



# Menu for Marie DUPONT

Kcal : 1500

Protein : 95g

Carbs : 140g

Fat : 63g

Fiber : 19g

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**

1501 kcal



Lactose-free banana matcha protein smoothie



Vegetable lasagna with ham (lactose-free)



Tiramisu-style overnight oats



Beef patty with creamy zucchini pasta

**Day 2**

1501 kcal



Lactose-free banana matcha protein smoothie



Vegetable lasagna with ham (lactose-free)



Tiramisu-style overnight oats



Beef patty with creamy zucchini pasta

**Day 3**

1501 kcal



Lactose-free banana matcha protein smoothie



Vegetable lasagna with ham (lactose-free)



Tiramisu-style overnight oats



Beef patty with creamy zucchini pasta

**Day 4**

1498 kcal



Chocolate coconut custard



Lactose-free savory pancakes with smoked salmon



Wasa crackers with smoked trout and fresh cheese



Pea omelet

**Day 5**

1498 kcal



Chocolate coconut custard



Lactose-free savory pancakes with smoked salmon



Wasa crackers with smoked trout and fresh cheese



Pea omelet

**Day 6**

1500 kcal



Savory ham and emmental pancakes



Mexican grilled chicken salad



Brie cheese with sugar-free compote



Creamy pasta with leeks and bacon

**Day 7**

1500 kcal



Savory ham and emmental pancakes



Mexican grilled chicken salad



Brie cheese with sugar-free compote



Creamy pasta with leeks and bacon





# Day 1

Kcal : 1501

Protein : 109g

Carbs : 155g

Fat : 50g

Fiber : 23g

**Breakfast:** Lactose-Free Banana Matcha Protein Smoothie

**Lunch:** Vegetable Lasagna with Ham (Lactose-Free)

**Afternoon snack:** Tiramisu-Style Overnight Oats

**Dinner:** Beef Patty with Creamy Zucchini Pasta



# Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (120 g)
- **Matcha powder**  
1 tsp (2.3 g)
- **Vanilla prot. powder of choice**  
2 tbsp (18 g)
- **Almond flakes**  
2 tbsp (18 g)
- **White milk, LF**  
300 ml

- 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: 417 kcal P: 29g C: 45g F: 13g Fi: 6g



Prep  
3 min



Cook  
0 min



Serves  
1



Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

## Vegetable Lasagna with Ham (Lactose-Free)

- **Zucchini**  
250 g
- **Dried oregano**  
2 tsp (2 g)
- **Tomato sauce**  
250 g
- **Garlic powder**  
2 tbsp (14 g)
- **Vegan emmental**  
40 g
- **Cooked ham**  
120 g

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

Per serving: 417 kcal P: 34g C: 37g F: 15g Fi: 10g



# Tiramisu-Style Overnight Oats

- **Espresso coffee**  
1 u (60 ml)
- **Honey or agave**  
1 tsp (7 g)
- **Rolled oats of choice**  
40 g
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Plain skyr**  
100 g
- **White milk 2%**  
60 ml

- In a bowl, mix the oat flakes, hot coffee, milk, and agave syrup or honey.
- In a separate small bowl, whisk the skyr vigorously with agave syrup to make it smooth and creamy.
- Layer alternately: oats, skyr, oats, and finish with skyr.
- Generously dust the top with cocoa powder using a small strainer.
- Refrigerate overnight or for a minimum of 4 hours.

Per serving: 250 kcal P: 16g C: 36g F: 5g Fi: 4g



Prep  
**8 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**



## Beef Patty with Creamy Zucchini Pasta

- **Zucchini**  
1/2 u (100 g)
- **Mustard**  
2 tsp (10 g)
- **Vegan yogurt of choice**  
4 tbsp (60 ml)
- **Ground beef 5%**  
100 g
- **Fresh garlic clove**  
1 u (4 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Pasta of choice**  
40 g

- Bring a pot of salted water to a boil and cook the pasta of choice. Reserve a little cooking water before draining.
- Meanwhile, wash and dice the zucchini. Mince the fresh garlic clove.
- Cook the ground beef 5% in a non-stick skillet with the oil of choice over medium-high heat until browned on both sides, about 3 to 4 minutes per side. Set aside.
- In the same skillet, sauté the zucchini and garlic until tender, about 5 to 7 minutes.
- Add the drained pasta, vegan yogurt of choice, and mustard to the skillet. Stir until creamy, adding cooking water as needed. Season with salt and pepper.
- Serve the creamy pasta topped with the ground beef.

Per serving: 418 kcal P: 29g C: 37g F: 17g Fi: 4g





## Day 2

Kcal : 1501

Protein : 109g

Carbs : 155g

Fat : 50g

Fiber : 23g

**Breakfast:** Lactose-Free Banana Matcha Protein Smoothie

**Lunch:** Vegetable Lasagna with Ham (Lactose-Free)

**Afternoon snack:** Tiramisu-Style Overnight Oats

**Dinner:** Beef Patty with Creamy Zucchini Pasta



# Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (120 g)
- **Matcha powder**  
1 tsp (2.3 g)
- **Vanilla prot. powder of choice**  
2 tbsp (18 g)
- **Almond flakes**  
2 tbsp (18 g)
- **White milk, LF**  
300 ml

- 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: 417 kcal P: 29g C: 45g F: 13g Fi: 6g



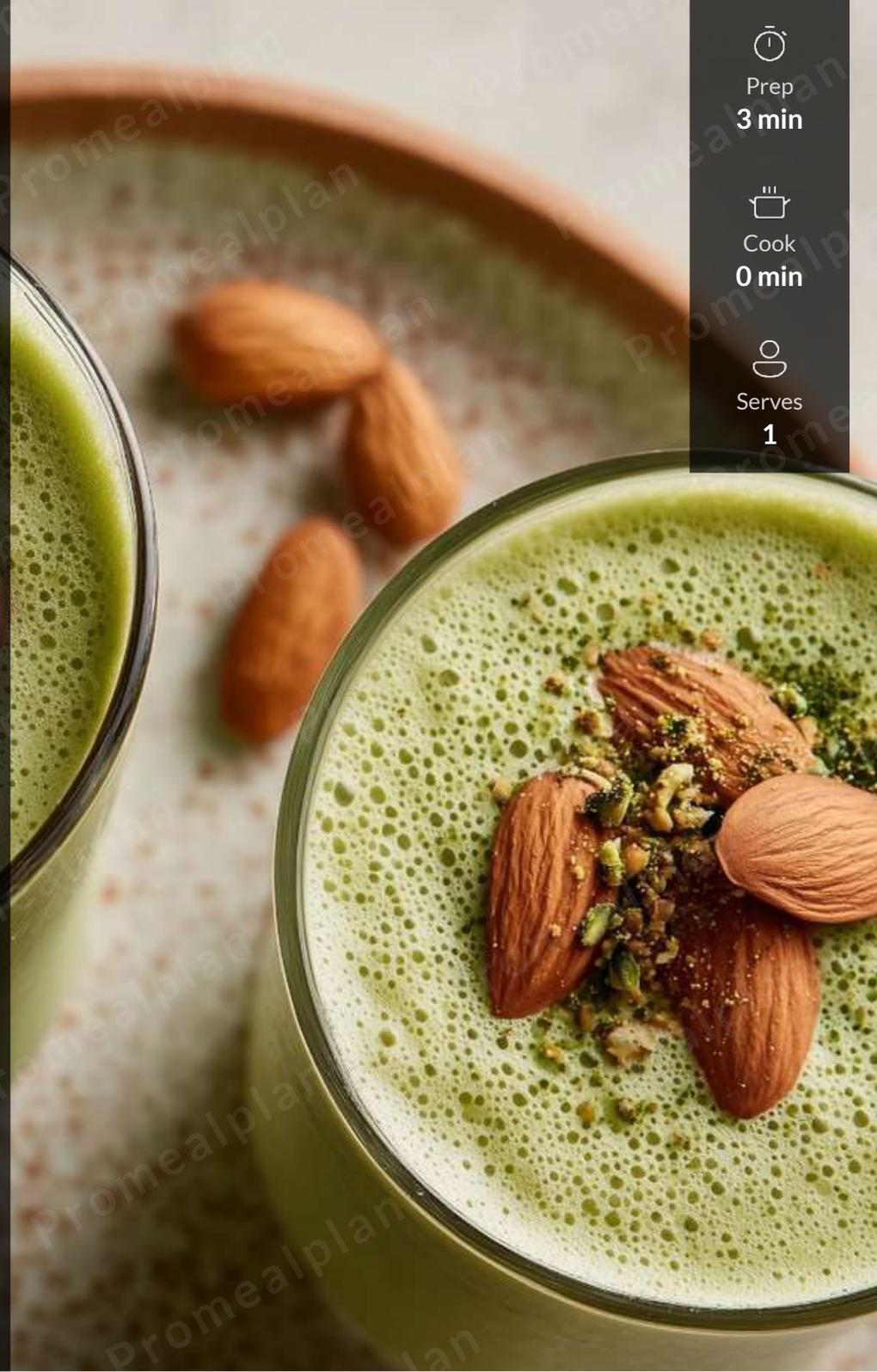
Prep  
3 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

## Vegetable Lasagna with Ham (Lactose-Free)

- **Zucchini**  
250 g
- **Dried oregano**  
2 tsp (2 g)
- **Tomato sauce**  
250 g
- **Garlic powder**  
2 tbsp (14 g)
- **Vegan emmental**  
40 g
- **Cooked ham**  
120 g

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

Per serving: 417 kcal P: 34g C: 37g F: 15g Fi: 10g



# Tiramisu-Style Overnight Oats

- **Espresso coffee**  
1 u (60 ml)
- **Honey or agave**  
1 tsp (7 g)
- **Rolled oats of choice**  
40 g
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Plain skyr**  
100 g
- **White milk 2%**  
60 ml

- In a bowl, mix the oat flakes, hot coffee, milk, and agave syrup or honey.
- In a separate small bowl, whisk the skyr vigorously with agave syrup to make it smooth and creamy.
- Layer alternately: oats, skyr, oats, and finish with skyr.
- Generously dust the top with cocoa powder using a small strainer.
- Refrigerate overnight or for a minimum of 4 hours.

Per serving: 250 kcal P: 16g C: 36g F: 5g Fi: 4g



Prep  
**8 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**



## Beef Patty with Creamy Zucchini Pasta

- **Zucchini**  
1/2 u (100 g)
- **Mustard**  
2 tsp (10 g)
- **Vegan yogurt of choice**  
4 tbsp (60 ml)
- **Ground beef 5%**  
100 g
- **Fresh garlic clove**  
1 u (4 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Pasta of choice**  
40 g

- Bring a pot of salted water to a boil and cook the pasta of choice. Reserve a little cooking water before draining.
- Meanwhile, wash and dice the zucchini. Mince the fresh garlic clove.
- Cook the ground beef 5% in a non-stick skillet with the oil of choice over medium-high heat until browned on both sides, about 3 to 4 minutes per side. Set aside.
- In the same skillet, sauté the zucchini and garlic until tender, about 5 to 7 minutes.
- Add the drained pasta, vegan yogurt of choice, and mustard to the skillet. Stir until creamy, adding cooking water as needed. Season with salt and pepper.
- Serve the creamy pasta topped with the ground beef.

Per serving: 418 kcal P: 29g C: 37g F: 17g Fi: 4g





## Day 3

Kcal : 1501

Protein : 109g

Carbs : 155g

Fat : 50g

Fiber : 23g

**Breakfast:** Lactose-Free Banana Matcha Protein Smoothie

**Lunch:** Vegetable Lasagna with Ham (Lactose-Free)

**Afternoon snack:** Tiramisu-Style Overnight Oats

**Dinner:** Beef Patty with Creamy Zucchini Pasta



# Lactose-Free Banana Matcha Protein Smoothie

- **Banana, medium**  
1 u (120 g)
- **Matcha powder**  
1 tsp (2.3 g)
- **Vanilla prot. powder of choice**  
2 tbsp (18 g)
- **Almond flakes**  
2 tbsp (18 g)
- **White milk, LF**  
300 ml

- 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: 417 kcal P: 29g C: 45g F: 13g Fi: 6g



Prep  
3 min



Cook  
0 min



Serves  
1



Prep  
**10 min**



Cook  
**25 min**



Serves  
**1**

## Vegetable Lasagna with Ham (Lactose-Free)

- **Zucchini**  
250 g
- **Dried oregano**  
2 tsp (2 g)
- **Tomato sauce**  
250 g
- **Garlic powder**  
2 tbsp (14 g)
- **Vegan emmental**  
40 g
- **Cooked ham**  
120 g

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

Per serving: 417 kcal P: 34g C: 37g F: 15g Fi: 10g



# Tiramisu-Style Overnight Oats

- **Espresso coffee**  
1 u (60 ml)
- **Honey or agave**  
1 tsp (7 g)
- **Rolled oats of choice**  
40 g
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Plain skyr**  
100 g
- **White milk 2%**  
60 ml

- In a bowl, mix the oat flakes, hot coffee, milk, and agave syrup or honey.
- In a separate small bowl, whisk the skyr vigorously with agave syrup to make it smooth and creamy.
- Layer alternately: oats, skyr, oats, and finish with skyr.
- Generously dust the top with cocoa powder using a small strainer.
- Refrigerate overnight or for a minimum of 4 hours.

Per serving: 250 kcal P: 16g C: 36g F: 5g Fi: 4g



Prep  
**8 min**



Cook  
**0 min**



Serves  
**1**





Prep  
**10 min**



Cook  
**20 min**



Serves  
**1**



# Beef Patty with Creamy Zucchini Pasta

- **Zucchini**  
1/2 u (100 g)
- **Mustard**  
2 tsp (10 g)
- **Vegan yogurt of choice**  
4 tbsp (60 ml)
- **Ground beef 5%**  
100 g
- **Fresh garlic clove**  
1 u (4 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Pasta of choice**  
40 g

- Bring a pot of salted water to a boil and cook the pasta of choice. Reserve a little cooking water before draining.
- Meanwhile, wash and dice the zucchini. Mince the fresh garlic clove.
- Cook the ground beef 5% in a non-stick skillet with the oil of choice over medium-high heat until browned on both sides, about 3 to 4 minutes per side. Set aside.
- In the same skillet, sauté the zucchini and garlic until tender, about 5 to 7 minutes.
- Add the drained pasta, vegan yogurt of choice, and mustard to the skillet. Stir until creamy, adding cooking water as needed. Season with salt and pepper.
- Serve the creamy pasta topped with the ground beef.

Per serving: 418 kcal P: 29g C: 37g F: 17g Fi: 4g





# Day 4

Kcal : 1498

Protein : 78g

Carbs : 117g

Fat : 80g

Fiber : 13g

**Breakfast:** Chocolate Coconut Custard

**Lunch:** Lactose-Free Savory Pancakes with Smoked Salmon

**Afternoon snack:** Wasa Crackers with Smoked Trout and Fresh Cheese

**Dinner:** Pea Omelet



# Chocolate Coconut Custard

- **Shredded coconut**  
2 tsp (4.7 g)
- **Egg, medium**  
1 u (50 g)
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Coconut milk**  
120 ml
- **Cornstarch**  
1 tsp (3.3 g)
- **Honey or agave**  
30 g

- In a microwave-safe mug, mix the honey, cocoa powder, and cornstarch until well combined.
- Add the egg and coconut milk. Whisk vigorously until smooth and lump-free.
- Microwave for 2 minutes at full power.
- Top with shredded coconut if desired and serve immediately.

Per serving: 417 kcal P: 9g C: 32g F: 28g Fi: 2g



Prep  
3 min



Cook  
2 min



Serves  
1





Prep  
**5 min**



Cook  
**6 min**



Serves  
**1**

# Lactose-Free Savory Pancakes with Smoked Salmon

- **Sour cream 15%, LF**  
1 tbsp (15 ml)
- **Baking powder**  
1/4 tsp (1 g)
- **Fresh chives**  
1 tbsp (4 g)
- **Flour of choice**  
3 tbsp (30 g)
- **White milk, LF**  
350 ml
- **Egg, medium**  
1 u (50 g)
- **Smoked salmon**  
50 g

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

Per serving: 416 kcal P: 29g C: 40g F: 15g Fi: 1g



# Wasa Crackers with Smoked Trout and Fresh Cheese

- **Cream cheese**

30 g

- **Fresh dill**

1 tsp (0.3 g)

- **Wasa crispbread**

2 u (20 g)

- **Smoked trout**

60 g

- **Lemon juice**

1/2 tbsp (7.5 ml)

- In a bowl, mix the cream cheese with lemon juice and chopped dill.
- Spread the mixture on the Wasa crackers.
- Add slices of smoked trout and sprinkle with chopped dill.

Per serving:

250 kcal

P: 17g

C: 14g

F: 14g

Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
5 min



Cook  
5 min



Serves  
1

## Pea Omelet

- **Crushed tomatoes**  
180 g
- **Fresh parsley**  
1 tsp (0.3 g)
- **Bread of choice**  
1 sl (32 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Cooked green peas**  
80 g
- **Egg, medium**  
2 u (100 g)

- Beat the eggs with the chopped tomatoes, season with salt and pepper.
- Heat the oil in a nonstick skillet over medium heat and pour in the egg mixture, cook for 1 minute without stirring.
- Distribute the cooked peas over half of the omelet.
- Fold the omelet and cook until set, about 2-3 minutes.
- Garnish with parsley and serve with the bread slice.

Per serving: 415 kcal P: 22g C: 32g F: 22g Fi: 6g





# Day 5

Kcal : 1498    Protein : 78g    Carbs : 117g    Fat : 80g    Fiber : 13g

**Breakfast:** Chocolate Coconut Custard

**Lunch:** Lactose-Free Savory Pancakes with Smoked Salmon

**Afternoon snack:** Wasa Crackers with Smoked Trout and Fresh Cheese

**Dinner:** Pea Omelet



# Chocolate Coconut Custard

- **Shredded coconut**  
2 tsp (4.7 g)
- **Egg, medium**  
1 u (50 g)
- **Cocoa powder 100%**  
1 tsp (1.7 g)
- **Coconut milk**  
120 ml
- **Cornstarch**  
1 tsp (3.3 g)
- **Honey or agave**  
30 g

- In a microwave-safe mug, mix the honey, cocoa powder, and cornstarch until well combined.
- Add the egg and coconut milk. Whisk vigorously until smooth and lump-free.
- Microwave for 2 minutes at full power.
- Top with shredded coconut if desired and serve immediately.

Per serving: 417 kcal P: 9g C: 32g F: 28g Fi: 2g



Prep  
3 min



Cook  
2 min



Serves  
1





Prep  
**5 min**



Cook  
**6 min**



Serves  
**1**

# Lactose-Free Savory Pancakes with Smoked Salmon

- **Sour cream 15%, LF**  
1 tbsp (15 ml)
- **Baking powder**  
1/4 tsp (1 g)
- **Fresh chives**  
1 tbsp (4 g)
- **Flour of choice**  
3 tbsp (30 g)
- **White milk, LF**  
350 ml
- **Egg, medium**  
1 u (50 g)
- **Smoked salmon**  
50 g

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

Per serving: 416 kcal P: 29g C: 40g F: 15g Fi: 1g



# Wasa Crackers with Smoked Trout and Fresh Cheese

- **Cream cheese**

30 g

- **Fresh dill**

1 tsp (0.3 g)

- **Wasa crispbread**

2 u (20 g)

- **Smoked trout**

60 g

- **Lemon juice**

1/2 tbsp (7.5 ml)

- In a bowl, mix the cream cheese with lemon juice and chopped dill.
- Spread the mixture on the Wasa crackers.
- Add slices of smoked trout and sprinkle with chopped dill.

Per serving:

250 kcal

P: 17g

C: 14g

F: 14g

Fi: 4g



Prep  
5 min



Cook  
0 min



Serves  
1





Prep  
5 min



Cook  
5 min



Serves  
1

## Pea Omelet

- **Crushed tomatoes**  
180 g
- **Fresh parsley**  
1 tsp (0.3 g)
- **Bread of choice**  
1 sl (32 g)
- **Oil of choice**  
2 tsp (10 ml)
- **Cooked green peas**  
80 g
- **Egg, medium**  
2 u (100 g)

- Beat the eggs with the chopped tomatoes, season with salt and pepper.
- Heat the oil in a nonstick skillet over medium heat and pour in the egg mixture, cook for 1 minute without stirring.
- Distribute the cooked peas over half of the omelet.
- Fold the omelet and cook until set, about 2-3 minutes.
- Garnish with parsley and serve with the bread slice.

Per serving: 415 kcal P: 22g C: 32g F: 22g Fi: 6g





# Day 6

Kcal : 1500    Protein : 92g    Carbs : 142g    Fat : 64g    Fiber : 18g

**Breakfast:** Savory Ham and Emmental Pancakes

**Lunch:** Mexican Grilled Chicken Salad

**Afternoon snack:** Brie Cheese with Sugar-Free Compote

**Dinner:** Creamy Pasta with Leeks and Bacon



# Savory Ham and Emmental Pancakes

- **Shredded emmental**  
30 g
- **Flour of choice**  
50 g
- **Water**  
70 ml
- **Egg, medium**  
1 u (50 g)
- **Cooked ham**  
60 g

- 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: 418 kcal P: 33g C: 37g F: 16g Fi: 1g

Prep  
**10 min**

Cook  
**5 min**

Serves  
**1**





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# Mexican Grilled Chicken Salad

- **Tomato**  
1 u (150 g)
- **Ground cumin**  
1 tsp (2 g)
- **Balsamic vinegar**  
1 tbsp (15 ml)
- **Corn, can.**  
30 g
- **Bread of choice**  
1 sl (32 g)
- **Red beans, can.**  
30 g
- **Oil of choice**  
1 tsp (5 ml)
- **Chicken breast fillet**  
80 g
- **Lemon juice**  
1 tbsp (15 ml)
- **Avocado, medium**  
1/4 u (50 g)

- Heat oil in a nonstick skillet over medium heat. Season the chicken with cumin and cook for 4-5 minutes on each side until fully cooked.
- While chicken cooks, chop the tomato and avocado into small pieces.
- In a large bowl, combine the chopped vegetables, drained red beans, and corn.
- Slice the cooked chicken and add to the salad.
- In a small bowl, whisk together the remaining oil, balsamic vinegar, and lemon juice to make the dressing.
- Pour the dressing over the salad and mix well. Serve with the whole wheat bread.

Per serving: 415 kcal P: 27g C: 40g F: 17g Fi: 9g



# Brie Cheese with Sugar-Free Compote

- **Compote, unsweet.**  
1.5 u (150 g)
- **Brie**  
50 g

- Place the brie cheese on a serving plate.
- Serve alongside the sugar-free compote for pairing.

Per serving: 249 kcal P: 11g C: 18g F: 15g Fi: 2g



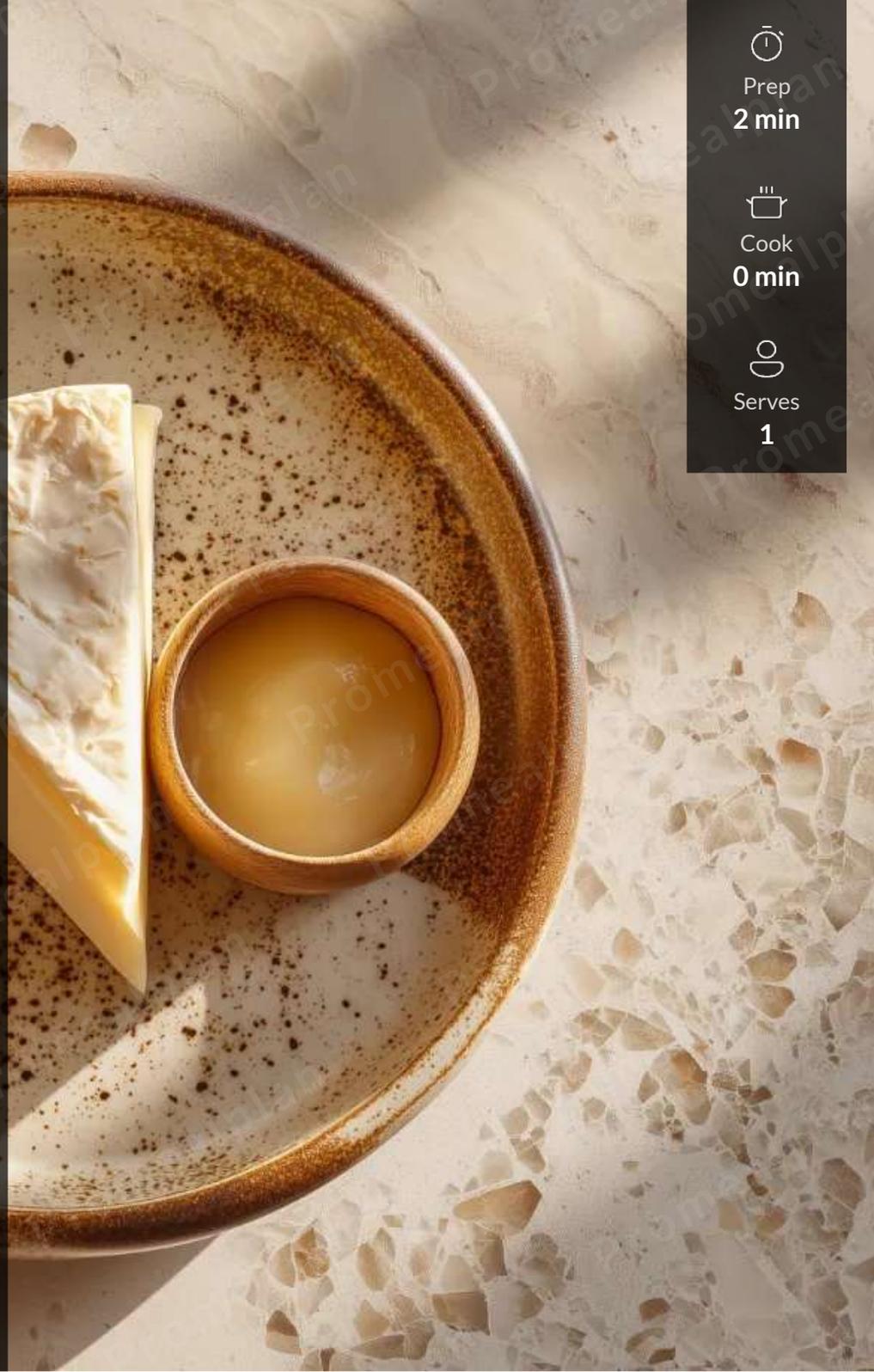
Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Creamy Pasta with Leeks and Bacon

- **Parmesan**

1 tbsp (5 g)

- **Leek**

1 u (200 g)

- **Pasta of choice**

50 g

- **Greek yogurt**

3 tbsp (54 g)

- **Bacon cubes**

50 g

- Bring a large saucepan of salted water to a boil and cook the pasta according to package instructions.
- In a nonstick skillet over medium-high heat, cook the bacon until crispy, about 5-7 minutes. Set aside.
- Add the sliced leeks to the bacon fat in the skillet and cook until softened, about 3-5 minutes.
- Reduce heat to medium-low and stir in the Greek yogurt. Simmer for a few minutes until thickened. Season with salt and pepper.
- Drain the pasta and add it along with the cooked bacon to the creamy leek mixture in the skillet. Mix well.
- Sprinkle with Parmesan cheese before serving.

Per serving: 418 kcal P: 21g C: 47g F: 17g Fi: 5g





# Day 7

Kcal : 1500

Protein : 92g

Carbs : 142g

Fat : 64g

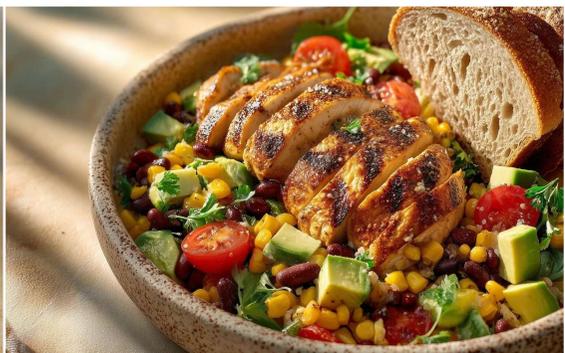
Fiber : 18g

**Breakfast:** Savory Ham and Emmental Pancakes

**Lunch:** Mexican Grilled Chicken Salad

**Afternoon snack:** Brie Cheese with Sugar-Free Compote

**Dinner:** Creamy Pasta with Leeks and Bacon



# Savory Ham and Emmental Pancakes

- **Shredded emmental**  
30 g
- **Flour of choice**  
50 g
- **Water**  
70 ml
- **Egg, medium**  
1 u (50 g)
- **Cooked ham**  
60 g

- 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: 418 kcal P: 33g C: 37g F: 16g Fi: 1g

Prep  
**10 min**

Cook  
**5 min**

Serves  
**1**





Prep  
**10 min**



Cook  
**10 min**



Serves  
**1**

# Mexican Grilled Chicken Salad

- **Tomato**  
1 u (150 g)
- **Ground cumin**  
1 tsp (2 g)
- **Balsamic vinegar**  
1 tbsp (15 ml)
- **Corn, can.**  
30 g
- **Bread of choice**  
1 sl (32 g)
- **Red beans, can.**  
30 g
- **Oil of choice**  
1 tsp (5 ml)
- **Chicken breast fillet**  
80 g
- **Lemon juice**  
1 tbsp (15 ml)
- **Avocado, medium**  
1/4 u (50 g)

- Heat oil in a nonstick skillet over medium heat. Season the chicken with cumin and cook for 4-5 minutes on each side until fully cooked.
- While chicken cooks, chop the tomato and avocado into small pieces.
- In a large bowl, combine the chopped vegetables, drained red beans, and corn.
- Slice the cooked chicken and add to the salad.
- In a small bowl, whisk together the remaining oil, balsamic vinegar, and lemon juice to make the dressing.
- Pour the dressing over the salad and mix well. Serve with the whole wheat bread.

Per serving: 415 kcal P: 27g C: 40g F: 17g Fi: 9g



# Brie Cheese with Sugar-Free Compote

- **Compote, unsweet.**  
1.5 u (150 g)
- **Brie**  
50 g

- Place the brie cheese on a serving plate.
- Serve alongside the sugar-free compote for pairing.

Per serving: 249 kcal P: 11g C: 18g F: 15g Fi: 2g



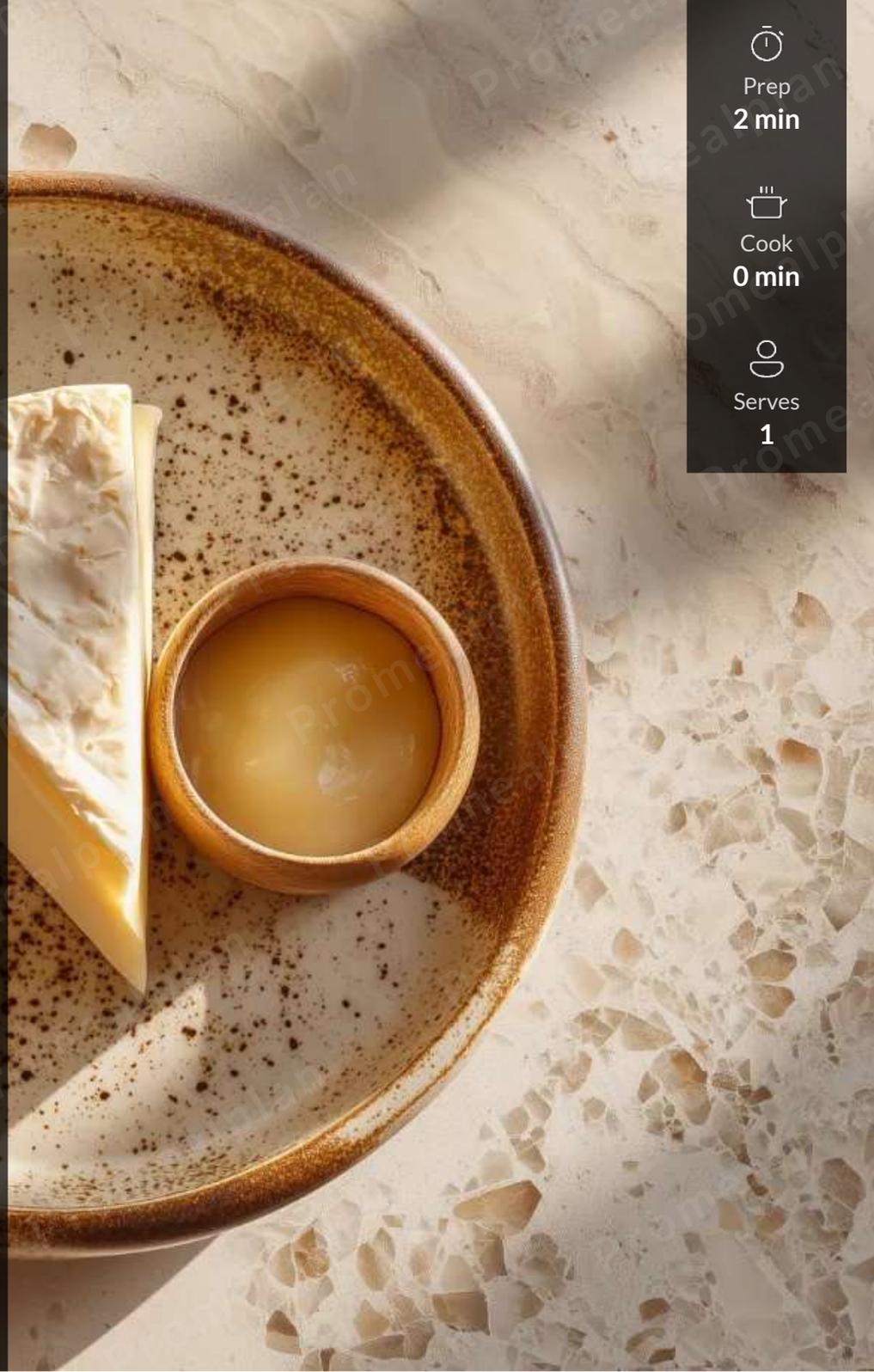
Prep  
2 min



Cook  
0 min



Serves  
1





Prep  
**10 min**



Cook  
**15 min**



Serves  
**1**

# Creamy Pasta with Leeks and Bacon

- **Parmesan**

1 tbsp (5 g)

- **Leek**

1 u (200 g)

- **Pasta of choice**

50 g

- **Greek yogurt**

3 tbsp (54 g)

- **Bacon cubes**

50 g

- Bring a large saucepan of salted water to a boil and cook the pasta according to package instructions.
- In a nonstick skillet over medium-high heat, cook the bacon until crispy, about 5-7 minutes. Set aside.
- Add the sliced leeks to the bacon fat in the skillet and cook until softened, about 3-5 minutes.
- Reduce heat to medium-low and stir in the Greek yogurt. Simmer for a few minutes until thickened. Season with salt and pepper.
- Drain the pasta and add it along with the cooked bacon to the creamy leek mixture in the skillet. Mix well.
- Sprinkle with Parmesan cheese before serving.

Per serving: 418 kcal P: 21g C: 47g F: 17g Fi: 5g



# Shopping List

Full Week

## Fresh Produce

- Avocado, medium (1 u (200 g))
- Banana, medium (3 u (360 g))
- Compote, unsweet. (3 u (300 g))
- Cooked green peas (160 g)
- Fresh garlic clove (3 u (12 g))
- Leek (2 u (400 g))
- Tomato (2 u (300 g))
- Zucchini (1.05 kg)

## Animal Proteins

- Bacon cubes (100 g)
- Chicken breast fillet (160 g)
- Cooked ham (480 g)
- Ground beef 5% (300 g)
- Smoked salmon (100 g)
- Smoked trout (120 g)

## Dairy and Eggs

- Brie (100 g)

## Dairy and Eggs (cont.)

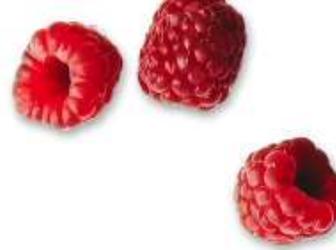
- Cream cheese (60 g)
- Egg, medium (10 u (500 g))
- Greek yogurt (108 g)
- Parmesan (10 g)
- Plain skyr (300 g)
- Shredded emmental (60 g)
- Sour cream 15%, LF (30 ml)
- White milk 2% (180 ml)
- White milk, LF (1.6 L)

## Bread, Rice & Pasta

- Bread of choice (130 g)
- Pasta of choice (220 g)
- Rolled oats of choice (120 g)

## Baking Supplies & Canned Goods

- Baking powder (2.4 g)
- Cocoa powder 100% (8.5 g)
- Corn, can. (60 g)



# Shopping List

Full Week (cont.)

## Baking Supplies & Canned Goods (cont.)

- Cornstarch (7 g)
- Flour of choice (160 g)
- Red beans, can. (60 g)

## Snacks and Sweets

- Almond flakes (54 g)
- Shredded coconut (9.8 g)
- Wasa crispbread (4 u (40 g))

## Beverages

- Espresso coffee (3 u (180 ml))
- Matcha powder (7 g)
- Water (140 ml)

## Fats, Oils, and Condiments

- Balsamic vinegar (30 ml)
- Crushed tomatoes (360 g)
- Dried oregano (6 g)
- Fresh chives (8 g)

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

- Fresh dill (0.7 g)
- Fresh parsley (0.7 g)
- Garlic powder (42 g)
- Ground cumin (4.2 g)
- Honey or agave (90 g)
- Lemon juice (50 ml)
- Mustard (30 g)
- Oil of choice (60 ml)
- Tomato sauce (750 g)

## Other

- Coconut milk (240 ml)
- Vanilla prot. powder of choice (54 g)
- Vegan emmental (120 g)
- Vegan yogurt of choice (180 ml)