Menu for Alex MARTIN

Kcal : 1944 | Protein : 160g | Carbs : 49g | Fat : 124g | Fiber : 13g

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 1952 kcal	 Pink hard-boiled egg	 Steak haché madame with grated carrot salad	 Beef and cheddar avocado rolls	 Buckwheat galette with smoked salmon
Day 2 1952 kcal	 Pink hard-boiled egg	 Steak haché madame with grated carrot salad	 Beef and cheddar avocado rolls	 Buckwheat galette with smoked salmon
Day 3 1952 kcal	 Pink hard-boiled egg	 Steak haché madame with grated carrot salad	 Beef and cheddar avocado rolls	 Buckwheat galette with smoked salmon
Day 4 1961 kcal	 Ham and cheese rolls	 Lactose-free mackerel and celeriac salad	 Tuna stuffed avocado	 Rice paper egg galette

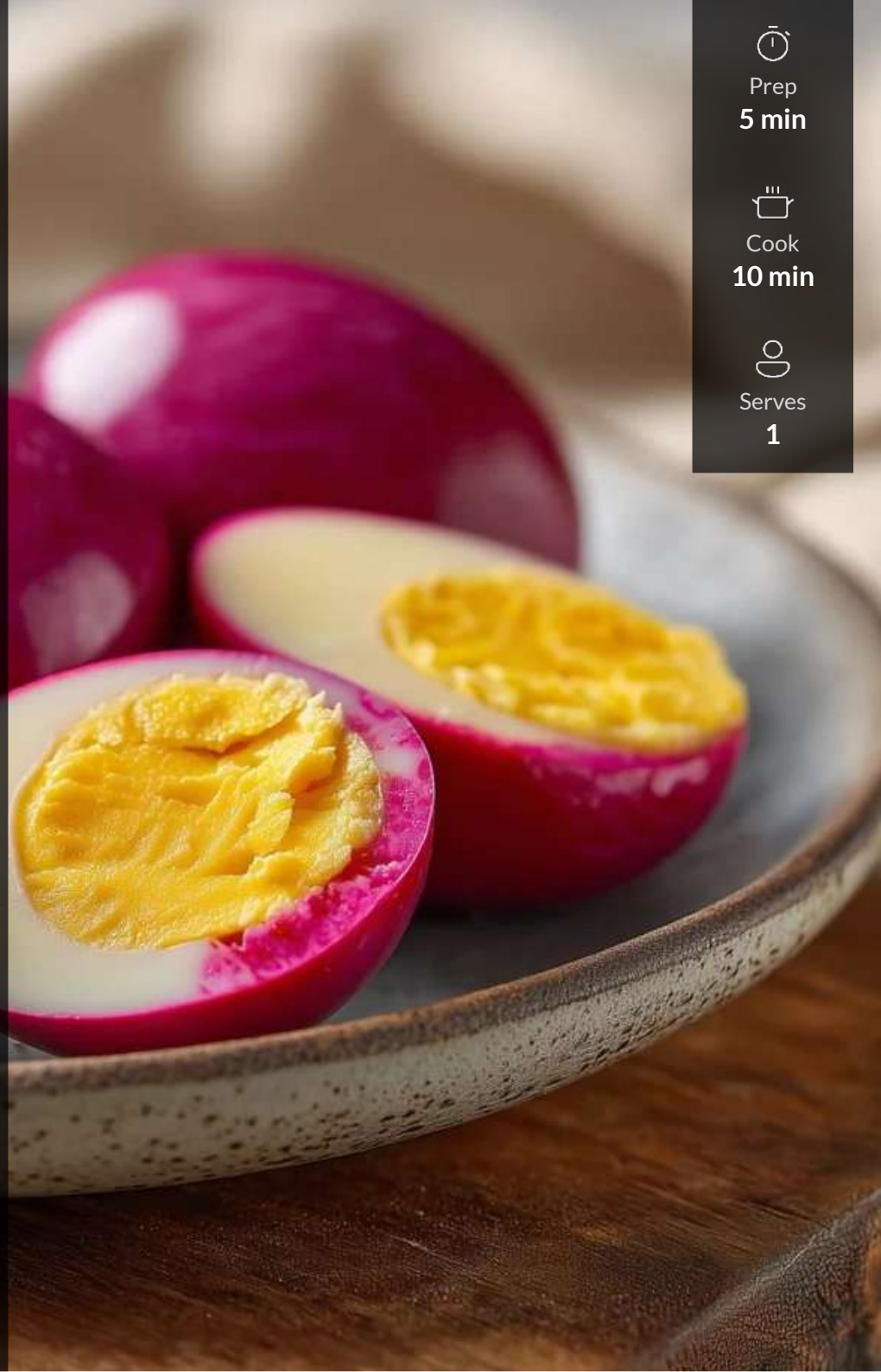
Day 5 1961 kcal	 Ham and cheese rolls	 Lactose-free mackerel and celeriac salad	 Tuna stuffed avocado	 Rice paper egg galette
Day 6 1914 kcal	 Herb and feta omelet	 Beef stir-fry with broccoli and sesame seeds	 Chaffle	 Turkey-stuffed omelet
Day 7 1914 kcal	 Herb and feta omelet	 Beef stir-fry with broccoli and sesame seeds	 Chaffle	 Turkey-stuffed omelet

Day 1

Kcal : 1952 | Protein : 176g | Carbs : 54g | Fat : 116g | Fiber : 13g

Morning snack: Pink Hard-Boiled Egg
Lunch: Steak Haché Madame with Grated Carrot Salad
Afternoon snack: Beef and Cheddar Avocado Rolls
Dinner: Buckwheat Galette With Smoked Salmon

Pink Hard-Boiled Egg



Prep
5 min

Cook
10 min

Serves
1

- **Cooked beet**
  3.5 oz
- **Apple cider vinegar**
  4 tbsp (2 fl oz)
- **Water**
  16 c
- **Egg, medium**
  4 u (7.1 oz)

- Boil the egg for 9-10 minutes, then cool and peel it.
- Blend the cooked beetroot with water and vinegar until smooth and fluid.
- Place the peeled egg in a bowl and immerse it in the beetroot mixture.
- Refrigerate for at least 1 hour or overnight depending on desired color intensity.

Per serving: 315 kcal | P: 27g | C: 12g | F: 18g | Fi: 2g

Alex M.

Promealplan

Prep
10 min

Cook
8 min

Serves
1

Steak Haché Madame with Grated Carrot Salad

- **Feta**
  1.5 oz
- **Ground beef 5%**
  7 oz
- **Mixed green salad**
  1.75 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Carrot**
  2.5 u (5.3 oz)
- **Dressing of choice**
  1 tbsp (0.5 fl oz)
- **Egg, medium**
  2 u (3.5 oz)

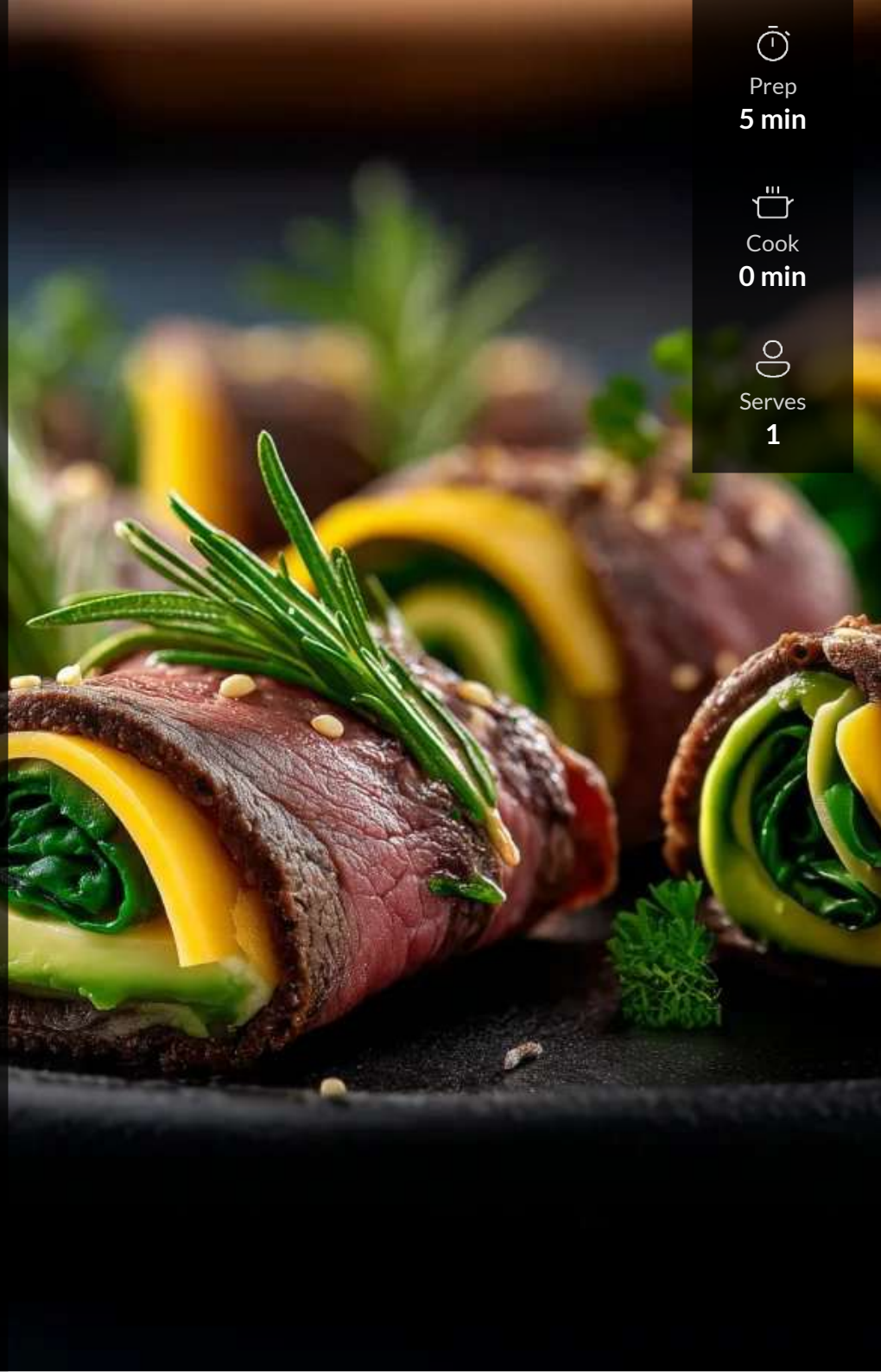
- Heat the oil in a nonstick skillet over medium heat.
- Place the ground beef patty on one side and crack the egg on the other side of the skillet. Season with salt and pepper and cook to your preference, about 4-6 minutes per side for the patty.
- Meanwhile, combine the grated carrot with the salad greens, vinaigrette, and crumbled feta in a bowl.
- Serve the cooked patty topped with the fried egg and accompanied by the carrot salad.

Per serving: 669 kcal | P: 62g | C: 18g | F: 39g | Fi: 5g

Alex M.

Promealplan

Beef and Cheddar Avocado Rolls



Prep
5 min

Cook
0 min

Serves
1

- **Fresh spinach**
  1/2 oz
- **Avocado, medium**
  1/4 u (1.8 oz)
- **Mustard**
  1/2 tsp (0.1 oz)
- **Cheddar**
  3/4 oz
- **Roasted beef**
  3.25 oz

- Place the roast beef slices flat on a clean surface.
- Spread Dijon mustard over each beef slice.
- Add spinach, avocado slices, and cheddar on one end of each beef slice.
- Roll the slice tightly starting from the end with the fillings. Secure with a toothpick if needed.

Per serving: 358 kcal | P: 33g | C: 5g | F: 24g | Fi: 4g

Alex M.

Promealplan

Prep
5 min

Cook
8 min

Serves
1

Buckwheat Galette With Smoked Salmon

- **Smoked salmon**
  6 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Fresh dill**
  1 tsp (0 oz)
- **Sour cream 15%, LF**
  2 tbsp (1 fl oz)
- **Lemon juice**
  1 tsp (0.2 fl oz)
- **Buckwheat crepe**
  1 u (1.8 oz)
- **Egg, medium**
  2 u (3.5 oz)

- Mix the lactose-free sour cream and lemon juice in a small bowl.
- In a nonstick skillet, heat the buckwheat galette for 2-3 minutes. Remove and set aside.
- In the same nonstick skillet, heat the oil and cook the egg sunny-side up until the white is set.
- Spread the lemon cream over the galette, place the fried egg and smoked salmon on top.
- Season with salt and pepper, add dill if desired, and fold the galette.

Per serving: 611 kcal | P: 54g | C: 20g | F: 35g | Fi: 2g

Alex M.

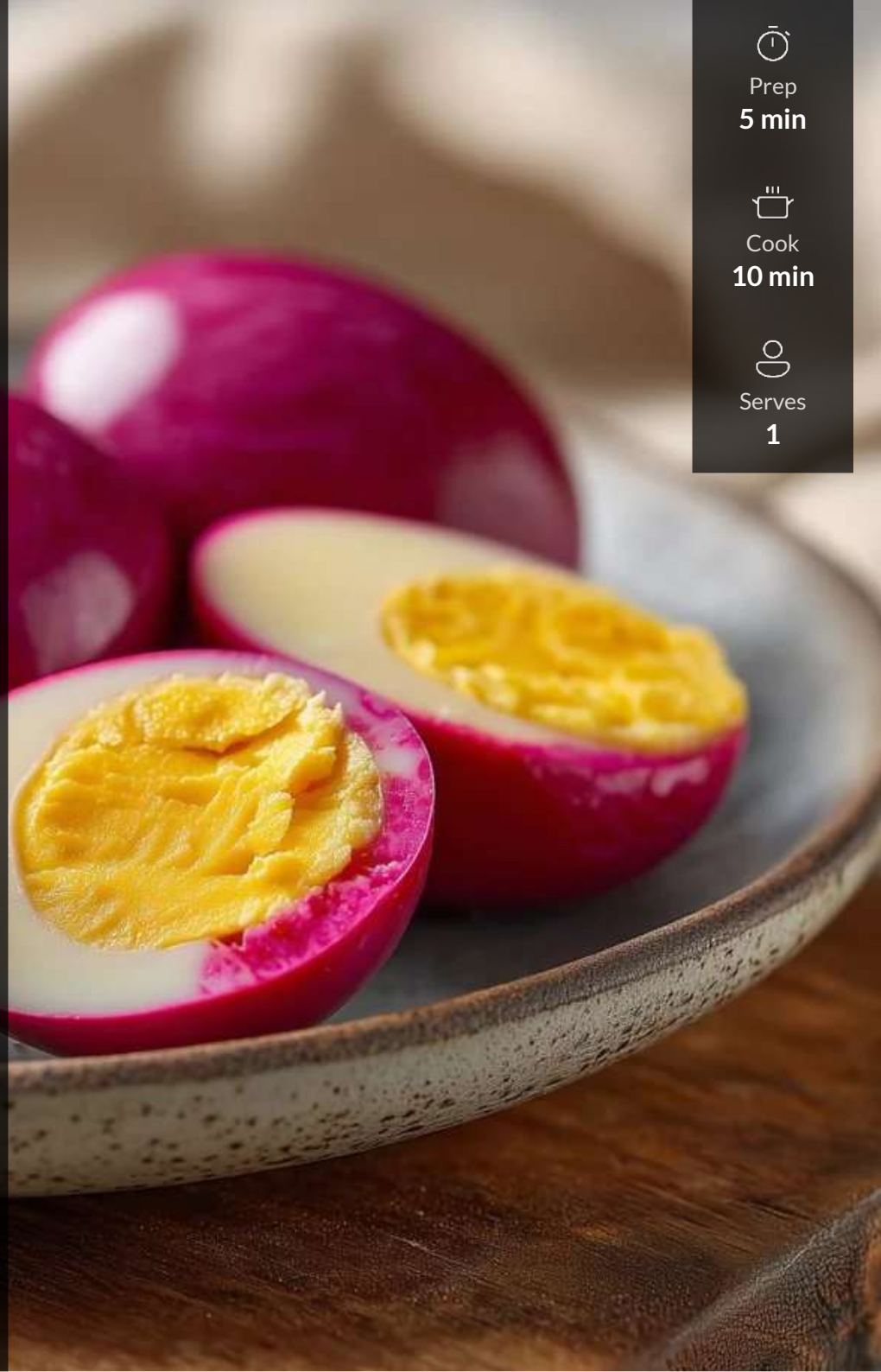
Promealplan

Day 2

Kcal : 1952 | Protein : 176g | Carbs : 54g | Fat : 116g | Fiber : 13g

Morning snack: Pink Hard-Boiled Egg
Lunch: Steak Haché Madame with Grated Carrot Salad
Afternoon snack: Beef and Cheddar Avocado Rolls
Dinner: Buckwheat Galette With Smoked Salmon

Pink Hard-Boiled Egg



Prep
5 min

Cook
10 min

Serves
1

- **Cooked beet**
  3.5 oz
- **Apple cider vinegar**
  4 tbsp (2 fl oz)
- **Water**
  16 c
- **Egg, medium**
  4 u (7.1 oz)

- Boil the egg for 9-10 minutes, then cool and peel it.
- Blend the cooked beetroot with water and vinegar until smooth and fluid.
- Place the peeled egg in a bowl and immerse it in the beetroot mixture.
- Refrigerate for at least 1 hour or overnight depending on desired color intensity.

Per serving: 315 kcal | P: 27g | C: 12g | F: 18g | Fi: 2g

Alex M.

Promealplan

Prep
10 min

Cook
8 min

Serves
1

Steak Haché Madame with Grated Carrot Salad

- **Feta**
  1.5 oz
- **Ground beef 5%**
  7 oz
- **Mixed green salad**
  1.75 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Carrot**
  2.5 u (5.3 oz)
- **Dressing of choice**
  1 tbsp (0.5 fl oz)
- **Egg, medium**
  2 u (3.5 oz)

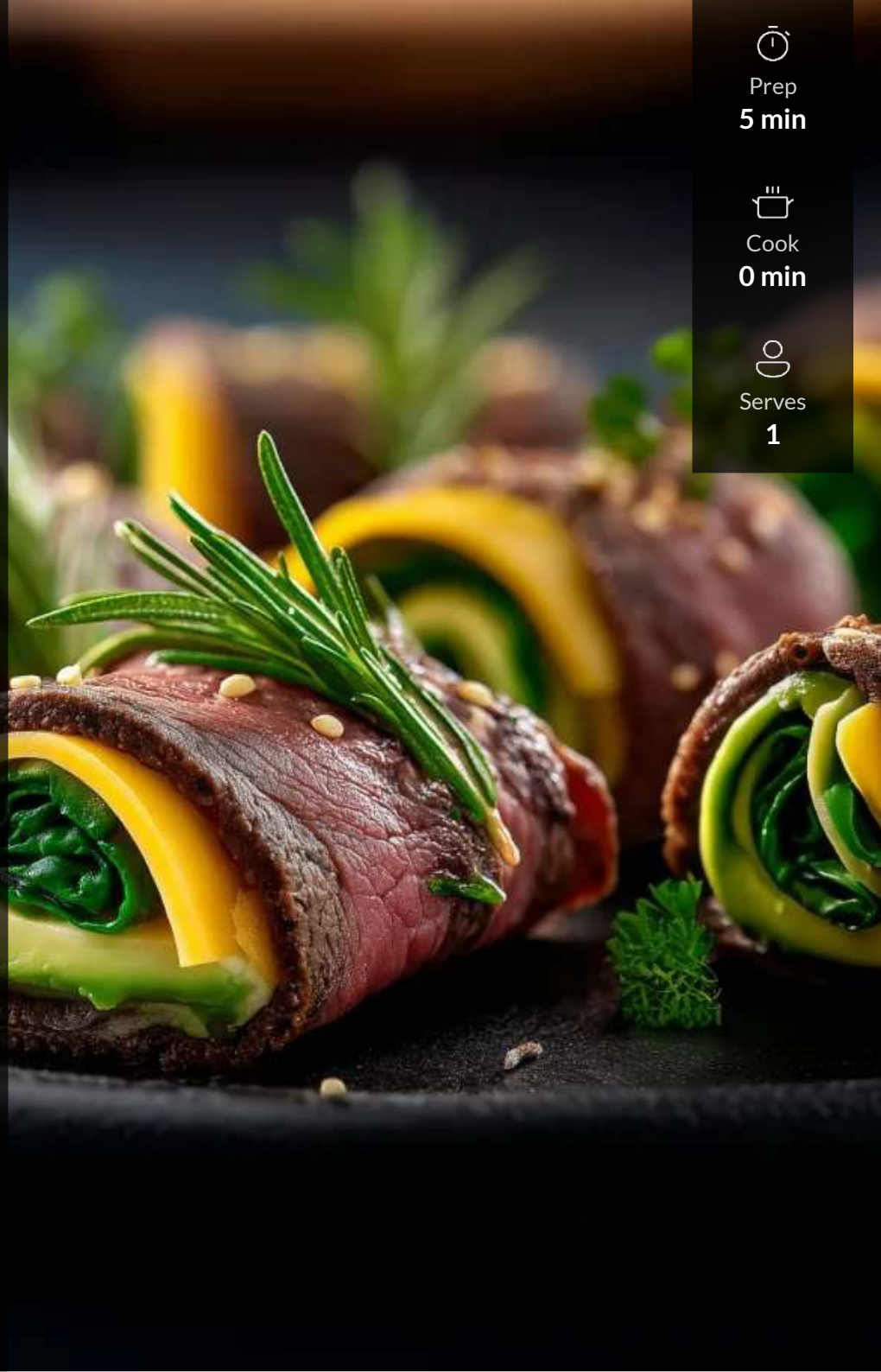
- Heat the oil in a nonstick skillet over medium heat.
- Place the ground beef patty on one side and crack the egg on the other side of the skillet. Season with salt and pepper and cook to your preference, about 4-6 minutes per side for the patty.
- Meanwhile, combine the grated carrot with the salad greens, vinaigrette, and crumbled feta in a bowl.
- Serve the cooked patty topped with the fried egg and accompanied by the carrot salad.

Per serving: 669 kcal | P: 62g | C: 18g | F: 39g | Fi: 5g

Alex M.

Promealplan

Beef and Cheddar Avocado Rolls



Prep
5 min

Cook
0 min

Serves
1

- **Fresh spinach**
  1/2 oz
- **Avocado, medium**
  1/4 u (1.8 oz)
- **Mustard**
  1/2 tsp (0.1 oz)
- **Cheddar**
  3/4 oz
- **Roasted beef**
  3.25 oz

- Place the roast beef slices flat on a clean surface.
- Spread Dijon mustard over each beef slice.
- Add spinach, avocado slices, and cheddar on one end of each beef slice.
- Roll the slice tightly starting from the end with the fillings. Secure with a toothpick if needed.

Per serving: 358 kcal | P: 33g | C: 5g | F: 24g | Fi: 4g

Alex M.

Promealplan

Prep
5 min

Cook
8 min

Serves
1

Buckwheat Galette With Smoked Salmon

- **Smoked salmon**
  6 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Fresh dill**
  1 tsp (0 oz)
- **Sour cream 15%, LF**
  2 tbsp (1 fl oz)
- **Lemon juice**
  1 tsp (0.2 fl oz)
- **Buckwheat crepe**
  1 u (1.8 oz)
- **Egg, medium**
  2 u (3.5 oz)

- Mix the lactose-free sour cream and lemon juice in a small bowl.
- In a nonstick skillet, heat the buckwheat galette for 2-3 minutes. Remove and set aside.
- In the same nonstick skillet, heat the oil and cook the egg sunny-side up until the white is set.
- Spread the lemon cream over the galette, place the fried egg and smoked salmon on top.
- Season with salt and pepper, add dill if desired, and fold the galette.

Per serving: 611 kcal | P: 54g | C: 20g | F: 35g | Fi: 2g

Alex M.

Promealplan

Day 3

Kcal : 1952 | Protein : 176g | Carbs : 54g | Fat : 116g | Fiber : 13g

Morning snack: Pink Hard-Boiled Egg
Lunch: Steak Haché Madame with Grated Carrot Salad
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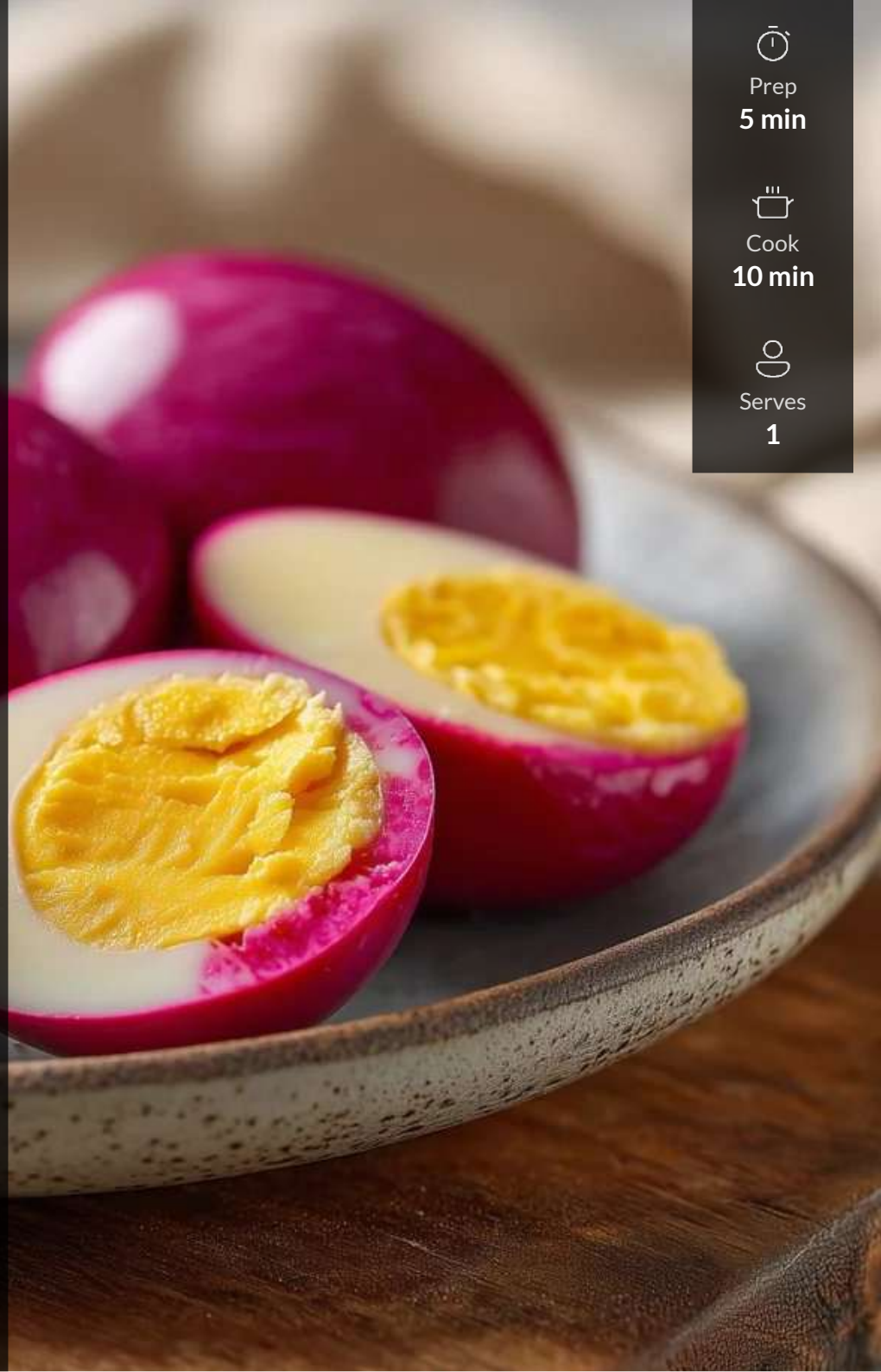
Pink Hard-Boiled Egg



Prep
5 min

Cook
10 min

Serves
1

- **Cooked beet**
  3.5 oz
- **Apple cider vinegar**
  4 tbsp (2 fl oz)
- **Water**
  16 c
- **Egg, medium**
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Per serving: 315 kcal | P: 27g | C: 12g | F: 18g | Fi: 2g

Alex M.

Promealplan

Prep
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Cook
8 min

Serves
1

Steak Haché Madame with Grated Carrot Salad

- **Feta**
  1.5 oz
- **Ground beef 5%**
  7 oz
- **Mixed green salad**
  1.75 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Carrot**
  2.5 u (5.3 oz)
- **Dressing of choice**
  1 tbsp (0.5 fl oz)
- **Egg, medium**
  2 u (3.5 oz)

- Heat the oil in a nonstick skillet over medium heat.
- Place the ground beef patty on one side and crack the egg on the other side of the skillet. Season with salt and pepper and cook to your preference, about 4-6 minutes per side for the patty.
- Meanwhile, combine the grated carrot with the salad greens, vinaigrette, and crumbled feta in a bowl.
- Serve the cooked patty topped with the fried egg and accompanied by the carrot salad.

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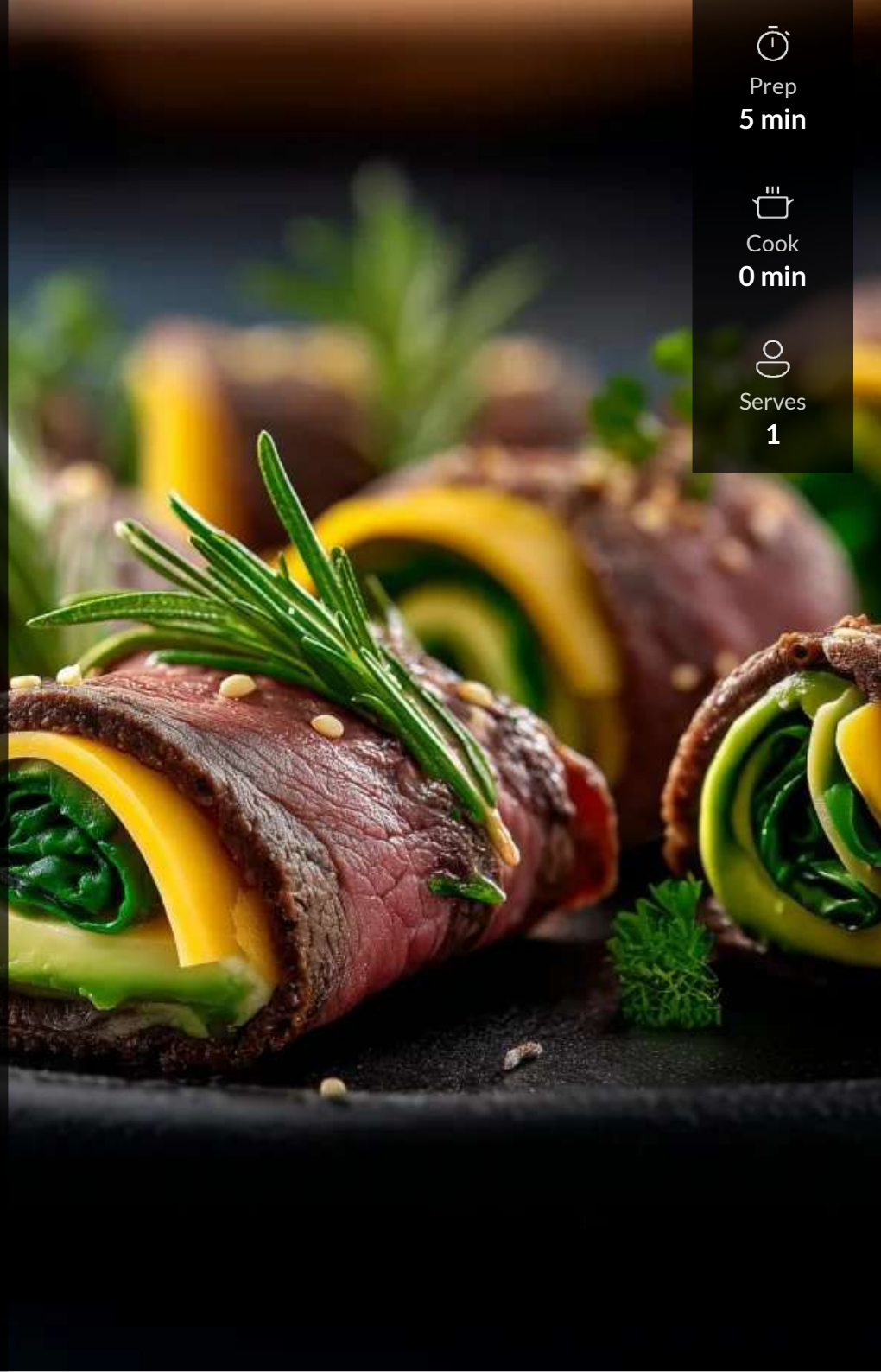
Alex M.

Promealplan

Beef and Cheddar Avocado Rolls



Prep
5 min

Cook
0 min

Serves
1

- **Fresh spinach**
  1/2 oz
- **Avocado, medium**
  1/4 u (1.8 oz)
- **Mustard**
  1/2 tsp (0.1 oz)
- **Cheddar**
  3/4 oz
- **Roasted beef**
  3.25 oz

- Place the roast beef slices flat on a clean surface.
- Spread Dijon mustard over each beef slice.
- Add spinach, avocado slices, and cheddar on one end of each beef slice.
- Roll the slice tightly starting from the end with the fillings. Secure with a toothpick if needed.

Per serving: 358 kcal | P: 33g | C: 5g | F: 24g | Fi: 4g

Alex M.

Promealplan

Prep
5 min

Cook
8 min

Serves
1

Buckwheat Galette With Smoked Salmon

- **Smoked salmon**
  6 oz
- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Fresh dill**
  1 tsp (0 oz)
- **Sour cream 15%, LF**
  2 tbsp (1 fl oz)
- **Lemon juice**
  1 tsp (0.2 fl oz)
- **Buckwheat crepe**
  1 u (1.8 oz)
- **Egg, medium**
  2 u (3.5 oz)

- Mix the lactose-free sour cream and lemon juice in a small bowl.
- In a nonstick skillet, heat the buckwheat galette for 2-3 minutes. Remove and set aside.
- In the same nonstick skillet, heat the oil and cook the egg sunny-side up until the white is set.
- Spread the lemon cream over the galette, place the fried egg and smoked salmon on top.
- Season with salt and pepper, add dill if desired, and fold the galette.

Per serving: 611 kcal | P: 54g | C: 20g | F: 35g | Fi: 2g

Alex M.

Promealplan

Day 4

Kcal : 1961 | Protein : 147g | Carbs : 53g | Fat : 130g | Fiber : 14g

Morning snack: Ham and Cheese Rolls

Lunch: Lactose-Free Mackerel and Celeriac Salad

Afternoon snack: Tuna Stuffed Avocado

Dinner: Rice Paper Egg Galette

Ham and Cheese Rolls

Prep
5 min

Cook
0 min

Serves
1

- **Cooked ham**
  6.25 oz
- **Cream cheese**
  2.75 oz

- Spread the cream cheese evenly over each ham slice.
- Roll each ham slice tightly to form a roll.

Per serving: 443 kcal | P: 42g | C: 4g | F: 29g | Fi: 0g

Alex M.

Promealplan

Prep
15 min

Cook
0 min

Serves
1

Lactose-Free Mackerel and Celeriac Salad

- **Mackerel**
  6 oz
- **Mustard**
  2 tsp (0.4 oz)
- **Vegan yogurt of choice**
  2 oz
- **Fresh parsley**
  2 tsp (0 oz)
- **Lemon juice**
  2 tbsp (1 fl oz)
- **Celery**
  6 oz
- **Walnut kernels**
  1.75 oz

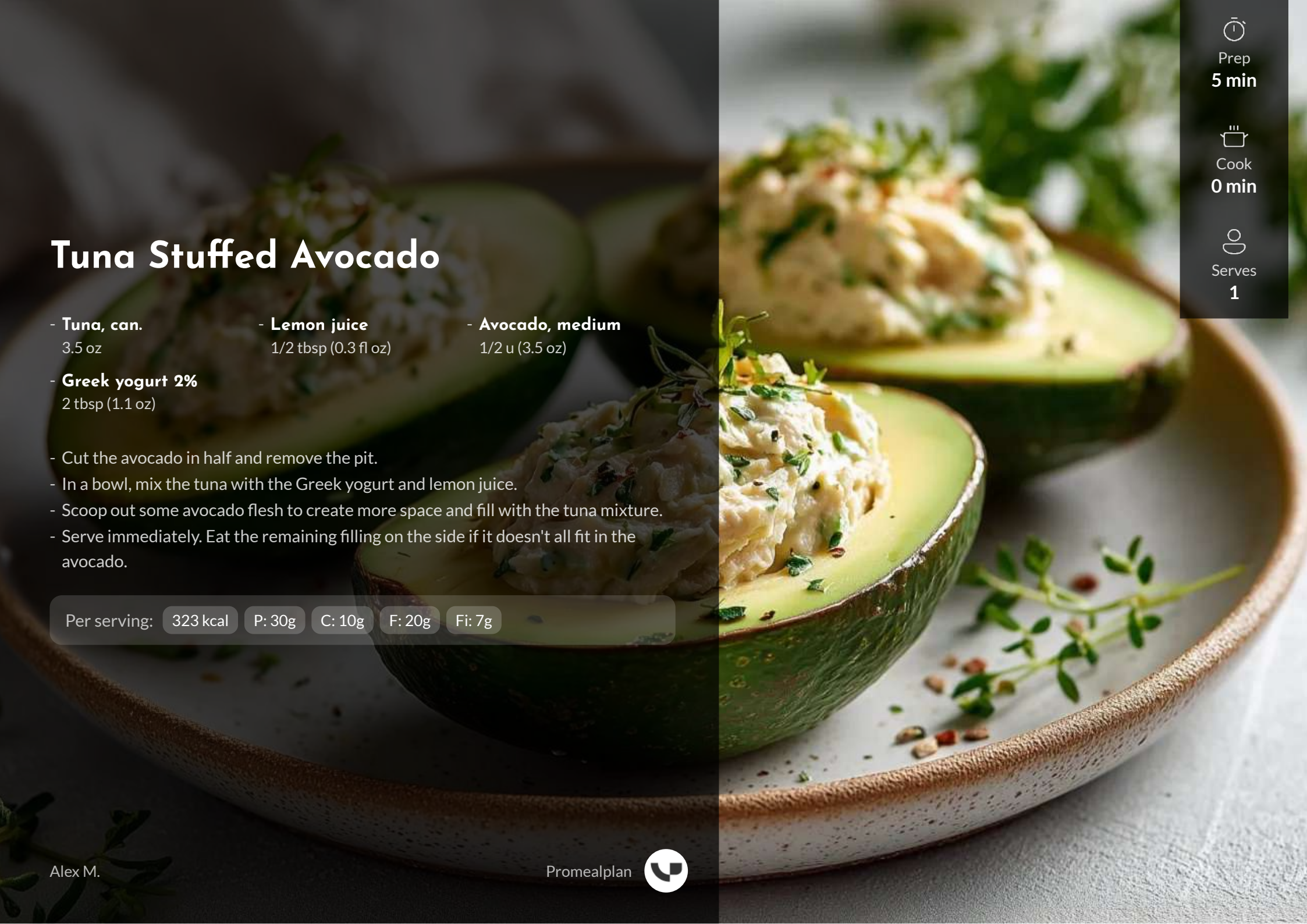
- In a bowl, mix the vegan yogurt of choice, mustard, lemon juice, salt, and pepper to prepare the dressing.
- Wash, peel, and grate the celery. Add it to the dressing and mix well to coat.
- Roughly crumble the mackerel fillets over the top of the salad.
- Sprinkle with walnut kernels and fresh parsley just before serving.

Per serving: 603 kcal | P: 41g | C: 18g | F: 41g | Fi: 6g

Alex M.

Promealplan

Tuna Stuffed Avocado



Prep
5 min

Cook
0 min

Serves
1

- **Tuna, can.**
  3.5 oz
- **Lemon juice**
  1/2 tbsp (0.3 fl oz)
- **Avocado, medium**
  1/2 u (3.5 oz)
- **Greek yogurt 2%**
  2 tbsp (1.1 oz)

- Cut the avocado in half and remove the pit.
- In a bowl, mix the tuna with the Greek yogurt and lemon juice.
- Scoop out some avocado flesh to create more space and fill with the tuna mixture.
- Serve immediately. Eat the remaining filling on the side if it doesn't all fit in the avocado.

Per serving: 323 kcal | P: 30g | C: 10g | F: 20g | Fi: 7g

Alex M.

Promealplan

Prep
5 min

Cook
5 min

Serves
1

Rice Paper Egg Galette

- **Oil of choice**
  3 tsp (0.5 fl oz)
- **Fresh chives**
  3 tsp (0.1 oz)
- **Mixed green salad**
  2.5 oz
- **Shredded emmental**
  1 oz
- **Rice paper**
  2 u (0.7 oz)
- **Lemon juice**
  2 tbsp (1 fl oz)
- **Egg, medium**
  4 u (7.1 oz)

- Beat the eggs in a bowl with salt, pepper, and chopped chives.
- Heat a nonstick skillet over low heat with a drizzle of oil.
- Place the dry rice paper directly in the pan without wetting it. It will start to curl slightly, which is normal.
- Immediately pour the beaten eggs onto the center and quickly spread them over the entire surface with a spoon.
- Cook for about 2-3 minutes until the rice paper becomes crispy underneath and the eggs are set on top.
- Add the grated cheese, fold the galette in half like a turnover, and serve with a green salad dressed with lemon juice.

Per serving: 592 kcal | P: 35g | C: 22g | F: 41g | Fi: 1g

Alex M.

Promealplan

Day 5

Kcal : 1961 | Protein : 147g | Carbs : 53g | Fat : 130g | Fiber : 14g

Morning snack: Ham and Cheese Rolls

Lunch: Lactose-Free Mackerel and Celeriac Salad

Afternoon snack: Tuna Stuffed Avocado

Dinner: Rice Paper Egg Galette

Ham and Cheese Rolls

Prep
5 min

Cook
0 min

Serves
1

- **Cooked ham**
  6.25 oz
- **Cream cheese**
  2.75 oz

- Spread the cream cheese evenly over each ham slice.
- Roll each ham slice tightly to form a roll.

Per serving: 443 kcal | P: 42g | C: 4g | F: 29g | Fi: 0g

Alex M.

Promealplan

Prep
15 min

Cook
0 min

Serves
1

Lactose-Free Mackerel and Celeriac Salad

- **Mackerel**
  6 oz
- **Mustard**
  2 tsp (0.4 oz)
- **Vegan yogurt of choice**
  2 oz
- **Fresh parsley**
  2 tsp (0 oz)
- **Lemon juice**
  2 tbsp (1 fl oz)
- **Celery**
  6 oz
- **Walnut kernels**
  1.75 oz

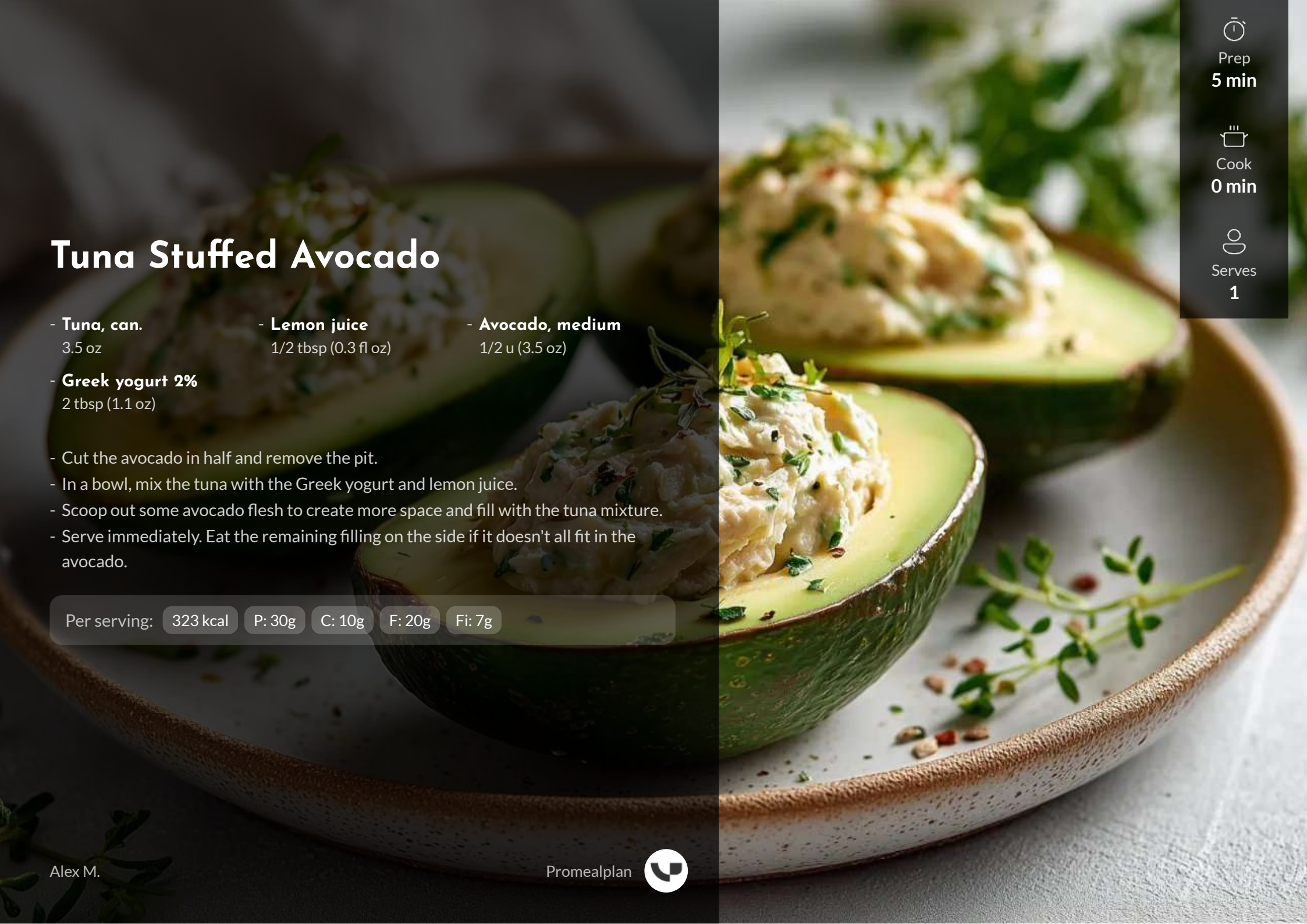
- In a bowl, mix the vegan yogurt of choice, mustard, lemon juice, salt, and pepper to prepare the dressing.
- Wash, peel, and grate the celery. Add it to the dressing and mix well to coat.
- Roughly crumble the mackerel fillets over the top of the salad.
- Sprinkle with walnut kernels and fresh parsley just before serving.

Per serving: 603 kcal | P: 41g | C: 18g | F: 41g | Fi: 6g

Alex M.

Promealplan

Tuna Stuffed Avocado



Prep
5 min

Cook
0 min

Serves
1

- **Tuna, can.**
  3.5 oz
- **Lemon juice**
  1/2 tbsp (0.3 fl oz)
- **Avocado, medium**
  1/2 u (3.5 oz)
- **Greek yogurt 2%**
  2 tbsp (1.1 oz)

- Cut the avocado in half and remove the pit.
- In a bowl, mix the tuna with the Greek yogurt and lemon juice.
- Scoop out some avocado flesh to create more space and fill with the tuna mixture.
- Serve immediately. Eat the remaining filling on the side if it doesn't all fit in the avocado.

Per serving: 323 kcal | P: 30g | C: 10g | F: 20g | Fi: 7g

Alex M.

Promealplan

Prep
5 min

Cook
5 min

Serves
1

Rice Paper Egg Galette

- **Oil of choice**
  3 tsp (0.5 fl oz)
- **Fresh chives**
  3 tsp (0.1 oz)
- **Mixed green salad**
  2.5 oz
- **Shredded emmental**
  1 oz
- **Rice paper**
  2 u (0.7 oz)
- **Lemon juice**
  2 tbsp (1 fl oz)
- **Egg, medium**
  4 u (7.1 oz)

- Beat the eggs in a bowl with salt, pepper, and chopped chives.
- Heat a nonstick skillet over low heat with a drizzle of oil.
- Place the dry rice paper directly in the pan without wetting it. It will start to curl slightly, which is normal.
- Immediately pour the beaten eggs onto the center and quickly spread them over the entire surface with a spoon.
- Cook for about 2-3 minutes until the rice paper becomes crispy underneath and the eggs are set on top.
- Add the grated cheese, fold the galette in half like a turnover, and serve with a green salad dressed with lemon juice.

Per serving: 592 kcal | P: 35g | C: 22g | F: 41g | Fi: 1g

Alex M.

Promealplan

Day 6

Kcal : 1914 | Protein : 150g | Carbs : 37g | Fat : 129g | Fiber : 12g

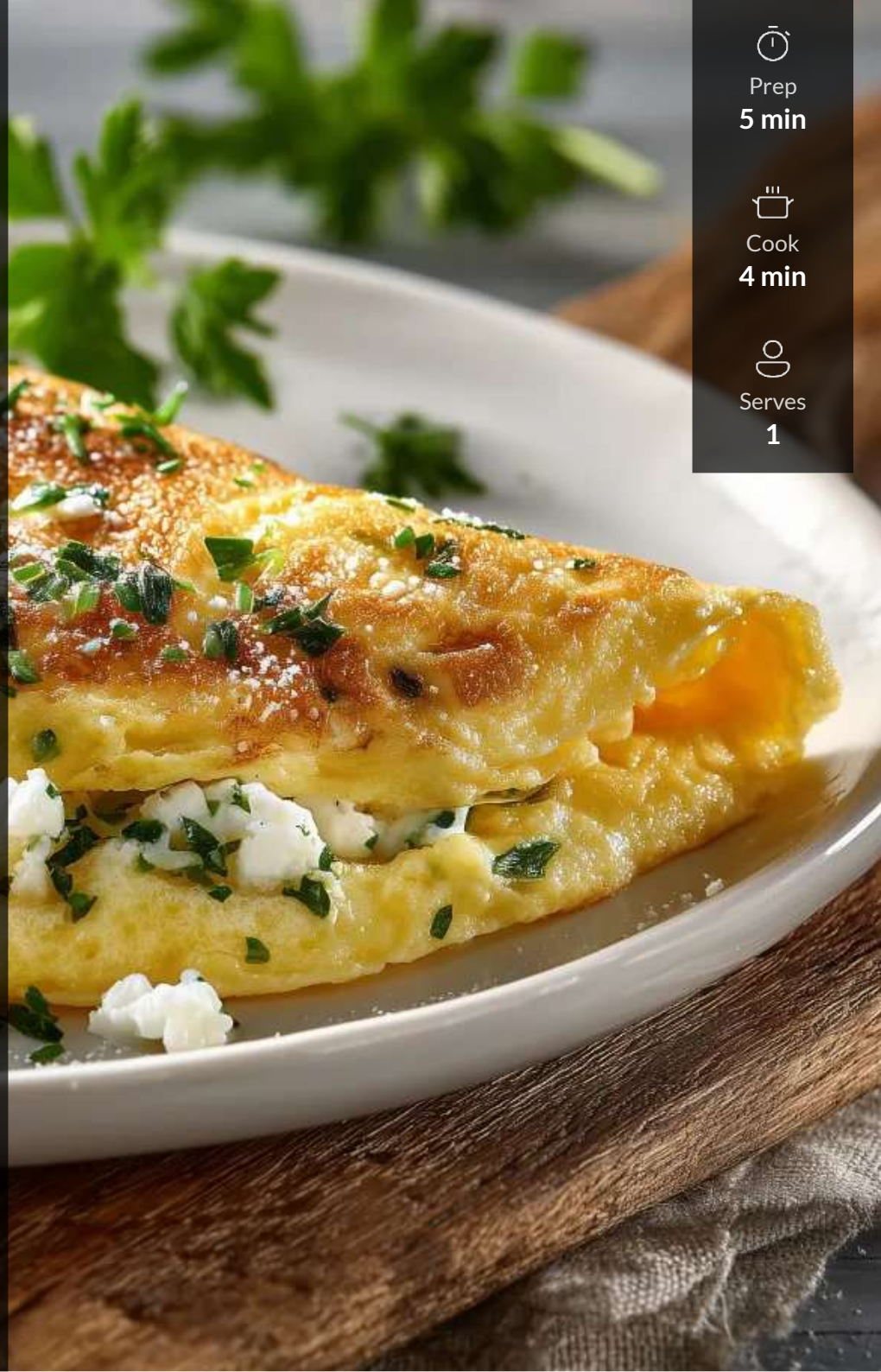
Morning snack: Herb and Feta Omelet

Lunch: Beef Stir-Fry with Broccoli and Sesame Seeds

Afternoon snack: Chaffle

Dinner: Turkey-Stuffed Omelet

Herb and Feta Omelet



Prep
5 min

Cook
4 min

Serves
1

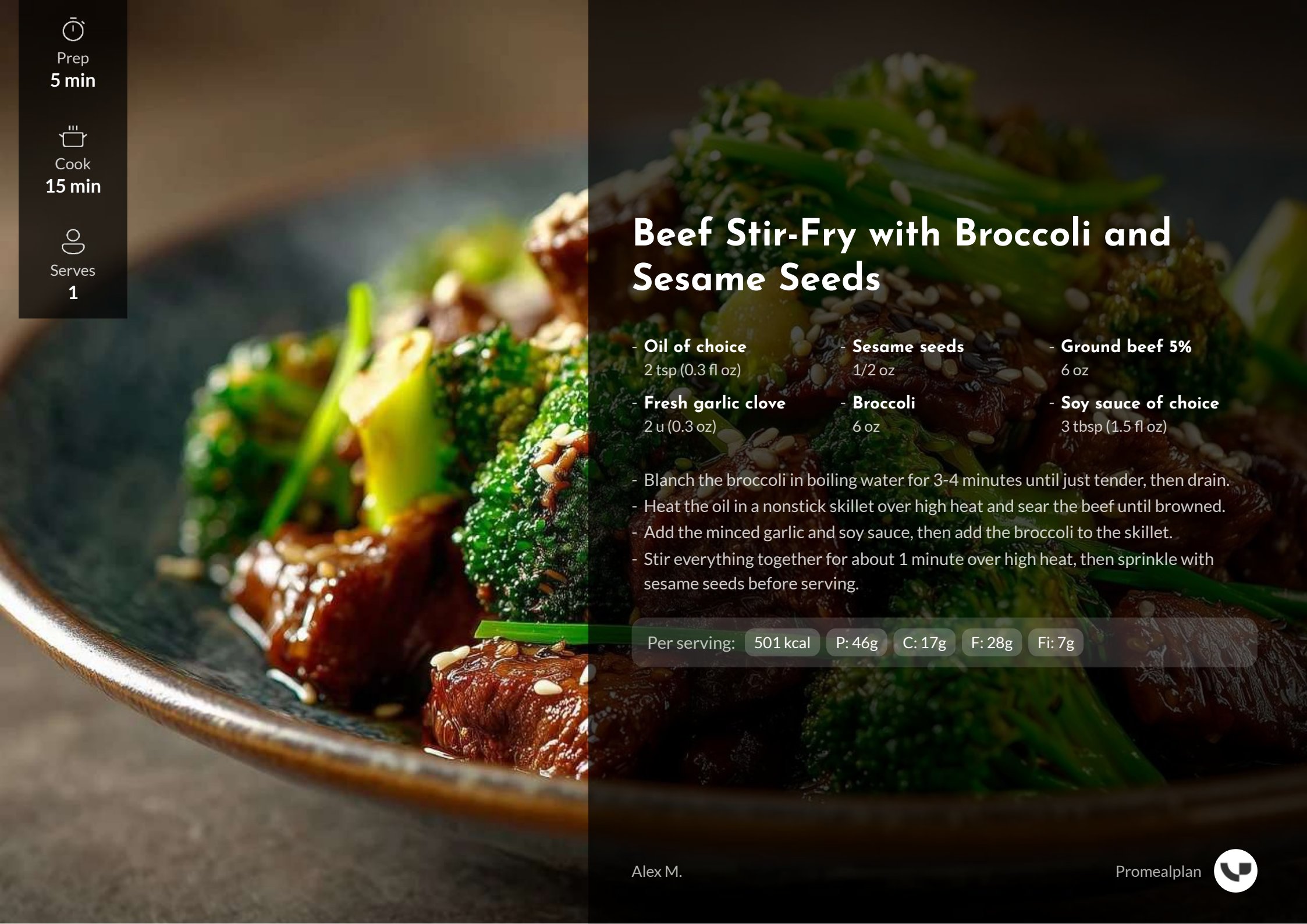
- **Feta**
  1 oz
- **Arom. herbs of choice**
  2 tbsp (0.3 oz)
- **Olive oil**
  1 tbsp (0.5 fl oz)
- **Whole milk**
  3 tbsp (1.5 fl oz)
- **Egg, medium**
  2 u (3.5 oz)

- Wash and finely chop the fresh herbs.
- In a bowl, beat the eggs with the milk and season with salt and pepper.
- Add the herbs and mix well.
- Heat the olive oil in a nonstick skillet over medium heat.
- Pour in the egg mixture and cook for 2–3 minutes without stirring.
- Add the crumbled feta on top, then gently fold the omelet or flip to cook the other side for 1 minute.

Per serving: 382 kcal | P: 19g | C: 4g | F: 32g | Fi: 2g

Alex M.

Promealplan



Prep
5 min

Cook
15 min

Serves
1

Beef Stir-Fry with Broccoli and Sesame Seeds

- **Oil of choice**
  2 tsp (0.3 fl oz)
- **Fresh garlic clove**
  2 u (0.3 oz)
- **Sesame seeds**
  1/2 oz
- **Broccoli**
  6 oz
- **Ground beef 5%**
  6 oz
- **Soy sauce of choice**
  3 tbsp (1.5 fl oz)

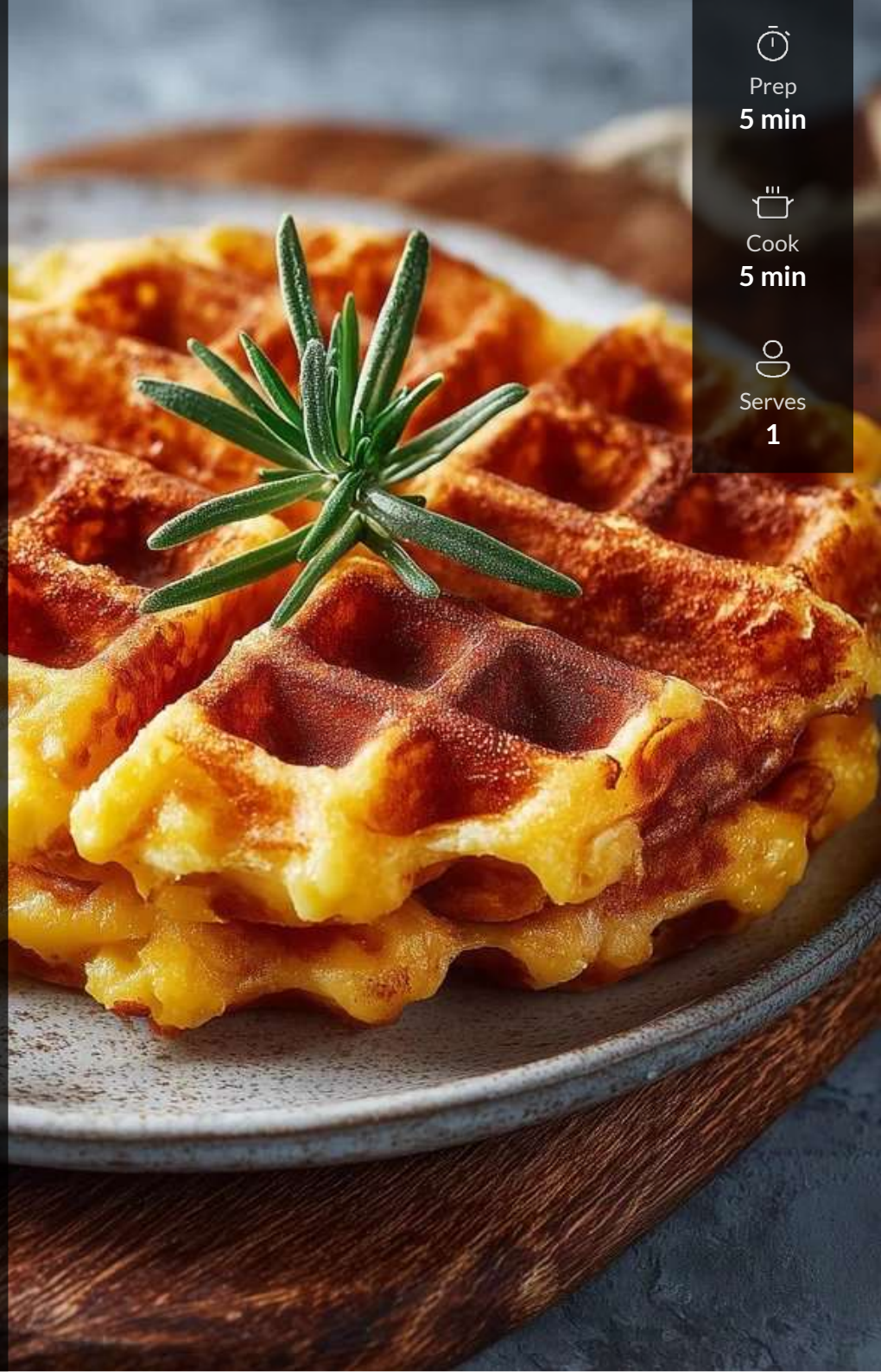
- Blanch the broccoli in boiling water for 3-4 minutes until just tender, then drain.
- Heat the oil in a nonstick skillet over high heat and sear the beef until browned.
- Add the minced garlic and soy sauce, then add the broccoli to the skillet.
- Stir everything together for about 1 minute over high heat, then sprinkle with sesame seeds before serving.

Per serving: 501 kcal | P: 46g | C: 17g | F: 28g | Fi: 7g

Alex M.

Promealplan

Chaffle



Prep
5 min

Cook
5 min

Serves
1

- **Arom. herbs of choice**
  1 tsp (0 oz)
- **Egg, medium**
  1 u (1.8 oz)
- **Cheddar**
  3.25 oz

- Beat the egg in a bowl and add the grated cheddar cheese.
- Mix well and season with salt, pepper, and fresh herbs.
- Pour the mixture into a hot waffle iron (grease if needed) and cook for about 3-5 minutes until the waffle is golden and crispy.
- Serve hot or cold according to your preference. Can be prepared in advance.

Per serving: 431 kcal | P: 30g | C: 1g | F: 34g | Fi: 0g

Alex M.

Promealplan

Prep
5 min

Cook
5 min

Serves
1

Turkey-Stuffed Omelet

- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Balsamic vinegar**
  2 tsp (0.3 fl oz)
- **Cherry tomatoes**
  7 oz
- **Egg, medium**
  3 u (5.3 oz)
- **Turkey deli-style sl.**
  3.25 oz
- **Cheddar**
  1.75 oz

- Beat the eggs with salt and pepper.
- Heat the oil in a nonstick skillet over medium heat and pour in the egg mixture, cook for about 1-2 minutes.
- Distribute the turkey slices and grated cheese over one half of the omelet, then fold the other half over the filling.
- Continue cooking for another 1-2 minutes until the cheese is melted and the eggs are fully cooked.
- Cut the cherry tomatoes in half and dress with balsamic vinegar. Serve the omelet with the cherry tomato salad.

Per serving: 600 kcal | P: 55g | C: 15g | F: 36g | Fi: 2g

Alex M.

Promealplan

Day 7

Kcal : 1914 | Protein : 150g | Carbs : 37g | Fat : 129g | Fiber : 12g

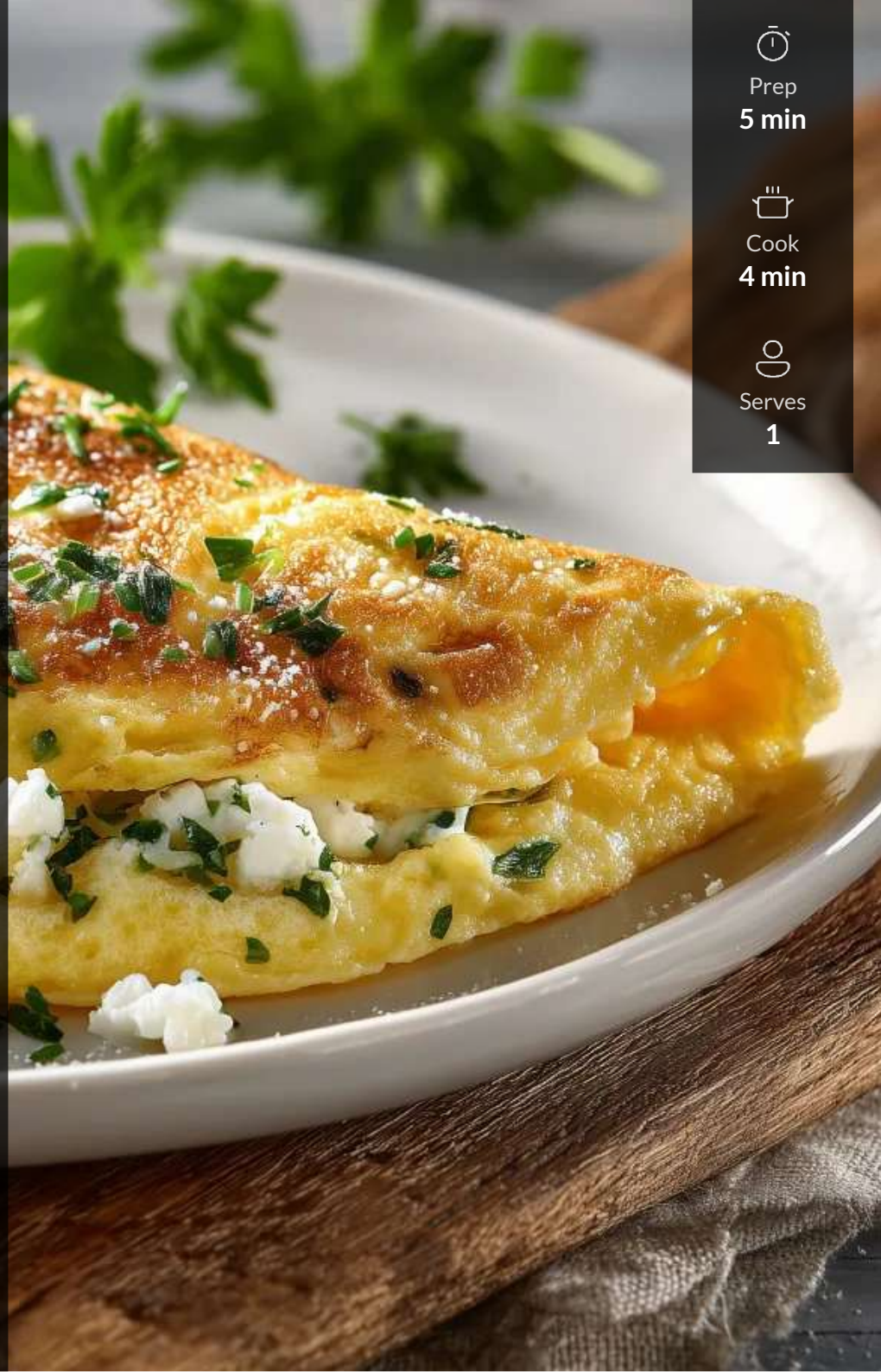
Morning snack: Herb and Feta Omelet

Lunch: Beef Stir-Fry with Broccoli and Sesame Seeds

Afternoon snack: Chaffle

Dinner: Turkey-Stuffed Omelet

Herb and Feta Omelet



Prep
5 min

Cook
4 min

Serves
1

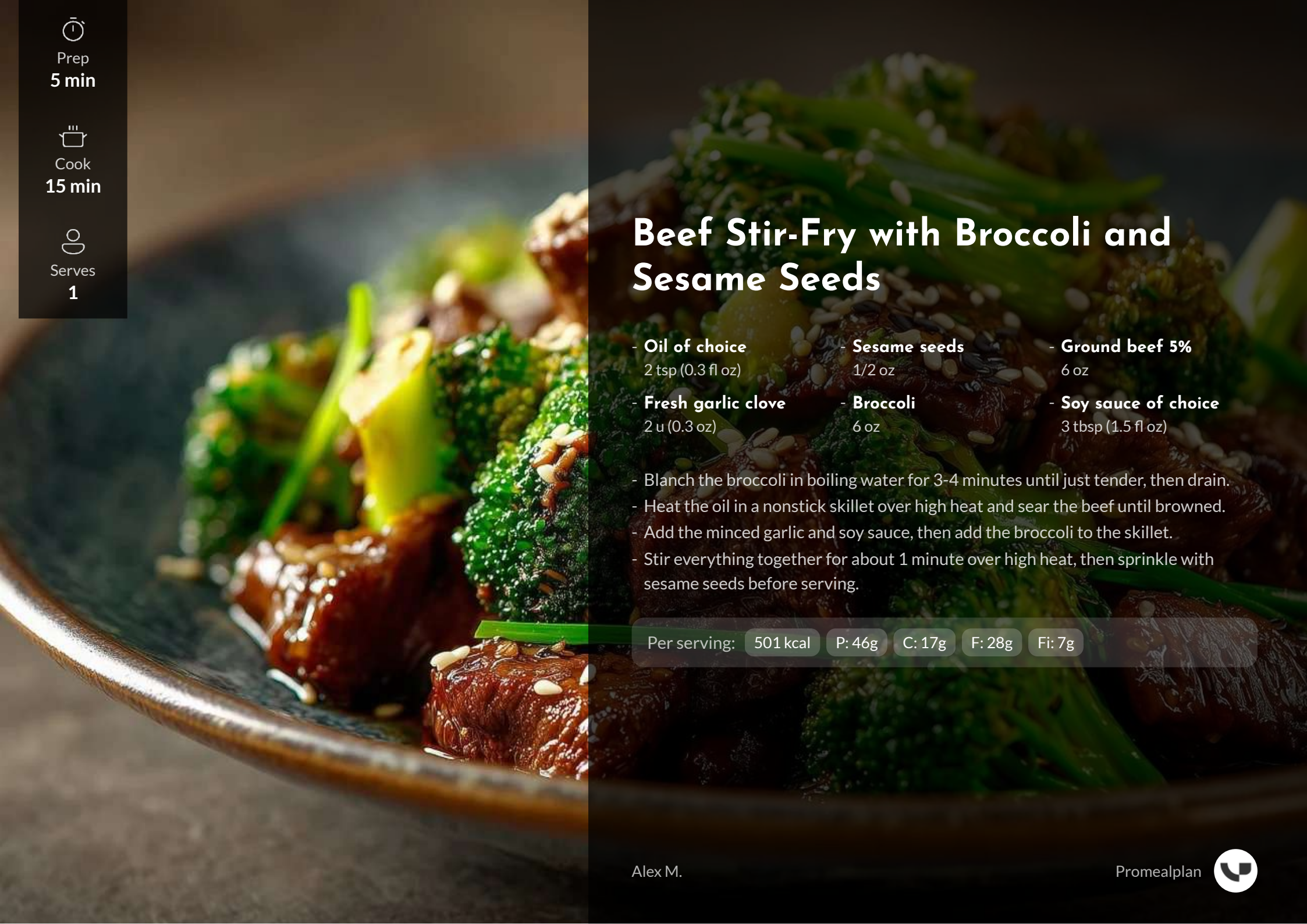
- **Feta**
  1 oz
- **Arom. herbs of choice**
  2 tbsp (0.3 oz)
- **Olive oil**
  1 tbsp (0.5 fl oz)
- **Whole milk**
  3 tbsp (1.5 fl oz)
- **Egg, medium**
  2 u (3.5 oz)

- Wash and finely chop the fresh herbs.
- In a bowl, beat the eggs with the milk and season with salt and pepper.
- Add the herbs and mix well.
- Heat the olive oil in a nonstick skillet over medium heat.
- Pour in the egg mixture and cook for 2–3 minutes without stirring.
- Add the crumbled feta on top, then gently fold the omelet or flip to cook the other side for 1 minute.

Per serving: 382 kcal | P: 19g | C: 4g | F: 32g | Fi: 2g

Alex M.

Promealplan



Prep
5 min

Cook
15 min

Serves
1

Beef Stir-Fry with Broccoli and Sesame Seeds

- **Oil of choice**
  2 tsp (0.3 fl oz)
- **Fresh garlic clove**
  2 u (0.3 oz)
- **Sesame seeds**
  1/2 oz
- **Broccoli**
  6 oz
- **Ground beef 5%**
  6 oz
- **Soy sauce of choice**
  3 tbsp (1.5 fl oz)

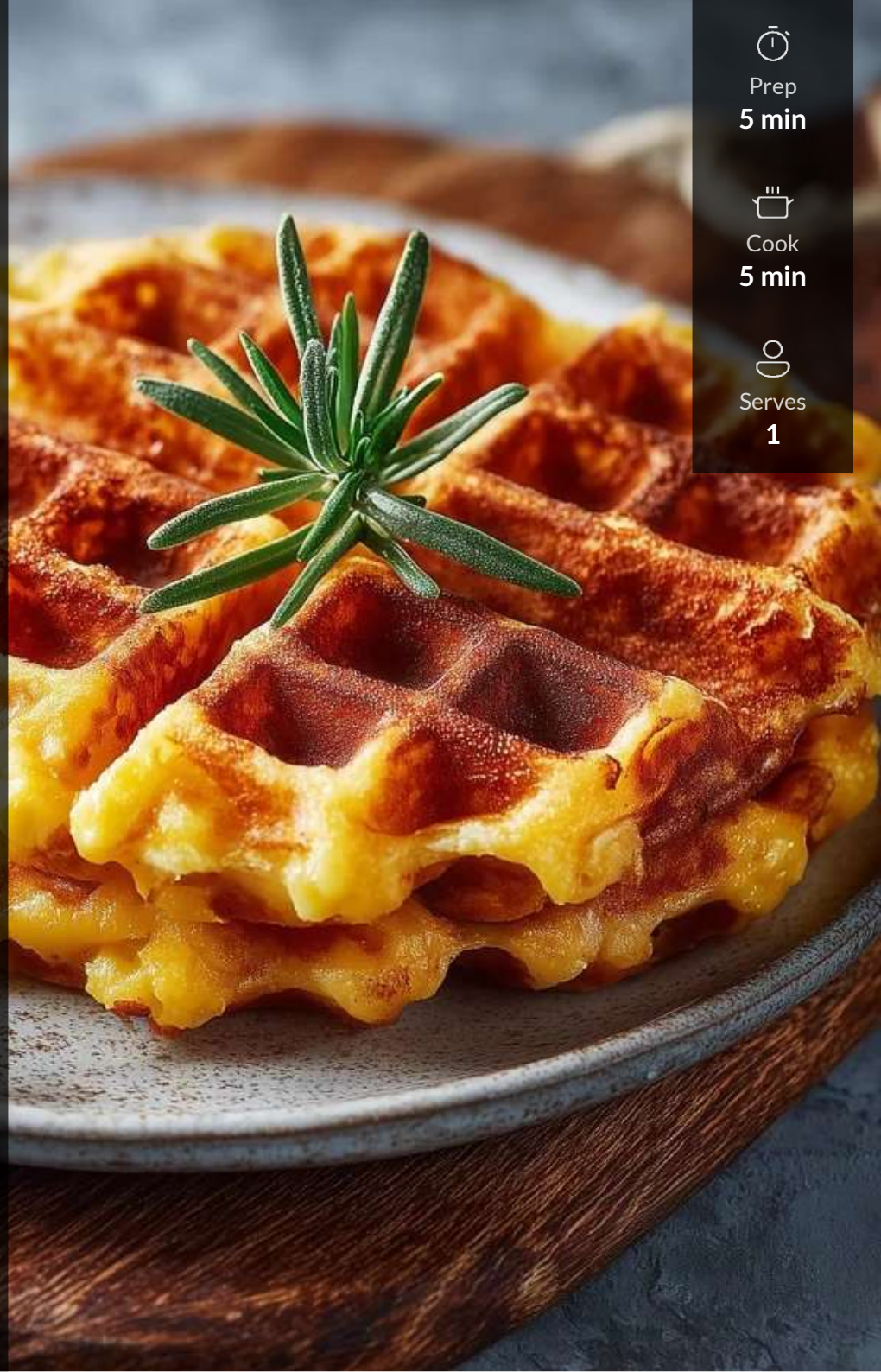
- Blanch the broccoli in boiling water for 3-4 minutes until just tender, then drain.
- Heat the oil in a nonstick skillet over high heat and sear the beef until browned.
- Add the minced garlic and soy sauce, then add the broccoli to the skillet.
- Stir everything together for about 1 minute over high heat, then sprinkle with sesame seeds before serving.

Per serving: 501 kcal | P: 46g | C: 17g | F: 28g | Fi: 7g

Alex M.

Promealplan

Chaffle



Prep
5 min

Cook
5 min

Serves
1

- **Arom. herbs of choice**
  1 tsp (0 oz)
- **Egg, medium**
  1 u (1.8 oz)
- **Cheddar**
  3.25 oz

- Beat the egg in a bowl and add the grated cheddar cheese.
- Mix well and season with salt, pepper, and fresh herbs.
- Pour the mixture into a hot waffle iron (grease if needed) and cook for about 3-5 minutes until the waffle is golden and crispy.
- Serve hot or cold according to your preference. Can be prepared in advance.

Per serving: 431 kcal | P: 30g | C: 1g | F: 34g | Fi: 0g

Alex M.

Promealplan

Prep
5 min

Cook
5 min

Serves
1

Turkey-Stuffed Omelet

- **Oil of choice**
  1 tsp (0.2 fl oz)
- **Balsamic vinegar**
  2 tsp (0.3 fl oz)
- **Cherry tomatoes**
  7 oz
- **Egg, medium**
  3 u (5.3 oz)
- **Turkey deli-style sl.**
  3.25 oz
- **Cheddar**
  1.75 oz

- Beat the eggs with salt and pepper.
- Heat the oil in a nonstick skillet over medium heat and pour in the egg mixture, cook for about 1-2 minutes.
- Distribute the turkey slices and grated cheese over one half of the omelet, then fold the other half over the filling.
- Continue cooking for another 1-2 minutes until the cheese is melted and the eggs are fully cooked.
- Cut the cherry tomatoes in half and dress with balsamic vinegar. Serve the omelet with the cherry tomato salad.

Per serving: 600 kcal | P: 55g | C: 15g | F: 36g | Fi: 2g

Alex M.

Promealplan

Shopping List

Full Week

Fresh Produce

- [ ] Avocado, medium (2 u (400 g))
- [ ] Broccoli (340.2 g)
- [ ] Carrot (8 u (480 g))
- [ ] Celery (340.2 g)
- [ ] Cherry tomatoes (396.9 g)
- [ ] Cooked beet (297.7 g)
- [ ] Fresh garlic clove (4 u (16 g))
- [ ] Fresh spinach (42.5 g)
- [ ] Mixed green salad (292 g)

Animal Proteins

- [ ] Cooked ham (354.4 g)
- [ ] Ground beef 5% (935.6 g)
- [ ] Mackerel (340.2 g)
- [ ] Roasted beef (277.8 g)
- [ ] Smoked salmon (510.3 g)
- [ ] Turkey deli-style sl. (184.3 g)

Dairy and Eggs

- [ ] Cheddar (348.7 g)
- [ ] Cream cheese (155.9 g)
- [ ] Egg, medium (44 u (2200 g))
- [ ] Feta (184.3 g)
- [ ] Greek yogurt 2% (60 g)
- [ ] Shredded emmental (56.7 g)
- [ ] Sour cream 15%, LF (91.7 ml)
- [ ] Whole milk (91.7 ml)

Bread, Rice & Pasta

- [ ] Buckwheat crepe (3 u (150 g))
- [ ] Rice paper (4 u (40 g))

Baking Supplies & Canned Goods

- [ ] Tuna, can. (198.5 g)

Snacks and Sweets

- [ ] Sesame seeds (28.4 g)
- [ ] Walnut kernels (99.2 g)

Shopping List

Full Week (cont.)

Beverages

- [ ] Water (11.36 L)

Fats, Oils, and Condiments

- [ ] Apple cider vinegar (177.4 ml)
- [ ] Arom. herbs of choice (18.8 g)
- [ ] Balsamic vinegar (20.7 ml)
- [ ] Dressing of choice (47.3 ml)
- [ ] Fresh chives (8 g)
- [ ] Fresh dill (1 g)
- [ ] Fresh parsley (1.4 g)
- [ ] Lemon juice (150.8 ml)
- [ ] Mustard (28.5 g)
- [ ] Oil of choice (91.7 ml)
- [ ] Olive oil (32.5 ml)
- [ ] Soy sauce of choice (91.7 ml)

Other

- [ ] Vegan yogurt of choice (113.4 g)