



Menu for Alex MARTIN

Kcal : 2788

Protein : 165g

Carbs : 355g

Fat : 80g

Fiber : 55g

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

2800 kcal



Lactose-free banana
cocoa smoothie



Winter mug cake
with cinnamon and...



Easy tuna and parmesan
wrap



Chia pudding with jam



Green quinoa with
chicken

Day 2

2800 kcal



Lactose-free banana
cocoa smoothie



Winter mug cake
with cinnamon and...



Easy tuna and parmesan
wrap



Chia pudding with jam



Green quinoa with
chicken

Day 3

2800 kcal



Lactose-free banana
cocoa smoothie



Winter mug cake
with cinnamon and...



Easy tuna and parmesan
wrap



Chia pudding with jam



Green quinoa with
chicken

Day 4

2809 kcal



High-protein crêpes with
jam



Yogurt and matcha
smoothie



Basque-style chicken
with pasta and piperade



Chocolate and red bean
brownie



Tropical chicken and
mango salad

Day 5

2809 kcal



High-protein crêpes with jam



Yogurt and matcha smoothie



Basque-style chicken with pasta and piperade



Chocolate and red bean brownie



Tropical chicken and mango salad

Day 6

2749 kcal



Turmeric ginger lemon apple smoothie



Savory spinach waffle



Vegetable lasagna with ham



Lactose-free banana matcha protein smoothie



Chickpea salad with mushrooms and...

Day 7

2749 kcal



Turmeric ginger lemon apple smoothie



Savory spinach waffle



Vegetable lasagna with ham



Lactose-free banana matcha protein smoothie



Chickpea salad with mushrooms and...





Day 1

Kcal : 2800

Protein : 168g

Carbs : 363g

Fat : 79g

Fiber : 52g

Breakfast: Lactose-Free Banana Cocoa Smoothie

Morning snack: Winter Mug Cake with Cinnamon and Applesauce Center

Lunch: Easy Tuna and Parmesan Wrap

Afternoon snack: Chia Pudding with Jam

Dinner: Green Quinoa with Chicken



Lactose-Free Banana Cocoa Smoothie

- **Banana, medium**
2.5 u (10.6 oz)
- **Cocoa powder 100%**
2 tbsp (0.4 oz)
- **White milk, LF**
8.5 fl oz
- **Honey or agave**
2 tsp (0.5 oz)
- **Vegan yogurt of choice**
10.5 oz

- Put all ingredients in a blender. (Preferably use a banana that was frozen beforehand, or if not, add 1 or 2 ice cubes.)
- Blend until you achieve a smooth consistency, adjust with a little water if needed for desired texture.
- Pour the mixture into a glass and serve immediately.

Per serving: 666 kcal P: 25g C: 116g F: 11g Fi: 16g

Prep
5 min

Cook
0 min

Serves
1





Prep
3 min



Cook
2 min



Serves
1

Winter Mug Cake with Cinnamon and Applesauce Center

- **White milk 2%**
2 tbsp (1 fl oz)
- **Baking powder**
1 tsp (0.1 oz)
- **Honey or agave**
3 tsp (0.7 oz)
- **Flour of choice**
2.5 oz
- **Compote, unsweet.**
6 tbsp (3.2 oz)
- **Ground cinnamon**
1 tsp (0.1 oz)

- Mix all ingredients except 1 tablespoon of applesauce which will serve as the flowing center.
- Pour half of the batter into a microwave-safe mug.
- Place the remaining applesauce in the center of the batter.
- Cover with the rest of the batter.
- Microwave for 1 minute 30 seconds.

Per serving: 400 kcal P: 10g C: 81g F: 4g Fi: 4g



Easy Tuna and Parmesan Wrap

- **Parmesan**
3 tbsp (0.5 oz)
- **Large tortilla of choice**
2 u (4.4 oz)
- **Greek yogurt**
4 tbsp (2.5 oz)
- **Lettuce**
1.75 oz
- **Cucumber**
1/2 u (6.2 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Tuna, can.**
7 oz

- Drain the canned tuna and flake it into a bowl.
- Add the diced cucumber and chopped red onion to the tuna.
- Mix in the Greek yogurt and grated Parmesan cheese until well combined.
- Lay the tortilla flat and place the romaine lettuce leaves in the center.
- Spoon the tuna mixture over the lettuce and wrap tightly.

Per serving: 667 kcal P: 68g C: 62g F: 16g Fi: 5g



Prep
10 min



Cook
0 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1



Chia Pudding with Jam

- **Chia seeds**

4 tbsp (1.7 oz)

- **Jam**

2 tsp (0.4 oz)

- **White milk 2%**

5 fl oz

- **Honey or agave**

1 tsp (0.2 oz)

- **Greek yogurt**

5 tbsp (3.2 oz)

- In a bowl or jar, combine the chia seeds, milk, Greek yogurt, and honey (or agave syrup).
- Stir well to avoid any clumps.
- Top generously with jam.
- Cover and refrigerate for at least 4 hours.

Per serving: 400 kcal P: 15g C: 42g F: 23g Fi: 16g



Green Quinoa with Chicken

- **Chicken breast fillet**
5.25 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Broccoli**
5.25 oz
- **Green pesto**
1 tsp (0.2 oz)
- **Green beans**
5.25 oz
- **Quinoa**
2 oz
- **Sour cream 15%**
3 tbsp (1.5 fl oz)

- Cut the broccoli into small florets. Cook the quinoa in a saucepan of boiling water with the broccoli florets for 12-15 minutes until tender.
- Meanwhile, cut the chicken into pieces. Heat oil in a nonstick skillet and cook the chicken pieces until lightly golden, about 6-8 minutes.
- Drain the cooked quinoa and broccoli and place on a plate with the green beans.
- In a small bowl, mix the crème fraîche and pesto together.
- Top the quinoa mixture with the cooked chicken and drizzle with the pesto cream sauce. Season with salt and pepper to taste and serve.

Per serving: 667 kcal P: 50g C: 62g F: 24g Fi: 11g

Prep
10 min

Cook
15 min

Serves
1



Day 2

Kcal : 2800

Protein : 168g

Carbs : 363g

Fat : 79g

Fiber : 52g

Breakfast: Lactose-Free Banana Cocoa Smoothie

Morning snack: Winter Mug Cake with Cinnamon and Applesauce Center

Lunch: Easy Tuna and Parmesan Wrap

Afternoon snack: Chia Pudding with Jam

Dinner: Green Quinoa with Chicken





Prep
5 min



Cook
0 min



Serves
1

Lactose-Free Banana Cocoa Smoothie

- **Banana, medium**
2.5 u (10.6 oz)
- **Cocoa powder 100%**
2 tbsp (0.4 oz)
- **White milk, LF**
8.5 fl oz
- **Honey or agave**
2 tsp (0.5 oz)
- **Vegan yogurt of choice**
10.5 oz

- Put all ingredients in a blender. (Preferably use a banana that was frozen beforehand, or if not, add 1 or 2 ice cubes.)
- Blend until you achieve a smooth consistency, adjust with a little water if needed for desired texture.
- Pour the mixture into a glass and serve immediately.

Per serving: 666 kcal P: 25g C: 116g F: 11g Fi: 16g



Winter Mug Cake with Cinnamon and Applesauce Center

- **White milk 2%**
2 tbsp (1 fl oz)
- **Flour of choice**
2.5 oz
- **Baking powder**
1 tsp (0.1 oz)
- **Compote, unsweet.**
6 tbsp (3.2 oz)
- **Honey or agave**
3 tsp (0.7 oz)
- **Ground cinnamon**
1 tsp (0.1 oz)

- Mix all ingredients except 1 tablespoon of applesauce which will serve as the flowing center.
- Pour half of the batter into a microwave-safe mug.
- Place the remaining applesauce in the center of the batter.
- Cover with the rest of the batter.
- Microwave for 1 minute 30 seconds.

Per serving: 400 kcal P: 10g C: 81g F: 4g Fi: 4g



Prep
3 min



Cook
2 min



Serves
1





Prep
10 min



Cook
0 min



Serves
1

Easy Tuna and Parmesan Wrap

- **Parmesan**
3 tbsp (0.5 oz)
- **Lettuce**
1.75 oz
- **Red onion**
1/4 u (1.3 oz)
- **Large tortilla of choice**
2 u (4.4 oz)
- **Cucumber**
1/2 u (6.2 oz)
- **Tuna, can.**
7 oz
- **Greek yogurt**
4 tbsp (2.5 oz)

- Drain the canned tuna and flake it into a bowl.
- Add the diced cucumber and chopped red onion to the tuna.
- Mix in the Greek yogurt and grated Parmesan cheese until well combined.
- Lay the tortilla flat and place the romaine lettuce leaves in the center.
- Spoon the tuna mixture over the lettuce and wrap tightly.

Per serving: 667 kcal P: 68g C: 62g F: 16g Fi: 5g



Chia Pudding with Jam

- **Chia seeds**

4 tbsp (1.7 oz)

- **Honey or agave**

1 tsp (0.2 oz)

- **Jam**

2 tsp (0.4 oz)

- **Greek yogurt**

5 tbsp (3.2 oz)

- **White milk 2%**

5 fl oz

- In a bowl or jar, combine the chia seeds, milk, Greek yogurt, and honey (or agave syrup).
- Stir well to avoid any clumps.
- Top generously with jam.
- Cover and refrigerate for at least 4 hours.

Per serving: 400 kcal P: 15g C: 42g F: 23g Fi: 16g



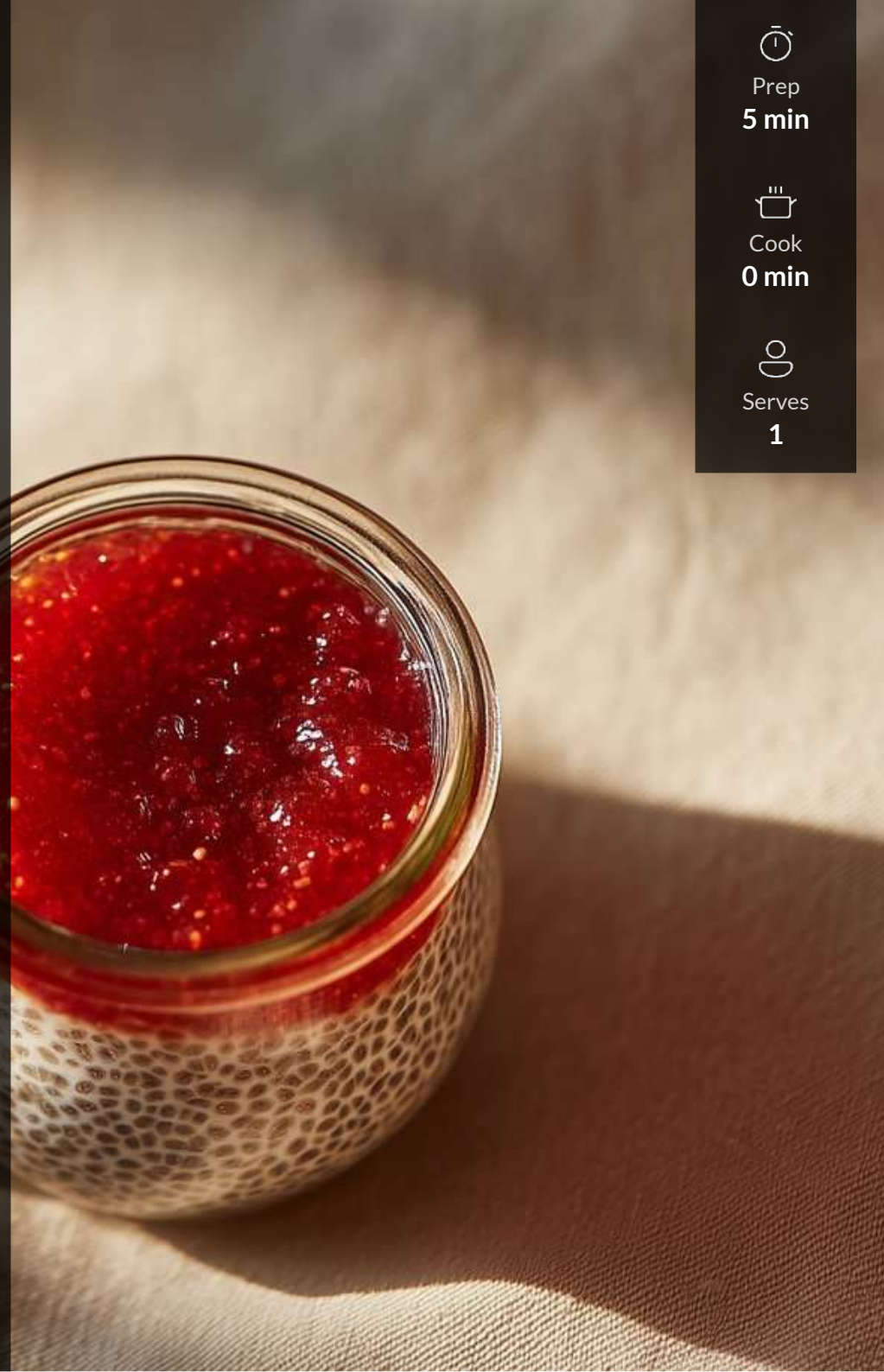
Prep
5 min



Cook
0 min



Serves
1





Prep
10 min



Cook
15 min



Serves
1

Green Quinoa with Chicken

- **Chicken breast fillet** 5.25 oz
- **Green pesto** 1 tsp (0.2 oz)
- **Quinoa** 2 oz
- **Oil of choice** 2 tsp (0.3 fl oz)
- **Green beans** 5.25 oz
- **Sour cream 15%** 3 tbsp (1.5 fl oz)
- **Broccoli** 5.25 oz

- Cut the broccoli into small florets. Cook the quinoa in a saucepan of boiling water with the broccoli florets for 12-15 minutes until tender.
- Meanwhile, cut the chicken into pieces. Heat oil in a nonstick skillet and cook the chicken pieces until lightly golden, about 6-8 minutes.
- Drain the cooked quinoa and broccoli and place on a plate with the green beans.
- In a small bowl, mix the crème fraîche and pesto together.
- Top the quinoa mixture with the cooked chicken and drizzle with the pesto cream sauce. Season with salt and pepper to taste and serve.

Per serving: 667 kcal P: 50g C: 62g F: 24g Fi: 11g





Day 3

Kcal : 2800

Protein : 168g

Carbs : 363g

Fat : 79g

Fiber : 52g

Breakfast: Lactose-Free Banana Cocoa Smoothie

Morning snack: Winter Mug Cake with Cinnamon and Applesauce Center

Lunch: Easy Tuna and Parmesan Wrap

Afternoon snack: Chia Pudding with Jam

Dinner: Green Quinoa with Chicken



Lactose-Free Banana Cocoa Smoothie

- **Banana, medium**
2.5 u (10.6 oz)
- **Honey or agave**
2 tsp (0.5 oz)
- **Cocoa powder 100%**
2 tbsp (0.4 oz)
- **Vegan yogurt of choice**
10.5 oz
- **White milk, LF**
8.5 fl oz

- Put all ingredients in a blender. (Preferably use a banana that was frozen beforehand, or if not, add 1 or 2 ice cubes.)
- Blend until you achieve a smooth consistency, adjust with a little water if needed for desired texture.
- Pour the mixture into a glass and serve immediately.

Per serving: 666 kcal P: 25g C: 116g F: 11g Fi: 16g

Prep
5 min

Cook
0 min

Serves
1





Prep
3 min



Cook
2 min



Serves
1

Winter Mug Cake with Cinnamon and Applesauce Center

- **White milk 2%**
2 tbsp (1 fl oz)
- **Baking powder**
1 tsp (0.1 oz)
- **Honey or agave**
3 tsp (0.7 oz)
- **Flour of choice**
2.5 oz
- **Compote, unsweet.**
6 tbsp (3.2 oz)
- **Ground cinnamon**
1 tsp (0.1 oz)

- Mix all ingredients except 1 tablespoon of applesauce which will serve as the flowing center.
- Pour half of the batter into a microwave-safe mug.
- Place the remaining applesauce in the center of the batter.
- Cover with the rest of the batter.
- Microwave for 1 minute 30 seconds.

Per serving: 400 kcal P: 10g C: 81g F: 4g Fi: 4g



Easy Tuna and Parmesan Wrap

- **Parmesan**
3 tbsp (0.5 oz)
- **Large tortilla of choice**
2 u (4.4 oz)
- **Greek yogurt**
4 tbsp (2.5 oz)
- **Lettuce**
1.75 oz
- **Cucumber**
1/2 u (6.2 oz)
- **Red onion**
1/4 u (1.3 oz)
- **Tuna, can.**
7 oz

- Drain the canned tuna and flake it into a bowl.
- Add the diced cucumber and chopped red onion to the tuna.
- Mix in the Greek yogurt and grated Parmesan cheese until well combined.
- Lay the tortilla flat and place the romaine lettuce leaves in the center.
- Spoon the tuna mixture over the lettuce and wrap tightly.

Per serving: 667 kcal P: 68g C: 62g F: 16g Fi: 5g



Prep
10 min



Cook
0 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1



Chia Pudding with Jam

- **Chia seeds**

4 tbsp (1.7 oz)

- **Jam**

2 tsp (0.4 oz)

- **White milk 2%**

5 fl oz

- **Honey or agave**

1 tsp (0.2 oz)

- **Greek yogurt**

5 tbsp (3.2 oz)

- In a bowl or jar, combine the chia seeds, milk, Greek yogurt, and honey (or agave syrup).
- Stir well to avoid any clumps.
- Top generously with jam.
- Cover and refrigerate for at least 4 hours.

Per serving: 400 kcal P: 15g C: 42g F: 23g Fi: 16g



Green Quinoa with Chicken

- **Chicken breast fillet**
5.25 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Broccoli**
5.25 oz
- **Green pesto**
1 tsp (0.2 oz)
- **Green beans**
5.25 oz
- **Quinoa**
2 oz
- **Sour cream 15%**
3 tbsp (1.5 fl oz)

- Cut the broccoli into small florets. Cook the quinoa in a saucepan of boiling water with the broccoli florets for 12-15 minutes until tender.
- Meanwhile, cut the chicken into pieces. Heat oil in a nonstick skillet and cook the chicken pieces until lightly golden, about 6-8 minutes.
- Drain the cooked quinoa and broccoli and place on a plate with the green beans.
- In a small bowl, mix the crème fraîche and pesto together.
- Top the quinoa mixture with the cooked chicken and drizzle with the pesto cream sauce. Season with salt and pepper to taste and serve.

Per serving: 667 kcal P: 50g C: 62g F: 24g Fi: 11g

Prep
10 min

Cook
15 min

Serves
1



Day 4

Kcal : 2809

Protein : 163g

Carbs : 360g

Fat : 80g

Fiber : 48g

Breakfast: High-Protein Crêpes with Jam

Morning snack: Yogurt and Matcha Smoothie

Lunch: Basque-Style Chicken with Pasta and Piperade

Afternoon snack: Chocolate and Red Bean Brownie

Dinner: Tropical Chicken and Mango Salad





Prep
15 min



Cook
10 min



Serves
1

High-Protein Crêpes with Jam

- **Oil of choice**

1 tsp (0.2 fl oz)

- **Baking powder**

2 tsp (0.3 oz)

- **White milk 2%**

2.5 fl oz

- **Plain skyr**

6.25 oz

- **Flour of choice**

2 oz

- **Jam**

4 tbsp (2.4 oz)

- **Egg, medium**

3 u (5.3 oz)

- In a bowl, beat the eggs with the plain skyr.
- Add the flour of choice, white milk 2%, baking powder, and salt. Mix until you get a smooth, even batter.
- Let the batter rest for 10 minutes.
- Heat a non-stick pan with a little oil of choice.
- Pour a ladleful of batter and spread it by swirling the pan. Cook for 1-2 minutes on each side until the crepe is golden.
- Serve with jam.

Per serving: **719 kcal** **P: 44g** **C: 91g** **F: 20g** **Fi: 2g**



Yogurt and Matcha Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **White milk 2%**
4 fl oz
- **Honey**
1 tbsp (0.7 oz)
- **Greek yogurt**
5.25 oz

- In a blender, combine the Greek yogurt, milk, matcha powder, banana, and honey. (Freeze the banana beforehand for a fresh and creamy version.)
- Blend until smooth.
- Pour the smoothie into a glass and enjoy.

Per serving: 400 kcal P: 11g C: 56g F: 15g Fi: 4g



Prep
5 min



Cook
0 min



Serves
1





Prep
10 min



Cook
25 min



Serves
1

Basque-Style Chicken with Pasta and Piperade

- **Chicken breast fillet**
5 oz
- **Tomato**
1.5 u (7.9 oz)
- **Oil of choice**
1 tbs (0.5 fl oz)
- **Pasta of choice**
2.75 oz
- **Bell pepper**
1 u (6.3 oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Cook the pasta in boiling water. Drain and set aside.
- Thinly slice the onion, garlic, and bell peppers into strips. Dice the tomato.
- Sauté the onion and garlic with half the oil in a pan. Add the bell peppers and cook for 10 minutes.
- Add the tomato, salt, and pepper. Let simmer for 5 minutes to make the piperade. Set aside.
- In a separate pan, cook the chicken breast fillet with the remaining oil, about 5 to 6 minutes per side. Season with salt and pepper.
- Add the piperade over the chicken breast and let simmer together for 2 minutes.
- Plate the pasta with the basque-style chicken breast and piperade on top. Serve hot.

Per serving: 667 kcal P: 47g C: 78g F: 19g Fi: 10g



Chocolate and Red Bean Brownie

- **Honey or agave**
3/4 oz
- **Walnut kernels**
3/4 oz
- **Cocoa powder 100%**
3/4 oz
- **Red beans**
2 oz
- **White milk 2%**
1 tsp (0.2 fl oz)

- Rinse the red beans thoroughly with cold water and drain well.
- Place the beans, cocoa powder, agave syrup or honey, and milk in a blender. Blend on high speed for 1 to 2 minutes until completely smooth.
- Pour the mixture into a ramekin and add the chopped walnuts.
- Microwave on high power for 1 minute 30 seconds to 2 minutes, or bake at 350°F (175°C) for about 15 minutes.
- Let cool for a few minutes before enjoying.

Per serving: 411 kcal P: 21g C: 58g F: 11g Fi: 24g

Prep
5 min

Cook
2 min

Serves
1





Prep
15 min



Cook
15 min



Serves
1

Tropical Chicken and Mango Salad

- **Chicken breast fillet**
4.5 oz
- **Balsamic vinegar**
1 tbsp (0.5 fl oz)
- **Lettuce**
2 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Corn, can.**
1 oz
- **Cherry tomatoes**
5.25 oz
- **Mango**
5.25 oz
- **Quinoa**
5 tbsp (2.1 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- Bring water to a boil in a saucepan and cook the quinoa according to package instructions, about 10-12 minutes.
- Meanwhile, heat the oil in a nonstick skillet over medium heat and add the chicken. Cook until well done, about 6-7 minutes on each side.
- Drain the cooked quinoa and rinse under cold water. In a large bowl, mix the romaine lettuce, quinoa, diced mango, halved cherry tomatoes, and drained corn.
- Add the cooked chicken cut into slices to the salad mixture.
- Sprinkle with fresh chopped cilantro if desired.
- Drizzle with balsamic vinegar and season with salt and pepper, gently toss to combine.

Per serving: 611 kcal P: 41g C: 76g F: 16g Fi: 9g





Day 5

Kcal : 2809

Protein : 163g

Carbs : 360g

Fat : 80g

Fiber : 48g

Breakfast: High-Protein Crêpes with Jam

Morning snack: Yogurt and Matcha Smoothie

Lunch: Basque-Style Chicken with Pasta and Piperade

Afternoon snack: Chocolate and Red Bean Brownie

Dinner: Tropical Chicken and Mango Salad



High-Protein Crêpes with Jam

- **Oil of choice**
1 tsp (0.2 fl oz)
- **Baking powder**
2 tsp (0.3 oz)
- **White milk 2%**
2.5 fl oz
- **Plain skyr**
6.25 oz
- **Flour of choice**
2 oz
- **Jam**
4 tbsp (2.4 oz)
- **Egg, medium**
3 u (5.3 oz)

- In a bowl, beat the eggs with the plain skyr.
- Add the flour of choice, white milk 2%, baking powder, and salt. Mix until you get a smooth, even batter.
- Let the batter rest for 10 minutes.
- Heat a non-stick pan with a little oil of choice.
- Pour a ladleful of batter and spread it by swirling the pan. Cook for 1-2 minutes on each side until the crepe is golden.
- Serve with jam.

Per serving: 719 kcal P: 44g C: 91g F: 20g Fi: 2g



Prep
15 min



Cook
10 min



Serves
1





Prep
5 min



Cook
0 min



Serves
1

Yogurt and Matcha Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **White milk 2%**
4 fl oz
- **Honey**
1 tbsp (0.7 oz)
- **Greek yogurt**
5.25 oz

- In a blender, combine the Greek yogurt, milk, matcha powder, banana, and honey. (Freeze the banana beforehand for a fresh and creamy version.)
- Blend until smooth.
- Pour the smoothie into a glass and enjoy.

Per serving: 400 kcal P: 11g C: 56g F: 15g Fi: 4g



Basque-Style Chicken with Pasta and Piperade

- **Chicken breast fillet**
5 oz
- **Pasta of choice**
2.75 oz
- **Fresh garlic clove**
1 u (0.1 oz)
- **Tomato**
1.5 u (7.9 oz)
- **Bell pepper**
1 u (6.3 oz)

- **Oil of choice**
1 tbsp (0.5 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)

- Cook the pasta in boiling water. Drain and set aside.
- Thinly slice the onion, garlic, and bell peppers into strips. Dice the tomato.
- Sauté the onion and garlic with half the oil in a pan. Add the bell peppers and cook for 10 minutes.
- Add the tomato, salt, and pepper. Let simmer for 5 minutes to make the piperade. Set aside.
- In a separate pan, cook the chicken breast fillet with the remaining oil, about 5 to 6 minutes per side. Season with salt and pepper.
- Add the piperade over the chicken breast and let simmer together for 2 minutes.
- Plate the pasta with the basque-style chicken breast and piperade on top. Serve hot.

Per serving: 667 kcal P: 47g C: 78g F: 19g Fi: 10g



Prep
10 min



Cook
25 min



Serves
1





Prep
5 min



Cook
2 min



Serves
1

Chocolate and Red Bean Brownie

- **Honey or agave**

3/4 oz

- **Cocoa powder 100%**

3/4 oz

- **White milk 2%**

1 tsp (0.2 fl oz)

- **Walnut kernels**

3/4 oz

- **Red beans**

2 oz

- Rinse the red beans thoroughly with cold water and drain well.
- Place the beans, cocoa powder, agave syrup or honey, and milk in a blender. Blend on high speed for 1 to 2 minutes until completely smooth.
- Pour the mixture into a ramekin and add the chopped walnuts.
- Microwave on high power for 1 minute 30 seconds to 2 minutes, or bake at 350°F (175°C) for about 15 minutes.
- Let cool for a few minutes before enjoying.

Per serving: 411 kcal P: 21g C: 58g F: 11g Fi: 24g



Tropical Chicken and Mango Salad

- **Chicken breast fillet**
4.5 oz
- **Balsamic vinegar**
1 tbsp (0.5 fl oz)
- **Lettuce**
2 oz
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Corn, can.**
1 oz
- **Cherry tomatoes**
5.25 oz
- **Mango**
5.25 oz
- **Quinoa**
5 tbsp (2.1 oz)
- **Fresh cilantro**
1 tbsp (0.1 oz)

- Bring water to a boil in a saucepan and cook the quinoa according to package instructions, about 10-12 minutes.
- Meanwhile, heat the oil in a nonstick skillet over medium heat and add the chicken. Cook until well done, about 6-7 minutes on each side.
- Drain the cooked quinoa and rinse under cold water. In a large bowl, mix the romaine lettuce, quinoa, diced mango, halved cherry tomatoes, and drained corn.
- Add the cooked chicken cut into slices to the salad mixture.
- Sprinkle with fresh chopped cilantro if desired.
- Drizzle with balsamic vinegar and season with salt and pepper, gently toss to combine.

Per serving: 611 kcal P: 41g C: 76g F: 16g Fi: 9g



Prep
15 min



Cook
15 min



Serves
1





Day 6

Kcal : 2749

Protein : 161g

Carbs : 339g

Fat : 83g

Fiber : 67g

Breakfast: Turmeric Ginger Lemon Apple Smoothie

Morning snack: Savory Spinach Waffle

Lunch: Vegetable Lasagna with Ham

Afternoon snack: Lactose-Free Banana Matcha Protein Smoothie

Dinner: Chickpea Salad With Mushrooms and Soft-Boiled Eggs





Prep
5 min



Cook
0 min



Serves
1



Turmeric Ginger Lemon Apple Smoothie

- **Apple**

4 u (25.4 oz)

- **Fresh ginger**

2.5 oz

- **Honey or agave**

7 tsp (1.7 oz)

- **Lemon juice**

6 tbsp (3 fl oz)

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until smooth.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 667 kcal P: 4g C: 159g F: 2g Fi: 19g



Savory Spinach Waffle

- **Herbes de provence**
1 tsp (0 oz)
- **Flour of choice**
2 oz
- **Yeast**
1 tsp (0.1 oz)
- **Fresh spinach**
2 oz
- **Egg, medium**
1 u (1.8 oz)
- **Ground nutmeg**
1/2 tsp (0 oz)
- **Vegan yogurt of choice**
5 oz

- Preheat your waffle iron.
- If your waffle iron tends to stick, lightly brush it with oil using a paper towel or use cooking spray.
- In a bowl, mix all the ingredients until well combined.
- Cook the waffles until they release easily from the waffle iron, about 3-5 minutes depending on your waffle iron.
- Serve hot or let cool for later consumption.

Per serving: 382 kcal P: 21g C: 55g F: 9g Fi: 6g

Prep
5 min

Cook
8 min

Serves
1





Prep
10 min



Cook
25 min



Serves
1

Vegetable Lasagna with Ham

- | | | |
|--|---|----------------------------------|
| - Cooked ham
8.5 oz | - Zucchini
10.5 oz | - Tomato sauce
10.5 oz |
| - Dried oregano
3 tsp (0.1 oz) | - Garlic powder
3 tbsp (0.7 oz) | - Mozzarella
2.5 oz |

- Preheat the oven to 400°F (200°C).
- Cut the zucchini into thin lengthwise strips using a knife or mandoline.
- Season the tomato sauce with oregano, garlic powder, salt, and pepper.
- Alternate layers in a small baking dish: raw zucchini strips, tomato sauce, and ham slices. Repeat the layers.
- Finish with a layer of zucchini and sprinkle with mozzarella.
- Bake for 25 to 30 minutes until the top is golden and bubbly.

Per serving: **666 kcal** **P: 76g** **C: 38g** **F: 23g** **Fi: 12g**



Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **White milk, LF**
10.25 fl oz
- **Vanilla prot. powder of choice**
1.25 tbsp (0.4 oz)
- **Almond flakes**
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 367 kcal P: 23g C: 44g F: 11g Fi: 5g



Prep
3 min



Cook
0 min



Serves
1





Prep
10 min



Cook
6 min



Serves
1

Chickpea Salad With Mushrooms and Soft-Boiled Eggs

- **Chickpeas, can.**
5.5 oz
- **Balsamic vinegar**
2.5 tbsp (1.3 fl oz)
- **Endive**
2 u (10.6 oz)
- **Oil of choice**
2.5 tsp (0.4 fl oz)
- **Mushrooms of choice**
3.5 oz
- **Walnut kernels**
1 oz
- **Egg, medium**
3 u (5.3 oz)

- Bring water to a boil in a saucepan. Once boiling, cook the egg for 6 minutes, then immediately cool in ice water.
- Meanwhile, wash and cut the endive into coarse strips.
- Thinly slice the mushrooms and mix with the endive.
- Add the drained cooked chickpeas and chopped walnuts to the salad.
- In a small bowl, mix together the balsamic vinegar and oil, season with salt and pepper, then pour the dressing over the salad and mix well.
- Peel the egg, cut it in half, and place on top of the salad.

Per serving: 666 kcal P: 38g C: 42g F: 39g Fi: 24g

Alex M.

Promealplan





Day 7

Kcal : 2749

Protein : 161g

Carbs : 339g

Fat : 83g

Fiber : 67g

Breakfast: Turmeric Ginger Lemon Apple Smoothie

Morning snack: Savory Spinach Waffle

Lunch: Vegetable Lasagna with Ham

Afternoon snack: Lactose-Free Banana Matcha Protein Smoothie

Dinner: Chickpea Salad With Mushrooms and Soft-Boiled Eggs



Turmeric Ginger Lemon Apple Smoothie

- **Apple**
4 u (25.4 oz)
- **Fresh ginger**
2.5 oz
- **Honey or agave**
7 tsp (1.7 oz)
- **Lemon juice**
6 tbsp (3 fl oz)

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until smooth.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 667 kcal P: 4g C: 159g F: 2g Fi: 19g



Prep
5 min



Cook
0 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Savory Spinach Waffle

- **Herbes de provence**
1 tsp (0 oz)
- **Flour of choice**
2 oz
- **Yeast**
1 tsp (0.1 oz)
- **Fresh spinach**
2 oz
- **Egg, medium**
1 u (1.8 oz)
- **Ground nutmeg**
1/2 tsp (0 oz)
- **Vegan yogurt of choice**
5 oz

- Preheat your waffle iron.
- If your waffle iron tends to stick, lightly brush it with oil using a paper towel or use cooking spray.
- In a bowl, mix all the ingredients until well combined.
- Cook the waffles until they release easily from the waffle iron, about 3-5 minutes depending on your waffle iron.
- Serve hot or let cool for later consumption.

Per serving: 382 kcal P: 21g C: 55g F: 9g Fi: 6g



Vegetable Lasagna with Ham

- **Cooked ham**
8.5 oz
- **Zucchini**
10.5 oz
- **Tomato sauce**
10.5 oz
- **Dried oregano**
3 tsp (0.1 oz)
- **Garlic powder**
3 tbsp (0.7 oz)
- **Mozzarella**
2.5 oz

- Preheat the oven to 400°F (200°C).
- Cut the zucchini into thin lengthwise strips using a knife or mandoline.
- Season the tomato sauce with oregano, garlic powder, salt, and pepper.
- Alternate layers in a small baking dish: raw zucchini strips, tomato sauce, and ham slices. Repeat the layers.
- Finish with a layer of zucchini and sprinkle with mozzarella.
- Bake for 25 to 30 minutes until the top is golden and bubbly.

Per serving: 666 kcal P: 76g C: 38g F: 23g Fi: 12g

Prep
10 min

Cook
25 min

Serves
1





Prep
3 min



Cook
0 min



Serves
1

Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **White milk, LF**
10.25 fl oz
- **Vanilla prot. powder of choice**
1.25 tbsp (0.4 oz)
- **Almond flakes**
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 367 kcal P: 23g C: 44g F: 11g Fi: 5g



Chickpea Salad With Mushrooms and Soft-Boiled Eggs

- **Chickpeas, can.**
5.5 oz
- **Balsamic vinegar**
2.5 tbsp (1.3 fl oz)
- **Endive**
2 u (10.6 oz)
- **Oil of choice**
2.5 tsp (0.4 fl oz)
- **Mushrooms of choice**
3.5 oz
- **Walnut kernels**
1 oz
- **Egg, medium**
3 u (5.3 oz)

- Bring water to a boil in a saucepan. Once boiling, cook the egg for 6 minutes, then immediately cool in ice water.
- Meanwhile, wash and cut the endive into coarse strips.
- Thinly slice the mushrooms and mix with the endive.
- Add the drained cooked chickpeas and chopped walnuts to the salad.
- In a small bowl, mix together the balsamic vinegar and oil, season with salt and pepper, then pour the dressing over the salad and mix well.
- Peel the egg, cut it in half, and place on top of the salad.

Per serving: 666 kcal P: 38g C: 42g F: 39g Fi: 24g



Prep
10 min

Cook
6 min

Serves
1

Shopping List

Full Week

Fresh Produce

- Apple (8 u (1440 g))
- Banana, medium (12 u (1440 g))
- Bell pepper (2 u (360 g))
- Broccoli (447.9 g)
- Cherry tomatoes (297.7 g)
- Compote, unsweet. (270 g)
- Cucumber (2 u (700 g))
- Endive (4 u (600 g))
- Fresh garlic clove (2 u (8 g))
- Fresh spinach (113.4 g)
- Green beans (447.9 g)
- Lettuce (263.7 g)
- Mango (297.7 g)
- Mushrooms of choice (198.5 g)
- Onion, medium (1 u (150 g))
- Red onion (1 u (150 g))
- Tomato (3 u (450 g))
- Zucchini (595.4 g)

Animal Proteins

- Chicken breast fillet (986.6 g)
- Cooked ham (482 g)

Dairy and Eggs

- Egg, medium (14 u (700 g))
- Greek yogurt (785.3 g)
- Mozzarella (141.8 g)
- Parmesan (45 g)
- Plain skyr (354.4 g)
- Sour cream 15% (136 ml)
- White milk 2% (928.5 ml)
- White milk, LF (1.36 L)

Bread, Rice & Pasta

- Large tortilla of choice (6 u (372 g))
- Pasta of choice (155.9 g)
- Quinoa (292 g)



Shopping List

Full Week (cont.)

Baking Supplies & Canned Goods

- Baking powder (28.8 g)
- Chickpeas, can. (311.9 g)
- Cocoa powder 100% (73.7 g)
- Corn, can. (56.7 g)
- Flour of choice (439.4 g)
- Red beans (113.4 g)
- Tuna, can. (595.4 g)
- Yeast (6.3 g)

Snacks and Sweets

- Almond flakes (27 g)
- Chia seeds (144 g)
- Walnut kernels (99.2 g)

Beverages

- Matcha powder (9.8 g)

Fats, Oils, and Condiments

- Balsamic vinegar (106.5 ml)

Fats, Oils, and Condiments (cont.)

- Dried oregano (6 g)
- Fresh cilantro (6 g)
- Fresh ginger (141.8 g)
- Garlic powder (42 g)
- Green pesto (15 g)
- Ground cinnamon (6 g)
- Ground nutmeg (2.4 g)
- Herbes de provence (1.4 g)
- Honey (42 g)
- Honey or agave (269.3 g)
- Jam (171.7 g)
- Lemon juice (183.3 ml)
- Oil of choice (115.3 ml)
- Tomato sauce (595.4 g)

Other

- Vanilla prot. powder of choice (22.5 g)
- Vegan yogurt of choice (1.18 kg)