



Menu for Alex MARTIN

Kcal : 1203

Protein : 111g

Carbs : 81g

Fat : 49g

Fiber : 18g

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

1202 kcal



Sweet potato and chestnut gratin



Chocolate protein smoothie



Refreshing tuna and red bean salad

Day 2

1202 kcal



Sweet potato and chestnut gratin



Chocolate protein smoothie



Refreshing tuna and red bean salad

Day 3

1202 kcal



Sweet potato and chestnut gratin



Chocolate protein smoothie



Refreshing tuna and red bean salad

Day 4

1200 kcal



White omelet with salmon and sautéed zucchini



Savory spinach waffles



Baked pork chop with butternut squash

Day 5

1200 kcal



White omelet with salmon and sautéed zucchini



Savory spinach waffles



Baked pork chop with butternut squash

Day 6

1207 kcal



Zucchini noodles with pesto and turkey slices



Tuna rillettes and tomato toast



Fish skewers with tomato, olives, and basil

Day 7

1207 kcal



Zucchini noodles with pesto and turkey slices



Tuna rillettes and tomato toast



Fish skewers with tomato, olives, and basil





Day 1

Kcal : 1202

Protein : 112g

Carbs : 92g

Fat : 45g

Fiber : 23g

- Lunch:** Sweet Potato and Chestnut Gratin
- Afternoon snack:** Chocolate Protein Smoothie
- Dinner:** Refreshing Tuna and Red Bean Salad



Sweet Potato and Chestnut Gratin

- **Cooked ham**
5 oz
- **Shredded emmental**
1/2 oz
- **Mushrooms of choice**
3.25 oz
- **Chestnuts**
1.75 oz
- **Sour cream 15%**
1.5 tbsp (0.8 fl oz)
- **Sweet potato**
5 oz

- Preheat the oven to 390°F (200°C).
- Place the sweet potato cubes in a microwave-safe dish with a little water, cover and microwave on high power for 5 minutes.
- Drain the sweet potato cubes and place them in a gratin dish along with the chestnuts.
- Add the sliced mushrooms and ham cubes to the dish.
- Add the cream, season to taste and mix well.
- Sprinkle with grated cheese and bake for 20 minutes.

Per serving: 463 kcal P: 39g C: 48g F: 13g Fi: 9g

Prep
15 min

Cook
25 min

Serves
1



Prep
5 min



Cook
0 min



Serves
1



Chocolate Protein Smoothie

- **Cocoa powder 100%**
1 tbsp (0.2 oz)
- **White milk 2%**
3.5 fl oz
- **Honey or agave**
1 tsp (0.2 oz)
- **Greek yogurt**
5 tbsp (3.2 oz)
- **Protein powders of choice**
1 oz

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until you obtain a smooth texture.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 269 kcal P: 29g C: 18g F: 10g Fi: 2g



Refreshing Tuna and Red Bean Salad

- **Red beans, can.**
1 oz
- **Corn, can.**
1.5 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)
- **Lettuce**
1.75 oz
- **Tuna, can.**
5 oz
- **Avocado, medium**
1/2 u (3.5 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Greek yogurt**
2 tbsp (1.3 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- In a large bowl, combine the romaine lettuce, red beans, flaked tuna, and corn.
- Add the chopped red onion and avocado pieces to the salad.
- In a small bowl, mix the Greek yogurt with lemon juice, salt, and pepper to create a dressing.
- Drizzle the lemon dressing over the salad, season with salt and pepper, and sprinkle with chopped cilantro if desired.

Per serving: 469 kcal P: 44g C: 26g F: 23g Fi: 11g

Prep
10 min

Cook
0 min

Serves
1



Day 2

Kcal : 1202

Protein : 112g

Carbs : 92g

Fat : 45g

Fiber : 23g

Lunch: Sweet Potato and Chestnut Gratin

Afternoon snack: Chocolate Protein Smoothie

Dinner: Refreshing Tuna and Red Bean Salad





Prep
15 min



Cook
25 min



Serves
1

Sweet Potato and Chestnut Gratin

- **Cooked ham**
5 oz
- **Shredded emmental**
1/2 oz
- **Mushrooms of choice**
3.25 oz
- **Chestnuts**
1.75 oz
- **Sour cream 15%**
1.5 tbsp (0.8 fl oz)
- **Sweet potato**
5 oz

- Preheat the oven to 390°F (200°C).
- Place the sweet potato cubes in a microwave-safe dish with a little water, cover and microwave on high power for 5 minutes.
- Drain the sweet potato cubes and place them in a gratin dish along with the chestnuts.
- Add the sliced mushrooms and ham cubes to the dish.
- Add the cream, season to taste and mix well.
- Sprinkle with grated cheese and bake for 20 minutes.

Per serving: 463 kcal P: 39g C: 48g F: 13g Fi: 9g



Chocolate Protein Smoothie

- **Cocoa powder 100%**
1 tbsp (0.2 oz)
- **White milk 2%**
3.5 fl oz
- **Honey or agave**
1 tsp (0.2 oz)
- **Greek yogurt**
5 tbsp (3.2 oz)
- **Protein powders of choice**
1 oz

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until you obtain a smooth texture.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 269 kcal P: 29g C: 18g F: 10g Fi: 2g



Prep
5 min



Cook
0 min



Serves
1



Prep
10 min



Cook
0 min



Serves
1

Refreshing Tuna and Red Bean Salad

- **Red beans, can.**
1 oz
- **Corn, can.**
1.5 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)
- **Lettuce**
1.75 oz
- **Tuna, can.**
5 oz
- **Avocado, medium**
1/2 u (3.5 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Greek yogurt**
2 tbsp (1.3 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- In a large bowl, combine the romaine lettuce, red beans, flaked tuna, and corn.
- Add the chopped red onion and avocado pieces to the salad.
- In a small bowl, mix the Greek yogurt with lemon juice, salt, and pepper to create a dressing.
- Drizzle the lemon dressing over the salad, season with salt and pepper, and sprinkle with chopped cilantro if desired.

Per serving: 469 kcal P: 44g C: 26g F: 23g Fi: 11g





Day 3

Kcal : 1202

Protein : 112g

Carbs : 92g

Fat : 45g

Fiber : 23g

Lunch: Sweet Potato and Chestnut Gratin

Afternoon snack: Chocolate Protein Smoothie

Dinner: Refreshing Tuna and Red Bean Salad



Sweet Potato and Chestnut Gratin

- **Cooked ham**
5 oz
- **Shredded emmental**
1/2 oz
- **Mushrooms of choice**
3.25 oz
- **Chestnuts**
1.75 oz
- **Sour cream 15%**
1.5 tbsp (0.8 fl oz)
- **Sweet potato**
5 oz

- Preheat the oven to 390°F (200°C).
- Place the sweet potato cubes in a microwave-safe dish with a little water, cover and microwave on high power for 5 minutes.
- Drain the sweet potato cubes and place them in a gratin dish along with the chestnuts.
- Add the sliced mushrooms and ham cubes to the dish.
- Add the cream, season to taste and mix well.
- Sprinkle with grated cheese and bake for 20 minutes.

Per serving: 463 kcal P: 39g C: 48g F: 13g Fi: 9g

Prep
15 min

Cook
25 min

Serves
1





Prep
5 min



Cook
0 min



Serves
1



Chocolate Protein Smoothie

- **Cocoa powder 100%**
1 tbsp (0.2 oz)
- **White milk 2%**
3.5 fl oz
- **Honey or agave**
1 tsp (0.2 oz)
- **Greek yogurt**
5 tbsp (3.2 oz)
- **Protein powders of choice**
1 oz

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until you obtain a smooth texture.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 269 kcal P: 29g C: 18g F: 10g Fi: 2g



Refreshing Tuna and Red Bean Salad

- **Red beans, can.**
1 oz
- **Corn, can.**
1.5 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)
- **Lettuce**
1.75 oz
- **Tuna, can.**
5 oz
- **Avocado, medium**
1/2 u (3.5 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Greek yogurt**
2 tbsp (1.3 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- In a large bowl, combine the romaine lettuce, red beans, flaked tuna, and corn.
- Add the chopped red onion and avocado pieces to the salad.
- In a small bowl, mix the Greek yogurt with lemon juice, salt, and pepper to create a dressing.
- Drizzle the lemon dressing over the salad, season with salt and pepper, and sprinkle with chopped cilantro if desired.

Per serving: 469 kcal P: 44g C: 26g F: 23g Fi: 11g

Prep
10 min

Cook
0 min

Serves
1



Day 4

Kcal : 1200

Protein : 109g

Carbs : 76g

Fat : 51g

Fiber : 11g

Lunch: White Omelet With Salmon and Sautéed Zucchini

Afternoon snack: Savory Spinach Waffles

Dinner: Baked Pork Chop with Butternut Squash





Prep
10 min



Cook
10 min



Serves
1

White Omelet With Salmon and Sautéed Zucchini

- **Smoked salmon**
4.25 oz
- **Bread of choice**
1 sl (1.1 oz)
- **Zucchini**
1 u (7.1 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Egg, medium**
1 u (1.8 oz)
- **Egg white**
2 u (2.3 oz)

- Cut the zucchini according to your preference and sauté with a little oil until tender.
- Cut the smoked salmon into small cubes.
- Separate the egg yolks from the whites. In a bowl, mix the yolks with a pinch of salt and pepper to taste.
- Beat the egg whites until stiff peaks form, then gently fold in the yolks, followed by the salmon cubes.
- Heat a nonstick skillet over low-medium heat, greasing with a little oil. Pour the egg mixture into the hot skillet and spread evenly.
- Cover the skillet with a lid to allow steam to cook the top of the omelet by condensation. Cook for about 5 minutes, monitoring the color to prevent burning. Serve with the sautéed zucchini and toasted bread if desired.

Per serving: 463 kcal P: 45g C: 20g F: 22g Fi: 3g



Savory Spinach Waffles

- **Herbes de provence**
1 tsp (0 oz)
- **Ground nutmeg**
1/2 tsp (0 oz)
- **Yeast**
1 tsp (0.1 oz)
- **Fresh spinach**
1.75 oz
- **Flour of choice**
1.5 oz
- **Plain skyr**
3.5 oz
- **Egg, medium**
1 u (1.8 oz)

- Preheat your waffle iron.
- If your waffle iron tends to stick, lightly brush it with oil using a paper towel or use cooking spray.
- In a bowl, mix all the ingredients until well combined.
- Cook the waffles until they release easily from the waffle iron, about 3-5 minutes depending on your waffle iron.
- Serve hot or let cool for later consumption.

Per serving: 289 kcal P: 23g C: 37g F: 6g Fi: 4g

Prep
5 min

Cook
8 min

Serves
1





Prep
5 min



Cook
25 min



Serves
1

Baked Pork Chop with Butternut Squash

- **Pork chop**

5.25 oz

- **Butternut squash**

5.25 oz

- **Oil of choice**

1 tsp (0.2 fl oz)

- **Mustard**

2 tbsp (1.1 oz)

- **Dried thyme**

2 tsp (0 oz)

- 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: 447 kcal P: 42g C: 19g F: 23g Fi: 4g





Day 5

Kcal : 1200

Protein : 109g

Carbs : 76g

Fat : 51g

Fiber : 11g

Lunch: White Omelet With Salmon and Sautéed Zucchini

Afternoon snack: Savory Spinach Waffles

Dinner: Baked Pork Chop with Butternut Squash



White Omelet With Salmon and Sautéed Zucchini

- **Smoked salmon**
4.25 oz
- **Bread of choice**
1 sl (1.1 oz)
- **Zucchini**
1 u (7.1 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Egg, medium**
1 u (1.8 oz)
- **Egg white**
2 u (2.3 oz)

- Cut the zucchini according to your preference and sauté with a little oil until tender.
- Cut the smoked salmon into small cubes.
- Separate the egg yolks from the whites. In a bowl, mix the yolks with a pinch of salt and pepper to taste.
- Beat the egg whites until stiff peaks form, then gently fold in the yolks, followed by the salmon cubes.
- Heat a nonstick skillet over low-medium heat, greasing with a little oil. Pour the egg mixture into the hot skillet and spread evenly.
- Cover the skillet with a lid to allow steam to cook the top of the omelet by condensation. Cook for about 5 minutes, monitoring the color to prevent burning. Serve with the sautéed zucchini and toasted bread if desired.

Per serving: 463 kcal P: 45g C: 20g F: 22g Fi: 3g



Prep
10 min

Cook
10 min

Serves
1





Prep
5 min



Cook
8 min



Serves
1

Savory Spinach Waffles

- **Herbes de provence**
1 tsp (0 oz)
- **Ground nutmeg**
1/2 tsp (0 oz)
- **Yeast**
1 tsp (0.1 oz)
- **Fresh spinach**
1.75 oz
- **Flour of choice**
1.5 oz
- **Plain skyr**
3.5 oz
- **Egg, medium**
1 u (1.8 oz)

- Preheat your waffle iron.
- If your waffle iron tends to stick, lightly brush it with oil using a paper towel or use cooking spray.
- In a bowl, mix all the ingredients until well combined.
- Cook the waffles until they release easily from the waffle iron, about 3-5 minutes depending on your waffle iron.
- Serve hot or let cool for later consumption.

Per serving: 289 kcal P: 23g C: 37g F: 6g Fi: 4g




Baked Pork Chop with Butternut Squash


- **Pork chop**
5.25 oz
- **Butternut squash**
5.25 oz
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Mustard**
2 tbsp (1.1 oz)
- **Dried thyme**
2 tsp (0 oz)

- 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: 447 kcal P: 42g C: 19g F: 23g Fi: 4g


Prep
5 min


Cook
25 min


Serves
1



Day 6

Kcal : 1207

Protein : 111g

Carbs : 70g

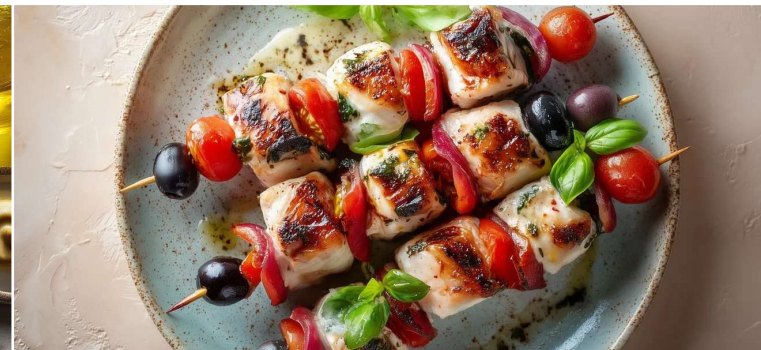
Fat : 54g

Fiber : 16g

Lunch: Zucchini Noodles with Pesto and Turkey Slices

Afternoon snack: Tuna Rillettes and Tomato Toast

Dinner: Fish Skewers with Tomato, Olives, and Basil





Prep
15 min



Cook
0 min



Serves
1

Zucchini Noodles with Pesto and Turkey Slices

- **Zucchini**
1.5 u (10.6 oz)
- **Cherry tomatoes**
7 oz
- **Turkey deli-style sl.**
3.5 oz
- **Green pesto**
1 tbsp (0.5 oz)
- **Mozzarella**
2.5 oz

- Cut the ends off the zucchini, peel it, and use a spiralizer or peeler to create zucchini noodles.
- In a saucepan of hot water, blanch the zucchini for 2 to 3 minutes, if desired. (The zucchini can also be eaten raw.)
- Cut the cherry tomatoes in half and the mozzarella into pieces and transfer them to a deep plate with the drained zucchini noodles.
- Add the pesto and mix well. Season with salt and pepper to taste.
- Serve with the turkey slices on the side.

Per serving: 441 kcal P: 43g C: 20g F: 21g Fi: 6g



Tuna Rillettes and Tomato Toast

- **Cherry tomatoes**

4 u (2.5 oz)

- **Oil of choice**

1/2 tsp (0.1 fl oz)

- **Sour cream 15%, LF**

2 tbsp (1 fl oz)

- **Tuna, can.**

2.75 oz

- **Bread of choice**

1.5 sl (1.7 oz)

- **Mustard**

1 tsp (0.2 oz)

- Toast the bread of choice, if desired.
- In a small bowl, mix the flaked tuna and sour cream 15%. Season with salt and pepper.
- Spread the mustard over the toasted bread, then arrange the tuna mixture and the halved cherry tomatoes on top.
- Drizzle with a splash of oil of choice and serve.

Per serving: 302 kcal P: 26g C: 28g F: 9g Fi: 3g



Prep
5 min



Cook
3 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Fish Skewers with Tomato, Olives, and Basil

- **Cherry tomatoes**
15 u (9.5 oz)
- **Fresh basil**
2 tsp (0 oz)
- **Garlic powder**
2 tsp (0.2 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **White fish of choice**
7 oz
- **Pitted olives**
2.75 oz
- **Lemon juice**
2 tbsp (1 fl oz)

- Cut the fish into large cubes (about 1 inch).
- Thread the fish cubes onto skewers, or leave them loose if preferred.
- Heat the oil in a nonstick skillet over medium-high heat and cook the fish until golden on all sides, about 3-4 minutes. Remove and set aside.
- In the same skillet, add the cherry tomatoes, olives, lemon juice, garlic powder, and basil. Cook for 4-6 minutes until the tomatoes are softened.
- Return the fish to the skillet, toss gently to combine, and serve.

Per serving: 463 kcal P: 42g C: 21g F: 23g Fi: 7g





Day 7

Kcal : 1207

Protein : 111g

Carbs : 70g

Fat : 54g

Fiber : 16g

Lunch: Zucchini Noodles with Pesto and Turkey Slices

Afternoon snack: Tuna Rillettes and Tomato Toast

Dinner: Fish Skewers with Tomato, Olives, and Basil



Zucchini Noodles with Pesto and Turkey Slices

- **Zucchini**
1.5 u (10.6 oz)
- **Green pesto**
1 tbsp (0.5 oz)
- **Cherry tomatoes**
7 oz
- **Mozzarella**
2.5 oz
- **Turkey deli-style sl.**
3.5 oz

- Cut the ends off the zucchini, peel it, and use a spiralizer or peeler to create zucchini noodles.
- In a saucepan of hot water, blanch the zucchini for 2 to 3 minutes, if desired. (The zucchini can also be eaten raw.)
- Cut the cherry tomatoes in half and the mozzarella into pieces and transfer them to a deep plate with the drained zucchini noodles.
- Add the pesto and mix well. Season with salt and pepper to taste.
- Serve with the turkey slices on the side.

Per serving: 441 kcal P: 43g C: 20g F: 21g Fi: 6g

Prep
15 min

Cook
0 min

Serves
1





Prep
5 min



Cook
3 min



Serves
1

Tuna Rillettes and Tomato Toast

- **Cherry tomatoes**
4 u (2.5 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Sour cream 15%, LF**
2 tbsp (1 fl oz)
- **Tuna, can.**
2.75 oz
- **Bread of choice**
1.5 sl (1.7 oz)
- **Mustard**
1 tsp (0.2 oz)

- Toast the bread of choice, if desired.
- In a small bowl, mix the flaked tuna and sour cream 15%. Season with salt and pepper.
- Spread the mustard over the toasted bread, then arrange the tuna mixture and the halved cherry tomatoes on top.
- Drizzle with a splash of oil of choice and serve.

Per serving: 302 kcal P: 26g C: 28g F: 9g Fi: 3g



Fish Skewers with Tomato, Olives, and Basil

- **Cherry tomatoes**
15 u (9.5 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Lemon juice**
2 tbsp (1 fl oz)
- **Fresh basil**
2 tsp (0 oz)
- **White fish of choice**
7 oz
- **Garlic powder**
2 tsp (0.2 oz)
- **Pitted olives**
2.75 oz

- Cut the fish into large cubes (about 1 inch).
- Thread the fish cubes onto skewers, or leave them loose if preferred.
- Heat the oil in a nonstick skillet over medium-high heat and cook the fish until golden on all sides, about 3-4 minutes. Remove and set aside.
- In the same skillet, add the cherry tomatoes, olives, lemon juice, garlic powder, and basil. Cook for 4-6 minutes until the tomatoes are softened.
- Return the fish to the skillet, toss gently to combine, and serve.

Per serving: 463 kcal P: 42g C: 21g F: 23g Fi: 7g

Prep
10 min

Cook
10 min

Serves
1



Shopping List

Full Week

Fresh Produce

- Avocado, medium (2 u (400 g))
- Butternut squash (297.7 g)
- Cherry tomatoes (1.08 kg)
- Fresh spinach (99.2 g)
- Lettuce (150.3 g)
- Mushrooms of choice (277.8 g)
- Red onion (1 u (150 g))
- Sweet potato (425.3 g)
- Zucchini (5 u (1000 g))

Animal Proteins

- Cooked ham (425.3 g)
- Pork chop (297.7 g)
- Smoked salmon (241 g)
- Turkey deli-style sl. (198.5 g)
- White fish of choice (396.9 g)

Dairy and Eggs

- Egg, medium (4 u (200 g))

Dairy and Eggs (cont.)

- Egg white (4 u (132 g))
- Greek yogurt (378 g)
- Mozzarella (141.8 g)
- Plain skyr (198.5 g)
- Shredded emmental (42.5 g)
- Sour cream 15% (68 ml)
- Sour cream 15%, LF (62.1 ml)
- White milk 2% (310.5 ml)

Bread, Rice & Pasta

- Bread of choice (161.6 g)

Baking Supplies & Canned Goods

- Cocoa powder 100% (15 g)
- Corn, can. (127.6 g)
- Flour of choice (85.1 g)
- Red beans, can. (85.1 g)
- Tuna, can. (581.2 g)
- Yeast (6.3 g)



Shopping List

Full Week (cont.)

Snacks and Sweets

- Chestnuts (150.3 g)

Fats, Oils, and Condiments

- Dried thyme (1.4 g)
- Fresh basil (2.8 g)
- Fresh cilantro (9 g)
- Garlic powder (9.8 g)
- Green pesto (30 g)
- Ground nutmeg (2.4 g)
- Herbes de provence (1.4 g)
- Honey or agave (21 g)
- Lemon juice (106.5 ml)
- Mustard (70.5 g)
- Oil of choice (47.3 ml)
- Pitted olives (155.9 g)

Other

- Protein powders of choice (85.1 g)