



Menu for Alex MARTIN

Kcal : 2184

Protein : 192g

Carbs : 195g

Fat : 70g

Fiber : 39g

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

2178 kcal



High-protein chicken,
egg and spinach bagel



Lactose-free sweet
potato and pork...



Greek yogurt with
honey/agave



Lactose-free beef
taco-style lettuce wraps



Protein-rich hazelnut
skyr parfait

Day 2

2178 kcal



High-protein chicken,
egg and spinach bagel



Lactose-free sweet
potato and pork...



Greek yogurt with
honey/agave



Lactose-free beef
taco-style lettuce wraps



Protein-rich hazelnut
skyr parfait

Day 3

2178 kcal



High-protein chicken,
egg and spinach bagel



Lactose-free sweet
potato and pork...



Greek yogurt with
honey/agave



Lactose-free beef
taco-style lettuce wraps



Protein-rich hazelnut
skyr parfait

Day 4

2188 kcal



Protein oat pancakes



Hummus and tuna
sandwich



Creamy tuna bowl with
wasa crispbread



Buckwheat galette wrap
with creamy salmon



Smoked salmon and
plant-based yogurt toast

Day 5

2188 kcal



Protein oat pancakes



Hummus and tuna sandwich



Creamy tuna bowl with wasa crispbread



Buckwheat galette wrap with creamy salmon



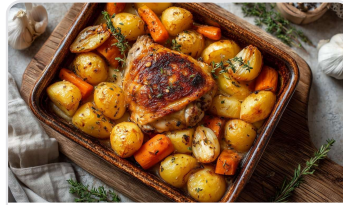
Smoked salmon and plant-based yogurt toast

Day 6

2190 kcal



Savory ham and emmental pancakes



Roasted chicken thigh with potatoes and...



Cottage cheese and applesauce



Mediterranean tuna and quinoa salad



Lactose-free tuna rillettes with carrot...

Day 7

2190 kcal



Savory ham and emmental pancakes



Roasted chicken thigh with potatoes and...



Cottage cheese and applesauce



Mediterranean tuna and quinoa salad



Lactose-free tuna rillettes with carrot...





Day 1

Kcal : 2178

Protein : 189g

Carbs : 195g

Fat : 71g

Fiber : 52g

Breakfast: High-Protein Chicken, Egg and Spinach Bagel

Lunch: Lactose-Free Sweet Potato and Pork Blanquette

Afternoon snack: Greek Yogurt with Honey/Agave

Dinner: Lactose-Free Beef Taco-Style Lettuce Wraps

Evening snack: Protein-Rich Hazelnut Skyr Parfait



High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**
1 oz
 - **Egg, medium**
2 u (3.5 oz)
 - **Chicken, deli-style sl.**
2 u (2.5 oz)
 - **Goat cheese spread**
2 tbsp (1.3 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: 507 kcal P: 41g C: 48g F: 17g Fi: 3g



Prep
10 min

Cook
10 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



Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
12.25 oz

- **Honey or agave**
3.5 tsp (0.9 oz)

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

Per serving: 320 kcal P: 26g C: 30g F: 10g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
5 min



Cook
10 min



Serves
1

Lactose-Free Beef Taco-Style Lettuce Wraps

- | | | |
|---|---|------------------------------------|
| - Tomato
2 u (10.6 oz) | - Red beans, can.
2.75 oz | - Lettuce
3.5 oz |
| - Oil of choice
1 tsp (0.2 fl oz) | - Corn, can.
2.75 oz | - Ground beef 5%
5.75 oz |
| - Taco seasoning
3 tsp (0.3 oz) | - Vegan yogurt of choice
4 tbsp (2 fl oz) | |

- Heat the oil in a non-stick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, crumbling it 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.
- Divide the beef mixture over the lettuce leaves.
- Top with diced tomato and vegan yogurt before serving.

Per serving: 526 kcal P: 48g C: 45g F: 17g Fi: 14g



Protein-Rich Hazelnut Skyr Parfait

- **Weetabix**
1 u (0.6 oz)
- **Hazelnuts**
1/4 oz
- **Chocolate 70%**
1/4 oz
- **Protein powders of choice**
1/2 oz
- **White milk 2%**
3.5 fl oz
- **Plain skyr**
5.25 oz

- In a bowl or airtight container, crumble the Weetabix and cover with milk. Mash with a fork and mix until you get a smooth base.
- In a small bowl, mix the skyr with the whey powder until well combined, then spread this mixture over the biscuit base.
- Melt the dark chocolate in the microwave for 30-60 seconds. In another bowl, mix the melted chocolate with a little milk, add the crushed hazelnuts and mix well.
- Spread the chocolate-hazelnut mixture over the skyr layer.
- Refrigerate for a few hours before serving.

Per serving: 316 kcal P: 32g C: 27g F: 9g Fi: 4g

Prep
10 min

Cook
1 min

Serves
1





Day 2

Kcal : 2178

Protein : 189g

Carbs : 195g

Fat : 71g

Fiber : 52g

Breakfast: High-Protein Chicken, Egg and Spinach Bagel

Lunch: Lactose-Free Sweet Potato and Pork Blanquette

Afternoon snack: Greek Yogurt with Honey/Agave

Dinner: Lactose-Free Beef Taco-Style Lettuce Wraps

Evening snack: Protein-Rich Hazelnut Skyr Parfait





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.**
2 u (2.5 oz)
- **Goat cheese spread**
2 tbsp (1.3 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: 507 kcal P: 41g C: 48g F: 17g Fi: 3g



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

Prep
15 min

Cook
30 min

Serves
1





Prep
2 min



Cook
0 min



Serves
1

Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
12.25 oz
- **Honey or agave**
3.5 tsp (0.9 oz)

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

Per serving: 320 kcal P: 26g C: 30g F: 10g Fi: 0g



Lactose-Free Beef Taco-Style Lettuce Wraps

- **Tomato**
2 u (10.6 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Taco seasoning**
3 tsp (0.3 oz)
- **Red beans, can.**
2.75 oz
- **Corn, can.**
2.75 oz
- **Vegan yogurt of choice**
4 tbsp (2 fl oz)
- **Lettuce**
3.5 oz
- **Ground beef 5%**
5.75 oz

- Heat the oil in a non-stick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, crumbling it 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.
- Divide the beef mixture over the lettuce leaves.
- Top with diced tomato and vegan yogurt before serving.

Per serving: 526 kcal P: 48g C: 45g F: 17g Fi: 14g



Prep
5 min



Cook
10 min



Serves
1





Prep
10 min



Cook
1 min



Serves
1

Protein-Rich Hazelnut Skyr Parfait

- **Weetabix**
1 u (0.6 oz)

- **Hazelnuts**
1/4 oz

- **Chocolate 70%**
1/4 oz

- **Protein powders of choice**
1/2 oz

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

- **Plain skyr**
5.25 oz

- In a bowl or airtight container, crumble the Weetabix and cover with milk. Mash with a fork and mix until you get a smooth base.
- In a small bowl, mix the skyr with the whey powder until well combined, then spread this mixture over the biscuit base.
- Melt the dark chocolate in the microwave for 30-60 seconds. In another bowl, mix the melted chocolate with a little milk, add the crushed hazelnuts and mix well.
- Spread the chocolate-hazelnut mixture over the skyr layer.
- Refrigerate for a few hours before serving.

Per serving: 316 kcal P: 32g C: 27g F: 9g Fi: 4g





Day 3

Kcal : 2178

Protein : 189g

Carbs : 195g

Fat : 71g

Fiber : 52g

Breakfast: High-Protein Chicken, Egg and Spinach Bagel

Lunch: Lactose-Free Sweet Potato and Pork Blanquette

Afternoon snack: Greek Yogurt with Honey/Agave

Dinner: Lactose-Free Beef Taco-Style Lettuce Wraps

Evening snack: Protein-Rich Hazelnut Skyr Parfait



High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**
1 oz
 - **Egg, medium**
2 u (3.5 oz)
 - **Chicken, deli-style sl.**
2 u (2.5 oz)
 - **Goat cheese spread**
2 tbsp (1.3 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: 507 kcal P: 41g C: 48g F: 17g Fi: 3g

Prep
10 min

Cook
10 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



Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**
12.25 oz

- **Honey or agave**
3.5 tsp (0.9 oz)

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

Per serving: 320 kcal P: 26g C: 30g F: 10g Fi: 0g



Prep
2 min



Cook
0 min



Serves
1





Prep
5 min



Cook
10 min



Serves
1

Lactose-Free Beef Taco-Style Lettuce Wraps

- | | | |
|---|---|------------------------------------|
| - Tomato
2 u (10.6 oz) | - Red beans, can.
2.75 oz | - Lettuce
3.5 oz |
| - Oil of choice
1 tsp (0.2 fl oz) | - Corn, can.
2.75 oz | - Ground beef 5%
5.75 oz |
| - Taco seasoning
3 tsp (0.3 oz) | - Vegan yogurt of choice
4 tbsp (2 fl oz) | |

- Heat the oil in a non-stick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, crumbling it 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.
- Divide the beef mixture over the lettuce leaves.
- Top with diced tomato and vegan yogurt before serving.

Per serving: 526 kcal P: 48g C: 45g F: 17g Fi: 14g



Protein-Rich Hazelnut Skyr Parfait

- **Weetabix**
1 u (0.6 oz)
- **Hazelnuts**
1/4 oz
- **Chocolate 70%**
1/4 oz
- **Protein powders of choice**
1/2 oz
- **White milk 2%**
3.5 fl oz
- **Plain skyr**
5.25 oz

- In a bowl or airtight container, crumble the Weetabix and cover with milk. Mash with a fork and mix until you get a smooth base.
- In a small bowl, mix the skyr with the whey powder until well combined, then spread this mixture over the biscuit base.
- Melt the dark chocolate in the microwave for 30-60 seconds. In another bowl, mix the melted chocolate with a little milk, add the crushed hazelnuts and mix well.
- Spread the chocolate-hazelnut mixture over the skyr layer.
- Refrigerate for a few hours before serving.

Per serving: 316 kcal P: 32g C: 27g F: 9g Fi: 4g

Prep
10 min

Cook
1 min

Serves
1





Day 4

Kcal : 2188

Protein : 188g

Carbs : 194g

Fat : 73g

Fiber : 31g

Breakfast: Protein Oat Pancakes

Lunch: Hummus and Tuna Sandwich

Afternoon snack: Creamy Tuna Bowl with Wasa Crispbread

Dinner: Buckwheat Galette Wrap with Creamy Salmon

Evening snack: Smoked Salmon and Plant-Based Yogurt Toast





Prep
5 min



Cook
6 min



Serves
1

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



Hummus and Tuna Sandwich

- **Bread of choice**
2 sl (2.3 oz)
- **Hummus**
3 tbsp (1.9 oz)
- **Pitted olives**
5 u (0.9 oz)
- **Carrot**
1.5 u (3.2 oz)
- **Tuna, can.**
5 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



Prep
10 min



Cook
3 min



Serves
1





Prep
10 min



Cook
0 min



Serves
1

Creamy Tuna Bowl with Wasa Crispbread

- **Wasa crispbread**
2 u (0.7 oz)
- **Almond flakes**
1/2 tsp (0.1 oz)
- **Fresh parsley**
1 tbsp (0 oz)
- **Cucumber**
1/2 u (6.2 oz)
- **Tuna, can.**
3.5 oz
- **Greek yogurt**
3.5 oz
- **Cherry tomatoes**
2.75 oz
- **Mustard**
1 tsp (0.2 oz)

- In a bowl, mix the Greek yogurt with the tuna and mustard until well combined. Serve with Wasa crispbread.
- Add the quartered cherry tomatoes and diced cucumber. Season to taste and mix well. Serve with Wasa crispbread.
- Sprinkle with fresh parsley and garnish with chopped almonds. Serve with Wasa crispbread.

Per serving: 343 kcal P: 33g C: 28g F: 11g Fi: 6g



Buckwheat Galette Wrap with Creamy Salmon

- **Buckwheat crepe**
2 u (3.5 oz)
- **Greek yogurt 2%**
5.25 oz
- **Lemon juice**
2 tsp (0.3 fl oz)
- **Smoked salmon**
3 sl (3.7 oz)
- **Carrot**
2 u (4.2 oz)

- In a small bowl, mix the yogurt with the lemon juice, salt, and pepper.
- Spread the lemon yogurt mixture evenly over the buckwheat galette.
- Place the shredded carrot and smoked salmon on top of the yogurt.
- Season with salt and pepper to taste.
- Roll the galette tightly and serve immediately.

Per serving: 511 kcal P: 41g C: 50g F: 16g Fi: 7g



Prep
10 min



Cook
0 min



Serves
1





Prep
5 min



Cook
3 min



Serves
1

Smoked Salmon and Plant-Based Yogurt Toast

- **Bread of choice**
1 sl (1.1 oz)
- **Fresh dill**
1 tsp (0 oz)
- **Cucumber**
3.5 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: 322 kcal P: 29g C: 24g F: 12g Fi: 3g

Alex M.

Promealplan





Day 5

Kcal : 2188

Protein : 188g

Carbs : 194g

Fat : 73g

Fiber : 31g

Breakfast: Protein Oat Pancakes

Lunch: Hummus and Tuna Sandwich

Afternoon snack: Creamy Tuna Bowl with Wasa Crispbread

Dinner: Buckwheat Galette Wrap with Creamy Salmon

Evening snack: Smoked Salmon and Plant-Based Yogurt Toast



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
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



Creamy Tuna Bowl with Wasa Crispbread

- **Wasa crispbread**

2 u (0.7 oz)

- **Almond flakes**

1/2 tsp (0.1 oz)

- **Fresh parsley**

1 tbsp (0 oz)

- **Cucumber**

1/2 u (6.2 oz)

- **Tuna, can.**

3.5 oz

- **Greek yogurt**

3.5 oz

- **Cherry tomatoes**

2.75 oz

- **Mustard**

1 tsp (0.2 oz)

- In a bowl, mix the Greek yogurt with the tuna and mustard until well combined. Serve with Wasa crispbread.
- Add the quartered cherry tomatoes and diced cucumber. Season to taste and mix well. Serve with Wasa crispbread.
- Sprinkle with fresh parsley and garnish with chopped almonds. Serve with Wasa crispbread.

Per serving:

343 kcal

P: 33g

C: 28g

F: 11g

Fi: 6g



Prep
10 min



Cook
0 min



Serves
1





Prep
10 min



Cook
0 min



Serves
1

Buckwheat Galette Wrap with Creamy Salmon

- **Buckwheat crepe**
2 u (3.5 oz)
- **Greek yogurt 2%**
5.25 oz
- **Lemon juice**
2 tsp (0.3 fl oz)
- **Smoked salmon**
3 sl (3.7 oz)
- **Carrot**
2 u (4.2 oz)

- In a small bowl, mix the yogurt with the lemon juice, salt, and pepper.
- Spread the lemon yogurt mixture evenly over the buckwheat galette.
- Place the shredded carrot and smoked salmon on top of the yogurt.
- Season with salt and pepper to taste.
- Roll the galette tightly and serve immediately.

Per serving: 511 kcal P: 41g C: 50g F: 16g Fi: 7g



Smoked Salmon and Plant-Based Yogurt Toast

- **Bread of choice**
1 sl (1.1 oz)
 - **Fresh dill**
1 tsp (0 oz)
 - **Cucumber**
3.5 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: 322 kcal P: 29g C: 24g F: 12g Fi: 3g



Prep
5 min



Cook
3 min



Serves
1





Day 6

Kcal : 2190

Protein : 201g

Carbs : 195g

Fat : 67g

Fiber : 27g

Breakfast: Savory Ham and Emmental Pancakes

Lunch: Roasted Chicken Thigh with Potatoes and Carrots

Afternoon snack: Cottage Cheese and Applesauce

Dinner: Mediterranean Tuna and Quinoa Salad

Evening snack: Lactose-Free Tuna Rillettes with Carrot Sticks





Prep
10 min



Cook
5 min



Serves
1

Savory Ham and Emmental Pancakes

- Cooked ham 2 oz
- Shredded emmental 1.5 oz
- Water 2.5 fl oz
- Flour of choice 2 oz
- Egg, medium 1 u (1.8 oz)

- In a mixing bowl, whisk the egg until well beaten.
- Add the flour and mix.
- Gradually pour in the water while stirring until you get a smooth, slightly thick batter.
- Fold in the grated Emmental and diced ham, add pepper if desired.
- Heat a lightly oiled nonstick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes per side until golden brown.

Per serving: 483 kcal P: 36g C: 42g F: 19g Fi: 2g



Roasted Chicken Thigh with Potatoes and Carrots

- **Chicken thigh, skinless** 6.25 oz
- **Potato** 6 oz
- **Dried thyme** 3 tsp (0 oz)
- **Oil of choice** 2 tsp (0.3 fl oz)
- **Fresh garlic clove** 3 u (0.4 oz)

- **Mustard** 3 tsp (0.5 oz)
- **Carrot** 5.25 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: 516 kcal P: 40g C: 48g F: 18g Fi: 8g

Prep
15 min

Cook
45 min

Serves
1





Prep
3 min



Cook
0 min



Serves
1

Cottage Cheese and Applesauce

- **Honey or agave**
1 tsp (0.2 oz)
- **Cottage cheese**
7 oz
- **Compote of choice**
5.25 oz
- **Ground cinnamon**
1 tsp (0.1 oz)

- Pour the applesauce into the bottom of a ramekin or small jar.
- Add the cottage cheese on top.
- Drizzle with honey or agave syrup and sprinkle with cinnamon if desired.

Per serving: 315 kcal P: 23g C: 37g F: 9g Fi: 3g



Mediterranean Tuna and Quinoa Salad

- **Tomato**
1 u (5.3 oz)
 - **Onion, medium**
1/4 u (1.3 oz)
 - **Green beans, can.**
5.25 oz
 - **Fresh dill**
1 tsp (0 oz)
 - **Quinoa**
2 oz
 - **Apple cider vinegar**
1 tbsp (0.5 fl oz)
 - **Mustard**
1/2 tsp (0.1 oz)
 - **Oil of choice**
1.5 tsp (0.3 fl oz)
 - **Tuna, can.**
5 oz
 - **Pitted olives**
1 oz
- Bring salted water to a boil in a saucepan and add the quinoa, cooking until tender, about 8-10 minutes.
 - Drain the quinoa, rinse with cold water, and drain well again.
 - In a small bowl, whisk together apple cider vinegar, oil, and Dijon mustard to make the dressing.
 - In a large bowl, combine the quinoa, green beans, chopped onion, chopped tomato, tuna, olives, and fresh dill.
 - Pour the dressing over the salad, season with salt and pepper, toss well, and serve.

Per serving: 562 kcal P: 48g C: 55g F: 17g Fi: 10g



Prep
10 min

Cook
10 min

Serves
1



Prep
10 min



Cook
0 min



Serves
1

Lactose-Free Tuna Rillettes with Carrot Sticks

- **Vegan cream**
3 tbsp (1.6 oz)

- **Mustard**
1/2 tbsp (0.3 oz)

- **Lemon juice**
2 tsp (0.3 fl oz)

- **Carrot**
2 u (4.2 oz)

- **Tuna, can.**
7 oz

- In a small bowl, mix the drained and flaked tuna, Dijon mustard, lemon juice, and plant-based cream.
- Season with salt and pepper to taste.
- Serve with the carrot sticks for dipping.

Per serving: 314 kcal P: 54g C: 14g F: 5g Fi: 4g





Day 7

Kcal : 2190

Protein : 201g

Carbs : 195g

Fat : 67g

Fiber : 27g

Breakfast: Savory Ham and Emmental Pancakes

Lunch: Roasted Chicken Thigh with Potatoes and Carrots

Afternoon snack: Cottage Cheese and Applesauce

Dinner: Mediterranean Tuna and Quinoa Salad

Evening snack: Lactose-Free Tuna Rillettes with Carrot Sticks



Savory Ham and Emmental Pancakes

- **Cooked ham**
2 oz
- **Shredded emmental**
1.5 oz
- **Water**
2.5 fl oz
- **Flour of choice**
2 oz
- **Egg, medium**
1 u (1.8 oz)

- In a mixing bowl, whisk the egg until well beaten.
- Add the flour and mix.
- Gradually pour in the water while stirring until you get a smooth, slightly thick batter.
- Fold in the grated Emmental and diced ham, add pepper if desired.
- Heat a lightly oiled nonstick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes per side until golden brown.

Per serving: 483 kcal P: 36g C: 42g F: 19g Fi: 2g

Prep
10 min

Cook
5 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** 6 oz
- **Dried thyme** 3 tsp (0 oz)
- **Oil of choice** 2 tsp (0.3 fl oz)
- **Fresh garlic clove** 3 u (0.4 oz)
- **Mustard** 3 tsp (0.5 oz)
- **Carrot** 5.25 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: 516 kcal P: 40g C: 48g F: 18g Fi: 8g



Cottage Cheese and Applesauce

- **Honey or agave**
1 tsp (0.2 oz)
 - **Ground cinnamon**
1 tsp (0.1 oz)
 - **Cottage cheese**
7 oz
 - **Compote of choice**
5.25 oz
- Pour the applesauce into the bottom of a ramekin or small jar.
 - Add the cottage cheese on top.
 - Drizzle with honey or agave syrup and sprinkle with cinnamon if desired.

Per serving: 315 kcal P: 23g C: 37g F: 9g Fi: 3g



Prep
3 min



Cook
0 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Mediterranean Tuna and Quinoa Salad

- **Tomato**
1 u (5.3 oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Green beans, can.**
5.25 oz
- **Fresh dill**
1 tsp (0 oz)
- **Quinoa**
2 oz
- **Apple cider vinegar**
1 tbsp (0.5 fl oz)
- **Mustard**
1/2 tsp (0.1 oz)
- **Oil of choice**
1.5 tsp (0.3 fl oz)
- **Tuna, can.**
5 oz
- **Pitted olives**
1 oz

- Bring salted water to a boil in a saucepan and add the quinoa, cooking until tender, about 8–10 minutes.
- Drain the quinoa, rinse with cold water, and drain well again.
- In a small bowl, whisk together apple cider vinegar, oil, and Dijon mustard to make the dressing.
- In a large bowl, combine the quinoa, green beans, chopped onion, chopped tomato, tuna, olives, and fresh dill.
- Pour the dressing over the salad, season with salt and pepper, toss well, and serve.

Per serving: **562 kcal** **P: 48g** **C: 55g** **F: 17g** **Fi: 10g**



Lactose-Free Tuna Rillettes with Carrot Sticks

- **Vegan cream**
3 tbsp (1.6 oz)
- **Mustard**
1/2 tbsp (0.3 oz)

- **Lemon juice**
2 tsp (0.3 fl oz)
- **Carrot**
2 u (4.2 oz)

- **Tuna, can.**
7 oz

- In a small bowl, mix the drained and flaked tuna, Dijon mustard, lemon juice, and plant-based cream.
- Season with salt and pepper to taste.
- Serve with the carrot sticks for dipping.

Per serving: 314 kcal P: 54g C: 14g F: 5g Fi: 4g

Prep
10 min

Cook
0 min

Serves
1



Shopping List

Full Week

Fresh Produce

- Carrot (1.14 kg)
- Cherry tomatoes (155.9 g)
- Compote of choice (297.7 g)
- Cucumber (550 g)
- Fresh garlic clove (6 u (24 g))
- Fresh spinach (85.1 g)
- Lettuce (297.7 g)
- Mushrooms of choice (127.6 g)
- Onion, medium (2 u (300 g))
- Potato (340.2 g)
- Sweet potato (362.9 g)
- Tomato (8 u (1200 g))

Animal Proteins

- Chicken, deli-style sl. (6 u (210 g))
- Chicken thigh, skinless (354.4 g)
- Cooked ham (113.4 g)
- Ground beef 5% (490.5 g)
- Pork loin (297.7 g)

Animal Proteins (cont.)

- Smoked salmon (422.4 g)

Dairy and Eggs

- Cottage cheese (396.9 g)
- Egg, medium (10 u (500 g))
- Egg white (6 u (198 g))
- Goat cheese spread (108 g)
- Greek yogurt (198.5 g)
- Greek yogurt 2% (1.34 kg)
- Plain skyr (447.9 g)
- Shredded emmental (85.1 g)
- Sour cream 15%, LF (68 ml)
- White milk 2% (310.5 ml)

Bread, Rice & Pasta

- Bagel bun of choice (3 u (255 g))
- Bread of choice (192.8 g)
- Buckwheat crepe (4 u (200 g))
- Quinoa (113.4 g)



Shopping List

Full Week (cont.)

Baking Supplies & Canned Goods

- Baking powder (8.4 g)
- Corn, can. (235.3 g)
- Flour of choice (124.7 g)
- Green beans, can. (297.7 g)
- Oat flour (113.4 g)
- Red beans, can. (235.3 g)
- Tuna, can. (1.16 kg)

Snacks and Sweets

- Almond flakes (3.6 g)
- Chocolate 70% (22.7 g)
- Hazelnuts (22.7 g)
- Wasa crispbread (4 u (40 g))
- Weetabix (3 u (54 g))

Beverages

- Water (591.5 ml)

Fats, Oils, and Condiments

- Apple cider vinegar (29.6 ml)
- Bouquet garni (297.7 g)
- Dried thyme (2 g)
- Fresh dill (1.4 g)
- Fresh parsley (2 g)
- Ground cinnamon (4.2 g)
- Honey or agave (88.2 g)
- Hummus (108 g)
- Lemon juice (41.4 ml)
- Maple syrup (32.5 ml)
- Mustard (60 g)
- Oil of choice (68 ml)
- Pitted olives (107.7 g)
- Plant broth cube (3 u (30 g))
- Taco seasoning (24.8 g)

Other

- Plant milk of choice (103.5 ml)
- Protein powders of choice (79.4 g)



Shopping List

Full Week (cont.)

Other (cont.)

- Vegan cream (3.1 fl oz)
- Vegan yogurt of choice (300 ml)