl oz)
- **Walnut kernels**
3/4 oz
- **Red beans**
2.5 oz

- Rinse the red beans thoroughly with cold water and drain well.
- Place the beans, cocoa powder, agave syrup or honey, and milk in a blender. Blend on high speed for 1 to 2 minutes until completely smooth.
- Pour the mixture into a ramekin and add the chopped walnuts.
- Microwave on high power for 1 minute 30 seconds to 2 minutes, or bake at 350°F (175°C) for about 15 minutes.
- Let cool for a few minutes before enjoying.

Per serving: 482 kcal P: 26g C: 68g F: 12g Fi: 30g



Grilled Chicken with Honey Mustard Sauce, Quinoa, and Zucchini

- **Chicken breast fillet**
5.75 oz
- **Oil of choice**
1 tbsp (0.5 fl oz)
- **Zucchini**
1 u (7.1 oz)
- **Quinoa**
2.5 oz
- **Honey**
2 tbsp (1.5 oz)
- **Plant broth cube**
2 u (0.7 oz)
- **Mustard**
2 tbsp (1.1 oz)

- Rinse the quinoa. Bring the water and plant broth cube to a boil and add the quinoa.
- Cover and cook over low heat until the liquid is fully absorbed. Fluff with a fork.
- Slice the zucchini into rounds. Sauté them in a pan with a little oil of choice until golden. Season with salt and pepper. Set aside.
- In a bowl, mix the mustard and honey. You can add a splash of water if the mixture is too thick.
- Cook the chicken breast fillet in a pan for about 6 to 8 minutes per side. Brush the chicken with the honey-mustard sauce during the last few minutes of cooking.
- Plate the quinoa with the grilled chicken breast fillet and zucchini on the side.
- Serve warm.

Per serving: 764 kcal P: 52g C: 88g F: 23g Fi: 7g



Prep
10 min

Cook
20 min

Serves
1

Shopping List

Full Week

Fresh Produce

- Carrot (11 u (660 g))
- Cherry tomatoes (1.14 kg)
- Cooked green peas (155.9 g)
- Fresh garlic clove (8 u (32 g))
- Fresh spinach (170.1 g)
- Frozen fruit of choice (893 g)
- Fruit of choice (595.4 g)
- Lemon (1 u (100 g))
- Lettuce (113.4 g)
- Mango (595.4 g)
- Onion, medium (1 u (150 g))
- Zucchini (2 u (400 g))

Animal Proteins

- Bacon, round sl. (12 u (144 g))
- Chicken breast fillet (921.4 g)
- Chicken, deli-style sl. (6 u (210 g))
- Smoked salmon (280.7 g)
- White fish of choice (490.5 g)

Dairy and Eggs

- Cottage cheese (745.6 g)
- Egg, medium (15 u (750 g))
- Greek yogurt 2% (595.4 g)
- Plain skyr (878.9 g)
- Sour cream 15% (91.7 ml)
- White milk 2% (411 ml)

Bread, Rice & Pasta

- Bagel bun of choice (6 u (510 g))
- Bread of choice (130.4 g)
- Buckwheat crepe (8 u (400 g))
- English muffin (9 u (540 g))
- Granola of choice (184.3 g)
- Pasta of choice (184.3 g)
- Quinoa (825 g)
- Rolled oats of choice (60 g)

Baking Supplies & Canned Goods

- Chickpeas, can. (198.5 g)



Shopping List

Full Week (cont.)

Baking Supplies & Canned Goods (cont.)

- Cocoa powder 100% (56.7 g)
- Corn, can. (141.8 g)
- Red beans (141.8 g)
- Tuna, can. (595.4 g)

Snacks and Sweets

- Almond flakes (54 g)
- Dark chocolate chips (30 g)
- Peanut butter (32 g)
- Shredded coconut (14 g)
- Walnut kernels (113.4 g)

Frozen

- Frozen mixed berries (453.6 g)

Fats, Oils, and Condiments

- Balsamic vinegar (62.1 ml)
- Fresh cilantro (6 g)
- Fresh dill (1.7 g)

Fats, Oils, and Condiments (cont.)

- Fresh parsley (3 g)
- Honey (84 g)
- Honey or agave (326 g)
- Lemon juice (50.3 ml)
- Mustard (90 g)
- Oil of choice (127.2 ml)
- Pitted olives (99.2 g)
- Plant broth cube (4 u (40 g))
- Vanilla extract (13 g)

Other

- Plant milk of choice (32.5 ml)
- Vanilla prot. powder of choice (54 g)
- Vegan cream (5.1 fl oz)
- Vegan cream cheese (90 g)
- Vegan shred. emmental (85.1 g)
- Vegan yogurt of choice (297.7 g)