



# Menu for Alex MARTIN

Kcal : 1797

Protein : 108g

Carbs : 211g

Fat : 58g

Fiber : 40g

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**

1797 kcal



Speculoos protein smoothie



Summer salad with plant-based chunks and quinoa



Skyr cheesecake-style



Vegetarian gnocchi with plant-based strips and leeks

**Day 2**

1797 kcal



Speculoos protein smoothie



Summer salad with plant-based chunks and quinoa



Skyr cheesecake-style



Vegetarian gnocchi with plant-based strips and leeks

**Day 3**

1797 kcal



Speculoos protein smoothie



Summer salad with plant-based chunks and quinoa



Skyr cheesecake-style



Vegetarian gnocchi with plant-based strips and leeks

**Day 4**

1806 kcal



Protein yogurt with granola and fruits



Vegetable lentil salad



Banana matcha protein smoothie



Blanquette with plant-based strips and sweet potatoes

**Day 5**

1806 kcal



Protein yogurt with granola and fruits



Vegetable lentil salad



Banana matcha protein smoothie



Blanquette with plant-based strips and sweet potatoes

**Day 6**

1788 kcal



Protein overnight porridge with pear, almonds, and chocolate



Vegan quiche with tomato salad



Whole grain toast with cottage cheese and honey or agave



Marinated seitan and potatoes

**Day 7**

1788 kcal



Protein overnight porridge with pear, almonds, and chocolate



Vegan quiche with tomato salad



Whole grain toast with cottage cheese and honey or agave



Marinated seitan and potatoes





# Day 1

Kcal : 1797

Protein : 109g

Carbs : 213g

Fat : 57g

Fiber : 26g

**Breakfast:** Speculoos Protein Smoothie

**Lunch:** Summer Salad with Plant-Based Chunks and Quinoa

**Afternoon snack:** Skyr Cheesecake-Style

**Dinner:** Vegetarian Gnocchi with Plant-Based Strips and Leeks



# Speculoos Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
6.75 fl oz
- **Speculoos**  
3 u (0.8 oz)
- **Greek yogurt**  
4 tbsp (2.5 oz)
- **Ground cinnamon**  
1 tsp (0.1 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: 494 kcal P: 33g C: 59g F: 14g Fi: 5g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

# Summer Salad with Plant-Based Chunks and Quinoa

- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)
- **Vegan chunks**  
3.5 oz

- Cook the quinoa in a pot of boiling water, then let it cool.
- Meanwhile, cook the plant-based meat pieces with a little oil in a nonstick skillet until well cooked. Season with salt and pepper.
- Cut the cucumber into cubes and halve the cherry tomatoes.
- In a salad bowl, mix the quinoa, plant-based meat pieces, cucumber cubes, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 488 kcal P: 31g C: 61g F: 14g Fi: 10g

Alex M.

Promealplan



# Skyr Cheesecake-Style

- **Coconut oil**  
1 tsp (0.2 fl oz)
- **Lemon juice**  
2 tsp (0.3 fl oz)
- **Compote, unsweet.**  
2 tsp (0.4 oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Speculoos**  
1 oz
- **Plain skyr**  
5.25 oz

- Crush the cookies into fine crumbs in a ramekin.
- Mix the crumbs with coconut oil and applesauce, then press into the bottom of a ramekin or jam jar.
- In a bowl, whisk together the skyr, honey or agave, and lime juice until smooth.
- Pour the mixture over the cookie base.
- Refrigerate for at least 3 hours before serving.
- Garnish with lime zest before serving.

Per serving: 310 kcal P: 15g C: 38g F: 11g Fi: 1g

Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Vegetarian Gnocchi with Plant-Based Strips and Leeks

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
3.5 oz
- **Onion, medium**  
1/2 u (2.6 oz)
- **Leek**  
1 u (7.1 oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Vegan chunks**  
3.5 oz

- Slice the leek into rounds and chop the onion.
- In a nonstick skillet, heat the oil and cook the onion and leeks until tender, about 5 to 7 minutes. Add a little water if they start to stick.
- Add the plant-based strips and cook until golden, about 3 to 5 minutes.
- Stir in the gnocchi and cook until heated through, about 2 to 3 minutes.
- Add the heavy cream, season with salt, pepper, or spices of your choice, mix well, and serve.

Per serving: 505 kcal P: 30g C: 55g F: 18g Fi: 11g





## Day 2

Kcal : 1797

Protein : 109g

Carbs : 213g

Fat : 57g

Fiber : 26g

- Breakfast:** Speculoos Protein Smoothie
- Lunch:** Summer Salad with Plant-Based Chunks and Quinoa
- Afternoon snack:** Skyr Cheesecake-Style
- Dinner:** Vegetarian Gnocchi with Plant-Based Strips and Leeks



# Speculoos Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
6.75 fl oz
- **Speculoos**  
3 u (0.8 oz)
- **Greek yogurt**  
4 tbsp (2.5 oz)
- **Ground cinnamon**  
1 tsp (0.1 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: 494 kcal P: 33g C: 59g F: 14g Fi: 5g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

# Summer Salad with Plant-Based Chunks and Quinoa

- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)
- **Vegan chunks**  
3.5 oz

- Cook the quinoa in a pot of boiling water, then let it cool.
- Meanwhile, cook the plant-based meat pieces with a little oil in a nonstick skillet until well cooked. Season with salt and pepper.
- Cut the cucumber into cubes and halve the cherry tomatoes.
- In a salad bowl, mix the quinoa, plant-based meat pieces, cucumber cubes, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 488 kcal P: 31g C: 61g F: 14g Fi: 10g

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# Skyr Cheesecake-Style

- **Coconut oil**  
1 tsp (0.2 fl oz)
- **Lemon juice**  
2 tsp (0.3 fl oz)
- **Compote, unsweet.**  
2 tsp (0.4 oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Speculoos**  
1 oz
- **Plain skyr**  
5.25 oz

- Crush the cookies into fine crumbs in a ramekin.
- Mix the crumbs with coconut oil and applesauce, then press into the bottom of a ramekin or jam jar.
- In a bowl, whisk together the skyr, honey or agave, and lime juice until smooth.
- Pour the mixture over the cookie base.
- Refrigerate for at least 3 hours before serving.
- Garnish with lime zest before serving.

Per serving: 310 kcal P: 15g C: 38g F: 11g Fi: 1g

Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Vegetarian Gnocchi with Plant-Based Strips and Leeks

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
3.5 oz
- **Onion, medium**  
1/2 u (2.6 oz)
- **Leek**  
1 u (7.1 oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Vegan chunks**  
3.5 oz

- Slice the leek into rounds and chop the onion.
- In a nonstick skillet, heat the oil and cook the onion and leeks until tender, about 5 to 7 minutes. Add a little water if they start to stick.
- Add the plant-based strips and cook until golden, about 3 to 5 minutes.
- Stir in the gnocchi and cook until heated through, about 2 to 3 minutes.
- Add the heavy cream, season with salt, pepper, or spices of your choice, mix well, and serve.

Per serving: 505 kcal P: 30g C: 55g F: 18g Fi: 11g





## Day 3

Kcal : 1797

Protein : 109g

Carbs : 213g

Fat : 57g

Fiber : 26g

- Breakfast:** Speculoos Protein Smoothie
- Lunch:** Summer Salad with Plant-Based Chunks and Quinoa
- Afternoon snack:** Skyr Cheesecake-Style
- Dinner:** Vegetarian Gnocchi with Plant-Based Strips and Leeks



# Speculoos Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
6.75 fl oz
- **Speculoos**  
3 u (0.8 oz)
- **Greek yogurt**  
4 tbsp (2.5 oz)
- **Ground cinnamon**  
1 tsp (0.1 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: 494 kcal P: 33g C: 59g F: 14g Fi: 5g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**5 min**



Cook  
**15 min**



Serves  
**1**

# Summer Salad with Plant-Based Chunks and Quinoa

- **Balsamic vinegar**  
1 tbsp (0.5 fl oz)
- **Quinoa**  
2 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Cucumber**  
1/2 u (6.2 oz)
- **Cherry tomatoes**  
3.5 oz
- **Mustard**  
1/2 tsp (0.1 oz)
- **Vegan chunks**  
3.5 oz

- Cook the quinoa in a pot of boiling water, then let it cool.
- Meanwhile, cook the plant-based meat pieces with a little oil in a nonstick skillet until well cooked. Season with salt and pepper.
- Cut the cucumber into cubes and halve the cherry tomatoes.
- In a salad bowl, mix the quinoa, plant-based meat pieces, cucumber cubes, and cherry tomatoes.
- Prepare the vinaigrette by mixing the balsamic vinegar, Dijon mustard, salt, and pepper.
- Pour the vinaigrette over the salad and mix well before serving.

Per serving: 488 kcal P: 31g C: 61g F: 14g Fi: 10g

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# Skyr Cheesecake-Style

- **Coconut oil**  
1 tsp (0.2 fl oz)
- **Lemon juice**  
2 tsp (0.3 fl oz)
- **Compote, unsweet.**  
2 tsp (0.4 oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Speculoos**  
1 oz
- **Plain skyr**  
5.25 oz

- Crush the cookies into fine crumbs in a ramekin.
- Mix the crumbs with coconut oil and applesauce, then press into the bottom of a ramekin or jam jar.
- In a bowl, whisk together the skyr, honey or agave, and lime juice until smooth.
- Pour the mixture over the cookie base.
- Refrigerate for at least 3 hours before serving.
- Garnish with lime zest before serving.

Per serving: 310 kcal P: 15g C: 38g F: 11g Fi: 1g

Prep  
**10 min**

Cook  
**0 min**

Serves  
**1**



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Vegetarian Gnocchi with Plant-Based Strips and Leeks

- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Gnocchis**  
3.5 oz
- **Onion, medium**  
1/2 u (2.6 oz)
- **Leek**  
1 u (7.1 oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Vegan chunks**  
3.5 oz

- Slice the leek into rounds and chop the onion.
- In a nonstick skillet, heat the oil and cook the onion and leeks until tender, about 5 to 7 minutes. Add a little water if they start to stick.
- Add the plant-based strips and cook until golden, about 3 to 5 minutes.
- Stir in the gnocchi and cook until heated through, about 2 to 3 minutes.
- Add the heavy cream, season with salt, pepper, or spices of your choice, mix well, and serve.

Per serving: 505 kcal P: 30g C: 55g F: 18g Fi: 11g





# Day 4

Kcal : 1806

Protein : 109g

Carbs : 213g

Fat : 57g

Fiber : 69g

**Breakfast:** Protein Yogurt With Granola and Fruits

**Lunch:** Vegetable Lentil Salad

**Afternoon snack:** Banana Matcha Protein Smoothie

**Dinner:** Blanquette with Plant-Based Strips and Sweet Potatoes



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
1.5 oz
- **Fruit of choice**  
7 oz
- **Greek yogurt 2%**  
6.25 oz
- **Vanilla prot. powder of choice**  
2 tbsp (0.6 oz)
- **Honey or agave**  
1.5 tsp (0.4 oz)

- Wash the fruit and cut into pieces.
- Pour the greek yogurt into a bowl, add honey and mix well.
- Add the protein powder and mix thoroughly.
- Top with granola and arrange the fruit pieces on top.

Per serving: 513 kcal P: 32g C: 65g F: 14g Fi: 7g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**0 min**



Serves  
**1**

## Vegetable Lentil Salad

- **Chickpeas, can.**  
2.75 oz
- **Lentils, can.**  
5.25 oz
- **Vegan cream**  
2 tbsp (1.1 oz)
- **Oil of choice**  
1.5 tsp (0.3 fl oz)
- **Cooked edamame**  
2.75 oz
- **Corn, can.**  
1 oz
- **Lemon juice**  
1 tbsp (0.5 fl oz)
- **Carrot**  
2 u (4.2 oz)
- **Fresh parsley**  
1 tbsp (0 oz)

- Drain the chickpeas and corn.
- In a large bowl, combine the lentils, chickpeas, edamame, grated carrot, and corn.
- In a small bowl, whisk together the oil, lemon juice, and vegetable cream.
- Pour the dressing over the salad and mix to combine.
- Season with salt and pepper, then garnish with fresh parsley.

Per serving: 498 kcal P: 29g C: 55g F: 18g Fi: 23g



# Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Matcha powder**  
1 tsp (0.1 oz)
- **White milk 2%**  
8.5 fl oz
- **Vanilla prot. powder of choice**  
1/2 tbsp (0.2 oz)
- **Almond flakes**  
1 tbsp (0.3 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: 309 kcal P: 16g C: 41g F: 9g Fi: 5g



Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**30 min**



Serves  
**1**

# Blanquette with Plant-Based Strips and Sweet Potatoes

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

- Peel and dice the onion, slice the carrot into rounds, cut the sweet potato into cubes, and 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, vegan chunks, and carrot rounds with the oil for 5 to 7 minutes.
- Add the diluted plant broth cube, bouquet garni, and water. Cover and 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: 486 kcal P: 32g C: 52g F: 16g Fi: 35g





# Day 5

Kcal : 1806

Protein : 109g

Carbs : 213g

Fat : 57g

Fiber : 69g

**Breakfast:** Protein Yogurt With Granola and Fruits

**Lunch:** Vegetable Lentil Salad

**Afternoon snack:** Banana Matcha Protein Smoothie

**Dinner:** Blanquette with Plant-Based Strips and Sweet Potatoes



# Protein Yogurt With Granola and Fruits

- **Granola of choice**  
1.5 oz
- **Fruit of choice**  
7 oz
- **Greek yogurt 2%**  
6.25 oz
- **Vanilla prot. powder of choice**  
2 tbsp (0.6 oz)
- **Honey or agave**  
1.5 tsp (0.4 oz)

- Wash the fruit and cut into pieces.
- Pour the greek yogurt into a bowl, add honey and mix well.
- Add the protein powder and mix thoroughly.
- Top with granola and arrange the fruit pieces on top.

Per serving: 513 kcal P: 32g C: 65g F: 14g Fi: 7g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**0 min**



Serves  
**1**

## Vegetable Lentil Salad

- **Chickpeas, can.**  
2.75 oz
- **Lentils, can.**  
5.25 oz
- **Vegan cream**  
2 tbsp (1.1 oz)
- **Oil of choice**  
1.5 tsp (0.3 fl oz)
- **Cooked edamame**  
2.75 oz
- **Corn, can.**  
1 oz
- **Lemon juice**  
1 tbsp (0.5 fl oz)
- **Carrot**  
2 u (4.2 oz)
- **Fresh parsley**  
1 tbsp (0 oz)

- Drain the chickpeas and corn.
- In a large bowl, combine the lentils, chickpeas, edamame, grated carrot, and corn.
- In a small bowl, whisk together the oil, lemon juice, and vegetable cream.
- Pour the dressing over the salad and mix to combine.
- Season with salt and pepper, then garnish with fresh parsley.

Per serving: 498 kcal P: 29g C: 55g F: 18g Fi: 23g



# Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (4.2 oz)
- **Matcha powder**  
1 tsp (0.1 oz)
- **White milk 2%**  
8.5 fl oz
- **Vanilla prot. powder of choice**  
1/2 tbsp (0.2 oz)
- **Almond flakes**  
1 tbsp (0.3 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: 309 kcal P: 16g C: 41g F: 9g Fi: 5g



Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**15 min**



Cook  
**30 min**



Serves  
**1**

# Blanquette with Plant-Based Strips and Sweet Potatoes

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

- Peel and dice the onion, slice the carrot into rounds, cut the sweet potato into cubes, and 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, vegan chunks, and carrot rounds with the oil for 5 to 7 minutes.
- Add the diluted plant broth cube, bouquet garni, and water. Cover and 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: 486 kcal P: 32g C: 52g F: 16g Fi: 35g





## Day 6

Kcal : 1788

Protein : 104g

Carbs : 207g

Fat : 61g

Fiber : 32g

**Breakfast:** Protein Overnight Porridge with Pear, Almonds, and Chocolate

**Lunch:** Vegan Quiche with Tomato Salad

**Afternoon snack:** Whole Grain Toast with Cottage Cheese and Honey or Agave

**Dinner:** Marinated Seitan and Potatoes




# Protein Overnight Porridge with Pear, Almonds, and Chocolate


- **Rolled oats of choice**   
5 tbsp (1.8 oz)
- **Pear**   
1/2 u (3 oz)
- **White milk 2%**   
4.75 fl oz
- **Dark chocolate chips**   
1 tbsp (0.5 oz)
- **Honey or agave**   
1 tsp (0.2 oz)
- **Protein powders of choice**   
1/2 scoops (0.5 oz)
- **Almonds**   
6 u (0.3 oz)

- Peel and cut the pear into small pieces.
- In a bowl, mix the milk with the oats, protein powder, and honey or agave until well combined.
- Let the porridge rest in the refrigerator for at least 2 hours or overnight.
- Add the pear pieces, almonds, and chocolate chips on top before serving.
- Add a little water if needed to adjust the texture, or warm in a non-stick saucepan if you prefer it hot.

Per serving: 491 kcal P: 24g C: 66g F: 14g Fi: 10g

  
Prep  
5 min

  
Cook  
0 min

  
Serves  
1

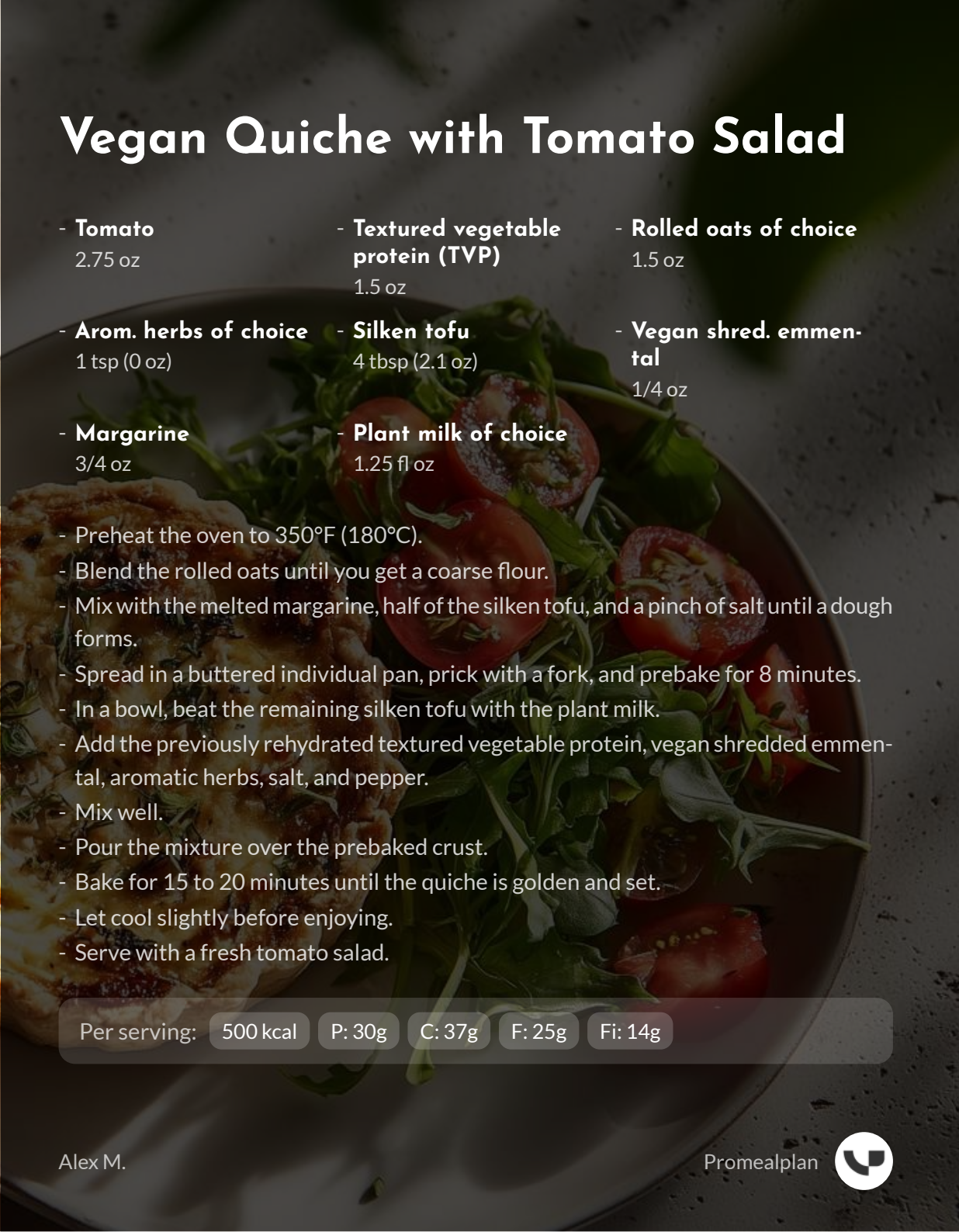


# Vegan Quiche with Tomato Salad

- **Tomato**  
2.75 oz
- **Textured vegetable protein (TVP)**  
1.5 oz
- **Rollled oats of choice**  
1.5 oz
- **Arom. herbs of choice**  
1 tsp (0 oz)
- **Silken tofu**  
4 tbsp (2.1 oz)
- **Vegan shred. emmental**  
1/4 oz
- **Margarine**  
3/4 oz
- **Plant milk of choice**  
1.25 fl oz

- Preheat the oven to 350°F (180°C).
- Blend the rolled oats until you get a coarse flour.
- Mix with the melted margarine, half of the silken tofu, and a pinch of salt until a dough forms.
- Spread in a buttered individual pan, prick with a fork, and prebake for 8 minutes.
- In a bowl, beat the remaining silken tofu with the plant milk.
- Add the previously rehydrated textured vegetable protein, vegan shredded emmental, aromatic herbs, salt, and pepper.
- Mix well.
- Pour the mixture over the prebaked crust.
- Bake for 15 to 20 minutes until the quiche is golden and set.
- Let cool slightly before enjoying.
- Serve with a fresh tomato salad.

Per serving: 500 kcal P: 30g C: 37g F: 25g Fi: 14g



Prep  
15 min

Cook  
28 min

Serves  
1

# Whole Grain Toast with Cottage Cheese and Honey or Agave

- **Bread of choice**  
1.5 sl (1.7 oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Cottage cheese**  
5.25 oz

- Toast the bread if desired.
- Spread the cottage cheese on the toast.
- Drizzle with honey or agave syrup.

Per serving: 308 kcal P: 21g C: 38g F: 8g Fi: 2g



Prep  
**3 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**

# Marinated Seitan and Potatoes

- **Balsamic vinegar**  
2 tbsp (1 fl oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Soy sauce of choice**  
2 tbsp (1 fl oz)
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Potato**  
8 oz
- **Mixed green salad**  
2.5 oz
- **Seitan**  
3.5 oz
- **Fresh garlic clove**  
1 u (0.1 oz)

- In a bowl, mix soy sauce, oil, balsamic vinegar, honey, and minced garlic.
- Cut the seitan into pieces and place in the marinade, let marinate for at least 1 hour if possible.
- Boil water in a saucepan and cook the potato until tender, about 15-20 minutes.
- Heat a nonstick skillet over medium-high heat and cook the marinated seitan pieces until lightly golden, about 5-7 minutes.
- Serve the marinated seitan with the drained cooked potato and accompany with green salad leaves.
- Season with salt and pepper and drizzle with remaining marinade.

Per serving: 490 kcal P: 28g C: 65g F: 13g Fi: 6g





# Day 7

Kcal : 1788

Protein : 104g

Carbs : 207g

Fat : 61g

Fiber : 32g

**Breakfast:** Protein Overnight Porridge with Pear, Almonds, and Chocolate

**Lunch:** Vegan Quiche with Tomato Salad

**Afternoon snack:** Whole Grain Toast with Cottage Cheese and Honey or Agave

**Dinner:** Marinated Seitan and Potatoes



# Protein Overnight Porridge with Pear, Almonds, and Chocolate

- **Rolled oats of choice**  
5 tbsp (1.8 oz)
- **Pear**  
1/2 u (3 oz)
- **White milk 2%**  
4.75 fl oz
- **Dark chocolate chips**  
1 tbsp (0.5 oz)
- **Honey or agave**  
1 tsp (0.2 oz)
- **Protein powders of choice**  
1/2 scoops (0.5 oz)
- **Almonds**  
6 u (0.3 oz)

- Peel and cut the pear into small pieces.
- In a bowl, mix the milk with the oats, protein powder, and honey or agave until well combined.
- Let the porridge rest in the refrigerator for at least 2 hours or overnight.
- Add the pear pieces, almonds, and chocolate chips on top before serving.
- Add a little water if needed to adjust the texture, or warm in a non-stick saucepan if you prefer it hot.

Per serving: 491 kcal P: 24g C: 66g F: 14g Fi: 10g

Prep  
5 min

Cook  
0 min

Serves  
1



# Vegan Quiche with Tomato Salad

- **Tomato**  
2.75 oz
- **Textured vegetable protein (TVP)**  
1.5 oz
- **Rolled oats of choice**  
1.5 oz
- **Arom. herbs of choice**  
1 tsp (0 oz)
- **Silken tofu**  
4 tbsp (2.1 oz)
- **Vegan shred. emmental**  
1/4 oz
- **Margarine**  
3/4 oz
- **Plant milk of choice**  
1.25 fl oz

- Preheat the oven to 350°F (180°C).
- Blend the rolled oats until you get a coarse flour.
- Mix with the melted margarine, half of the silken tofu, and a pinch of salt until a dough forms.
- Spread in a buttered individual pan, prick with a fork, and prebake for 8 minutes.
- In a bowl, beat the remaining silken tofu with the plant milk.
- Add the previously rehydrated textured vegetable protein, vegan shredded emmental, aromatic herbs, salt, and pepper.
- Mix well.
- Pour the mixture over the prebaked crust.
- Bake for 15 to 20 minutes until the quiche is golden and set.
- Let cool slightly before enjoying.
- Serve with a fresh tomato salad.

Per serving: 500 kcal P: 30g C: 37g F: 25g Fi: 14g



Prep  
15 min



Cook  
28 min



Serves  
1

# Whole Grain Toast with Cottage Cheese and Honey or Agave

- **Bread of choice**  
1.5 sl (1.7 oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Cottage cheese**  
5.25 oz

- Toast the bread if desired.
- Spread the cottage cheese on the toast.
- Drizzle with honey or agave syrup.

Per serving: 308 kcal P: 21g C: 38g F: 8g Fi: 2g



Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**

# Marinated Seitan and Potatoes

- **Balsamic vinegar**  
2 tbsp (1 fl oz)
- **Honey or agave**  
2 tsp (0.5 oz)
- **Soy sauce of choice**  
2 tbsp (1 fl oz)
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Potato**  
8 oz
- **Mixed green salad**  
2.5 oz
- **Seitan**  
3.5 oz
- **Fresh garlic clove**  
1 u (0.1 oz)

- In a bowl, mix soy sauce, oil, balsamic vinegar, honey, and minced garlic.
- Cut the seitan into pieces and place in the marinade, let marinate for at least 1 hour if possible.
- Boil water in a saucepan and cook the potato until tender, about 15-20 minutes.
- Heat a nonstick skillet over medium-high heat and cook the marinated seitan pieces until lightly golden, about 5-7 minutes.
- Serve the marinated seitan with the drained cooked potato and accompany with green salad leaves.
- Season with salt and pepper and drizzle with remaining marinade.

Per serving: 490 kcal P: 28g C: 65g F: 13g Fi: 6g



# Shopping List

Full Week

## Fresh Produce

- Banana, medium (5 u (600 g))
- Carrot (6 u (360 g))
- Cherry tomatoes (297.7 g)
- Compote, unsweet. (30 g)
- Cooked edamame (155.9 g)
- Cucumber (2 u (700 g))
- Fresh garlic clove (2 u (8 g))
- Fruit of choice (396.9 g)
- Leek (3 u (600 g))
- Mixed green salad (141.8 g)
- Mushrooms of choice (85.1 g)
- Onion, medium (2 u (300 g))
- Pear (1 u (170 g))
- Potato (453.6 g)
- Sweet potato (241 g)
- Tomato (155.9 g)

## Dairy and Eggs

- Cottage cheese (297.7 g)

## Dairy and Eggs (cont.)

- Greek yogurt (216 g)
- Greek yogurt 2% (354.4 g)
- Plain skyr (447.9 g)
- Sour cream 15% (136 ml)
- White milk 2% (1.38 L)

## Bread, Rice & Pasta

- Bread of choice (96.4 g)
- Gnocchis (297.7 g)
- Granola of choice (85.1 g)
- Quinoa (170.1 g)
- Rolled oats of choice (187.1 g)

## Baking Supplies & Canned Goods

- Chickpeas, can. (155.9 g)
- Corn, can. (56.7 g)
- Flour of choice (7 g)
- Lentils, can. (297.7 g)



# Shopping List

Full Week (cont.)

## Snacks and Sweets

- Almond flakes (18 g)
- Almonds (12 u (14.4 g))
- Dark chocolate chips (30 g)
- Speculoos (158.8 g)

## Beverages

- Matcha powder (4.9 g)
- Water (295.7 ml)

## Fats, Oils, and Condiments

- Arom. herbs of choice (2.8 g)
- Balsamic vinegar (106.5 ml)
- Bouquet garni (198.5 g)
- Coconut oil (17.7 ml)
- Fresh parsley (2 g)
- Ground cinnamon (6 g)
- Honey or agave (134.4 g)
- Lemon juice (62.1 ml)
- Margarine (42.5 g)

## Fats, Oils, and Condiments (cont.)

- Mustard (7.5 g)
- Oil of choice (71 ml)
- Plant broth cube (2 u (20 g))
- Soy sauce of choice (62.1 ml)

## Other

- Plant milk of choice (73.9 ml)
- Protein powders of choice (116.2 g)
- Seitan (198.5 g)
- Silken tofu (120 g)
- Textured vegetable protein (TVP) (85.1 g)
- Vanilla prot. powder of choice (45 g)
- Vegan chunks (793.8 g)
- Vegan cream (2.1 fl oz)
- Vegan shred. emmental (14.2 g)