



# Menu for Alex MARTIN

Kcal : 2999

Protein : 114g

Carbs : 378g

Fat : 115g

Fiber : 53g

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**

3011 kcal



Quick red berry porridge



Petit suisse mousse with jam and granola



Legume bowl



Brie with sugar-free compote



Creamy polenta with spinach, mozzarella and...

**Day 2**

3011 kcal



Quick red berry porridge



Petit suisse mousse with jam and granola



Legume bowl



Brie with sugar-free compote



Creamy polenta with spinach, mozzarella and...

**Day 3**

3011 kcal



Quick red berry porridge



Petit suisse mousse with jam and granola



Legume bowl



Brie with sugar-free compote



Creamy polenta with spinach, mozzarella and...

**Day 4**

3008 kcal



Pear and chocolate clafoutis



Grilled whole wheat toast with crushed peas, ...



Gnocchi with butternut squash and chorizo sauce



Raspberry minute mug flan



Tempeh, spinach and avocado wrap

**Day 5**

3008 kcal



Pear and chocolate clafoutis



Grilled whole wheat toast with crushed peas, ricotta, and herbs



Gnocchi with butternut squash and chorizo sauce



Raspberry minute mug flan



Tempeh, spinach and avocado wrap

**Day 6**

2971 kcal



Chocolate banana smoothie



Applesauce smoothie



Festive pear and lentil salad with crispy bacon...



Whole wheat linzer cookies with jam



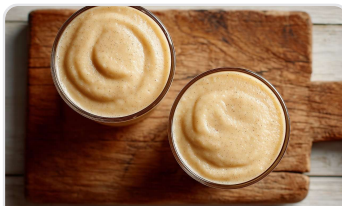
Crispy salad with bacon and figs

**Day 7**

2971 kcal



Chocolate banana smoothie



Applesauce smoothie



Festive pear and lentil salad with crispy bacon...



Whole wheat linzer cookies with jam



Crispy salad with bacon and figs





# Day 1

Kcal : 3011

Protein : 118g

Carbs : 397g

Fat : 106g

Fiber : 65g

**Breakfast:** Quick Red Berry Porridge

**Morning snack:** Petit Suisse Mousse with Jam and Granola

**Lunch:** Legume Bowl

**Afternoon snack:** Brie with Sugar-Free Compote

**Dinner:** Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes



# Quick Red Berry Porridge

- **Rolled oats of choice**  
10 tbsp (3.5 oz)
- **Mixed berries**  
7 oz
- **White milk 2%**  
9.5 fl oz
- **Honey or agave**  
2 tsp (0.5 oz)
- **Peanut butter**  
3 tsp (0.6 oz)

- In a bowl, mix the oat flakes and add the milk to cover everything.
- Add the red berries and mix well.
- Microwave for 1 minute 30 seconds, then for 30 seconds, monitoring (750W).
- Stir and add a little water if needed for desired consistency.
- Serve topped with peanut butter and a drizzle of honey.

Per serving: 696 kcal P: 26g C: 101g F: 21g Fi: 18g



Prep  
2 min



Cook  
2 min



Serves  
1



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Petit Suisse Mousse with Jam and Granola

- **Petit suisse**  
4.25 oz

- **Jam**  
3/4 oz

- **Granola of choice**  
4 tbsp (2 oz)

- Whisk the petit suisse with the jam until you obtain a smooth texture.
- Serve in a bowl and add the granola.

Per serving: 449 kcal P: 17g C: 47g F: 21g Fi: 3g



# Legume Bowl

- **Chickpeas, can.**  
5 oz
- **Zucchini**  
1/2 u (3.5 oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Red beans, can.**  
5 oz
- **Oil of choice**  
3 tsp (0.5 fl oz)
- **Fresh parsley**  
1 tbsp (0 oz)
- **Tomato sauce**  
2 oz
- **Couscous**  
3 oz

- Cook the couscous according to package instructions.
- Heat oil in a nonstick skillet over medium heat and sauté the minced garlic for about 30 seconds.
- Add the diced zucchini to the skillet and cook until tender, adding a little water if it sticks.
- Add the drained kidney beans and chickpeas to the skillet and mix well.
- Pour in the tomato sauce and cook until everything is heated through, about 2–3 minutes.
- Assemble the bowl by placing the drained couscous in a dish and topping with the zucchini and bean mixture. Season with salt and pepper, then garnish with fresh parsley.

Per serving: 759 kcal P: 32g C: 113g F: 20g Fi: 27g



Prep  
**10 min**

Cook  
**15 min**

Serves  
**1**





Prep  
**2 min**



Cook  
**0 min**



Serves  
**1**

# Brie with Sugar-Free Compote

- **Compote, unsweet.**

3 u (10.6 oz)

- **Brie**

2.5 oz

- Place the brie cheese on a serving plate.
- Serve alongside the sugar-free compote for pairing.

Per serving: 401 kcal P: 16g C: 36g F: 21g Fi: 4g



# Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes

- **Fresh spinach**  
1.5 oz
- **Chickpeas, can.**  
6 tbsp (3.2 oz)
- **Garlic powder**  
2 tbsp (0.5 oz)
- **Sun dried tomato**  
1.5 oz
- **Polenta**  
3.25 oz
- **Mozzarella**  
1.75 oz

- Drain and cube the mozzarella. Rinse and dry the spinach leaves.
- Bring water to boil in a saucepan (4 times the weight of polenta). Add polenta gradually while stirring and cook on low heat for 3 minutes.
- Add sun-dried tomatoes, chickpeas, mozzarella, garlic powder and spinach leaves. Continue cooking for 5 minutes. Season to taste and serve.

Per serving: 707 kcal P: 27g C: 100g F: 22g Fi: 13g

Prep  
5 min

Cook  
8 min

Serves  
1





## Day 2

Kcal : 3011

Protein : 118g

Carbs : 397g

Fat : 106g

Fiber : 65g

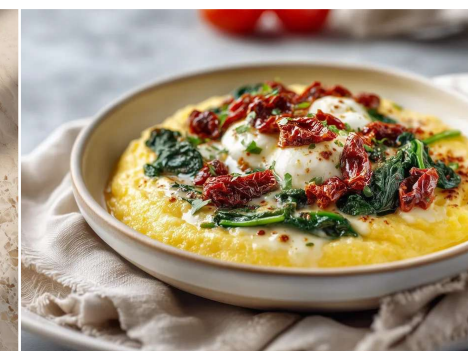
**Breakfast:** Quick Red Berry Porridge

**Morning snack:** Petit Suisse Mousse with Jam and Granola

**Lunch:** Legume Bowl

**Afternoon snack:** Brie with Sugar-Free Compote

**Dinner:** Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes





Prep  
**2 min**



Cook  
**2 min**



Serves  
**1**

## Quick Red Berry Porridge

- **Rolled oats of choice**  
10 tbsp (3.5 oz)
- **Mixed berries**  
7 oz
- **White milk 2%**  
9.5 fl oz
- **Honey or agave**  
2 tsp (0.5 oz)
- **Peanut butter**  
3 tsp (0.6 oz)

- In a bowl, mix the oat flakes and add the milk to cover everything.
- Add the red berries and mix well.
- Microwave for 1 minute 30 seconds, then for 30 seconds, monitoring (750W).
- Stir and add a little water if needed for desired consistency.
- Serve topped with peanut butter and a drizzle of honey.

Per serving: 696 kcal P: 26g C: 101g F: 21g Fi: 18g



# Petit Suisse Mousse with Jam and Granola

- **Petit suisse**  
4.25 oz
- **Jam**  
3/4 oz
- **Granola of choice**  
4 tbsp (2 oz)

- Whisk the petit suisse with the jam until you obtain a smooth texture.
- Serve in a bowl and add the granola.

Per serving: 449 kcal P: 17g C: 47g F: 21g Fi: 3g

Prep  
5 min

Cook  
0 min

Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Legume Bowl

- Chickpeas, can. 5 oz
- Zucchini 1/2 u (3.5 oz)
- Fresh garlic clove 1 u (0.1 oz)
- Red beans, can. 5 oz
- Oil of choice 3 tsp (0.5 fl oz)
- Fresh parsley 1 tbsp (0 oz)
- Tomato sauce 2 oz
- Couscous 3 oz

- Cook the couscous according to package instructions.
- Heat oil in a nonstick skillet over medium heat and sauté the minced garlic for about 30 seconds.
- Add the diced zucchini to the skillet and cook until tender, adding a little water if it sticks.
- Add the drained kidney beans and chickpeas to the skillet and mix well.
- Pour in the tomato sauce and cook until everything is heated through, about 2-3 minutes.
- Assemble the bowl by placing the drained couscous in a dish and topping with the zucchini and bean mixture. Season with salt and pepper, then garnish with fresh parsley.

Per serving: 759 kcal P: 32g C: 113g F: 20g Fi: 27g



# Brie with Sugar-Free Compote

- **Compote, unsweet.**  
3 u (10.6 oz)
- **Brie**  
2.5 oz

- Place the brie cheese on a serving plate.
- Serve alongside the sugar-free compote for pairing.

Per serving: 401 kcal P: 16g C: 36g F: 21g Fi: 4g



Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**5 min**



Cook  
**8 min**



Serves  
**1**

## Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes

- |   |   |                                |
|---|---|--------------------------------|
| - <b>Fresh spinach</b><br>1.5 oz            | - <b>Garlic powder</b><br>2 tbsp (0.5 oz) | - <b>Polenta</b><br>3.25 oz    |
| - <b>Chickpeas, can.</b><br>6 tbsp (3.2 oz) | - <b>Sun dried tomato</b><br>1.5 oz       | - <b>Mozzarella</b><br>1.75 oz |

- Drain and cube the mozzarella. Rinse and dry the spinach leaves.
- Bring water to boil in a saucepan (4 times the weight of polenta). Add polenta gradually while stirring and cook on low heat for 3 minutes.
- Add sun-dried tomatoes, chickpeas, mozzarella, garlic powder and spinach leaves. Continue cooking for 5 minutes. Season to taste and serve.

Per serving: 707 kcal P: 27g C: 100g F: 22g Fi: 13g





## Day 3

Kcal : 3011

Protein : 118g

Carbs : 397g

Fat : 106g

Fiber : 65g

**Breakfast:** Quick Red Berry Porridge

**Morning snack:** Petit Suisse Mousse with Jam and Granola

**Lunch:** Legume Bowl

**Afternoon snack:** Brie with Sugar-Free Compote

**Dinner:** Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes




# Quick Red Berry Porridge


- **Rolled oats of choice**  
10 tbsp (3.5 oz)
- **Mixed berries**  
7 oz
- **White milk 2%**  
9.5 fl oz
- **Honey or agave**  
2 tsp (0.5 oz)
- **Peanut butter**  
3 tsp (0.6 oz)

- In a bowl, mix the oat flakes and add the milk to cover everything.
- Add the red berries and mix well.
- Microwave for 1 minute 30 seconds, then for 30 seconds, monitoring (750W).
- Stir and add a little water if needed for desired consistency.
- Serve topped with peanut butter and a drizzle of honey.

Per serving: 696 kcal P: 26g C: 101g F: 21g Fi: 18g

  
Prep  
2 min

  
Cook  
2 min

  
Serves  
1



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Petit Suisse Mousse with Jam and Granola

- **Petit suisse**  
4.25 oz

- **Jam**  
3/4 oz

- **Granola of choice**  
4 tbsp (2 oz)

- Whisk the petit suisse with the jam until you obtain a smooth texture.
- Serve in a bowl and add the granola.

Per serving: 449 kcal P: 17g C: 47g F: 21g Fi: 3g



# Legume Bowl

- **Chickpeas, can.**  
5 oz
- **Zucchini**  
1/2 u (3.5 oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Red beans, can.**  
5 oz
- **Oil of choice**  
3 tsp (0.5 fl oz)
- **Fresh parsley**  
1 tbsp (0 oz)
- **Tomato sauce**  
2 oz
- **Couscous**  
3 oz

- Cook the couscous according to package instructions.
- Heat oil in a nonstick skillet over medium heat and sauté the minced garlic for about 30 seconds.
- Add the diced zucchini to the skillet and cook until tender, adding a little water if it sticks.
- Add the drained kidney beans and chickpeas to the skillet and mix well.
- Pour in the tomato sauce and cook until everything is heated through, about 2–3 minutes.
- Assemble the bowl by placing the drained couscous in a dish and topping with the zucchini and bean mixture. Season with salt and pepper, then garnish with fresh parsley.

Per serving: 759 kcal P: 32g C: 113g F: 20g Fi: 27g



Prep  
**10 min**

Cook  
**15 min**

Serves  
**1**





Prep  
**2 min**



Cook  
**0 min**



Serves  
**1**

# Brie with Sugar-Free Compote

- **Compote, unsweet.**

3 u (10.6 oz)

- **Brie**

2.5 oz

- Place the brie cheese on a serving plate.
- Serve alongside the sugar-free compote for pairing.

Per serving: 401 kcal P: 16g C: 36g F: 21g Fi: 4g



# Creamy Polenta with Spinach, Mozzarella and Sun-Dried Tomatoes

- **Fresh spinach**  
1.5 oz
- **Chickpeas, can.**  
6 tbsp (3.2 oz)
- **Garlic powder**  
2 tbsp (0.5 oz)
- **Sun dried tomato**  
1.5 oz
- **Polenta**  
3.25 oz
- **Mozzarella**  
1.75 oz

- Drain and cube the mozzarella. Rinse and dry the spinach leaves.
- Bring water to boil in a saucepan (4 times the weight of polenta). Add polenta gradually while stirring and cook on low heat for 3 minutes.
- Add sun-dried tomatoes, chickpeas, mozzarella, garlic powder and spinach leaves. Continue cooking for 5 minutes. Season to taste and serve.

Per serving: 707 kcal P: 27g C: 100g F: 22g Fi: 13g

Prep  
5 min

Cook  
8 min

Serves  
1





# Day 4

Kcal : 3008

Protein : 110g

Carbs : 357g

Fat : 128g

Fiber : 46g

**Breakfast:** Pear and Chocolate Clafoutis

**Morning snack:** Grilled Whole Wheat Toast with Crushed Peas, Mint and Feta

**Lunch:** Gnocchi with Butternut Squash and Chorizo Sauce

**Afternoon snack:** Raspberry Minute Mug Flan

**Dinner:** Tempeh, Spinach and Avocado Wrap





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Pear and Chocolate Clafoutis

- **Pear**  
1/2 u (3 oz)
- **Honey or agave**  
1.25 oz
- **Dark chocolate chips**  
1.5 oz
- **White milk 2%**  
4.5 fl oz
- **Flour of choice**  
1.5 oz
- **Softened butter**  
1/2 tsp (0.1 oz)
- **Egg, medium**  
2 u (3.5 oz)

- Preheat the oven to 350°F (180°C).
- In a bowl, whisk the egg with the honey or agave syrup and the flour.
- Gradually pour in the milk while whisking to obtain a smooth batter.
- Butter an individual ramekin and arrange the pear pieces and chocolate chips at the bottom.
- Pour the batter over the fruit and chocolate.
- Bake for about 15 minutes until the clafoutis is golden and puffed.

Per serving: 729 kcal P: 25g C: 102g F: 25g Fi: 7g



# Grilled Whole Wheat Toast with Crushed Peas, Mint and Feta

- **Feta**  
1.5 oz
- **Bread of choice**  
2 sl (2.3 oz)
- **Oil of choice**  
1/2 tbsp (0.3 fl oz)
- **Fresh mint**  
1 tbsp (0.1 oz)
- **Cooked green peas**  
3.5 oz
- **Lemon juice**  
1/2 tbsp (0.3 fl oz)

- In a small bowl, mash the cooked peas with the feta, oil and lemon juice.
- Mash until you get a coarse paste and season with salt and pepper to taste.
- Toast the bread if desired.
- Spread the crushed pea mixture evenly over the toasted bread.
- Garnish with mint leaves if desired.

Per serving: 435 kcal P: 18g C: 43g F: 21g Fi: 8g



Prep  
8 min



Cook  
2 min



Serves  
1





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**

# Gnocchi with Butternut Squash and Chorizo Sauce

- **Butternut squash**  
8.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
5 oz
- **Sour cream 15%**  
1.5 tbsp (0.8 fl oz)
- **Chorizo**  
1.75 oz

- Cut the butternut squash and half of the chorizo into coarse dice.
- In a large nonstick saucepan, add oil and a little water, add the diced butternut squash and chorizo, cover and cook until tender, about 15-20 minutes.
- Meanwhile, cook the gnocchi according to package instructions.
- Once the butternut squash and chorizo mixture is cooked, add the crème fraîche and season with salt and pepper. Blend until smooth.
- Serve the gnocchi with the butternut squash and chorizo sauce and top with the remaining chorizo slices.

Per serving: 708 kcal P: 19g C: 79g F: 35g Fi: 8g



# Raspberry Minute Mug Flan

- **White milk 2%**  
8 fl oz
- **Honey or agave**  
1 oz
- **Egg, medium**  
1 u (1.8 oz)
- **Raspberries**  
4.25 oz
- **Cornstarch**  
2.5 tbsp (0.9 oz)

- In a microwave-safe mug, mix the honey or agave, raspberries, and cornstarch until well combined.
- Add the egg and white milk 2%. Whisk vigorously until the mixture is smooth and lump-free.
- Microwave for 2 minutes on full power until the flan is set.

Per serving: 430 kcal P: 16g C: 72g F: 9g Fi: 8g



Prep  
3 min



Cook  
2 min



Serves  
1





Prep  
**15 min**



Cook  
**8 min**



Serves  
**1**

# Tempeh, Spinach and Avocado Wrap

- **Tempeh**  
3.5 oz
- **Vegan cream**  
2 tbsp (1.1 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Fresh spinach**  
1 oz
- **Large tortilla of choice**
- **Soy sauce of choice**  
1 tbsp (0.5 fl oz)
- **Avocado, medium**  
1/2 u (3.5 oz)

- Cut the tempeh into strips and the avocado into slices.
- Marinate the tempeh strips in soy sauce and oil for about 10 minutes.
- Heat a nonstick skillet over medium heat and cook the tempeh strips for 3-4 minutes on each side until golden and crispy. Season the tempeh with pepper and spices of your choice.
- Place the tortilla flat, spread the plant-based cream evenly, and add a layer of spinach leaves, avocado slices, and cooked tempeh strips.
- Roll the tortilla tightly and serve.

Per serving: 705 kcal P: 32g C: 61g F: 38g Fi: 16g





## Day 5

Kcal : 3008

Protein : 110g

Carbs : 357g

Fat : 128g

Fiber : 46g

**Breakfast:** Pear and Chocolate Clafoutis

**Morning snack:** Grilled Whole Wheat Toast with Crushed Peas, Mint and Feta

**Lunch:** Gnocchi with Butternut Squash and Chorizo Sauce

**Afternoon snack:** Raspberry Minute Mug Flan

**Dinner:** Tempeh, Spinach and Avocado Wrap



# Pear and Chocolate Clafoutis

- **Pear**  
1/2 u (3 oz)
- **White milk 2%**  
4.5 fl oz
- **Softened butter**  
1/2 tsp (0.1 oz)
- **Honey or agave**  
1.25 oz
- **Flour of choice**  
1.5 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Dark chocolate chips**  
1.5 oz

- Preheat the oven to 350°F (180°C).
- In a bowl, whisk the egg with the honey or agave syrup and the flour.
- Gradually pour in the milk while whisking to obtain a smooth batter.
- Butter an individual ramekin and arrange the pear pieces and chocolate chips at the bottom.
- Pour the batter over the fruit and chocolate.
- Bake for about 15 minutes until the clafoutis is golden and puffed.

Per serving: 729 kcal P: 25g C: 102g F: 25g Fi: 7g

Prep  
10 min

Cook  
15 min

Serves  
1





Prep  
8 min



Cook  
2 min



Serves  
1

## Grilled Whole Wheat Toast with Crushed Peas, Mint and Feta

- **Feta**  
1.5 oz
- **Bread of choice**  
2 sl (2.3 oz)
- **Oil of choice**  
1/2 tbsp (0.3 fl oz)
- **Fresh mint**  
1 tbsp (0.1 oz)
- **Cooked green peas**  
3.5 oz
- **Lemon juice**  
1/2 tbsp (0.3 fl oz)

- In a small bowl, mash the cooked peas with the feta, oil and lemon juice.
- Mash until you get a coarse paste and season with salt and pepper to taste.
- Toast the bread if desired.
- Spread the crushed pea mixture evenly over the toasted bread.
- Garnish with mint leaves if desired.

Per serving: 435 kcal P: 18g C: 43g F: 21g Fi: 8g



# Gnocchi with Butternut Squash and Chorizo Sauce

- **Butternut squash**  
8.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
5 oz
- **Sour cream 15%**  
1.5 tbsp (0.8 fl oz)
- **Chorizo**  
1.75 oz

- Cut the butternut squash and half of the chorizo into coarse dice.
- In a large nonstick saucepan, add oil and a little water, add the diced butternut squash and chorizo, cover and cook until tender, about 15-20 minutes.
- Meanwhile, cook the gnocchi according to package instructions.
- Once the butternut squash and chorizo mixture is cooked, add the crème fraîche and season with salt and pepper. Blend until smooth.
- Serve the gnocchi with the butternut squash and chorizo sauce and top with the remaining chorizo slices.

Per serving: 708 kcal P: 19g C: 79g F: 35g Fi: 8g

Prep  
10 min

Cook  
20 min

Serves  
1





Prep  
**3 min**



Cook  
**2 min**



Serves  
**1**



## Raspberry Minute Mug Flan

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

- **Raspberries**  
4.25 oz

- **Honey or agave**  
1 oz

- **Cornstarch**  
2.5 tbsp (0.9 oz)

- **Egg, medium**  
1 u (1.8 oz)

- In a microwave-safe mug, mix the honey or agave, raspberries, and cornstarch until well combined.
- Add the egg and white milk 2%. Whisk vigorously until the mixture is smooth and lump-free.
- Microwave for 2 minutes on full power until the flan is set.

Per serving: 430 kcal P: 16g C: 72g F: 9g Fi: 8g



# Tempeh, Spinach and Avocado Wrap

- **Tempeh**  
3.5 oz
- **Fresh spinach**  
1 oz
- **Avocado, medium**  
1/2 u (3.5 oz)
- **Vegan cream**  
2 tbsp (1.1 oz)
- **Large tortilla of choice**  
2 u (4.4 oz)

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Soy sauce of choice**  
1 tbsp (0.5 fl oz)

- Cut the tempeh into strips and the avocado into slices.
- Marinate the tempeh strips in soy sauce and oil for about 10 minutes.
- Heat a nonstick skillet over medium heat and cook the tempeh strips for 3-4 minutes on each side until golden and crispy. Season the tempeh with pepper and spices of your choice.
- Place the tortilla flat, spread the plant-based cream evenly, and add a layer of spinach leaves, avocado slices, and cooked tempeh strips.
- Roll the tortilla tightly and serve.

Per serving: 705 kcal P: 32g C: 61g F: 38g Fi: 16g

Prep  
15 min

Cook  
8 min

Serves  
1





## Day 6

Kcal : 2971

Protein : 111g

Carbs : 371g

Fat : 117g

Fiber : 43g

**Breakfast:** Chocolate Banana Smoothie

**Morning snack:** Applesauce Smoothie

**Lunch:** Festive Pear and Lentil Salad with Crispy Bacon and Vegan Cream Cheese

**Afternoon snack:** Whole Wheat Linzer Cookies with Jam

**Dinner:** Crispy Salad with Bacon and Figs





Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**

## Chocolate Banana Smoothie

- **Banana, medium**  
1.5 u (6.3 oz)
- **Honey or agave**  
4 tbsp (3 oz)
- **White milk 2%**  
8.5 fl oz
- **Cocoa powder 100%**  
3 tsp (0.2 oz)
- **Greek yogurt**  
9 tbsp (5.7 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: 713 kcal P: 17g C: 125g F: 17g Fi: 7g



# Applesauce Smoothie

- **Honey or agave**  
2 tbsp (1.5 oz)
- **White milk 2%**  
6 fl oz
- **Greek yogurt**  
6 tbsp (3.8 oz)
- **Compote of choice**  
6.25 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: 426 kcal P: 10g C: 74g F: 11g Fi: 2g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
10 min



Cook  
5 min



Serves  
1

# Festive Pear and Lentil Salad with Crispy Bacon and Vegan Cream Cheese

- **Lentils, can.**  
7 oz
- **Balsamic vinegar**  
2 tbsp (1 fl oz)
- **Lettuce**  
1.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Pear**  
1 u (6 oz)
- **Bacon**  
1.5 oz
- **Almond flakes**  
1/2 tbsp (0.2 oz)
- **Vegan cream cheese**  
1.5 oz

- Heat a nonstick skillet over medium heat.
- Cook the bacon until crispy, about 3 to 5 minutes.
- In a large bowl, combine the romaine lettuce, lentils, and sliced pear.
- Add the crispy bacon and vegan cream cheese.
- In a small bowl, whisk together the oil and balsamic vinegar to create a vinaigrette.
- Sprinkle with the chopped almonds, drizzle with vinaigrette, season with salt and pepper, and serve.

Per serving: 721 kcal P: 35g C: 63g F: 37g Fi: 18g



# Whole Wheat Linzer Cookies with Jam

- **Almond flour**

1/4 oz

- **Whole wheat flour**

2 oz

- **Jam**

1 tbsp (0.6 oz)

- **Egg, medium**

1 u (1.8 oz)

- **Butter**

1/4 oz

- In a bowl, mix the whole wheat flour with the almond flour, then incorporate the egg and softened butter to form a smooth ball of dough.
- Roll out the dough thinly and cut out circles, hollowing out the center of half of them.
- Bake the cookies for twelve minutes at 350°F (180°C) until they are lightly golden.
- Once cooled, place a spoonful of jam on the solid discs and cover them with the hollowed-out discs.
- Finally, dust a little powdered sugar on top to perfect the presentation.

Per serving: 399 kcal P: 15g C: 51g F: 15g Fi: 9g



Prep  
10 min



Cook  
12 min



Serves  
1





Prep  
**10 min**



Cook  
**7 min**



Serves  
**1**

## Crispy Salad with Bacon and Figs

- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Bread of choice**  
1.5 sl (1.7 oz)
- **Arugula**  
1.75 oz
- **Goat cheese, log**  
1.5 oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Walnut kernels**  
3/4 oz
- **Fresh fig**  
3 u (4.2 oz)
- **Bacon cubes**  
3.5 oz

- Cook the bacon in a dry nonstick skillet for about 5 minutes until golden. Drain on paper towels.
- Toast the crushed walnuts in a nonstick skillet for 1-2 minutes.
- Cut the fresh figs into quarters.
- On a plate, arrange the arugula, bacon, figs, crumbled goat cheese, and toasted walnuts.
- Mix the balsamic vinegar and honey, drizzle over the salad. Add a pinch of pepper.
- Serve with bread, whole grain if possible.

Per serving: 712 kcal P: 34g C: 59g F: 38g Fi: 7g





# Day 7

Kcal : 2971

Protein : 111g

Carbs : 371g

Fat : 117g

Fiber : 43g

**Breakfast:** Chocolate Banana Smoothie

**Morning snack:** Applesauce Smoothie

**Lunch:** Festive Pear and Lentil Salad with Crispy Bacon and Vegan Cream Cheese

**Afternoon snack:** Whole Wheat Linzer Cookies with Jam

**Dinner:** Crispy Salad with Bacon and Figs



# Chocolate Banana Smoothie

- **Banana, medium**  
1.5 u (6.3 oz)
- **Honey or agave**  
4 tbsp (3 oz)
- **White milk 2%**  
8.5 fl oz
- **Cocoa powder 100%**  
3 tsp (0.2 oz)
- **Greek yogurt**  
9 tbsp (5.7 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: 713 kcal P: 17g C: 125g F: 17g Fi: 7g



Prep  
5 min



Cook  
0 min



Serves  
1



Prep  
**5 min**



Cook  
**0 min**



Serves  
**1**



## Applesauce Smoothie

- **Honey or agave**

2 tbsp (1.5 oz)

- **White milk 2%**

6 fl oz

- **Greek yogurt**

6 tbsp (3.8 oz)

- **Compote of choice**

6.25 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: 426 kcal P: 10g C: 74g F: 11g Fi: 2g



# Festive Pear and Lentil Salad with Crispy Bacon and Vegan Cream Cheese

- **Lentils, can.**  
7 oz
- **Balsamic vinegar**  
2 tbsp (1 fl oz)
- **Lettuce**  
1.75 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Pear**  
1 u (6 oz)
- **Bacon**  
1.5 oz
- **Almond flakes**  
1/2 tbsp (0.2 oz)
- **Vegan cream cheese**  
1.5 oz

- Heat a nonstick skillet over medium heat.
- Cook the bacon until crispy, about 3 to 5 minutes.
- In a large bowl, combine the romaine lettuce, lentils, and sliced pear.
- Add the crispy bacon and vegan cream cheese.
- In a small bowl, whisk together the oil and balsamic vinegar to create a vinaigrette.
- Sprinkle with the chopped almonds, drizzle with vinaigrette, season with salt and pepper, and serve.

Per serving: 721 kcal P: 35g C: 63g F: 37g Fi: 18g

Prep  
10 min

Cook  
5 min

Serves  
1





Prep  
**10 min**



Cook  
**12 min**



Serves  
**1**

# Whole Wheat Linzer Cookies with Jam

- **Almond flour**  
1/4 oz

- **Whole wheat flour**  
2 oz

- **Jam**  
1 tbsp (0.6 oz)

- **Egg, medium**  
1 u (1.8 oz)

- **Butter**  
1/4 oz

- In a bowl, mix the whole wheat flour with the almond flour, then incorporate the egg and softened butter to form a smooth ball of dough.
- Roll out the dough thinly and cut out circles, hollowing out the center of half of them.
- Bake the cookies for twelve minutes at 350°F (180°C) until they are lightly golden.
- Once cooled, place a spoonful of jam on the solid discs and cover them with the hollowed-out discs.
- Finally, dust a little powdered sugar on top to perfect the presentation.

Per serving: 399 kcal P: 15g C: 51g F: 15g Fi: 9g



# Crispy Salad with Bacon and Figs

- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Bread of choice**  
1.5 sl (1.7 oz)
- **Arugula**  
1.75 oz
- **Goat cheese, log**  
1.5 oz
- **Honey or agave**  
1 tsp (0.2 oz)
- **Walnut kernels**  
3/4 oz
- **Fresh fig**  
3 u (4.2 oz)
- **Bacon cubes**  
3.5 oz

- Cook the bacon in a dry nonstick skillet for about 5 minutes until golden. Drain on paper towels.
- Toast the crushed walnuts in a nonstick skillet for 1-2 minutes.
- Cut the fresh figs into quarters.
- On a plate, arrange the arugula, bacon, figs, crumbled goat cheese, and toasted walnuts.
- Mix the balsamic vinegar and honey, drizzle over the salad. Add a pinch of pepper.
- Serve with bread, whole grain if possible.

Per serving: 712 kcal P: 34g C: 59g F: 38g Fi: 7g

Prep  
10 min

Cook  
7 min

Serves  
1



# Shopping List

Full Week

## Fresh Produce

- Arugula (99.2 g)
- Avocado, medium (1 u (200 g))
- Banana, medium (3 u (360 g))
- Butternut squash (496.1 g)
- Compote of choice (354.4 g)
- Compote, unsweet. (9 u (900 g))
- Cooked green peas (198.5 g)
- Fresh fig (6 u (240 g))
- Fresh garlic clove (3 u (12 g))
- Fresh spinach (184.3 g)
- Lettuce (99.2 g)
- Mixed berries (595.4 g)
- Pear (3 u (510 g))
- Raspberries (241 g)
- Sun dried tomato (127.6 g)
- Zucchini (2 u (400 g))

## Animal Proteins

- Bacon (85.1 g)

## Animal Proteins (cont.)

- Bacon cubes (198.5 g)
- Chorizo (99.2 g)

## Dairy and Eggs

- Brie (212.6 g)
- Egg, medium (8 u (400 g))
- Feta (85.1 g)
- Goat cheese, log (85.1 g)
- Greek yogurt (540 g)
- Mozzarella (150.3 g)
- Petit suisse (362.9 g)
- Sour cream 15% (47.3 ml)
- White milk 2% (2.44 L)

## Bread, Rice & Pasta

- Bread of choice (226.8 g)
- Couscous (255.2 g)
- Gnocchis (283.5 g)
- Granola of choice (168 g)



# Shopping List

Full Week (cont.)

## Bread, Rice & Pasta (cont.)

- Large tortilla of choice (4 u (248 g))
- Polenta (277.8 g)
- Rolled oats of choice (300 g)

## Baking Supplies & Canned Goods

- Almond flour (14.2 g)
- Chickpeas, can. (697.4 g)
- Cocoa powder 100% (10.5 g)
- Cornstarch (50 g)
- Flour of choice (85.1 g)
- Lentils, can. (396.9 g)
- Red beans, can. (425.3 g)
- Whole wheat flour (113.4 g)

## Snacks and Sweets

- Almond flakes (9 g)
- Dark chocolate chips (85.1 g)
- Peanut butter (48 g)
- Walnut kernels (42.5 g)

## Fats, Oils, and Condiments

- Balsamic vinegar (91.7 ml)
- Butter (14.2 g)
- Fresh mint (4 g)
- Fresh parsley (3 g)
- Garlic powder (42 g)
- Honey or agave (436.6 g)
- Jam (99.2 g)
- Lemon juice (17.7 ml)
- Oil of choice (91.7 ml)
- Softened butter (6 g)
- Soy sauce of choice (32.5 ml)
- Tomato sauce (170.1 g)

## Other

- Tempeh (198.5 g)
- Vegan cream (2.1 fl oz)
- Vegan cream cheese (85.1 g)