



Menu for Alex MARTIN

Kcal : 1785

Protein : 113g

Carbs : 198g

Fat : 60g

Fiber : 22g

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

1799 kcal



Pasta with seitan and leeks with emmental



Lactose-free bowl cake with a melting jam center



Ground beef stuffed bell pepper

Day 2

1799 kcal



Pasta with seitan and leeks with emmental



Lactose-free bowl cake with a melting jam center



Ground beef stuffed bell pepper

Day 3

1799 kcal



Pasta with seitan and leeks with emmental



Lactose-free bowl cake with a melting jam center



Ground beef stuffed bell pepper

Day 4

1782 kcal



Pork with mustard and tomato gnocchi



Protein cheesecake with red berries



Beef with garlic potatoes and green beans

Day 5

1782 kcal



Pork with mustard and tomato gnocchi



Protein cheesecake with red berries



Beef with garlic potatoes and green beans

Day 6

1766 kcal



Lactose-free oven-baked chicken cutlet with creamy polenta and ratatouille



Lactose-free savory pancakes with smoked salmon



Garlic tomato cod with quinoa

Day 7

1766 kcal



Lactose-free oven-baked chicken cutlet with creamy polenta and ratatouille



Lactose-free savory pancakes with smoked salmon



Garlic tomato cod with quinoa





Day 1

Kcal : 1799 Protein : 111g Carbs : 201g Fat : 61g Fiber : 24g

Lunch: Pasta with Seitan and Leeks with Emmental

Afternoon snack: Lactose-Free Bowl Cake with a Melting Jam Center

Dinner: Ground Beef Stuffed Bell Pepper



Pasta with Seitan and Leeks with Emmental

- **Pasta of choice**
2.5 oz
- **Oil of choice**
2.5 tsp (0.4 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Shredded emmental**
1 tbsp (0.3 oz)
- **Seitan**
5.25 oz
- **Vegan cream**
3 tbsp (1.6 oz)
- **Leek**
1.5 u (10.6 oz)

- Bring salted water to a boil in a saucepan and cook the pasta according to package directions. Drain and set aside.
- Heat oil in a nonstick skillet over medium-high heat. Add minced garlic and cook for 1 minute.
- Add sliced leeks and cook until tender, adding a little water if they stick.
- Add diced seitan and cook until golden brown.
- Add cooked pasta and plant-based cream. Season with salt and pepper, mix well.
- Sprinkle with Gruyère and serve.

Per serving: 696 kcal P: 47g C: 76g F: 23g Fi: 9g



Prep
10 min



Cook
15 min



Serves
1





Prep
3 min



Cook
2 min



Serves
1

Lactose-Free Bowl Cake with a Melting Jam Center

- **Rolled oats of choice**
6 tbsp (2.1 oz)
- **Jam**
3 tsp (0.6 oz)
- **Baking powder**
2 tsp (0.3 oz)
- **White milk, LF**
2.75 fl oz
- **Egg, medium**
2 u (3.5 oz)

- In a microwave-safe bowl, crack an egg and beat it with the milk.
- Add the rolled oats and baking powder, then mix until smooth.
- Place a teaspoon of jam in the center of the batter.
- Microwave for 2 minutes.
- Enjoy your bowl cake hot or cold, according to your preference.

Per serving: 423 kcal P: 22g C: 51g F: 14g Fi: 6g



Ground Beef Stuffed Bell Pepper

- **Shredded emmental**
2 tbsp (0.6 oz)
- **Bell pepper**
1 u (6.3 oz)
- **Rice**
2 oz
- **Crushed tomatoes**
3.5 oz
- **Tomato paste**
1/2 oz
- **Onion, medium**
1 u (5.3 oz)
- **Olive oil**
2 tsp (0.3 fl oz)
- **Ground beef 5%**
5 oz
- **Paprika**
1/2 tsp (0 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Preheat the oven to 375°F (190°C). Cut off the top of the bell pepper and remove the seeds and membranes. Place in a lightly greased baking dish.
- Heat the olive oil in a nonstick skillet over medium heat. Sauté the onion until tender, then add the garlic and cook for about 30 seconds.
- Add the ground beef and cook until browned, breaking it up with a spatula.
- Stir in the cooked rice, diced tomatoes, tomato paste, paprika, salt, and pepper. Simmer for 3 to 5 minutes until the mixture is well combined.
- Fill the bell pepper with the mixture, packing it down lightly. Cover with aluminum foil and bake for 30 minutes.
- Remove the foil, sprinkle with shredded cheese, and continue baking uncovered for 8 to 10 minutes until the cheese is melted and golden.

Per serving: 679 kcal P: 43g C: 73g F: 24g Fi: 8g



Prep
15 min

Cook
45 min

Serves
1



Day 2

Kcal : 1799

Protein : 111g

Carbs : 201g

Fat : 61g

Fiber : 24g

Lunch: Pasta with Seitan and Leeks with Emmental

Afternoon snack: Lactose-Free Bowl Cake with a Melting Jam Center

Dinner: Ground Beef Stuffed Bell Pepper





Prep
10 min



Cook
15 min



Serves
1

Pasta with Seitan and Leeks with Emmental

- **Pasta of choice**

2.5 oz

- **Shredded emmental**

1 tbsp (0.3 oz)

- **Vegan cream**

3 tbsp (1.6 oz)

- **Oil of choice**

2.5 tsp (0.4 fl oz)

- **Seitan**

5.25 oz

- **Leek**

1.5 u (10.6 oz)

- **Fresh garlic clove**

1 u (0.1 oz)

- Bring salted water to a boil in a saucepan and cook the pasta according to package directions. Drain and set aside.
- Heat oil in a nonstick skillet over medium-high heat. Add minced garlic and cook for 1 minute.
- Add sliced leeks and cook until tender, adding a little water if they stick.
- Add diced seitan and cook until golden brown.
- Add cooked pasta and plant-based cream. Season with salt and pepper, mix well.
- Sprinkle with Gruyère and serve.

Per serving:

696 kcal

P: 47g

C: 76g

F: 23g

Fi: 9g

Alex M.

Promealplan



Lactose-Free Bowl Cake with a Melting Jam Center

- **Rolled oats of choice**
6 tbsp (2.1 oz)
- **Jam**
3 tsp (0.6 oz)
- **Baking powder**
2 tsp (0.3 oz)
- **White milk, LF**
2.75 fl oz
- **Egg, medium**
2 u (3.5 oz)

- In a microwave-safe bowl, crack an egg and beat it with the milk.
- Add the rolled oats and baking powder, then mix until smooth.
- Place a teaspoon of jam in the center of the batter.
- Microwave for 2 minutes.
- Enjoy your bowl cake hot or cold, according to your preference.

Per serving: 423 kcal P: 22g C: 51g F: 14g Fi: 6g



Prep
3 min



Cook
2 min



Serves
1





Prep
15 min



Cook
45 min



Serves
1



Ground Beef Stuffed Bell Pepper

- **Shredded emmental**
2 tbsp (0.6 oz)
- **Bell pepper**
1 u (6.3 oz)
- **Rice**
2 oz
- **Crushed tomatoes**
3.5 oz
- **Tomato paste**
1/2 oz
- **Onion, medium**
1 u (5.3 oz)
- **Olive oil**
2 tsp (0.3 fl oz)
- **Ground beef 5%**
5 oz
- **Paprika**
1/2 tsp (0 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Preheat the oven to 375°F (190°C). Cut off the top of the bell pepper and remove the seeds and membranes. Place in a lightly greased baking dish.
- Heat the olive oil in a nonstick skillet over medium heat. Sauté the onion until tender, then add the garlic and cook for about 30 seconds.
- Add the ground beef and cook until browned, breaking it up with a spatula.
- Stir in the cooked rice, diced tomatoes, tomato paste, paprika, salt, and pepper. Simmer for 3 to 5 minutes until the mixture is well combined.
- Fill the bell pepper with the mixture, packing it down lightly. Cover with aluminum foil and bake for 30 minutes.
- Remove the foil, sprinkle with shredded cheese, and continue baking uncovered for 8 to 10 minutes until the cheese is melted and golden.

Per serving: 679 kcal P: 43g C: 73g F: 24g Fi: 8g





Day 3

Kcal : 1799

Protein : 111g

Carbs : 201g

Fat : 61g

Fiber : 24g

Lunch: Pasta with Seitan and Leeks with Emmental

Afternoon snack: Lactose-Free Bowl Cake with a Melting Jam Center

Dinner: Ground Beef Stuffed Bell Pepper



Pasta with Seitan and Leeks with Emmental

- **Pasta of choice**
2.5 oz
- **Oil of choice**
2.5 tsp (0.4 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Shredded emmental**
1 tbsp (0.3 oz)
- **Seitan**
5.25 oz
- **Vegan cream**
3 tbsp (1.6 oz)
- **Leek**
1.5 u (10.6 oz)

- Bring salted water to a boil in a saucepan and cook the pasta according to package directions. Drain and set aside.
- Heat oil in a nonstick skillet over medium-high heat. Add minced garlic and cook for 1 minute.
- Add sliced leeks and cook until tender, adding a little water if they stick.
- Add diced seitan and cook until golden brown.
- Add cooked pasta and plant-based cream. Season with salt and pepper, mix well.
- Sprinkle with Gruyère and serve.

Per serving: 696 kcal P: 47g C: 76g F: 23g Fi: 9g



Prep
10 min



Cook
15 min



Serves
1





Prep
3 min



Cook
2 min



Serves
1

Lactose-Free Bowl Cake with a Melting Jam Center

- **Rolled oats of choice**
6 tbsp (2.1 oz)
- **Jam**
3 tsp (0.6 oz)
- **Baking powder**
2 tsp (0.3 oz)
- **White milk, LF**
2.75 fl oz
- **Egg, medium**
2 u (3.5 oz)

- In a microwave-safe bowl, crack an egg and beat it with the milk.
- Add the rolled oats and baking powder, then mix until smooth.
- Place a teaspoon of jam in the center of the batter.
- Microwave for 2 minutes.
- Enjoy your bowl cake hot or cold, according to your preference.

Per serving: 423 kcal P: 22g C: 51g F: 14g Fi: 6g



Ground Beef Stuffed Bell Pepper

- **Shredded emmental**
2 tbsp (0.6 oz)
- **Bell pepper**
1 u (6.3 oz)
- **Rice**
2 oz
- **Crushed tomatoes**
3.5 oz
- **Tomato paste**
1/2 oz
- **Onion, medium**
1 u (5.3 oz)
- **Olive oil**
2 tsp (0.3 fl oz)
- **Ground beef 5%**
5 oz
- **Paprika**
1/2 tsp (0 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Preheat the oven to 375°F (190°C). Cut off the top of the bell pepper and remove the seeds and membranes. Place in a lightly greased baking dish.
- Heat the olive oil in a nonstick skillet over medium heat. Sauté the onion until tender, then add the garlic and cook for about 30 seconds.
- Add the ground beef and cook until browned, breaking it up with a spatula.
- Stir in the cooked rice, diced tomatoes, tomato paste, paprika, salt, and pepper. Simmer for 3 to 5 minutes until the mixture is well combined.
- Fill the bell pepper with the mixture, packing it down lightly. Cover with aluminum foil and bake for 30 minutes.
- Remove the foil, sprinkle with shredded cheese, and continue baking uncovered for 8 to 10 minutes until the cheese is melted and golden.

Per serving: 679 kcal P: 43g C: 73g F: 24g Fi: 8g



Prep
15 min

Cook
45 min

Serves
1



Day 4

Kcal : 1782

Protein : 115g

Carbs : 196g

Fat : 60g

Fiber : 26g

- Lunch:** Pork with Mustard and Tomato Gnocchi
- Afternoon snack:** Protein Cheesecake with Red Berries
- Dinner:** Beef with Garlic Potatoes and Green Beans





Prep
10 min



Cook
12 min



Serves
1

Pork with Mustard and Tomato Gnocchi

- **Oil of choice**
1 tsp (0.2 fl oz)
- **Gnocchis**
5.75 oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Cherry tomatoes**
8.75 oz
- **Sour cream 15%**
1.25 fl oz
- **Mustard**
1 tsp (0.2 oz)
- **Pork escalope**
5.25 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: 668 kcal P: 46g C: 75g F: 20g Fi: 7g



Protein Cheesecake with Red Berries

- **Frozen mixed berries**
3.5 oz
- **Honey or agave**
3 tsp (0.7 oz)
- **Cornstarch**
2 tsp (0.2 oz)
- **Egg, medium**
2 u (3.5 oz)
- **Vegan yogurt of choice**
10.5 oz

- Preheat your oven to 350°F (175°C).
- In a bowl, mix the vegan yogurt of choice, cornstarch, egg, and honey or agave until smooth.
- Gently fold in the frozen mixed berries.
- Pour the mixture into a baking dish.
- Bake for 20 minutes, adjusting the time as needed for your oven.
- Refrigerate for at least two hours before serving.

Per serving: 450 kcal P: 25g C: 53g F: 15g Fi: 8g

Prep
10 min

Cook
20 min

Serves
1





Prep
10 min



Cook
17 min



Serves
1

Beef with Garlic Potatoes and Green Beans

- **Arom. herbs of choice** 1 tsp (0 oz)
- **Oil of choice** 4 tsp (0.7 fl oz)
- **Lemon juice** 1 tsp (0.2 fl oz)
- **Beef steak** 5.25 oz
- **Green beans** 7 oz
- **Potato** 10.5 oz
- **Fresh garlic clove** 2 u (0.3 oz)

- Wash and cut the potatoes into small pieces.
- Heat the oil in a large non-stick pan and add the minced garlic. Add the potatoes and cook for 10 minutes.
- Once the potatoes are almost cooked, push them to one side of the pan and add the beef steak and green beans.
- Cook the beef steak 3-4 minutes on each side and stir the green beans and potatoes occasionally.
- Season with salt, pepper, and your herbs of choice.
- Transfer everything to a plate and serve.

Per serving: 664 kcal P: 44g C: 68g F: 24g Fi: 11g



Day 5

Kcal : 1782

Protein : 115g

Carbs : 196g

Fat : 60g

Fiber : 26g

Lunch: Pork with Mustard and Tomato Gnocchi

Afternoon snack: Protein Cheesecake with Red Berries

Dinner: Beef with Garlic Potatoes and Green Beans



Pork with Mustard and Tomato Gnocchi

- **Oil of choice**
1 tsp (0.2 fl oz)
- **Cherry tomatoes**
8.75 oz
- **Pork escalope**
5.25 oz
- **Gnocchis**
5.75 oz
- **Sour cream 15%**
1.25 fl oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Mustard**
1 tsp (0.2 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: 668 kcal P: 46g C: 75g F: 20g Fi: 7g

Prep
10 min

Cook
12 min

Serves
1





Prep
10 min



Cook
20 min



Serves
1

Protein Cheesecake with Red Berries

- **Frozen mixed berries** 3.5 oz
- **Honey or agave** 3 tsp (0.7 oz)
- **Cornstarch** 2 tsp (0.2 oz)
- **Egg, medium** 2 u (3.5 oz)
- **Vegan yogurt of choice** 10.5 oz

- Preheat your oven to 350°F (175°C).
- In a bowl, mix the vegan yogurt of choice, cornstarch, egg, and honey or agave until smooth.
- Gently fold in the frozen mixed berries.
- Pour the mixture into a baking dish.
- Bake for 20 minutes, adjusting the time as needed for your oven.
- Refrigerate for at least two hours before serving.

Per serving: 450 kcal P: 25g C: 53g F: 15g Fi: 8g




Beef with Garlic Potatoes and Green Beans

- **Arom. herbs of choice**
1 tsp (0 oz)
- **Oil of choice**
4 tsp (0.7 fl oz)
- **Lemon juice**
1 tsp (0.2 fl oz)
- **Beef steak**
5.25 oz
- **Green beans**
7 oz
- **Potato**
10.5 oz
- **Fresh garlic clove**
2 u (0.3 oz)


- Wash and cut the potatoes into small pieces.
- Heat the oil in a large non-stick pan and add the minced garlic. Add the potatoes and cook for 10 minutes.
- Once the potatoes are almost cooked, push them to one side of the pan and add the beef steak and green beans.
- Cook the beef steak 3–4 minutes on each side and stir the green beans and potatoes occasionally.
- Season with salt, pepper, and your herbs of choice.
- Transfer everything to a plate and serve.

Per serving: 664 kcal P: 44g C: 68g F: 24g Fi: 11g




Prep
10 min


Cook
17 min


Serves
1



Day 6

Kcal : 1766

Protein : 114g

Carbs : 195g

Fat : 59g

Fiber : 16g

Lunch: Lactose-Free Oven-Baked Chicken Cutlet with Creamy Polenta and Ratatouille

Afternoon snack: Lactose-Free Savory Pancakes with Smoked Salmon

Dinner: Garlic Tomato Cod with Quinoa





Prep
10 min



Cook
25 min



Serves
1

Lactose-Free Oven-Baked Chicken Cutlet with Creamy Polenta and Ratatouille

- **Chicken breast fillet**

5 oz

- **Tomato**

1.5 u (7.9 oz)

- **Oil of choice**

1 tbsp (0.5 fl oz)

- **Zucchini**

1 u (7.1 oz)

- **Water**

10.25 fl oz

- **Polenta**

2.75 oz

- **Vegan shred. emmental**

2 tbsp (0.6 oz)

- Preheat the oven to 400°F (200°C).
- Dice the zucchini.
- Cut the tomato into pieces.
- Sauté the vegetables with a little oil of choice in a pan. Add salt and pepper.
- Let simmer for 15 minutes over medium heat.
- Place the chicken breast fillet in an oven-safe dish. Drizzle with a little oil of choice and season.
- Bake for 12 to 15 minutes.
- Meanwhile, bring the water to a boil. Gradually whisk in the polenta. Cook over low heat, stirring, until thickened. Add the vegan shred. emmental and stir to combine. Season.
- Plate the creamy polenta with the baked chicken breast fillet and the ratatouille on the side.
- Serve hot.

Per serving:

662 kcal

P: 42g

C: 75g

F: 21g

Fi: 6g

Alex M.

Promealplan



Lactose-Free Savory Pancakes with Smoked Salmon

- **Smoked salmon**
1.75 oz
- **White milk, LF**
11.75 fl oz
- **Egg, medium**
1 u (1.8 oz)
- **Sour cream 15%, LF**
1 tbsp (0.5 fl oz)
- **Fresh chives**
1 tbsp (0.1 oz)
- **Baking powder**
1/4 tsp (0 oz)
- **Flour of choice**
3 tbsp (1.1 oz)

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

Per serving: 414 kcal P: 29g C: 40g F: 15g Fi: 1g



Prep
5 min



Cook
6 min



Serves
1





Prep
5 min



Cook
15 min



Serves
1

Garlic Tomato Cod with Quinoa

- **Quinoa**
3.25 oz

- **Oil of choice**
3 tsp (0.5 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: 690 kcal P: 43g C: 80g F: 22g Fi: 9g





Day 7

Kcal : 1766

Protein : 114g

Carbs : 195g

Fat : 59g

Fiber : 16g

Lunch: Lactose-Free Oven-Baked Chicken Cutlet with Creamy Polenta and Ratatouille

Afternoon snack: Lactose-Free Savory Pancakes with Smoked Salmon

Dinner: Garlic Tomato Cod with Quinoa



Lactose-Free Oven-Baked Chicken Cutlet with Creamy Polenta and Ratatouille

- **Chicken breast fillet**
5 oz
- **Zucchini**
1 u (7.1 oz)
- **Vegan shred. emmental**
2 tbsp (0.6 oz)
- **Tomato**
1.5 u (7.9 oz)
- **Water**
10.25 fl oz
- **Oil of choice**
1 tbsp (0.5 fl oz)
- **Polenta**
2.75 oz

- Preheat the oven to 400°F (200°C).
- Dice the zucchini.
- Cut the tomato into pieces.
- Sauté the vegetables with a little oil of choice in a pan. Add salt and pepper.
- Let simmer for 15 minutes over medium heat.
- Place the chicken breast fillet in an oven-safe dish. Drizzle with a little oil of choice and season.
- Bake for 12 to 15 minutes.
- Meanwhile, bring the water to a boil. Gradually whisk in the polenta. Cook over low heat, stirring, until thickened. Add the vegan shred. emmental and stir to combine. Season.
- Plate the creamy polenta with the baked chicken breast fillet and the ratatouille on the side.
- Serve hot.

Per serving: 662 kcal P: 42g C: 75g F: 21g Fi: 6g



Prep
10 min

Cook
25 min

Serves
1



Prep
5 min



Cook
6 min



Serves
1

Lactose-Free Savory Pancakes with Smoked Salmon

- **Smoked salmon**
1.75 oz
- **White milk, LF**
11.75 fl oz
- **Egg, medium**
1 u (1.8 oz)
- **Sour cream 15%, LF**
1 tbsp (0.5 fl oz)
- **Fresh chives**
1 tbsp (0.1 oz)
- **Baking powder**
1/4 tsp (0 oz)
- **Flour of choice**
3 tbsp (1.1 oz)

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

Per serving: 414 kcal P: 29g C: 40g F: 15g Fi: 1g



Garlic Tomato Cod with Quinoa

- **Quinoa**
3.25 oz
- **Oil of choice**
3 tsp (0.5 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: 690 kcal P: 43g C: 80g F: 22g Fi: 9g



Prep
5 min



Cook
15 min



Serves
1



Shopping List

Full Week

Fresh Produce

- Bell pepper (3 u (540 g))
- Cherry tomatoes (992.3 g)
- Fresh garlic clove (14 u (56 g))
- Green beans (396.9 g)
- Leek (5 u (1000 g))
- Onion, medium (4 u (600 g))
- Potato (595.4 g)
- Tomato (3 u (450 g))
- Zucchini (2 u (400 g))

Animal Proteins

- Beef steak (297.7 g)
- Chicken breast fillet (283.5 g)
- Ground beef 5% (425.3 g)
- Pork escalope (297.7 g)
- Smoked salmon (99.2 g)
- White fish of choice (283.5 g)

Dairy and Eggs

- Egg, medium (12 u (600 g))
- Shredded emmental (72 g)
- Sour cream 15% (73.9 ml)
- Sour cream 15%, LF (32.5 ml)
- White milk, LF (940.3 ml)

Bread, Rice & Pasta

- Gnocchis (326 g)
- Pasta of choice (212.6 g)
- Polenta (155.9 g)
- Quinoa (184.3 g)
- Rice (170.1 g)
- Rolled oats of choice (180 g)

Baking Supplies & Canned Goods

- Baking powder (26.4 g)
- Cornstarch (14 g)
- Flour of choice (60 g)



Shopping List

Full Week (cont.)

Frozen

- Frozen mixed berries (198.5 g)

Beverages

- Water (606.3 ml)

Fats, Oils, and Condiments

- Arom. herbs of choice (2.8 g)
- Crushed tomatoes (297.7 g)
- Fresh chives (8 g)
- Fresh parsley (2 g)
- Honey or agave (42 g)
- Jam (52.7 g)
- Lemon juice (11.8 ml)
- Mustard (10.5 g)
- Oil of choice (147.9 ml)
- Olive oil (32.5 ml)
- Paprika (3.5 g)
- Tomato paste (42.5 g)

Other

- Seitan (447.9 g)
- Vegan cream (4.6 fl oz)
- Vegan shred. emmental (32 g)
- Vegan yogurt of choice (595.4 g)