



# Menu for Alex MARTIN

Kcal : 1503

Protein : 112g

Carbs : 151g

Fat : 50g

Fiber : 18g

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**

1500 kcal



Protein oat pancakes



Green quinoa with chicken



Greek yogurt with honey/agave



Creamy curry pasta with ground beef

**Day 2**

1500 kcal



Protein oat pancakes



Green quinoa with chicken



Greek yogurt with honey/agave



Creamy curry pasta with ground beef

**Day 3**

1500 kcal



Protein oat pancakes



Green quinoa with chicken



Greek yogurt with honey/agave



Creamy curry pasta with ground beef

**Day 4**

1509 kcal



Speculoos protein smoothie



High-protein chicken, egg and spinach bagel



English muffin egg-bacon



Grilled chicken and hummus wrap

**Day 5**

1509 kcal



Speculoos protein smoothie



High-protein chicken, egg and spinach bagel



English muffin egg-bacon



Grilled chicken and hummus wrap

**Day 6**

1500 kcal



Savory skyr with olives and walnuts



Asian caramelized chicken and zucchini



Savory ham and emmental pancakes



Lactose-free beef taco-style lettuce wraps

**Day 7**

1500 kcal



Savory skyr with olives and walnuts



Asian caramelized chicken and zucchini



Savory ham and emmental pancakes



Lactose-free beef taco-style lettuce wraps





# Day 1

Kcal : 1500

Protein : 113g

Carbs : 149g

Fat : 50g

Fiber : 18g

**Breakfast:** Protein Oat Pancakes

**Lunch:** Green Quinoa with Chicken

**Afternoon snack:** Greek Yogurt with Honey/Agave

**Dinner:** Creamy Curry Pasta with Ground Beef



# Protein Oat Pancakes

- **Maple syrup**  
2 tsp (0.3 fl oz)

- **Oat flour**  
2 oz

- **Protein powders of choice**  
1 tbsp (0.3 oz)

- **Oil of choice**  
1 tsp (0.2 fl oz)

- **Plant milk of choice**  
1.75 fl oz

- **Egg white**  
3 u (3.5 oz)

- **Baking powder**  
1 tsp (0.1 oz)

- **Egg, medium**  
1 u (1.8 oz)

- Mix all ingredients together except the maple syrup. Adjust the amount of plant milk according to desired batter thickness.
- Heat oil in a nonstick skillet over medium-high heat.
- Lower the temperature and pour a small amount of batter for each pancake.
- Cook the first side for about 2 minutes, then flip and cook for about 1 minute. Repeat until all batter is used.
- Serve the pancakes with a drizzle of maple syrup.

Per serving: 435 kcal P: 32g C: 45g F: 14g Fi: 6g



Prep  
5 min



Cook  
6 min



Serves  
1



Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Green Quinoa with Chicken

- **Chicken breast fillet**  
3.5 oz
- **Green pesto**  
1 tsp (0.2 oz)
- **Quinoa**  
1.25 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Green beans**  
3.5 oz
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Broccoli**  
3.5 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: 427 kcal P: 33g C: 40g F: 15g Fi: 8g



# Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**  
8.75 oz

- **Honey or agave**  
2.5 tsp (0.6 oz)

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

Per serving: 229 kcal P: 19g C: 22g F: 7g Fi: 0g



Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Creamy Curry Pasta with Ground Beef

- **Curry powder**  
1 tsp (0.1 oz)
- **Onion, medium**  
1/4 u (1.3 oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Pasta of choice**  
1.5 oz
- **Ground beef 5%**  
3.5 oz
- **Broccoli**  
3.5 oz
- **Oil of choice**  
1/2 tsp (0.1 fl oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)

- Bring water to a boil in a saucepan. Cut the broccoli into small florets and cook the pasta with the broccoli florets for about 8-10 minutes until tender.
- Meanwhile, heat the oil in a large nonstick skillet over medium heat. Fry the sliced onion and minced garlic until golden, about 3-4 minutes.
- Add the ground beef to the nonstick skillet and cook until the meat begins to brown, breaking it up as it cooks, about 3-4 minutes.
- Add the drained cooked pasta and broccoli florets, along with the crème fraîche and curry powder. Season with salt and pepper.
- Add a little water if needed and let simmer for a short moment, about 2-3 minutes.
- Serve hot on a plate and enjoy.

Per serving: 409 kcal P: 30g C: 43g F: 13g Fi: 5g





## Day 2

Kcal : 1500

Protein : 113g

Carbs : 149g

Fat : 50g

Fiber : 18g

**Breakfast:** Protein Oat Pancakes

**Lunch:** Green Quinoa with Chicken

**Afternoon snack:** Greek Yogurt with Honey/Agave

**Dinner:** Creamy Curry Pasta with Ground Beef



# Protein Oat Pancakes

- **Maple syrup**  
2 tsp (0.3 fl oz)
- **Oat flour**  
2 oz
- **Protein powders of choice**  
1 tbsp (0.3 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Plant milk of choice**  
1.75 fl oz
- **Egg white**  
3 u (3.5 oz)
- **Baking powder**  
1 tsp (0.1 oz)
- **Egg, medium**  
1 u (1.8 oz)

- Mix all ingredients together except the maple syrup. Adjust the amount of plant milk according to desired batter thickness.
- Heat oil in a nonstick skillet over medium-high heat.
- Lower the temperature and pour a small amount of batter for each pancake.
- Cook the first side for about 2 minutes, then flip and cook for about 1 minute. Repeat until all batter is used.
- Serve the pancakes with a drizzle of maple syrup.

Per serving: 435 kcal P: 32g C: 45g F: 14g Fi: 6g



Prep  
5 min



Cook  
6 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Green Quinoa with Chicken

- **Chicken breast fillet**  
3.5 oz
- **Green pesto**  
1 tsp (0.2 oz)
- **Quinoa**  
1.25 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Green beans**  
3.5 oz
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Broccoli**  
3.5 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: 427 kcal P: 33g C: 40g F: 15g Fi: 8g



# Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**  
8.75 oz

- **Honey or agave**  
2.5 tsp (0.6 oz)

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

Per serving: 229 kcal P: 19g C: 22g F: 7g Fi: 0g



Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Creamy Curry Pasta with Ground Beef

- **Curry powder**  
1 tsp (0.1 oz)
- **Onion, medium**  
1/4 u (1.3 oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Pasta of choice**  
1.5 oz
- **Ground beef 5%**  
3.5 oz
- **Broccoli**  
3.5 oz
- **Oil of choice**  
1/2 tsp (0.1 fl oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)

- Bring water to a boil in a saucepan. Cut the broccoli into small florets and cook the pasta with the broccoli florets for about 8-10 minutes until tender.
- Meanwhile, heat the oil in a large nonstick skillet over medium heat. Fry the sliced onion and minced garlic until golden, about 3-4 minutes.
- Add the ground beef to the nonstick skillet and cook until the meat begins to brown, breaking it up as it cooks, about 3-4 minutes.
- Add the drained cooked pasta and broccoli florets, along with the crème fraîche and curry powder. Season with salt and pepper.
- Add a little water if needed and let simmer for a short moment, about 2-3 minutes.
- Serve hot on a plate and enjoy.

Per serving: 409 kcal P: 30g C: 43g F: 13g Fi: 5g





## Day 3

Kcal : 1500

Protein : 113g

Carbs : 149g

Fat : 50g

Fiber : 18g

**Breakfast:** Protein Oat Pancakes

**Lunch:** Green Quinoa with Chicken

**Afternoon snack:** Greek Yogurt with Honey/Agave

**Dinner:** Creamy Curry Pasta with Ground Beef



# Protein Oat Pancakes

- **Maple syrup**  
2 tsp (0.3 fl oz)
- **Oat flour**  
2 oz
- **Protein powders of choice**  
1 tbsp (0.3 oz)
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Plant milk of choice**  
1.75 fl oz
- **Egg white**  
3 u (3.5 oz)
- **Baking powder**  
1 tsp (0.1 oz)
- **Egg, medium**  
1 u (1.8 oz)

- Mix all ingredients together except the maple syrup. Adjust the amount of plant milk according to desired batter thickness.
- Heat oil in a nonstick skillet over medium-high heat.
- Lower the temperature and pour a small amount of batter for each pancake.
- Cook the first side for about 2 minutes, then flip and cook for about 1 minute. Repeat until all batter is used.
- Serve the pancakes with a drizzle of maple syrup.

Per serving: 435 kcal P: 32g C: 45g F: 14g Fi: 6g



Prep  
5 min



Cook  
6 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

## Green Quinoa with Chicken

- **Chicken breast fillet**  
3.5 oz
- **Green pesto**  
1 tsp (0.2 oz)
- **Quinoa**  
1.25 oz
- **Oil of choice**  
1 tsp (0.2 fl oz)
- **Green beans**  
3.5 oz
- **Sour cream 15%**  
2 tbsp (1 fl oz)
- **Broccoli**  
3.5 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: 427 kcal P: 33g C: 40g F: 15g Fi: 8g



# Greek Yogurt with Honey/Agave

- **Greek yogurt 2%**  
8.75 oz

- **Honey or agave**  
2.5 tsp (0.6 oz)

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

Per serving: 229 kcal P: 19g C: 22g F: 7g Fi: 0g



Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Creamy Curry Pasta with Ground Beef

- **Curry powder**  
1 tsp (0.1 oz)
- **Onion, medium**  
1/4 u (1.3 oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Pasta of choice**  
1.5 oz
- **Ground beef 5%**  
3.5 oz
- **Broccoli**  
3.5 oz
- **Oil of choice**  
1/2 tsp (0.1 fl oz)
- **Sour cream 15%**  
2 tbsp (1 fl oz)

- Bring water to a boil in a saucepan. Cut the broccoli into small florets and cook the pasta with the broccoli florets for about 8-10 minutes until tender.
- Meanwhile, heat the oil in a large nonstick skillet over medium heat. Fry the sliced onion and minced garlic until golden, about 3-4 minutes.
- Add the ground beef to the nonstick skillet and cook until the meat begins to brown, breaking it up as it cooks, about 3-4 minutes.
- Add the drained cooked pasta and broccoli florets, along with the crème fraîche and curry powder. Season with salt and pepper.
- Add a little water if needed and let simmer for a short moment, about 2-3 minutes.
- Serve hot on a plate and enjoy.

Per serving: 409 kcal P: 30g C: 43g F: 13g Fi: 5g





# Day 4

Kcal : 1509

Protein : 113g

Carbs : 153g

Fat : 50g

Fiber : 13g

- Breakfast:** Speculoos Protein Smoothie
- Lunch:** High-Protein Chicken, Egg and Spinach Bagel
- Afternoon snack:** English Muffin Egg-Bacon
- Dinner:** Grilled Chicken and Hummus Wrap



# Speculoos Protein Smoothie

- **Banana, medium**  
1/2 u (2.1 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
6.75 fl oz
- **Speculoos**  
2 u (0.6 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: 397 kcal P: 32g C: 40g F: 12g Fi: 3g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**  
1 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Chicken, deli-style sl.**  
1 u (1.2 oz)
- **Goat cheese spread**  
1 tbsp (0.6 oz)
- **Bagel bun of choice**  
1 u (3 oz)
- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes. Cool in ice water, remove the shell and slice the egg into rounds.
- Cut the bagel in half and toast if desired.
- Spread the goat cheese evenly on each bagel half and season with salt and pepper.
- Layer the spinach leaves on the bottom half of the bagel, then add the chicken breast.
- Top with the sliced hard-boiled egg.
- Cover with the top half of the bagel and serve.

Per serving: 444 kcal P: 32g C: 47g F: 14g Fi: 3g



# English Muffin Egg-Bacon

- **Bacon, round sl.**  
1 u (0.4 oz)
- **Emmental**  
1/4 oz
- **English muffin**  
1 u (2.1 oz)
- **Egg, medium**  
1 u (1.8 oz)

- Cut the English muffin in half and toast if desired.
- In a nonstick skillet, cook the bacon until crispy. Remove and set aside.
- In the same skillet, scramble the eggs, stirring well. Season with salt and pepper.
- Place the cheese, scrambled eggs, and bacon on the muffin and serve.

Per serving: 242 kcal P: 15g C: 28g F: 8g Fi: 2g



Prep  
5 min



Cook  
8 min



Serves  
1





Prep  
**10 min**



Cook  
**8 min**



Serves  
**1**

# Grilled Chicken and Hummus Wrap

- **Chicken breast fillet**  
3.5 oz
- **Large tortilla of choice**  
1 u (2.2 oz)
- **Carrot**  
1.5 u (3.2 oz)
- **Parmesan**  
1.5 tbsp (0.3 oz)
- **Greek yogurt**  
1 tbsp (0.6 oz)
- **Lettuce**  
1 oz
- **Hummus**  
2 tbsp (1.3 oz)

- In a nonstick skillet, grill the sliced chicken breast until fully cooked, about 6–8 minutes.
- Lay the tortilla on a clean surface and spread the hummus evenly, leaving a border.
- Add the romaine lettuce, grated carrots, and grilled chicken.
- Spread the Greek yogurt evenly over the tortilla and sprinkle with parmesan cheese.
- Season with salt and pepper or herbs of your choice.
- Roll the tortilla, folding the sides to enclose the filling. Serve cold or reheat in a nonstick pan or microwave, then cut in half before serving.

Per serving: 426 kcal P: 34g C: 38g F: 16g Fi: 6g





## Day 5

Kcal : 1509

Protein : 113g

Carbs : 153g

Fat : 50g

Fiber : 13g

- Breakfast:** Speculoos Protein Smoothie
- Lunch:** High-Protein Chicken, Egg and Spinach Bagel
- Afternoon snack:** English Muffin Egg-Bacon
- Dinner:** Grilled Chicken and Hummus Wrap



# Speculoos Protein Smoothie

- **Banana, medium**  
1/2 u (2.1 oz)
- **Protein powders of choice**  
1 oz
- **White milk 2%**  
6.75 fl oz
- **Speculoos**  
2 u (0.6 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: 397 kcal P: 32g C: 40g F: 12g Fi: 3g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# High-Protein Chicken, Egg and Spinach Bagel

- **Fresh spinach**  
1 oz
- **Egg, medium**  
2 u (3.5 oz)
- **Chicken, deli-style sl.**  
1 u (1.2 oz)
- **Goat cheese spread**  
1 tbsp (0.6 oz)
- **Bagel bun of choice**  
1 u (3 oz)
- Place the egg in a saucepan, cover with water, bring to a boil, then cook for 10 minutes. Cool in ice water, remove the shell and slice the egg into rounds.
- Cut the bagel in half and toast if desired.
- Spread the goat cheese evenly on each bagel half and season with salt and pepper.
- Layer the spinach leaves on the bottom half of the bagel, then add the chicken breast.
- Top with the sliced hard-boiled egg.
- Cover with the top half of the bagel and serve.

Per serving: 444 kcal P: 32g C: 47g F: 14g Fi: 3g



# English Muffin Egg-Bacon

- **Bacon, round sl.**  
1 u (0.4 oz)
- **Emmental**  
1/4 oz
- **English muffin**  
1 u (2.1 oz)
- **Egg, medium**  
1 u (1.8 oz)

- Cut the English muffin in half and toast if desired.
- In a nonstick skillet, cook the bacon until crispy. Remove and set aside.
- In the same skillet, scramble the eggs, stirring well. Season with salt and pepper.
- Place the cheese, scrambled eggs, and bacon on the muffin and serve.

Per serving: 242 kcal P: 15g C: 28g F: 8g Fi: 2g



Prep  
**5 min**



Cook  
**8 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**8 min**



Serves  
**1**

# Grilled Chicken and Hummus Wrap

- **Chicken breast fillet**  
3.5 oz
- **Parmesan**  
1.5 tbsp (0.3 oz)
- **Lettuce**  
1 oz
- **Large tortilla of choice**  
1 u (2.2 oz)
- **Greek yogurt**  
1 tbsp (0.6 oz)
- **Hummus**  
2 tbsp (1.3 oz)
- **Carrot**  
1.5 u (3.2 oz)

- In a nonstick skillet, grill the sliced chicken breast until fully cooked, about 6–8 minutes.
- Lay the tortilla on a clean surface and spread the hummus evenly, leaving a border.
- Add the romaine lettuce, grated carrots, and grilled chicken.
- Spread the Greek yogurt evenly over the tortilla and sprinkle with parmesan cheese.
- Season with salt and pepper or herbs of your choice.
- Roll the tortilla, folding the sides to enclose the filling. Serve cold or reheat in a nonstick pan or microwave, then cut in half before serving.

Per serving: 426 kcal P: 34g C: 38g F: 16g Fi: 6g





## Day 6

Kcal : 1500

Protein : 110g

Carbs : 151g

Fat : 51g

Fiber : 23g

**Breakfast:** Savory Skyr with Olives and Walnuts

**Lunch:** Asian Caramelized Chicken and Zucchini

**Afternoon snack:** Savory Ham and Emmental Pancakes

**Dinner:** Lactose-Free Beef Taco-Style Lettuce Wraps



# Savory Skyr with Olives and Walnuts

- Bread of choice  
2 sl (2.3 oz)
- Walnut kernels  
1 oz
- Pitted olives  
1.5 oz
- Fresh dill  
2 tsp (0 oz)
- Plain skyr  
7 oz

- In a bowl, combine the skyr, chopped olives, chopped walnuts, and chopped dill if desired.
- Season with salt and pepper to taste.
- Serve with bread of choice, toasted if desired (preferably whole grain).

Per serving: 422 kcal P: 27g C: 40g F: 17g Fi: 6g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Asian Caramelized Chicken and Zucchini

- **Chicken breast fillet**  
3.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Zucchini**  
3/4 u (5.3 oz)
- **Brown sugar**  
1/2 tsp (0.1 oz)
- **Soy sauce of choice**  
1 tsp (0.2 fl oz)
- **Rice**  
1.5 oz
- **Onion, medium**  
1/2 u (2.6 oz)

- Cook the rice in a saucepan of boiling water according to package directions.
- Heat oil in a nonstick skillet over medium heat and cook the diced zucchini, minced garlic, and sliced onion for 3-4 minutes.
- Add soy sauce, brown sugar, and a little water to the nonstick skillet and cook without stirring until the mixture thickens and caramelizes slightly.
- Stir the mixture, add the sliced chicken, and cook for 5 minutes until chicken is cooked through.
- Let simmer for a few more minutes, season with salt and pepper.
- Serve with the drained cooked rice.

Per serving: 405 kcal P: 29g C: 45g F: 12g Fi: 4g



# Savory Ham and Emmental Pancakes

- **Cooked ham**  
1 oz
- **Shredded emmental**  
1/4 oz
- **Water**  
1.5 fl oz
- **Flour of choice**  
1.25 oz
- **Egg, medium**  
1 u (1.8 oz)

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

Per serving: 246 kcal P: 18g C: 26g F: 8g Fi: 1g

Prep  
10 min

Cook  
5 min

Serves  
1



Prep  
5 min



Cook  
10 min



Serves  
1

## Lactose-Free Beef Taco-Style Lettuce Wraps

- |   |   |                                 |
|---|---|---------------------------------|
| - <b>Tomato</b><br>2 u (10.6 oz)            | - <b>Red beans, can.</b><br>2.5 oz                      | - <b>Lettuce</b><br>2.5 oz      |
| - <b>Oil of choice</b><br>1 tsp (0.2 fl oz) | - <b>Corn, can.</b><br>2.5 oz                           | - <b>Ground beef 5%</b><br>4 oz |
| - <b>Taco seasoning</b><br>2 tsp (0.2 oz)   | - <b>Vegan yogurt of choice</b><br>2.5 tbsp (1.3 fl oz) |                                 |

- Heat the oil in a non-stick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, crumbling it as it cooks.
- Add the taco seasoning and cook for 1-2 minutes.
- Stir in the corn and red beans, cook for 2-3 minutes until heated through.
- Divide the beef mixture over the lettuce leaves.
- Top with diced tomato and vegan yogurt before serving.

Per serving: 427 kcal P: 36g C: 40g F: 14g Fi: 12g





# Day 7

Kcal : 1500

Protein : 110g

Carbs : 151g

Fat : 51g

Fiber : 23g

**Breakfast:** Savory Skyr with Olives and Walnuts

**Lunch:** Asian Caramelized Chicken and Zucchini

**Afternoon snack:** Savory Ham and Emmental Pancakes

**Dinner:** Lactose-Free Beef Taco-Style Lettuce Wraps



# Savory Skyr with Olives and Walnuts

- Bread of choice  
2 sl (2.3 oz)
- Walnut kernels  
1 oz
- Pitted olives  
1.5 oz
- Fresh dill  
2 tsp (0 oz)
- Plain skyr  
7 oz

- In a bowl, combine the skyr, chopped olives, chopped walnuts, and chopped dill if desired.
- Season with salt and pepper to taste.
- Serve with bread of choice, toasted if desired (preferably whole grain).

Per serving: 422 kcal P: 27g C: 40g F: 17g Fi: 6g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Asian Caramelized Chicken and Zucchini

- **Chicken breast fillet**  
3.5 oz
- **Oil of choice**  
2 tsp (0.3 fl oz)
- **Fresh garlic clove**  
1 u (0.1 oz)
- **Zucchini**  
3/4 u (5.3 oz)
- **Brown sugar**  
1/2 tsp (0.1 oz)
- **Soy sauce of choice**  
1 tsp (0.2 fl oz)
- **Rice**  
1.5 oz
- **Onion, medium**  
1/2 u (2.6 oz)

- Cook the rice in a saucepan of boiling water according to package directions.
- Heat oil in a nonstick skillet over medium heat and cook the diced zucchini, minced garlic, and sliced onion for 3-4 minutes.
- Add soy sauce, brown sugar, and a little water to the nonstick skillet and cook without stirring until the mixture thickens and caramelizes slightly.
- Stir the mixture, add the sliced chicken, and cook for 5 minutes until chicken is cooked through.
- Let simmer for a few more minutes, season with salt and pepper.
- Serve with the drained cooked rice.

Per serving: 405 kcal P: 29g C: 45g F: 12g Fi: 4g



# Savory Ham and Emmental Pancakes

- **Cooked ham**  
1 oz
- **Shredded emmental**  
1/4 oz
- **Water**  
1.5 fl oz
- **Flour of choice**  
1.25 oz
- **Egg, medium**  
1 u (1.8 oz)

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

Per serving: 246 kcal P: 18g C: 26g F: 8g Fi: 1g

Prep  
10 min

Cook  
5 min

Serves  
1





Prep  
5 min



Cook  
10 min



Serves  
1

## Lactose-Free Beef Taco-Style Lettuce Wraps

- |   |   |                                 |
|---|---|---------------------------------|
| - <b>Tomato</b><br>2 u (10.6 oz)            | - <b>Red beans, can.</b><br>2.5 oz                      | - <b>Lettuce</b><br>2.5 oz      |
| - <b>Oil of choice</b><br>1 tsp (0.2 fl oz) | - <b>Corn, can.</b><br>2.5 oz                           | - <b>Ground beef 5%</b><br>4 oz |
| - <b>Taco seasoning</b><br>2 tsp (0.2 oz)   | - <b>Vegan yogurt of choice</b><br>2.5 tbsp (1.3 fl oz) |                                 |

- Heat the oil in a non-stick skillet over medium heat.
- Cook the ground beef for 5-6 minutes, crumbling it as it cooks.
- Add the taco seasoning and cook for 1-2 minutes.
- Stir in the corn and red beans, cook for 2-3 minutes until heated through.
- Divide the beef mixture over the lettuce leaves.
- Top with diced tomato and vegan yogurt before serving.

Per serving: 427 kcal P: 36g C: 40g F: 14g Fi: 12g



# Shopping List

Full Week

## Fresh Produce

- Banana, medium (1 u (120 g))
- Broccoli (595.4 g)
- Carrot (3 u (180 g))
- Fresh garlic clove (5 u (20 g))
- Fresh spinach (56.7 g)
- Green beans (297.7 g)
- Lettuce (198.5 g)
- Onion, medium (2 u (300 g))
- Tomato (4 u (600 g))
- Zucchini (2 u (400 g))

## Animal Proteins

- Bacon, round sl. (2 u (24 g))
- Chicken breast fillet (694.6 g)
- Chicken, deli-style sl. (2 u (70 g))
- Cooked ham (56.7 g)
- Ground beef 5% (524.5 g)

## Dairy and Eggs

- Egg, medium (11 u (550 g))
- Egg white (9 u (297 g))
- Emmental (14.2 g)
- Goat cheese spread (36 g)
- Greek yogurt (180 g)
- Greek yogurt 2% (745.6 g)
- Parmesan (15 g)
- Plain skyr (396.9 g)
- Shredded emmental (14.2 g)
- Sour cream 15% (180.4 ml)
- White milk 2% (399.2 ml)

## Bread, Rice & Pasta

- Bagel bun of choice (2 u (170 g))
- Bread of choice (130.4 g)
- English muffin (2 u (120 g))
- Large tortilla of choice (2 u (124 g))
- Pasta of choice (127.6 g)
- Quinoa (107.7 g)



# Shopping List

Full Week (cont.)

## Bread, Rice & Pasta (cont.)

- Rice (85.1 g)

## Baking Supplies & Canned Goods

- Baking powder (12 g)
- Brown sugar (5.2 g)
- Corn, can. (141.8 g)
- Flour of choice (70.9 g)
- Oat flour (170.1 g)
- Red beans, can. (141.8 g)

## Snacks and Sweets

- Speculoos (4 u (32 g))
- Walnut kernels (56.7 g)

## Beverages

- Water (88.7 ml)

## Fats, Oils, and Condiments

- Curry powder (6 g)

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

- Fresh dill (1.4 g)
- Green pesto (15 g)
- Ground cinnamon (4.2 g)
- Honey or agave (52.5 g)
- Hummus (72 g)
- Maple syrup (32.5 ml)
- Oil of choice (68 ml)
- Pitted olives (85.1 g)
- Soy sauce of choice (11.8 ml)
- Taco seasoning (11.2 g)

## Other

- Plant milk of choice (156.7 ml)
- Protein powders of choice (85.1 g)
- Vegan yogurt of choice (75 ml)