



# Menu for Alex MARTIN

Kcal : 2001

Protein : 139g

Carbs : 228g

Fat : 60g

Fiber : 24g

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**

2000 kcal



English muffin egg-bacon



Garlic tomato cod with quinoa



Protein yogurt with granola and fruits



Summer quinoa and chicken salad

**Day 2**

2000 kcal



English muffin egg-bacon



Garlic tomato cod with quinoa



Protein yogurt with granola and fruits



Summer quinoa and chicken salad

**Day 3**

2000 kcal



English muffin egg-bacon



Garlic tomato cod with quinoa



Protein yogurt with granola and fruits



Summer quinoa and chicken salad

**Day 4**

2010 kcal



Whole grain toast with cottage cheese and honey or agave



Pork with mustard and tomato gnocchi



Lactose-free banana matcha protein smoothie



Quinoa chicken salad with cranberries and feta

**Day 5**

2010 kcal



Whole grain toast with cottage cheese and honey or agave



Pork with mustard and tomato gnocchi



Lactose-free banana matcha protein smoothie



Quinoa chicken salad with cranberries and feta

**Day 6**

1995 kcal



Speculoos protein smoothie



Duck aiguillettes with sweet potatoes and roasted...



Protein fruity ice cream with cottage cheese



Sweet potato and chestnut gratin

**Day 7**

1995 kcal



Speculoos protein smoothie



Duck aiguillettes with sweet potatoes and roasted...



Protein fruity ice cream with cottage cheese



Sweet potato and chestnut gratin





# Day 1

Kcal : 2000

Protein : 138g

Carbs : 228g

Fat : 60g

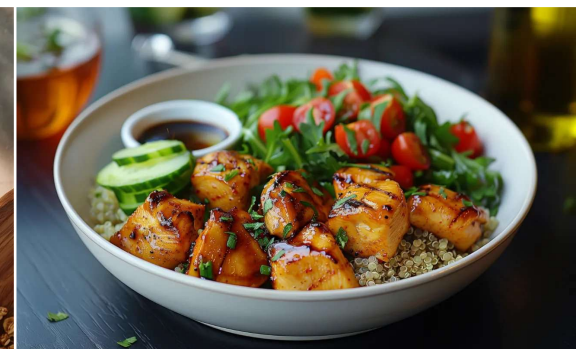
Fiber : 21g

**Breakfast:** English Muffin Egg-Bacon

**Lunch:** Garlic Tomato Cod with Quinoa

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

**Dinner:** Summer Quinoa and Chicken Salad



# English Muffin Egg-Bacon

- **Bacon, round sl.**  
2 u (0.8 oz)
- **Emmental**  
1 oz
- **English muffin**  
2 u (4.2 oz)
- **Egg, medium**  
2 u (3.5 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 cheese, scrambled eggs, and bacon on the muffin and serve.

Per serving: 537 kcal P: 34g C: 56g F: 19g Fi: 3g



Prep  
5 min



Cook  
8 min



Serves  
1





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

## Garlic Tomato Cod with Quinoa

- **Quinoa**  
2.5 oz

- **Oil of choice**  
2 tsp (0.3 fl oz)

- **White fish of choice**  
5 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: 565 kcal P: 40g C: 65g F: 16g Fi: 7g



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
3/4 oz
- **Fruit of choice**  
5.25 oz
- **Greek yogurt 2%**  
5 oz
- **Vanilla prot. powder of choice**  
1.5 tbsp (0.5 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: 343 kcal P: 24g C: 42g F: 9g Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
5 min



Cook  
15 min



Serves  
1

# Summer Quinoa and Chicken Salad

- **Chicken breast fillet**  
4.25 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)

- Cook the quinoa in a saucepan of boiling water, then let it cool.
- Meanwhile, cook the chicken pieces with a little oil in a nonstick skillet until fully cooked. Season with salt and pepper.
- Cut the cucumber into dice and halve the cherry tomatoes.
- In a large bowl, combine the quinoa, chicken pieces, diced cucumber, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 555 kcal P: 40g C: 63g F: 16g Fi: 6g





## Day 2

Kcal : 2000

Protein : 138g

Carbs : 228g

Fat : 60g

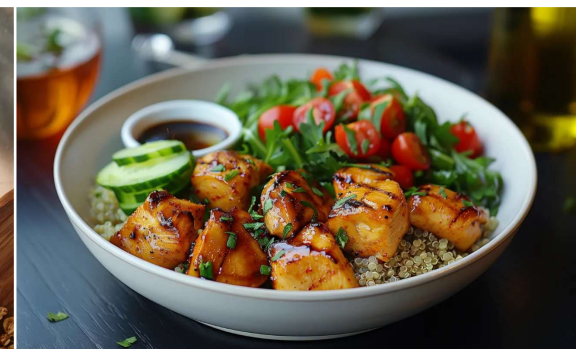
Fiber : 21g

**Breakfast:** English Muffin Egg-Bacon

**Lunch:** Garlic Tomato Cod with Quinoa

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

**Dinner:** Summer Quinoa and Chicken Salad



# English Muffin Egg-Bacon

- **Bacon, round sl.**  
2 u (0.8 oz)
- **Emmental**  
1 oz
- **English muffin**  
2 u (4.2 oz)
- **Egg, medium**  
2 u (3.5 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 cheese, scrambled eggs, and bacon on the muffin and serve.

Per serving: 537 kcal P: 34g C: 56g F: 19g Fi: 3g



Prep  
**5 min**



Cook  
**8 min**



Serves  
**1**





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

## Garlic Tomato Cod with Quinoa

- **Quinoa**  
2.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **White fish of choice**  
5 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: 565 kcal P: 40g C: 65g F: 16g Fi: 7g



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
3/4 oz
- **Fruit of choice**  
5.25 oz
- **Greek yogurt 2%**  
5 oz
- **Vanilla prot. powder of choice**  
1.5 tbsp (0.5 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: 343 kcal P: 24g C: 42g F: 9g Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
5 min



Cook  
15 min



Serves  
1

# Summer Quinoa and Chicken Salad

- **Chicken breast fillet**  
4.25 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)

- Cook the quinoa in a saucepan of boiling water, then let it cool.
- Meanwhile, cook the chicken pieces with a little oil in a nonstick skillet until fully cooked. Season with salt and pepper.
- Cut the cucumber into dice and halve the cherry tomatoes.
- In a large bowl, combine the quinoa, chicken pieces, diced cucumber, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 555 kcal P: 40g C: 63g F: 16g Fi: 6g





## Day 3

Kcal : 2000

Protein : 138g

Carbs : 228g

Fat : 60g

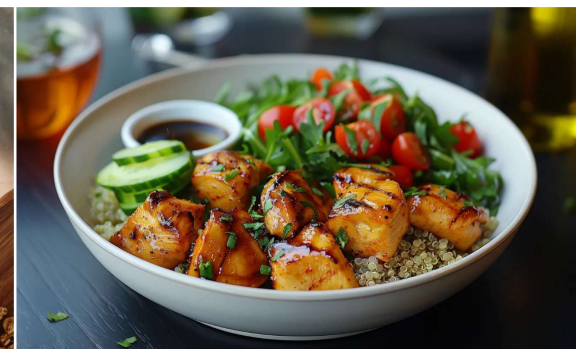
Fiber : 21g

**Breakfast:** English Muffin Egg-Bacon

**Lunch:** Garlic Tomato Cod with Quinoa

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

**Dinner:** Summer Quinoa and Chicken Salad



# English Muffin Egg-Bacon

- **Bacon, round sl.**  
2 u (0.8 oz)
- **Emmental**  
1 oz
- **English muffin**  
2 u (4.2 oz)
- **Egg, medium**  
2 u (3.5 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 cheese, scrambled eggs, and bacon on the muffin and serve.

Per serving: 537 kcal P: 34g C: 56g F: 19g Fi: 3g



Prep  
5 min



Cook  
8 min



Serves  
1





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

## Garlic Tomato Cod with Quinoa

- **Quinoa**  
2.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **White fish of choice**  
5 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: 565 kcal P: 40g C: 65g F: 16g Fi: 7g



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
3/4 oz
- **Fruit of choice**  
5.25 oz
- **Greek yogurt 2%**  
5 oz
- **Vanilla prot. powder of choice**  
1.5 tbsp (0.5 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: 343 kcal P: 24g C: 42g F: 9g Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
5 min



Cook  
15 min



Serves  
1

# Summer Quinoa and Chicken Salad

- **Chicken breast fillet**  
4.25 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)

- Cook the quinoa in a saucepan of boiling water, then let it cool.
- Meanwhile, cook the chicken pieces with a little oil in a nonstick skillet until fully cooked. Season with salt and pepper.
- Cut the cucumber into dice and halve the cherry tomatoes.
- In a large bowl, combine the quinoa, chicken pieces, diced cucumber, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 555 kcal P: 40g C: 63g F: 16g Fi: 6g





# Day 4

Kcal : 2010

Protein : 139g

Carbs : 228g

Fat : 60g

Fiber : 20g

**Breakfast:** Whole Grain Toast with Cottage Cheese and Honey or Agave

**Lunch:** Pork with Mustard and Tomato Gnocchi

**Afternoon snack:** Lactose-Free Banana Matcha Protein Smoothie

**Dinner:** Quinoa Chicken Salad with Cranberries and Feta



# Whole Grain Toast with Cottage Cheese and Honey or Agave

- **Bread of choice**  
2.5 sl (2.8 oz)
- **Honey or agave**  
3 tsp (0.7 oz)
- **Cottage cheese**  
10.5 oz

- Toast the bread if desired.
- Spread the cottage cheese on the toast.
- Drizzle with honey or agave syrup.

Per serving: 554 kcal P: 40g C: 64g F: 15g Fi: 3g



Prep  
**3 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**12 min**



Serves  
**1**

# Pork with Mustard and Tomato Gnocchi

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
4.25 oz
- **Onion, medium**  
1/2 u (2.6 oz)
- **Cherry tomatoes**  
7 oz
- **Sour cream 15%**  
1 fl oz
- **Mustard**  
1 tsp (0.2 oz)
- **Pork escalope**  
4.5 oz

- Cut the cherry tomatoes in half and slice the onion into strips. Brush the pork escalope with Dijon mustard, then season with salt and pepper.
- Heat the oil in a large nonstick skillet over medium heat and cook the sliced onion for 3–4 minutes until softened.
- Add the cherry tomatoes to the skillet and cook for 2–3 minutes, then add the gnocchi and cream.
- Season to taste and cook until the gnocchi are heated through, about 3–4 minutes. Transfer to a plate.
- Using the same nonstick skillet, cook the pork escalope over medium-high heat for 2 minutes on each side.
- Season the pork to taste, add to the plate with the gnocchi, and serve.

Per serving: 542 kcal P: 39g C: 57g F: 17g Fi: 6g



# Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Matcha powder**  
1 tsp (0.1 oz)
- **White milk, LF**  
10.25 fl oz
- **Vanilla prot. powder of choice**  
1.25 tbsp (0.4 oz)
- **Almond flakes**  
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 367 kcal P: 23g C: 44g F: 11g Fi: 5g



Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**20 min**



Serves  
**1**

# Quinoa Chicken Salad with Cranberries and Feta

- **Feta**  
1 oz
- **Chicken breast fillet**  
3.5 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Lettuce**  
1 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Lemon juice**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
6 tbsp (2.5 oz)
- **Dried cranberries**  
1 tbsp (0.4 oz)

- Boil water in a saucepan and cook the quinoa, about 12-15 minutes. Meanwhile, heat oil in a nonstick skillet over medium heat and cook the chicken breast until fully cooked through, about 6-8 minutes per side.
- In a large bowl, combine the romaine lettuce, diced cucumber, and dried cranberries. Drain the quinoa, rinse under cold water and add to the bowl.
- Cut the cooked chicken into strips and add to the salad along with the crumbled feta cheese.
- In a small bowl, whisk together the balsamic vinegar and lemon juice to make the dressing.
- Drizzle the dressing over the salad and toss to combine. Season to taste.

Per serving: 548 kcal P: 37g C: 62g F: 16g Fi: 5g





# Day 5

Kcal : 2010

Protein : 139g

Carbs : 228g

Fat : 60g

Fiber : 20g

**Breakfast:** Whole Grain Toast with Cottage Cheese and Honey or Agave

**Lunch:** Pork with Mustard and Tomato Gnocchi

**Afternoon snack:** Lactose-Free Banana Matcha Protein Smoothie

**Dinner:** Quinoa Chicken Salad with Cranberries and Feta



# Whole Grain Toast with Cottage Cheese and Honey or Agave

- **Bread of choice**  
2.5 sl (2.8 oz)
- **Honey or agave**  
3 tsp (0.7 oz)
- **Cottage cheese**  
10.5 oz

- Toast the bread if desired.
- Spread the cottage cheese on the toast.
- Drizzle with honey or agave syrup.

Per serving: 554 kcal P: 40g C: 64g F: 15g Fi: 3g



Prep  
**3 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**12 min**



Serves  
**1**

# Pork with Mustard and Tomato Gnocchi

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
4.25 oz
- **Onion, medium**  
1/2 u (2.6 oz)
- **Cherry tomatoes**  
7 oz
- **Sour cream 15%**  
1 fl oz
- **Mustard**  
1 tsp (0.2 oz)
- **Pork escalope**  
4.5 oz

- Cut the cherry tomatoes in half and slice the onion into strips. Brush the pork escalope with Dijon mustard, then season with salt and pepper.
- Heat the oil in a large nonstick skillet over medium heat and cook the sliced onion for 3–4 minutes until softened.
- Add the cherry tomatoes to the skillet and cook for 2–3 minutes, then add the gnocchi and cream.
- Season to taste and cook until the gnocchi are heated through, about 3–4 minutes. Transfer to a plate.
- Using the same nonstick skillet, cook the pork escalope over medium-high heat for 2 minutes on each side.
- Season the pork to taste, add to the plate with the gnocchi, and serve.

Per serving: 542 kcal P: 39g C: 57g F: 17g Fi: 6g



# Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Matcha powder**  
1 tsp (0.1 oz)
- **White milk, LF**  
10.25 fl oz
- **Vanilla prot. powder of choice**  
1.25 tbsp (0.4 oz)
- **Almond flakes**  
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 367 kcal P: 23g C: 44g F: 11g Fi: 5g



Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**20 min**



Serves  
**1**

# Quinoa Chicken Salad with Cranberries and Feta

- **Feta**  
1 oz
- **Chicken breast fillet**  
3.5 oz
- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Lettuce**  
1 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Lemon juice**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
6 tbsp (2.5 oz)
- **Dried cranberries**  
1 tbsp (0.4 oz)

- Boil water in a saucepan and cook the quinoa, about 12-15 minutes. Meanwhile, heat oil in a nonstick skillet over medium heat and cook the chicken breast until fully cooked through, about 6-8 minutes per side.
- In a large bowl, combine the romaine lettuce, diced cucumber, and dried cranberries. Drain the quinoa, rinse under cold water and add to the bowl.
- Cut the cooked chicken into strips and add to the salad along with the crumbled feta cheese.
- In a small bowl, whisk together the balsamic vinegar and lemon juice to make the dressing.
- Drizzle the dressing over the salad and toss to combine. Season to taste.

Per serving: 548 kcal P: 37g C: 62g F: 16g Fi: 5g





# Day 6

Kcal : 1995

Protein : 140g

Carbs : 227g

Fat : 59g

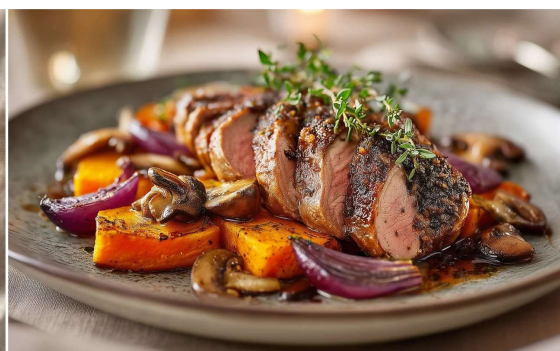
Fiber : 31g

**Breakfast:** Speculoos Protein Smoothie

**Lunch:** Duck Aiguillettes with Sweet Potatoes and Roasted Mushrooms

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

**Dinner:** Sweet Potato and Chestnut Gratin



# Speculoos Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
8.5 fl oz
- **Speculoos**  
4 u (1.1 oz)
- **Greek yogurt**  
6 tbsp (3.8 oz)
- **Ground cinnamon**  
1 tsp (0.1 oz)

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

Per serving: 588 kcal P: 36g C: 69g F: 19g Fi: 5g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**35 min**



Serves  
**1**

# Duck Aiguillettes with Sweet Potatoes and Roasted Mushrooms

- **Fresh thyme**

2 tsp (0 oz)

- **Red onion**

3/4 u (4 oz)

- **Mushrooms of choice**

4.25 oz

- **Olive oil**

2.5 tsp (0.4 fl oz)

- **Sweet potato**

10.5 oz

- **Duck aiguillettes**

5 oz

- **Fresh garlic clove**

1.5 u (0.2 oz)

- Preheat the oven to 390°F (200°C).
- Place the sweet potato cubes, red onion slices, mushroom slices, peeled garlic clove, thyme, and olive oil on a baking sheet lined with parchment paper. Season and mix well.
- Bake for 35 minutes at 355°F (180°C) with convection, stirring occasionally, until the sweet potato becomes tender and crispy.
- Near the end of cooking time, cook the duck aiguillettes in a nonstick skillet for 2 minutes on each side over high heat.
- Season the duck to taste and serve with the roasted vegetables and sweet potatoes.

Per serving: 550 kcal P: 40g C: 64g F: 15g Fi: 12g



# Protein Fruity Ice Cream with Cottage Cheese

- **Frozen fruit of choice**  
5.25 oz
- **Honey or agave**  
2 tsp (0.5 oz)
- **Cottage cheese**  
7 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: 320 kcal P: 23g C: 37g F: 9g Fi: 3g

Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
**15 min**



Cook  
**25 min**



Serves  
**1**

## Sweet Potato and Chestnut Gratin

- **Cooked ham**  
5 oz
- **Shredded emmental**  
3/4 oz
- **Mushrooms of choice**  
3.25 oz
- **Chestnuts**  
2.5 oz
- **Sour cream 15%**  
2 tbsp (1 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: 537 kcal P: 42g C: 57g F: 16g Fi: 11g





# Day 7

Kcal : 1995

Protein : 140g

Carbs : 227g

Fat : 59g

Fiber : 31g

**Breakfast:** Speculoos Protein Smoothie

**Lunch:** Duck Aiguillettes with Sweet Potatoes and Roasted Mushrooms

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

**Dinner:** Sweet Potato and Chestnut Gratin



# Speculoos Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
8.5 fl oz
- **Speculoos**  
4 u (1.1 oz)
- **Greek yogurt**  
6 tbsp (3.8 oz)
- **Ground cinnamon**  
1 tsp (0.1 oz)

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

Per serving: 588 kcal P: 36g C: 69g F: 19g Fi: 5g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**35 min**



Serves  
**1**

# Duck Aiguillettes with Sweet Potatoes and Roasted Mushrooms

- **Fresh thyme**  
2 tsp (0 oz)
- **Red onion**  
3/4 u (4 oz)
- **Mushrooms of choice**  
4.25 oz
- **Olive oil**  
2.5 tsp (0.4 fl oz)
- **Sweet potato**  
10.5 oz
- **Duck aiguillettes**  
5 oz
- **Fresh garlic clove**  
1.5 u (0.2 oz)

- Preheat the oven to 390°F (200°C).
- Place the sweet potato cubes, red onion slices, mushroom slices, peeled garlic clove, thyme, and olive oil on a baking sheet lined with parchment paper. Season and mix well.
- Bake for 35 minutes at 355°F (180°C) with convection, stirring occasionally, until the sweet potato becomes tender and crispy.
- Near the end of cooking time, cook the duck aiguillettes in a nonstick skillet for 2 minutes on each side over high heat.
- Season the duck to taste and serve with the roasted vegetables and sweet potatoes.

Per serving: 550 kcal P: 40g C: 64g F: 15g Fi: 12g



# Protein Fruity Ice Cream with Cottage Cheese

- **Frozen fruit of choice**  
5.25 oz
- **Honey or agave**  
2 tsp (0.5 oz)
- **Cottage cheese**  
7 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: 320 kcal P: 23g C: 37g F: 9g Fi: 3g

Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
**15 min**



Cook  
**25 min**



Serves  
**1**

## Sweet Potato and Chestnut Gratin

- **Cooked ham**  
5 oz
- **Shredded emmental**  
3/4 oz
- **Mushrooms of choice**  
3.25 oz
- **Chestnuts**  
2.5 oz
- **Sour cream 15%**  
2 tbsp (1 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: 537 kcal P: 42g C: 57g F: 16g Fi: 11g



# Shopping List

Full Week

## Fresh Produce

- Banana, medium (4 u (480 g))
- Cherry tomatoes (1.44 kg)
- Cucumber (3 u (1050 g))
- Fresh garlic clove (9 u (36 g))
- Frozen fruit of choice (297.7 g)
- Fruit of choice (447.9 g)
- Lettuce (56.7 g)
- Mushrooms of choice (425.3 g)
- Onion, medium (1 u (150 g))
- Red onion (2 u (300 g))
- Sweet potato (878.9 g)

## Animal Proteins

- Bacon, round sl. (6 u (72 g))
- Chicken breast fillet (561.3 g)
- Cooked ham (283.5 g)
- Duck aiguillettes (283.5 g)
- Pork escalope (255.2 g)
- White fish of choice (425.3 g)

## Dairy and Eggs

- Cottage cheese (992.3 g)
- Egg, medium (6 u (300 g))
- Emmental (85.1 g)
- Feta (56.7 g)
- Greek yogurt (216 g)
- Greek yogurt 2% (425.3 g)
- Shredded emmental (42.5 g)
- Sour cream 15% (121.2 ml)
- White milk 2% (502.7 ml)
- White milk, LF (606.2 ml)

## Bread, Rice & Pasta

- Bread of choice (161.6 g)
- English muffin (6 u (360 g))
- Gnocchis (241 g)
- Granola of choice (65.2 g)
- Quinoa (569.8 g)



# Shopping List

Full Week (cont.)

## Snacks and Sweets

- Almond flakes (27 g)
- Chestnuts (141.8 g)
- Dried cranberries (20 g)
- Speculoos (8 u (64 g))

## Other

- Protein powders of choice (56.7 g)
- Vanilla prot. powder of choice (63 g)

## Beverages

- Matcha powder (4.9 g)

## Fats, Oils, and Condiments

- Balsamic vinegar (76.9 ml)
- Fresh parsley (3 g)
- Fresh thyme (2.8 g)
- Ground cinnamon (4.2 g)
- Honey or agave (92.4 g)
- Lemon juice (32.5 ml)
- Mustard (18 g)
- Oil of choice (82.8 ml)
- Olive oil (26.6 ml)