



Menu for Alex MARTIN

Kcal : 1791

Protein : 154g

Carbs : 152g

Fat : 63g

Fiber : 34g

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

1789 kcal



Greek yogurt with honey/agave



Hummus and tuna sandwich



English muffin egg-bacon



Lactose-free sweet potato and pork blanquette

Day 2

1789 kcal



Greek yogurt with honey/agave



Hummus and tuna sandwich



English muffin egg-bacon



Lactose-free sweet potato and pork blanquette

Day 3

1789 kcal



Greek yogurt with honey/agave



Hummus and tuna sandwich



English muffin egg-bacon



Lactose-free sweet potato and pork blanquette

Day 4

1806 kcal



Buckwheat wrap with turkey and avocado



Mediterranean chicken and chickpea salad



Grison meat and cancoillotte toast



Chicken pasta salad

Day 5

1806 kcal



Buckwheat wrap with turkey and avocado



Mediterranean chicken and chickpea salad



Grisin meat and cancoillotte toast



Chicken pasta salad

Day 6

1778 kcal



Protein oat pancakes



Roasted chicken thigh with potatoes and carrots



Smoked salmon and plant-based yogurt toast



Lactose-free quinoa with mushrooms and chicken

Day 7

1778 kcal



Protein oat pancakes



Roasted chicken thigh with potatoes and carrots



Smoked salmon and plant-based yogurt toast



Lactose-free quinoa with mushrooms and chicken





Day 1

Kcal : 1789

Protein : 150g

Carbs : 155g

Fat : 64g

Fiber : 42g

Breakfast: Greek Yogurt with Honey/Agave

Lunch: Hummus and Tuna Sandwich

Afternoon snack: English Muffin Egg-Bacon

Dinner: Lactose-Free Sweet Potato and Pork Blanquette



Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
17.75 oz

- **Honey or agave**
4 tsp (1 oz)

- Place the Greek yogurt in a bowl.
- Drizzle the honey or agave over the yogurt and serve.

Per serving: 440 kcal P: 38g C: 38g F: 15g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
10 min



Cook
3 min



Serves
1

Hummus and Tuna Sandwich

- **Bread of choice**

2 sl (2.3 oz)

- **Pitted olives**

5 u (0.9 oz)

- **Tuna, can.**

5 oz

- **Hummus**

3 tbsp (1.9 oz)

- **Carrot**

1.5 u (3.2 oz)

- Toast the bread in a toaster, if desired.
- Grate the carrot and chop the olives.
- In a bowl, mix the hummus with the drained tuna and chopped olives, then add the spice of your choice.
- Spread the hummus mixture on one slice of bread.
- Place the grated carrot on the mixture and close the sandwich with the second slice of bread.

Per serving: **532 kcal** **P: 47g** **C: 43g** **F: 19g** **Fi: 9g**

Alex M.

Promealplan



English Muffin Egg-Bacon

- **Bacon, round sl.**
2 u (0.8 oz)
- **English muffin**
1 u (2.1 oz)
- **Egg, medium**
1 u (1.8 oz)
- **Emmental**
3/4 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: 307 kcal P: 22g C: 28g F: 12g Fi: 2g



Prep
5 min



Cook
8 min



Serves
1





Prep
15 min



Cook
30 min



Serves
1

Lactose-Free Sweet Potato and Pork Blanquette

- **Sour cream 15%, LF**
1.5 tbsp (0.8 fl oz)
- **Water**
5 fl oz
- **Flour of choice**
1 tsp (0.1 oz)
- **Sweet potato**
4.25 oz
- **Bouquet garni**
3.5 oz
- **Mushrooms of choice**
1.5 oz
- **Pork loin**
3.5 oz
- **Carrot**
1 u (2.1 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Plant broth cube**
1 u (0.4 oz)

- Peel and dice the onion, slice the carrot into rounds, cut the sweet potato and pork loin into cubes, and thinly slice the mushrooms.
- In a non-stick saucepan, sauté the mushrooms until golden, then set aside. In the same saucepan, cook the onion, sweet potato cubes, pork loin, and carrot rounds with the oil for 5–7 minutes.
- Add the diluted plant broth cube, bouquet garni, and water. Cover and let simmer for 20 minutes. Adjust the amount of water as needed.
- Mix the sour cream with the flour, pour into the saucepan, and stir until thickened.
- Add the mushrooms and let simmer for 5 minutes over low heat.
- Adjust the seasoning to taste and serve.

Per serving: 509 kcal P: 43g C: 45g F: 17g Fi: 31g





Day 2

Kcal : 1789

Protein : 150g

Carbs : 155g

Fat : 64g

Fiber : 42g

Breakfast: Greek Yogurt with Honey/Agave

Lunch: Hummus and Tuna Sandwich

Afternoon snack: English Muffin Egg-Bacon

Dinner: Lactose-Free Sweet Potato and Pork Blanquette



Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
17.75 oz

- **Honey or agave**
4 tsp (1 oz)

- Place the Greek yogurt in a bowl.
- Drizzle the honey or agave over the yogurt and serve.

Per serving: 440 kcal P: 38g C: 38g F: 15g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
10 min



Cook
3 min



Serves
1

Hummus and Tuna Sandwich

- **Bread of choice**

2 sl (2.3 oz)

- **Pitted olives**

5 u (0.9 oz)

- **Tuna, can.**

5 oz

- **Hummus**

3 tbsp (1.9 oz)

- **Carrot**

1.5 u (3.2 oz)

- Toast the bread in a toaster, if desired.
- Grate the carrot and chop the olives.
- In a bowl, mix the hummus with the drained tuna and chopped olives, then add the spice of your choice.
- Spread the hummus mixture on one slice of bread.
- Place the grated carrot on the mixture and close the sandwich with the second slice of bread.

Per serving: **532 kcal** **P: 47g** **C: 43g** **F: 19g** **Fi: 9g**

Alex M.

Promealplan



English Muffin Egg-Bacon

- **Bacon, round sl.**
2 u (0.8 oz)
- **Emmental**
3/4 oz
- **English muffin**
1 u (2.1 oz)
- **Egg, medium**
1 u (1.8 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: 307 kcal P: 22g C: 28g F: 12g Fi: 2g



Prep
5 min



Cook
8 min



Serves
1





Prep
15 min



Cook
30 min



Serves
1

Lactose-Free Sweet Potato and Pork Blanquette

- **Sour cream 15%, LF**
1.5 tbsp (0.8 fl oz)
- **Water**
5 fl oz
- **Flour of choice**
1 tsp (0.1 oz)
- **Sweet potato**
4.25 oz
- **Bouquet garni**
3.5 oz
- **Mushrooms of choice**
1.5 oz
- **Pork loin**
3.5 oz
- **Carrot**
1 u (2.1 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Plant broth cube**
1 u (0.4 oz)

- Peel and dice the onion, slice the carrot into rounds, cut the sweet potato and pork loin into cubes, and thinly slice the mushrooms.
- In a non-stick saucepan, sauté the mushrooms until golden, then set aside. In the same saucepan, cook the onion, sweet potato cubes, pork loin, and carrot rounds with the oil for 5–7 minutes.
- Add the diluted plant broth cube, bouquet garni, and water. Cover and let simmer for 20 minutes. Adjust the amount of water as needed.
- Mix the sour cream with the flour, pour into the saucepan, and stir until thickened.
- Add the mushrooms and let simmer for 5 minutes over low heat.
- Adjust the seasoning to taste and serve.

Per serving: 509 kcal P: 43g C: 45g F: 17g Fi: 31g





Day 3

Kcal : 1789

Protein : 150g

Carbs : 155g

Fat : 64g

Fiber : 42g

Breakfast: Greek Yogurt with Honey/Agave

Lunch: Hummus and Tuna Sandwich

Afternoon snack: English Muffin Egg-Bacon

Dinner: Lactose-Free Sweet Potato and Pork Blanquette



Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
17.75 oz

- **Honey or agave**
4 tsp (1 oz)

- Place the Greek yogurt in a bowl.
- Drizzle the honey or agave over the yogurt and serve.

Per serving: 440 kcal P: 38g C: 38g F: 15g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
10 min



Cook
3 min



Serves
1

Hummus and Tuna Sandwich

- **Bread of choice**

2 sl (2.3 oz)

- **Pitted olives**

5 u (0.9 oz)

- **Tuna, can.**

5 oz

- **Hummus**

3 tbsp (1.9 oz)

- **Carrot**

1.5 u (3.2 oz)

- Toast the bread in a toaster, if desired.
- Grate the carrot and chop the olives.
- In a bowl, mix the hummus with the drained tuna and chopped olives, then add the spice of your choice.
- Spread the hummus mixture on one slice of bread.
- Place the grated carrot on the mixture and close the sandwich with the second slice of bread.

Per serving: **532 kcal** **P: 47g** **C: 43g** **F: 19g** **Fi: 9g**

Alex M.

Promealplan



English Muffin Egg-Bacon

- **Bacon, round sl.**
2 u (0.8 oz)
- **English muffin**
1 u (2.1 oz)
- **Egg, medium**
1 u (1.8 oz)
- **Emmental**
3/4 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: 307 kcal P: 22g C: 28g F: 12g Fi: 2g



Prep
5 min



Cook
8 min



Serves
1





Prep
15 min



Cook
30 min



Serves
1

Lactose-Free Sweet Potato and Pork Blanquette

- **Sour cream 15%, LF**
1.5 tbsp (0.8 fl oz)
- **Water**
5 fl oz
- **Flour of choice**
1 tsp (0.1 oz)
- **Sweet potato**
4.25 oz
- **Bouquet garni**
3.5 oz
- **Mushrooms of choice**
1.5 oz
- **Pork loin**
3.5 oz
- **Carrot**
1 u (2.1 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Plant broth cube**
1 u (0.4 oz)

- Peel and dice the onion, slice the carrot into rounds, cut the sweet potato and pork loin into cubes, and thinly slice the mushrooms.
- In a non-stick saucepan, sauté the mushrooms until golden, then set aside. In the same saucepan, cook the onion, sweet potato cubes, pork loin, and carrot rounds with the oil for 5–7 minutes.
- Add the diluted plant broth cube, bouquet garni, and water. Cover and let simmer for 20 minutes. Adjust the amount of water as needed.
- Mix the sour cream with the flour, pour into the saucepan, and stir until thickened.
- Add the mushrooms and let simmer for 5 minutes over low heat.
- Adjust the seasoning to taste and serve.

Per serving: 509 kcal P: 43g C: 45g F: 17g Fi: 31g





Day 4

Kcal : 1806

Protein : 161g

Carbs : 148g

Fat : 64g

Fiber : 34g

Breakfast: Buckwheat Wrap with Turkey and Avocado

Lunch: Mediterranean Chicken and Chickpea Salad

Afternoon snack: Grison Meat and Cancoillotte Toast

Dinner: Chicken Pasta Salad



Buckwheat Wrap with Turkey and Avocado

- **Buckwheat crepe**
2 u (3.5 oz)

- **Turkey deli-style sl.**
5.25 oz

- **Hummus**
2 tbsp (1.3 oz)

- **Avocado, medium**
1/4 u (1.8 oz)

- Spread the hummus evenly over the buckwheat crepe.
- Place the turkey slices on top of the hummus.
- Arrange the sliced avocado over the turkey and season with salt and pepper.
- Roll the crepe tightly and serve.

Per serving: 507 kcal P: 42g C: 40g F: 21g Fi: 9g



Prep
5 min



Cook
0 min



Serves
1





Prep
10 min



Cook
8 min



Serves
1

Mediterranean Chicken and Chickpea Salad

- **Chickpeas, can.**
5.25 oz
- **Chicken breast fillet**
5.25 oz
- **Balsamic vinegar**
2 tbsp (1 fl oz)
- **Fresh parsley**
1 tsp (0 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Cherry tomatoes**
7 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)

- Cut the chicken into strips.
- Heat the oil in a nonstick saucepan and sauté the chicken until well cooked, about 6-8 minutes. Season with salt and pepper.
- In a bowl, mix the balsamic vinegar, lemon juice, salt and pepper to make the dressing.
- Place the halved cherry tomatoes, diced red onion, parsley, drained chickpeas and cooked chicken in a deep plate.
- Drizzle with the balsamic-lemon dressing and gently toss to combine all ingredients.
- Let the salad rest to allow flavors to blend before serving.

Per serving: 495 kcal P: 47g C: 42g F: 16g Fi: 15g

Alex M.

Promealplan



Grison Meat and Cancoillotte Toast

- **Wasa crispbread**
4 u (1.4 oz)
- **Grisons dried meat**
2 oz
- **Cancoillotte**
3 tbsp (1.6 oz)

- Spread the cancoillotte cheese evenly on the Wasa crispbread.
- Top with the grison meat slices and serve.

Per serving: 306 kcal P: 32g C: 26g F: 8g Fi: 8g



Prep
3 min



Cook
0 min



Serves
1





Prep
5 min



Cook
10 min



Serves
1

Chicken Pasta Salad

- **Chicken breast fillet**
3.5 oz
- **Cherry tomatoes**
2.5 oz
- **Emmental**
1 oz
- **Pasta of choice**
1.75 oz
- **Mustard**
1 tsp (0.2 oz)
- **Greek yogurt 2%**
2 tbsp (1.1 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Mayonnaise**
1 tsp (0.2 oz)

- Bring water to a boil in a saucepan and cook the pasta according to package directions.
- Meanwhile, cook the diced chicken with oil in a nonstick skillet until fully cooked, about 6-8 minutes.
- In a bowl, mix the mayonnaise, plain yogurt, Dijon mustard, salt and pepper to create the dressing.
- Once cooked, drain the pasta and cool it under cold running water.
- To serve, place the pasta in a dish, then add the cherry tomatoes, Emmental cheese and chicken. Drizzle with the mayonnaise dressing.

Per serving: 499 kcal P: 40g C: 40g F: 20g Fi: 3g





Day 5

Kcal : 1806

Protein : 161g

Carbs : 148g

Fat : 64g

Fiber : 34g

Breakfast: Buckwheat Wrap with Turkey and Avocado

Lunch: Mediterranean Chicken and Chickpea Salad

Afternoon snack: Grison Meat and Cancoillotte Toast

Dinner: Chicken Pasta Salad



Buckwheat Wrap with Turkey and Avocado

- **Buckwheat crepe**
2 u (3.5 oz)

- **Turkey deli-style sl.**
5.25 oz

- **Hummus**
2 tbsp (1.3 oz)

- **Avocado, medium**
1/4 u (1.8 oz)

- Spread the hummus evenly over the buckwheat crepe.
- Place the turkey slices on top of the hummus.
- Arrange the sliced avocado over the turkey and season with salt and pepper.
- Roll the crepe tightly and serve.

Per serving: 507 kcal P: 42g C: 40g F: 21g Fi: 9g



Prep
5 min



Cook
0 min



Serves
1





Prep
10 min



Cook
8 min



Serves
1

Mediterranean Chicken and Chickpea Salad

- **Chickpeas, can.**
5.25 oz
- **Chicken breast fillet**
5.25 oz
- **Balsamic vinegar**
2 tbsp (1 fl oz)
- **Fresh parsley**
1 tsp (0 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Cherry tomatoes**
7 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)

- Cut the chicken into strips.
- Heat the oil in a nonstick saucepan and sauté the chicken until well cooked, about 6-8 minutes. Season with salt and pepper.
- In a bowl, mix the balsamic vinegar, lemon juice, salt and pepper to make the dressing.
- Place the halved cherry tomatoes, diced red onion, parsley, drained chickpeas and cooked chicken in a deep plate.
- Drizzle with the balsamic-lemon dressing and gently toss to combine all ingredients.
- Let the salad rest to allow flavors to blend before serving.

Per serving: 495 kcal P: 47g C: 42g F: 16g Fi: 15g



Grison Meat and Cancoillotte Toast

- **Wasa crispbread**
4 u (1.4 oz)
- **Grisons dried meat**
2 oz
- **Cancoillotte**
3 tbsp (1.6 oz)

- Spread the cancoillotte cheese evenly on the Wasa crispbread.
- Top with the grison meat slices and serve.

Per serving: 306 kcal P: 32g C: 26g F: 8g Fi: 8g



Prep
3 min



Cook
0 min



Serves
1





Prep
5 min



Cook
10 min



Serves
1

Chicken Pasta Salad

- **Chicken breast fillet**
3.5 oz
- **Cherry tomatoes**
2.5 oz
- **Emmental**
1 oz
- **Pasta of choice**
1.75 oz
- **Mustard**
1 tsp (0.2 oz)
- **Greek yogurt 2%**
2 tbsp (1.1 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Mayonnaise**
1 tsp (0.2 oz)

- Bring water to a boil in a saucepan and cook the pasta according to package directions.
- Meanwhile, cook the diced chicken with oil in a nonstick skillet until fully cooked, about 6-8 minutes.
- In a bowl, mix the mayonnaise, plain yogurt, Dijon mustard, salt and pepper to create the dressing.
- Once cooked, drain the pasta and cool it under cold running water.
- To serve, place the pasta in a dish, then add the cherry tomatoes, Emmental cheese and chicken. Drizzle with the mayonnaise dressing.

Per serving: 499 kcal P: 40g C: 40g F: 20g Fi: 3g





Day 6

Kcal : 1778

Protein : 153g

Carbs : 153g

Fat : 62g

Fiber : 21g

Breakfast: Protein Oat Pancakes

Lunch: Roasted Chicken Thigh with Potatoes and Carrots

Afternoon snack: Smoked Salmon and Plant-Based Yogurt Toast

Dinner: Lactose-Free Quinoa with Mushrooms and Chicken



Protein Oat Pancakes

- **Maple syrup**
3 tsp (0.5 fl oz)
- **Oat flour**
2 oz
- **Protein powders of choice**
2 tbsp (0.6 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Plant milk of choice**
1.75 fl oz
- **Egg white**
3 u (3.5 oz)
- **Baking powder**
1 tsp (0.1 oz)
- **Egg, medium**
1 u (1.8 oz)

- Mix all ingredients together except the maple syrup. Adjust the amount of plant milk according to desired batter thickness.
- Heat oil in a nonstick skillet over medium-high heat.
- Lower the temperature and pour a small amount of batter for each pancake.
- Cook the first side for about 2 minutes, then flip and cook for about 1 minute. Repeat until all batter is used.
- Serve the pancakes with a drizzle of maple syrup.

Per serving: 481 kcal P: 38g C: 49g F: 15g Fi: 6g



Prep
5 min



Cook
6 min



Serves
1





Prep
15 min



Cook
45 min



Serves
1

Roasted Chicken Thigh with Potatoes and Carrots

- **Chicken thigh, skinless** 6.25 oz
- **Potato** 5.25 oz
- **Dried thyme** 2 tsp (0 oz)
- **Oil of choice** 2 tsp (0.3 fl oz)
- **Fresh garlic clove** 2 u (0.3 oz)
- **Mustard** 2 tsp (0.4 oz)
- **Carrot** 3.5 oz

- Preheat the oven to 400°F (200°C).
- Peel and cut the potatoes into quarters or large cubes. Peel the carrots and cut them into thick rounds or sticks. Place the vegetables in a baking dish with the lightly crushed garlic cloves.
- Drizzle the vegetables with half the oil, season with salt, pepper, and herbs, then toss to coat evenly.
- Brush the chicken thigh with the remaining oil mixed with the mustard. Season with salt, pepper, and herbs, then place on top of the vegetables.
- Roast for 40-45 minutes, stirring the vegetables halfway through for even browning. The chicken should be golden and the juices should run clear when pierced.
- Serve hot directly from the baking dish.

Per serving: 467 kcal P: 39g C: 38g F: 18g Fi: 6g



Smoked Salmon and Plant-Based Yogurt Toast

- **Bread of choice**
1 sl (1.1 oz)
 - **Fresh dill**
1 tsp (0 oz)
 - **Cucumber**
2.75 oz
 - **Vegan yogurt of choice**
4 tbsp (2 fl oz)
 - **Smoked salmon**
3 sl (3.7 oz)
- Toast the bread if desired.
 - Let the toasted bread cool and spread the vegan yogurt evenly on top.
 - Top with slices of smoked salmon.
 - Decorate with cucumber slices and sprinkle with fresh dill before serving.

Per serving: 318 kcal P: 28g C: 24g F: 12g Fi: 3g



Prep
5 min



Cook
3 min



Serves
1





Prep
5 min



Cook
20 min



Serves
1

Lactose-Free Quinoa with Mushrooms and Chicken

- **Chicken breast fillet**
5.25 oz
- **Vegan cream**
2.5 tbsp (1.3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Mushrooms of choice**
7 oz
- **Fresh garlic clove**
1 u (0.1 oz)
- **Quinoa**
5 tbsp (2.1 oz)

- Cook the quinoa in a pot of boiling water according to the package instructions.
- Meanwhile, heat the oil in a nonstick skillet and cook the minced garlic and sliced mushrooms. Season with salt and pepper.
- Once cooked, move the mushrooms to the side of the skillet and cook the chicken breast in the same skillet until lightly golden and cooked through.
- Drain the quinoa and place on a plate with the chicken.
- Add the plant-based cream to the skillet with the mushrooms and stir together for about 2 minutes.
- Add the mushroom mixture over the quinoa. Season with salt and pepper to taste and serve.

Per serving: 512 kcal P: 47g C: 42g F: 17g Fi: 6g





Day 7

Kcal : 1778

Protein : 153g

Carbs : 153g

Fat : 62g

Fiber : 21g

Breakfast: Protein Oat Pancakes

Lunch: Roasted Chicken Thigh with Potatoes and Carrots

Afternoon snack: Smoked Salmon and Plant-Based Yogurt Toast

Dinner: Lactose-Free Quinoa with Mushrooms and Chicken



Protein Oat Pancakes

- **Maple syrup**
3 tsp (0.5 fl oz)

- **Oat flour**
2 oz

- **Protein powders of choice**
2 tbsp (0.6 oz)

- **Oil of choice**
1 tsp (0.2 fl oz)

- **Plant milk of choice**
1.75 fl oz

- **Egg white**
3 u (3.5 oz)

- **Baking powder**
1 tsp (0.1 oz)

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

- Mix all ingredients together except the maple syrup. Adjust the amount of plant milk according to desired batter thickness.
- Heat oil in a nonstick skillet over medium-high heat.
- Lower the temperature and pour a small amount of batter for each pancake.
- Cook the first side for about 2 minutes, then flip and cook for about 1 minute. Repeat until all batter is used.
- Serve the pancakes with a drizzle of maple syrup.

Per serving: 481 kcal P: 38g C: 49g F: 15g Fi: 6g



Prep
5 min



Cook
6 min



Serves
1



Prep
15 min



Cook
45 min



Serves
1

Roasted Chicken Thigh with Potatoes and Carrots

- **Chicken thigh, skinless** 6.25 oz
- **Potato** 5.25 oz
- **Dried thyme** 2 tsp (0 oz)
- **Oil of choice** 2 tsp (0.3 fl oz)
- **Fresh garlic clove** 2 u (0.3 oz)
- **Mustard** 2 tsp (0.4 oz)
- **Carrot** 3.5 oz

- Preheat the oven to 400°F (200°C).
- Peel and cut the potatoes into quarters or large cubes. Peel the carrots and cut them into thick rounds or sticks. Place the vegetables in a baking dish with the lightly crushed garlic cloves.
- Drizzle the vegetables with half the oil, season with salt, pepper, and herbs, then toss to coat evenly.
- Brush the chicken thigh with the remaining oil mixed with the mustard. Season with salt, pepper, and herbs, then place on top of the vegetables.
- Roast for 40-45 minutes, stirring the vegetables halfway through for even browning. The chicken should be golden and the juices should run clear when pierced.
- Serve hot directly from the baking dish.

Per serving: 467 kcal P: 39g C: 38g F: 18g Fi: 6g



Smoked Salmon and Plant-Based Yogurt Toast

- **Bread of choice**
1 sl (1.1 oz)
 - **Fresh dill**
1 tsp (0 oz)
 - **Cucumber**
2.75 oz
 - **Vegan yogurt of choice**
4 tbsp (2 fl oz)
 - **Smoked salmon**
3 sl (3.7 oz)
- Toast the bread if desired.
 - Let the toasted bread cool and spread the vegan yogurt evenly on top.
 - Top with slices of smoked salmon.
 - Decorate with cucumber slices and sprinkle with fresh dill before serving.

Per serving: 318 kcal P: 28g C: 24g F: 12g Fi: 3g



Prep
5 min



Cook
3 min



Serves
1





Prep
5 min



Cook
20 min



Serves
1

Lactose-Free Quinoa with Mushrooms and Chicken

- **Chicken breast fillet**
5.25 oz
- **Vegan cream**
2.5 tbsp (1.3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Mushrooms of choice**
7 oz
- **Fresh garlic clove**
1 u (0.1 oz)
- **Quinoa**
5 tbsp (2.1 oz)

- Cook the quinoa in a pot of boiling water according to the package instructions.
- Meanwhile, heat the oil in a nonstick skillet and cook the minced garlic and sliced mushrooms. Season with salt and pepper.
- Once cooked, move the mushrooms to the side of the skillet and cook the chicken breast in the same skillet until lightly golden and cooked through.
- Drain the quinoa and place on a plate with the chicken.
- Add the plant-based cream to the skillet with the mushrooms and stir together for about 2 minutes.
- Add the mushroom mixture over the quinoa. Season with salt and pepper to taste and serve.

Per serving: 512 kcal P: 47g C: 42g F: 17g Fi: 6g



Shopping List

Full Week

Fresh Produce

- Avocado, medium (1 u (200 g))
- Carrot (649.2 g)
- Cherry tomatoes (538.7 g)
- Cucumber (155.9 g)
- Fresh garlic clove (6 u (24 g))
- Mushrooms of choice (524.5 g)
- Onion, medium (1 u (150 g))
- Potato (297.7 g)
- Red onion (1 u (150 g))
- Sweet potato (362.9 g)

Animal Proteins

- Bacon, round sl. (6 u (72 g))
- Chicken breast fillet (793.8 g)
- Chicken thigh, skinless (354.4 g)
- Grisons dried meat (113.4 g)
- Pork loin (297.7 g)
- Smoked salmon (212.6 g)
- Turkey deli-style sl. (297.7 g)

Dairy and Eggs

- Cancoillotte (90 g)
- Egg, medium (5 u (250 g))
- Egg white (6 u (198 g))
- Emmental (121.9 g)
- Greek yogurt 2% (1.57 kg)
- Sour cream 15%, LF (68 ml)

Bread, Rice & Pasta

- Bread of choice (258 g)
- Buckwheat crepe (4 u (200 g))
- English muffin (3 u (180 g))
- Pasta of choice (99.2 g)
- Quinoa (120 g)

Baking Supplies & Canned Goods

- Baking powder (8.4 g)
- Chickpeas, can. (297.7 g)
- Flour of choice (10 g)
- Oat flour (113.4 g)



Shopping List

Full Week (cont.)

Baking Supplies & Canned Goods (cont.)

- Tuna, can. (425.3 g)

Snacks and Sweets

- Wasa crispbread (8 u (80 g))

Beverages

- Water (443.6 ml)

Fats, Oils, and Condiments

- Balsamic vinegar (62.1 ml)
- Bouquet garni (297.7 g)
- Dried thyme (1.4 g)
- Fresh dill (0.7 g)
- Fresh parsley (0.7 g)
- Honey or agave (84 g)
- Hummus (234 g)
- Lemon juice (32.5 ml)
- Maple syrup (32.5 ml)
- Mayonnaise (9.8 g)

Fats, Oils, and Condiments (cont.)

- Mustard (30 g)
- Oil of choice (88.7 ml)
- Pitted olives (15 u (75 g))
- Plant broth cube (3 u (30 g))

Other

- Plant milk of choice (103.5 ml)
- Protein powders of choice (36 g)
- Vegan cream (2.6 fl oz)
- Vegan yogurt of choice (120 ml)