



# Menu for Alex MARTIN

Kcal : 1602

Protein : 118g

Carbs : 167g

Fat : 52g

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**

1600 kcal



Vanilla banana protein smoothie



High-protein chicken, egg and spinach bagel



Savory pancakes with smoked salmon



Chicken and asparagus risotto

**Day 2**

1600 kcal



Vanilla banana protein smoothie



High-protein chicken, egg and spinach bagel



Savory pancakes with smoked salmon



Chicken and asparagus risotto

**Day 3**

1600 kcal



Vanilla banana protein smoothie



High-protein chicken, egg and spinach bagel



Savory pancakes with smoked salmon



Chicken and asparagus risotto

**Day 4**

1603 kcal



Green spinach and grape smoothie



Smoked tofu and leek fondue



Protein banana oat smoothie



Beef taco-style lettuce wraps

**Day 5**

1603 kcal



Green spinach and grape smoothie



Smoked tofu and leek fondue



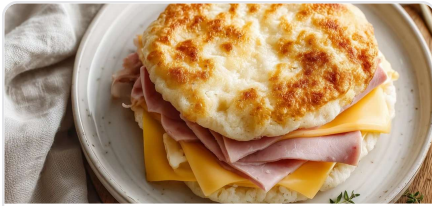
Protein banana oat smoothie



Beef taco-style lettuce wraps

**Day 6**

1603 kcal



Cloud bread ham and cheese sandwich



Coconut rice with chicken and green beans



Protein yogurt with granola and fruits



Tropical chicken and mango salad

**Day 7**

1603 kcal



Cloud bread ham and cheese sandwich



Coconut rice with chicken and green beans



Protein yogurt with granola and fruits



Tropical chicken and mango salad





# Day 1

Kcal : 1600

Protein : 118g

Carbs : 191g

Fat : 41g

Fiber : 11g

**Breakfast:** Vanilla Banana Protein Smoothie

**Lunch:** High-Protein Chicken, Egg and Spinach Bagel

**Afternoon snack:** Savory Pancakes with Smoked Salmon

**Dinner:** Chicken and Asparagus Risotto



# Vanilla Banana Protein Smoothie

- **Banana, medium**  
1.5 u (6.3 oz)
- **White milk 2%**  
10 fl oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1 scoop (1.1 oz)

- Put all ingredients in a blender. For best results, use a frozen banana or add 1-2 ice cubes.
- Blend until smooth texture is achieved. Add a little water to adjust consistency if needed.
- Pour into a glass and serve immediately.

Per serving: 446 kcal P: 35g C: 63g F: 6g Fi: 5g



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**  
1 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Chicken, deli-style sl.**  
1 u (1.2 oz)
- **Goat cheese spread**  
1 tbsp (0.6 oz)
- **Bagel bun of choice**  
1 u (3 oz)
- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes. Cool in ice water, remove the shell and slice the egg into rounds.
- Cut the bagel in half and toast if desired.
- Spread the goat cheese evenly on each bagel half and season with salt and pepper.
- Layer the spinach leaves on the bottom half of the bagel, then add the chicken breast.
- Top with the sliced hard-boiled egg.
- Cover with the top half of the bagel and serve.

Per serving: 444 kcal P: 32g C: 47g F: 14g Fi: 3g



# Savory Pancakes with Smoked Salmon

- **Smoked salmon**  
1 oz
- **Sour cream 15%**  
1 tbsp (0.5 fl oz)
- **Egg, medium**  
1 u (1.8 oz)
- **Baking powder**  
1/4 tsp (0 oz)
- **Fresh chives**  
1 tbsp (0.1 oz)
- **White milk 2%**  
6.75 fl oz
- **Flour of choice**  
1 tbsp (0.4 oz)

- In a bowl, mix the flour, baking powder, and salt.
- Add the egg and milk, mix until you obtain a smooth batter.
- Heat a small nonstick skillet over medium heat.
- Pour a small ladle of batter and spread slightly to form a pancake.
- Cook for 2–3 minutes on each side until the pancake is golden and cooked through.
- Top the warm pancakes with sour cream, smoked salmon and sprinkle with chopped chives.

Per serving: 267 kcal P: 20g C: 19g F: 12g Fi: 0g

Prep  
5 min

Cook  
6 min

Serves  
1





Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

# Chicken and Asparagus Risotto

- **Chicken breast fillet**  
3.5 oz
- **Asparagus**  
3.5 oz
- **Parmesan**  
1 tbsp (0.2 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Arborio rice**  
2.5 oz
- **Plant broth cube**  
1 u (0.4 oz)

- Heat the plant broth in a separate saucepan.
- Wash the asparagus and cut it into pieces.
- In a pan with the oil, sauté the arborio rice until it becomes translucent.
- Add the asparagus and pour in the broth one ladle at a time, waiting for the liquid to be absorbed each time.
- Halfway through cooking, add the chicken breast fillet cut into cubes to the pan so it cooks with the rice.
- You can add a little water or broth if needed to prevent sticking to the pan.
- Serve immediately with grated parmesan on top.

Per serving: 444 kcal P: 32g C: 62g F: 8g Fi: 3g





## Day 2

Kcal : 1600

Protein : 118g

Carbs : 191g

Fat : 41g

Fiber : 11g

**Breakfast:** Vanilla Banana Protein Smoothie

**Lunch:** High-Protein Chicken, Egg and Spinach Bagel

**Afternoon snack:** Savory Pancakes with Smoked Salmon

**Dinner:** Chicken and Asparagus Risotto



# Vanilla Banana Protein Smoothie

- **Banana, medium**  
1.5 u (6.3 oz)
- **White milk 2%**  
10 fl oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1 scoop (1.1 oz)

- Put all ingredients in a blender. For best results, use a frozen banana or add 1-2 ice cubes.
- Blend until smooth texture is achieved. Add a little water to adjust consistency if needed.
- Pour into a glass and serve immediately.

Per serving: 446 kcal P: 35g C: 63g F: 6g Fi: 5g



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**  
1 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Chicken, deli-style sl.**  
1 u (1.2 oz)
- **Goat cheese spread**  
1 tbsp (0.6 oz)
- **Bagel bun of choice**  
1 u (3 oz)
- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes. Cool in ice water, remove the shell and slice the egg into rounds.
- Cut the bagel in half and toast if desired.
- Spread the goat cheese evenly on each bagel half and season with salt and pepper.
- Layer the spinach leaves on the bottom half of the bagel, then add the chicken breast.
- Top with the sliced hard-boiled egg.
- Cover with the top half of the bagel and serve.

Per serving: 444 kcal P: 32g C: 47g F: 14g Fi: 3g



# Savory Pancakes with Smoked Salmon

- **Smoked salmon**  
1 oz
- **Sour cream 15%**  
1 tbsp (0.5 fl oz)
- **Egg, medium**  
1 u (1.8 oz)
- **Baking powder**  
1/4 tsp (0 oz)
- **Fresh chives**  
1 tbsp (0.1 oz)
- **White milk 2%**  
6.75 fl oz
- **Flour of choice**  
1 tbsp (0.4 oz)

- In a bowl, mix the flour, baking powder, and salt.
- Add the egg and milk, mix until you obtain a smooth batter.
- Heat a small nonstick skillet over medium heat.
- Pour a small ladle of batter and spread slightly to form a pancake.
- Cook for 2–3 minutes on each side until the pancake is golden and cooked through.
- Top the warm pancakes with sour cream, smoked salmon and sprinkle with chopped chives.

Per serving: 267 kcal P: 20g C: 19g F: 12g Fi: 0g

Prep  
5 min

Cook  
6 min

Serves  
1





Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

# Chicken and Asparagus Risotto

- **Chicken breast fillet**  
3.5 oz
- **Asparagus**  
3.5 oz
- **Parmesan**  
1 tbsp (0.2 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Arborio rice**  
2.5 oz
- **Plant broth cube**  
1 u (0.4 oz)

- Heat the plant broth in a separate saucepan.
- Wash the asparagus and cut it into pieces.
- In a pan with the oil, sauté the arborio rice until it becomes translucent.
- Add the asparagus and pour in the broth one ladle at a time, waiting for the liquid to be absorbed each time.
- Halfway through cooking, add the chicken breast fillet cut into cubes to the pan so it cooks with the rice.
- You can add a little water or broth if needed to prevent sticking to the pan.
- Serve immediately with grated parmesan on top.

Per serving: 444 kcal P: 32g C: 62g F: 8g Fi: 3g





## Day 3

Kcal : 1600

Protein : 118g

Carbs : 191g

Fat : 41g

Fiber : 11g

**Breakfast:** Vanilla Banana Protein Smoothie

**Lunch:** High-Protein Chicken, Egg and Spinach Bagel

**Afternoon snack:** Savory Pancakes with Smoked Salmon

**Dinner:** Chicken and Asparagus Risotto



# Vanilla Banana Protein Smoothie

- **Banana, medium**  
1.5 u (6.3 oz)
- **White milk 2%**  
10 fl oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1 scoop (1.1 oz)

- Put all ingredients in a blender. For best results, use a frozen banana or add 1-2 ice cubes.
- Blend until smooth texture is achieved. Add a little water to adjust consistency if needed.
- Pour into a glass and serve immediately.

Per serving: 446 kcal P: 35g C: 63g F: 6g Fi: 5g



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**  
1 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Chicken, deli-style sl.**  
1 u (1.2 oz)
- **Goat cheese spread**  
1 tbsp (0.6 oz)
- **Bagel bun of choice**  
1 u (3 oz)
- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes. Cool in ice water, remove the shell and slice the egg into rounds.
- Cut the bagel in half and toast if desired.
- Spread the goat cheese evenly on each bagel half and season with salt and pepper.
- Layer the spinach leaves on the bottom half of the bagel, then add the chicken breast.
- Top with the sliced hard-boiled egg.
- Cover with the top half of the bagel and serve.

Per serving: 444 kcal P: 32g C: 47g F: 14g Fi: 3g



# Savory Pancakes with Smoked Salmon

- **Smoked salmon**  
1 oz
- **Sour cream 15%**  
1 tbsp (0.5 fl oz)
- **Egg, medium**  
1 u (1.8 oz)
- **Baking powder**  
1/4 tsp (0 oz)
- **Fresh chives**  
1 tbsp (0.1 oz)
- **White milk 2%**  
6.75 fl oz
- **Flour of choice**  
1 tbsp (0.4 oz)

- In a bowl, mix the flour, baking powder, and salt.
- Add the egg and milk, mix until you obtain a smooth batter.
- Heat a small nonstick skillet over medium heat.
- Pour a small ladle of batter and spread slightly to form a pancake.
- Cook for 2–3 minutes on each side until the pancake is golden and cooked through.
- Top the warm pancakes with sour cream, smoked salmon and sprinkle with chopped chives.

Per serving: 267 kcal P: 20g C: 19g F: 12g Fi: 0g

Prep  
5 min

Cook  
6 min

Serves  
1





Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

# Chicken and Asparagus Risotto

- **Chicken breast fillet**  
3.5 oz
- **Asparagus**  
3.5 oz
- **Parmesan**  
1 tbsp (0.2 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Arborio rice**  
2.5 oz
- **Plant broth cube**  
1 u (0.4 oz)

- Heat the plant broth in a separate saucepan.
- Wash the asparagus and cut it into pieces.
- In a pan with the oil, sauté the arborio rice until it becomes translucent.
- Add the asparagus and pour in the broth one ladle at a time, waiting for the liquid to be absorbed each time.
- Halfway through cooking, add the chicken breast fillet cut into cubes to the pan so it cooks with the rice.
- You can add a little water or broth if needed to prevent sticking to the pan.
- Serve immediately with grated parmesan on top.

Per serving: 444 kcal P: 32g C: 62g F: 8g Fi: 3g





## Day 4

Kcal : 1603

Protein : 118g

Carbs : 150g

Fat : 60g

Fiber : 31g

- Breakfast:** Green Spinach and Grape Smoothie
- Lunch:** Smoked Tofu and Leek Fondue
- Afternoon snack:** Protein Banana Oat Smoothie
- Dinner:** Beef Taco-Style Lettuce Wraps



# Green Spinach and Grape Smoothie

- **Banana, medium**  
1 u (4.2 oz)
  - **Water**  
4 fl oz
  - **Chia seeds**  
2 tsp (0.3 oz)
  - **Wash the grapes thoroughly.**
  - **Add the grapes, sliced banana, fresh spinach, chia seeds, water and a few ice cubes to a blender.**
  - **Add the protein powder and Greek yogurt to the blender.**
  - **Blend all ingredients until smooth and creamy, adjusting water as needed for desired consistency.**
- **Grapes**  
2.75 oz
  - **Protein powders of choice**  
4 tbsp (1.3 oz)
  - **Fresh spinach**  
1 oz
  - **Greek yogurt**  
3.5 oz

Per serving: 440 kcal P: 34g C: 50g F: 12g Fi: 8g



Prep  
5 min



Cook  
0 min



Serves  
1



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Smoked Tofu and Leek Fondue

- **Curry powder**

1 tsp (0.1 oz)

- **Vegan cream**

4 tbsp (2.1 oz)

- **Oil of choice**

2 tsp (0.3 fl oz)

- **Leek**

2 u (14.1 oz)

- **Smoked tofu**

4.5 oz

- In a nonstick skillet, heat the oil over medium-high heat.
- Add the cubed smoked tofu and cook until golden on all sides, about 5-7 minutes.
- Meanwhile, in a second skillet, cook the sliced leeks until tender, about 6-8 minutes. Add a little water if necessary.
- Add the vegetable cream and curry powder to the leeks, then combine with the tofu and adjust seasoning to taste.

Per serving: 448 kcal P: 29g C: 23g F: 27g Fi: 8g



# Protein Banana Oat Smoothie

- **Rolled oats of choice**  
1.5 tbsp (0.5 oz)
- **Banana, medium**  
1/2 u (2.1 oz)
- **White milk 2%**  
6 fl oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1/2 scoops (0.5 oz)

- Add all ingredients including honey to a blender. Use a banana that you have frozen beforehand for better texture.
- Blend until smooth texture is achieved, adding a little water if needed for desired consistency.

Per serving: 272 kcal P: 20g C: 38g F: 5g Fi: 3g



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**





Prep  
5 min



Cook  
10 min



Serves  
1

## Beef Taco-Style Lettuce Wraps

- **Tomato**  
2 u (10.6 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Taco seasoning**  
2 tsp (0.2 oz)
- **Red beans, can.**  
2.5 oz
- **Corn, can.**  
2.5 oz
- **Greek yogurt**  
2.5 tbs (1.6 oz)
- **Lettuce**  
2.5 oz
- **Ground beef 5%**  
4 oz

- Heat the oil in a nonstick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, breaking it up as it cooks.
- Add the taco seasoning and cook for 1-2 minutes.
- Stir in the corn and red beans, cook for 2-3 minutes until heated through.
- Spoon the beef mixture onto the lettuce leaves.
- Top with diced tomato and Greek yogurt before serving.

Per serving: 443 kcal P: 36g C: 39g F: 16g Fi: 12g





## Day 5

Kcal : 1603

Protein : 118g

Carbs : 150g

Fat : 60g

Fiber : 31g

- Breakfast:** Green Spinach and Grape Smoothie
- Lunch:** Smoked Tofu and Leek Fondue
- Afternoon snack:** Protein Banana Oat Smoothie
- Dinner:** Beef Taco-Style Lettuce Wraps



# Green Spinach and Grape Smoothie

- **Banana, medium**  
1 u (4.2 oz)
  - **Water**  
4 fl oz
  - **Chia seeds**  
2 tsp (0.3 oz)
  - **Wash the grapes thoroughly.**
  - **Add the grapes, sliced banana, fresh spinach, chia seeds, water and a few ice cubes to a blender.**
  - **Add the protein powder and Greek yogurt to the blender.**
  - **Blend all ingredients until smooth and creamy, adjusting water as needed for desired consistency.**
- **Grapes**  
2.75 oz
  - **Protein powders of choice**  
4 tbsp (1.3 oz)
  - **Fresh spinach**  
1 oz
  - **Greek yogurt**  
3.5 oz

Per serving: 440 kcal P: 34g C: 50g F: 12g Fi: 8g



Prep  
5 min



Cook  
0 min



Serves  
1



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Smoked Tofu and Leek Fondue

- **Curry powder**

1 tsp (0.1 oz)

- **Vegan cream**

4 tbsp (2.1 oz)

- **Oil of choice**

2 tsp (0.3 fl oz)

- **Leek**

2 u (14.1 oz)

- **Smoked tofu**

4.5 oz

- In a nonstick skillet, heat the oil over medium-high heat.
- Add the cubed smoked tofu and cook until golden on all sides, about 5-7 minutes.
- Meanwhile, in a second skillet, cook the sliced leeks until tender, about 6-8 minutes. Add a little water if necessary.
- Add the vegetable cream and curry powder to the leeks, then combine with the tofu and adjust seasoning to taste.

Per serving: 448 kcal P: 29g C: 23g F: 27g Fi: 8g



# Protein Banana Oat Smoothie

- **Rolled oats of choice**  
1.5 tbsp (0.5 oz)
- **Banana, medium**  
1/2 u (2.1 oz)
- **White milk 2%**  
6 fl oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1/2 scoops (0.5 oz)

- Add all ingredients including honey to a blender. Use a banana that you have frozen beforehand for better texture.
- Blend until smooth texture is achieved, adding a little water if needed for desired consistency.

Per serving: 272 kcal P: 20g C: 38g F: 5g Fi: 3g



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**





Prep  
5 min



Cook  
10 min



Serves  
1

## Beef Taco-Style Lettuce Wraps

- **Tomato**  
2 u (10.6 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Taco seasoning**  
2 tsp (0.2 oz)
- **Red beans, can.**  
2.5 oz
- **Corn, can.**  
2.5 oz
- **Greek yogurt**  
2.5 tbsp (1.6 oz)
- **Lettuce**  
2.5 oz
- **Ground beef 5%**  
4 oz

- Heat the oil in a nonstick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, breaking it up as it cooks.
- Add the taco seasoning and cook for 1-2 minutes.
- Stir in the corn and red beans, cook for 2-3 minutes until heated through.
- Spoon the beef mixture onto the lettuce leaves.
- Top with diced tomato and Greek yogurt before serving.

Per serving: 443 kcal P: 36g C: 39g F: 16g Fi: 12g





# Day 6

Kcal : 1603

Protein : 118g

Carbs : 149g

Fat : 60g

Fiber : 14g

**Breakfast:** Cloud Bread Ham and Cheese Sandwich

**Lunch:** Coconut Rice with Chicken and Green Beans

**Afternoon snack:** Protein Yogurt With Granola and Fruits

**Dinner:** Tropical Chicken and Mango Salad



# Cloud Bread Ham and Cheese Sandwich

- Cooked ham

2 oz

- Cream cheese

1.5 oz

- Egg, medium

2 u (3.5 oz)

- Cheddar

1 oz

- Preheat the oven to 350°F (175°C).
- Mix the cream cheese with a pinch of salt in a small bowl.
- Separate the egg white from the yolk into two different bowls.
- Beat the egg white until very stiff peaks form, then gently fold in the cream cheese mixture and the egg yolk.
- Shape into two discs on a baking sheet and bake for 20-25 minutes.
- Once cooled, top with the cooked ham and cheddar to make a sandwich.

Per serving:

439 kcal

P: 35g

C: 2g

F: 32g

Fi: 0g



Prep  
15 min



Cook  
25 min



Serves  
1





Prep  
15 min



Cook  
25 min



Serves  
1

# Coconut Rice with Chicken and Green Beans

- **Chicken breast fillet**  
4.25 oz
- **Coconut milk**  
2 tbsp (1 fl oz)
- **Soy sauce of choice**  
1 tbsp (0.5 fl oz)
- **Honey or agave**  
1/2 tbsp (0.4 oz)
- **Green beans**  
3.5 oz
- **Sesame oil**  
1 tsp (0.2 fl oz)
- **Rice**  
1.5 oz
- **Fresh garlic clove**  
1 u (0.1 oz)

- In a small bowl, mix soy sauce, sesame oil, pepper, and minced garlic, then pour over the cubed chicken. Marinate for at least 2 hours if possible.
- Preheat oven to 350°F (180°C). Place chicken on a parchment-lined baking sheet and bake for 10 minutes or until golden.
- Rinse rice several times until water runs clear. In a saucepan, combine rice, coconut milk, equal amount of water, honey, and salt over medium-high heat. When boiling, stir well, cover, and reduce to low heat.
- Simmer gently for 15 minutes, then turn off heat and let rest. Stir the rice.
- Heat green beans in a nonstick skillet until warmed through.
- Serve rice, chicken, and green beans together on plates.

Per serving: 448 kcal P: 34g C: 52g F: 12g Fi: 4g



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
1/2 oz
- **Fruit of choice**  
5.25 oz
- **Greek yogurt 2%**  
3.5 oz
- **Vanilla prot. powder of choice**  
1 tbsp (0.3 oz)
- **Honey or agave**  
1 tsp (0.2 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: 267 kcal P: 16g C: 37g F: 6g Fi: 4g

Prep  
5 min

Cook  
0 min

Serves  
1





Prep  
**15 min**



Cook  
**15 min**



Serves  
**1**

# Tropical Chicken and Mango Salad

- **Chicken breast fillet**  
3.5 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Lettuce**  
1.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Corn, can.**  
1 oz
- **Cherry tomatoes**  
3.5 oz
- **Mango**  
3.5 oz
- **Quinoa**  
4 tbsp (1.7 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: 449 kcal P: 32g C: 58g F: 10g Fi: 7g





# Day 7

Kcal : 1603

Protein : 118g

Carbs : 149g

Fat : 60g

Fiber : 14g

**Breakfast:** Cloud Bread Ham and Cheese Sandwich

**Lunch:** Coconut Rice with Chicken and Green Beans

**Afternoon snack:** Protein Yogurt With Granola and Fruits

**Dinner:** Tropical Chicken and Mango Salad



# Cloud Bread Ham and Cheese Sandwich

- Cooked ham

2 oz

- Cream cheese

1.5 oz

- Egg, medium

2 u (3.5 oz)

- Cheddar

1 oz

- Preheat the oven to 350°F (175°C).
- Mix the cream cheese with a pinch of salt in a small bowl.
- Separate the egg white from the yolk into two different bowls.
- Beat the egg white until very stiff peaks form, then gently fold in the cream cheese mixture and the egg yolk.
- Shape into two discs on a baking sheet and bake for 20-25 minutes.
- Once cooled, top with the cooked ham and cheddar to make a sandwich.

Per serving:

439 kcal

P: 35g

C: 2g

F: 32g

Fi: 0g



Prep  
15 min



Cook  
25 min



Serves  
1





Prep  
15 min



Cook  
25 min



Serves  
1

# Coconut Rice with Chicken and Green Beans

- **Chicken breast fillet**  
4.25 oz
- **Coconut milk**  
2 tbsp (1 fl oz)
- **Soy sauce of choice**  
1 tbsp (0.5 fl oz)
- **Honey or agave**  
1/2 tbsp (0.4 oz)
- **Green beans**  
3.5 oz
- **Sesame oil**  
1 tsp (0.2 fl oz)
- **Rice**  
1.5 oz
- **Fresh garlic clove**  
1 u (0.1 oz)

- In a small bowl, mix soy sauce, sesame oil, pepper, and minced garlic, then pour over the cubed chicken. Marinate for at least 2 hours if possible.
- Preheat oven to 350°F (180°C). Place chicken on a parchment-lined baking sheet and bake for 10 minutes or until golden.
- Rinse rice several times until water runs clear. In a saucepan, combine rice, coconut milk, equal amount of water, honey, and salt over medium-high heat. When boiling, stir well, cover, and reduce to low heat.
- Simmer gently for 15 minutes, then turn off heat and let rest. Stir the rice.
- Heat green beans in a nonstick skillet until warmed through.
- Serve rice, chicken, and green beans together on plates.

Per serving: 448 kcal P: 34g C: 52g F: 12g Fi: 4g



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
1/2 oz
- **Fruit of choice**  
5.25 oz
- **Greek yogurt 2%**  
3.5 oz
- **Vanilla prot. powder of choice**  
1 tbsp (0.3 oz)
- **Honey or agave**  
1 tsp (0.2 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: 267 kcal P: 16g C: 37g F: 6g Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**15 min**



Serves  
**1**

# Tropical Chicken and Mango Salad

- **Chicken breast fillet**  
3.5 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Lettuce**  
1.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Corn, can.**  
1 oz
- **Cherry tomatoes**  
3.5 oz
- **Mango**  
3.5 oz
- **Quinoa**  
4 tbsp (1.7 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: 449 kcal P: 32g C: 58g F: 10g Fi: 7g



# Shopping List

Full Week

## Fresh Produce

- Asparagus (297.7 g)
- Banana, medium (8 u (960 g))
- Cherry tomatoes (198.5 g)
- Fresh garlic clove (2 u (8 g))
- Fresh spinach (141.8 g)
- Fruit of choice (297.7 g)
- Grapes (155.9 g)
- Green beans (198.5 g)
- Leek (4 u (800 g))
- Lettuce (241 g)
- Mango (198.5 g)
- Tomato (4 u (600 g))

## Animal Proteins

- Chicken breast fillet (737.1 g)
- Chicken, deli-style sl. (3 u (105 g))
- Cooked ham (113.4 g)
- Ground beef 5% (226.8 g)
- Smoked salmon (85.1 g)

## Dairy and Eggs

- Cheddar (56.7 g)
- Cream cheese (85.1 g)
- Egg, medium (13 u (650 g))
- Goat cheese spread (54 g)
- Greek yogurt (289.2 g)
- Greek yogurt 2% (198.5 g)
- Parmesan (15 g)
- Sour cream 15% (47.3 ml)
- White milk 2% (1.84 L)

## Bread, Rice & Pasta

- Arborio rice (212.6 g)
- Bagel bun of choice (3 u (255 g))
- Granola of choice (28.4 g)
- Quinoa (96 g)
- Rice (85.1 g)
- Rolled oats of choice (30 g)



# Shopping List

Full Week (cont.)

## Baking Supplies & Canned Goods

- Baking powder (3.6 g)
- Corn, can. (198.5 g)
- Flour of choice (30 g)
- Red beans, can. (141.8 g)

## Snacks and Sweets

- Chia seeds (16.8 g)

## Beverages

- Water (236.6 ml)

## Fats, Oils, and Condiments

- Balsamic vinegar (32.5 ml)
- Curry powder (4.2 g)
- Fresh chives (12 g)
- Fresh cilantro (6 g)
- Honey or agave (71.4 g)
- Oil of choice (56.2 ml)
- Plant broth cube (3 u (30 g))

## Fats, Oils, and Condiments (cont.)

- Sesame oil (11.8 ml)
- Soy sauce of choice (32.5 ml)
- Taco seasoning (11.2 g)

## Other

- Coconut milk (59.1 ml)
- Protein powders of choice (192 g)
- Smoked tofu (255.2 g)
- Vanilla prot. powder of choice (18 g)
- Vegan cream (4.1 fl oz)