



My PCOS Kitchen

21-Day Keto Paleo PCOS Meal Plan

Gluten-free | Sugar-free
Dairy-free | Grain-free

Under 20g net carbs every day!

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21-Day Keto Paleo PCOS Meal Plan

A Paleo and Ketogenic diet, whether on their own, or mixed together have been proven to have positive effects on your body, especially if you have PCOS or other autoimmune diseases. As some of you know, my blog is entirely devoted to low carb recipes that are gluten-free and sugar-free. I have found that by doing these three things, my health has improved drastically and my PCOS is in complete remission. You can actually read more about my story [here](#) if you'd like to know more about me and what I've been doing to take control of my symptoms.

Paleo and Ketogenic diets are actually quite similar as they both are high in fat, moderate in protein and low in carbohydrates. There are basically four rules to a Paleo diet. No grains, no legumes, no dairy and no sugars. A ketogenic diet, depending on which type of keto dieter you are, is usually between 0-50g net carbs per day, but most commonly between 0-20g. Moreover, not all keto dieters will stop eating grains/high carb vegetables, legumes and dairy. The general rule is that as long as it fits within your macros, it is acceptable, but then again that really depends on the belief of the dieter. Everyone is different. I personally do not do grains, gluten, or sugar, but I do the other things in moderate amount. Personally, if I were to eat gluten or sugar again, I feel like my body would crave it so bad and it would be hard for me to go back to a low carb lifestyle, so I try to avoid them as best as I can.

This meal plan is Paleo = Grain-free, Gluten-free, Sugar-free, Dairy-free

If you're familiar with my blog 'My PCOS Kitchen', you'll know that I do not post recipes that contain gluten or sugar as I sincerely believe that these are bad for us PCOS cysters. Even if you do not follow a ketogenic diet, by simply eliminating gluten and sugar, you will start to notice positive changes within your body as time goes by. My blog is not entirely dairy-free as I do consume dairy from time to time, but for the sake of this meal plan, I decided to keep it Paleo friendly because people seem to lose more weight when they cut out dairy. If you find yourself stalling in your diet and haven't lost weight in a while, it's a good idea to cut back on the dairy and see if you lose more weight that way. I wanted to show everyone that it is possible to eat dairy-free on a keto diet, it's hard as everything taste so good with it, but definitely doable. I did not nor do not usually upload recipes with grains because they're high carb, so this meal plan also does not include grains. I know that tenchically ghee is Paleo, but I really wanted to keep this meal plan dairy-free so I have not included it in any of my recipes. I used olive oil to fry my veggies and meat, but you are free to choose your preferred oil of cooking, whether coconut, beef tallow, lard, duck fat or any other type of healthy oils/fats.

Where are all the desserts and fruits at?!

Haha, sorry! Think of this meal plan as a little introduction to a low carb lifestyle. Try to get your body used to sugar-free living for a few weeks before reintroducing them into your diet. While a ketogenic diet usually only allows berries as they have the lowest of carbs, paleo diets usually allow fruits in moderate amount. However, since I wanted to keep this meal plan really low carb, I decided to not use any fruits in my recipes. Obviously you are free to eat some if you wish, but if you are new to low carb cooking or a ketogenic lifestyle, you may want to avoid them for the time being, or until you start losing weight. I also didn't include any treats just because I wanted this meal plan to be an introduction to a low carb lifestyle. Just because you eat low-carb, it doesn't mean you can eat cheesecake or chocolate cake every day. Eat them once in a while, but try not to make a habit of them!

Extra fat?

I did not include fat bombs or Bulletproof Coffee's in this meal plan because I simply didn't feel they were needed. Also, I personally don't drink coffee so I didn't include any because I don't have any at home nor do I ever make some. If you want to drink a BPC, feel free to do so, just add the fat and calories by yourself to the nutritional value.

Are you hungry?

If you feel at all hungry during this meal plan, eat. Don't starve yourself and don't think that you are limited because you're not. The first few days can be rough, but by eating a healthy diet full of healthy fats and protein, you should feel satiated at every meal. If you're not hungry, then don't eat. It's fine if you skip a meal, but just don't starve yourself. I would say try to intake minimum 1200 calories a day so that you're functioning properly.

What are your macros?

This meal plan is obviously designed by me and so these are the macros that I personally use. I eat between 1200-2000 calories per day (depending on the food I make), 20-30g net carbs per day, 80-140g fat and 80-110g protein. There are multiple macros calculators online where you can check how many calories, grams of fat/protein/carbs you should eat. Depending on your weight, activity fitness, health, gender, age and goal weight, everyone's macros will be different. This meal plan is made to fit my personal macros as this is the food I ate, but you can customize this meal plan the way you want. Feel free to add or remove anything

from it so that it can better fit your lifestyle. This is a general idea of what you could eat on a ketogenic diet and I hope that it can help you. Here are two popular calculators that you can use to calculate your macros. The '[She Calls Me Hobbit](#)' calculator and the '[Ketogains](#)' calculator. Try out both and see which one you prefer to use. If ever you find that you are not losing any weight, try to change your macros a bit. This usually helps as sometimes you may be eating too much protein or fat without even realizing it.

What are NET carbs?

Total Carbohydrates MINUS Fiber MINUS Sugar Alcohols = NET Carbs

Common Temporary Side Effects from a Ketogenic Diet

When you first start eating low carb, you may or may not experience some temporary side effects at first. These do not usually last more than a few days, but could last up to two weeks. They are temporary and are just side effects from your body cleaning itself. The most important thing to remember while on a Keto diet is that you MUST drink lots of water and take minimum 1.5 tsp of salt per day. This can be sprinkled on various food or even just mixed in water. You can also take some magnesium supplements (malate or glycinate). When you don't feel too well, have no energy, have headaches, or have leg cramps (especially at night), it's because your body is lacking salt, magnesium and potassium. Sprinkle a bit of salt on all of your food and you'll feel better in no time. Sometimes, you can also get the 'Keto Rash' the first week or two, which is a common side effect to eating low carb. The easiest way to get rid of it is to up your carbs to 50g, but if you can deal with it, it WILL disappear within two weeks. This happened to me the first time and your body gets really itchy and you just want to up your carbs to fix it, but if you stick with it, it will disappear. It just takes time. I personally got some anti-itch cream from the doctors and that seemed to help as the rash went away a couple of days later. When you have the keto flu, a lot of people suggest drinking pickle juice, because your body is telling you that you need electrolytes. So just make sure to get enough sodium, potassium and magnesium throughout the day and the fatigue, muscle twitching, headaches and muscle cramps will disappear. Some people swear by the pickle juice and it seems to work instantly or within a couple of hours so just know that you have that option if you feel sluggish!

Low-carb Snack List

Raspberries

1/4 cup: 16 calories, 0.20g fat, 3.67g carbs, 2g fiber, 0.37g protein

1/2 cup: 32 calories, 0.40g fat, 7.34g carbs, 4g fiber, 0.75g protein

1 cup: 64 calories, 0.80g fat, 14.69g carbs, 8g fiber, 1.48g protein

Blueberries

1/4 cup: 21 calories, 0.12g fat, 5.25g carbs, 0.9g fiber, 0.27g protein

1/2 cup: 41 calories, 0.24g fat, 10.51g carbs, 1.7g fiber, 0.54g protein

1 cup: 83 calories, 0.48g fat, 21.01g carbs, 3.5g fiber, 1.07g protein

Strawberries

1/4 cup: 12 calories, 0.11g fat, 2.92g carbs, 0.8g fiber, 0.25g protein

1/2 cup: 24 calories, 0.23g fat, 5.84g carbs, 1.5g fiber, 0.51g protein

1 cup: 49 calories, 0.46g fat, 11.67g carbs, 3g fiber, 1.07g protein

Blackberries

1/4 cup: 15 calories, 0.18g fat, 3.46g carbs, 1.9g fiber, 0.5g protein

1/2 cup: 31 calories, 0.35g fat, 6.92g carbs, 3.8g fiber, 1g protein

1 cup: 62 calories, 0.71g fat, 13.84g carbs, 7.6g fiber, 2g protein

Nuts (Raw)

Almonds

1/4 cup: 160 calories, 14g fat, 6g carbs, 4g fiber, 6g protein

Cashews

1/4 cup: 160 calories, 12g fat, 8g carbs, 1g fiber, 5g protein

Pecans

1/4 cup: 210 calories, 21g fat, 4g carbs, 2g fiber, 3g protein

Walnuts

1/4 cup: 190 calories, 18g fat, 4g carbs, 2g fiber, 4g protein

Boiled Egg

1 egg: 78 calories, 5.3g fat, 0.56g carbs, 0g fiber, 6.29g protein

Avocado

1/2 fruit: 161 calories, 14.73g fat, 8.57g carbs, 6.7g fiber, 2.01g protein

Kalamata Olives

10 olives: 90 calories, 9g fat, 2g carbs, 2g fiber, 2g protein

Almond Nut Butter

2 tbsp: 190 calories, 18g fat, 6g carbs, 3g fiber, 7g protein

Peeled Cucumber

1 cup: 16 calories, 0.21g fat, 2.87g carbs, 2.8g fiber, 0.78g protein

Celery Sticks

2 sticks: 15 calories, 0g fat, 4g carbs, 2g fiber, 1g protein

The following snack ideas depend on the brand or preparation method.

Deviled Egg

Can of tuna

Cold meat – Leftover from a roast or deli meat like ham, salami, chicken, beef, etc.

Week 1 Menu

	Breakfast	Lunch	Dinner	Nutritional Info
Day 1	Avocado Bun Breakfast Burger	Avocado Cream & Zoodles	Chicken Cutlet and Cauli Rice	1765 calories 139.05g fat 20.75g net carbs 12.16g sugars 90.91g protein
Day 2	Breakfast Sausage, Eggs & Greens	Chicken Cutlet & Cauli Rice Leftovers	Shirataki Noodles Asian Salad	1374 calories 93g fat 19.79g net carbs 12.35g sugars 98.61g protein
Day 3	Breakfast Sausage & Eggs	BLT Lettuce Boats	Grilled Cod & Shrimps	1177 calories 78.94g fat 15.74g net carbs 6.92g sugars 94.65g net carbs
Day 4	90 sec Sausage Egg Muffin	Grilled Cod & Shrimps Leftovers	Arugula Caesar Salad & Veggies	1316 calories 89g fat 19.75g net carbs 11.92g sugars 99.06g protein
Day 5	Breakfast Sausage & Poached Egg	Rosemary Chicken & Broccoli	Rosemary Pork Roast Leftovers Side Caesar Salad 3	1495 calories 111.31g fat 12.34g net carbs 7.29g sugars 101.2g protein
Day 6	Spinach & Breakfast Sausage Omelette	Rosemary Pork Roast Leftovers Side Caesar Salad 2	Broccoli, Bacon & Mushrooms	1313 calories 99.55g fat 13.02g net carbs 9.71g sugars 84.98g protein
Day 7	Spinach & Pork Omelette Leftovers	Zucchini Salad with Grilled Chicken Thigh	Rosemary Pork Roast Leftovers Side Caesar Salad 1	1509 calories 114.98g fat 15.62g net carbs 10.28g sugars 96.37g protein

Week 1 Grocery List

Baking

- Baking Powder [1/2 tsp]
- Blanched Almond Flour [7 tbsp]
- Pork Rinds [40g]

Condiments

- Anchovy Paste [10 ml]
- Coconus Aminos [25 ml]
- Fish Sauce [5 ml]
- Lemon Juice [25 ml]
- Mayonnaise [125 ml]
- White Vinegar [20 ml]

Dairy

- Almond Milk [45ml]
- Eggs [19]

Meat

- Bacon [5 slices]
- Chicken Breast [1] {260g}skinless
- Chicken Thighs [3] {200g} boneless
- Ground Chicken [220g]
- Ground Pork [220g]
- Pork Roast Boneless [500g]
- Prosciutto [60g]

Oil

- Chili Oil [1/4 tsp](or cayenne pepper)
- Frying Oil (Could be refined coconut oil, lard or beef tallow)
- Olive oil [215ml]
- Refined Coconut Oil [15ml]
- Sesame Oil [35ml]

Seafood & Fish

- Cod Fillets [2] {300g}
- Shrimps [200g]

Spices

- Black Pepper
- Cayenne Pepper
- Celery Seed
- Dashi Powder (Japanese Fish Broth Granule)
- Garlic Powder
- Himalayan Salt
- Nutmeg
- Onion Powder
- Oregano
- Paprika Powder
- Parsley
- Rosemary
- Sage
- Sesame Seeds
- Thyme

Vegetables

- Arugula [40g]
- Asparagus [6 stems] {120g}
- Avocado [2 3/4 hass]
- Baby Spinach [2 cups] {80g}
- Basil Leaves [25 leaves]
- Broccoli [3 heads]
- Brown Mushrooms [7]{70g}
- Cauliflower [1 small] {300g}
- Cherry Tomatoes [14]
- Cilantro [1 stem]
- Cucumber [3/4 cup] {85g}
- Garlic [9 cloves]
- Green Beans [50g]
- Lettuce [18 leaves]
- Parsley [2 stems]
- Red Onion [1/16]
- Red Pepper [3/4]
- Swiss Chard [50g]
- Tomato [4]
- Zucchini [1 1/4]

Miscellaneous

- Shirataki Noodles [200g]

Day 1 - Make Ahead



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Savoury Breakfast Sausage

185 calories 12.81g fat 0.25g carbs 0.2g fiber 0.04g sugar 16.17g protein

1. Mix all of the ingredients in a bowl and knead with your hands.
2. Make six hamburger patty, wrap them in saran wrap and freeze them. We'll be using these for the next 6 days so if you think the meat will stay fresh, you don't have to freeze them, but I did just in case. I just thaw each hamburger the night before or thaw them in the microwave the day of.

Ingredients (6 portions)

220g ground chicken

220g ground pork

1 tsp sage

1/2 tsp salt, thyme, black pepper

**1/4 tsp celery seed, garlic powder,
nutmeg, onion powder, paprika**

1/8 tsp cayenne pepper

Day 1 - Breakfast



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Avocado Bun Breakfast Burger

717 calories 61.36g fat 20.11g carbs 14.6g fiber 2.88g sugar 27.41g protein

1. Lay the avocado on its side, horizontally, and cut it right in the middle making sure you're not cutting it in an awkward angle. Once it's cut, carefully remove the seed and carefully spoon out of the flesh. Cut the bottom of one avocado so that it can stand on its own on the plate.
2. Heat the oil in a non-stick skillet on medium-low heat. Add the breakfast sausage and cook 1-2 minutes on each side until perfectly cooked. Crack the egg open in the skillet, turn the heat to low, cover and cook sunny side up. Cook for a couple of minutes until the egg white is fully cooked.
3. Place the bottom half of the avocado on a plate, spoon some mayo in the avocado hole, top with lettuce, the tomato, sausage, carefully add the egg over and top with the avocado top! Sprinkle some salt, pepper and sesame seeds.

Ingredients (1 portion)

1 avocado

1 egg

1 tbsp olive oil

1 breakfast sausage

1 lettuce leaf

1 slice tomato

1 tbsp mayo

pinch salt, pepper, sesame seeds

Day 1 - Lunch



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Avocado Cream & Zoodles

383 calories 35.34g fat 18g carbs 9.4g fiber 4.74g sugar 5.46g protein

1. Spiralize your zucchini. Slice the mushrooms in half.
2. In a stick blender cup, add the avocado, basil, 1 tbsp olive oil, garlic, lemon juice and salt. Press the button on the stick blender for about a minute until everything is super creamy and delicious.
3. Add 1/2 tbsp of olive oil in a frying pan and cook the mushrooms until tender. Add the zucchini noodles and cook just for a minute or so until they get hot.
4. Add the avocado cream, mix everything together and serve.

Ingredients (1 portion)

1 zucchini
1/2 avocado (100g)
20 basil leaves
1.5 tbsp olive oil
3 brown mushrooms (30g)
1 garlic clove
1 tsp lemon juice
1/4 tsp salt

Day 1 - Dinner



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Chicken Cutlet & Cauli Rice

665 calories 42.35g fat 14.64g carbs 8g fiber

4.54g sugar 58.04g protein

Ingredients (2 portions)

1 small cauliflower (300g)

2 tbsp sesame oil

1 tbsp coconut aminos

1 tsp dashi powder

1/4 tsp salt + pepper

1 skinless chicken breast (260g)

pinch salt + pepper

1 egg

4 tbsp almond flour

40g pork rinds

pinch salt + pepper

**frying oil (refined coconut oil/lard/
beef tallow)**

1. Rice the cauliflower in a food processor or by using a cheese grater. In a wok, heat the sesame oil and add the riced cauliflower. Fry a couple of minutes, add the coconut aminos, dashi, salt and pepper, and mix until combined. Fry until the cauliflower is soft and crunchy.
2. Crush the pork rinds using a food processor/coffee grinder/or your hands. Mix the rinds with the almond flour, salt and pepper. Add the egg in a small bowl and whisk.
3. Slice the chicken breast in 2 length ways. Sprinkle the salt and pepper on both sides and dip in it the whisked egg. Coat the chicken with the breading on both sides.
4. Fry the cutlet in 150C/300F preheated oil and fry until the inner temperature of the chicken cutlet registers to 65C/150F. Serve with the cauliflower rice. Keep half for another meal.

Day 2 - Breakfast



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Breakfast Sausage, Eggs & Greens

560 calories 43.30g fat 12g carbs 7g fiber 2.79g sugar 31.71g protein

1. Cut the stems off the green beans. Mince the garlic.
2. Put some water to boil in a pot. Add the broccoli and green beans and cook until tender. Take out of the water once cooked. Place the broccoli onto a plate.
3. Add the olive oil to a frying pan and add the breakfast sausage. Cook on both sides until cooked through. Add the eggs and scramble them. Place the eggs and sausage to the plate.
4. Add the garlic and green beans to the frying pan. Fry until the garlic is starting to crisp up. Sprinkle some salt, pepper and garlic powder over the beans and scrambled eggs. Place the beans and eggs onto the plate.

Ingredients (1 portion)

1 breakfast sausage

2 eggs

4 broccoli florets

50g green beans

1.5 tbsp olive oil

1 garlic clove

pinch salt, pepper, garlic powder

Day 2 - Lunch



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Chicken Cutlet & Cauli Rice

665 calories 42.35g fat 14.64g carbs 8g fiber 4.54g sugar 58.04g protein

Ingredients (2 portions)

2nd portion of Day 1 dinner!

1. Heat up the leftovers from last night's dinner!

Day 2 - Dinner



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Shirataki Noodles Asian Salad

149 calories 7.53g fat 12.45g carbs 4.3g fiber 5.02g sugar 8.86g protein

1. Put some water to boil in a pot. Place the egg inside and boil for 7 minutes exactly. Once cooked, transfer to a bowl full of ice water. Peel and cut in four.
2. Wash the shirataki noodles under some water and boil for 2 minutes. This will get rid of their smell. In the same pot, add the asparagus and boil until tender. Drain the water and let the noodles and asparagus cool down. You can cut the noodles in half to make them shorter as they tend to be super long.
3. Thinly slice the red onion with a cabbage shredder. Cut the asparagus in half. Dice the tomato, slice the cucumber, chop the cilantro, and mince the garlic using a garlic crusher.
4. Combine all of the ingredients in a large bowl and mix. Serve cold!

Ingredients (1 portion)

- 200 g shirataki noodles (konjac)
- 2 asparagus (40g)
- 1/2 cup cucumber (65g)
- 1/2 tomato (65g)
- 1/16 red onions (20g)
- 1 stem cilantro
- 1 garlic
- 1 egg
- 2 tsp coconut aminos
- 1 tsp fish sauce
- 1/2 tsp sesame oil
- 1 tsp lemon juice
- 1/4 tsp salt and pepper
- 1/4 tsp hot chili oil or chili flakes

Day 3 - Breakfast



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Breakfast Sausage & Eggs

477 calories 36.51g fat 6.40g carbs 2.5g fiber 3.16g sugar 30.61g protein

1. Cut the asparagus in two and cut off a bit off the stems.
2. Put some water to boil and add the broccoli. Cook until tender.
3. Add 1/2 tbsp of olive oil to a non-stick frying pan and add the breakfast sausage and asparagus and cook on all sides until cooked through. Transfer to a plate with the boiled broccoli.
4. Add the other 1/2 tbsp of olive oil and crack the eggs open. Switch the heat to low, cover and cook for a few minutes until the egg whites are fully cooked. Slide to the plate and sprinkle the salt, pepper and parsley over.

Ingredients (1 portion)

2 eggs

1 breakfast sausage

1 tbsp olive oil

2 asparagus

3 broccoli

3 cherry tomatoes

pinch salt, pepper, parsley

Day 3 - Lunch



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BLT Lettuce Boats

362 calories 33.20g fat 10.64g carbs 3.34g fiber 1.79g sugar 8.62g protein

1. Fry the bacon in a frying pan until crispy.
2. Slice the tomato into a few slices. Slice the avocado.
3. Spoon 1/2 tbsp of mayo over each lettuce leaf and cover with the bacon, tomato and avocado.

Ingredients (1 portion)

2 lettuce leaves

2 slices bacon

1/2 avocado

1/4 tomato

1 tbsp mayo

Day 3 - Dinner



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Grilled Cod & Shrimps

338 calories 9.23g fat 5.54g carbs 1g fiber 1.97g sugar 55.42g protein

1. Mince the garlic and parsley
2. Melt the butter in a pan and add the garlic. Cook for a few seconds and place the cod and shrimp in the pan. Add the chopped parsley. Cook the shrimps for a few minutes until they turn orange. For the cod, cook for 2 minutes on each side, carefully not breaking it apart when flipping it over. Add the tomatoes to the pan and fry with the shrimps for about a minute until soft.
3. Add the lemon juice over everything and it's ready to serve. Store half for tomorrow.

Ingredients (2 portions)

2 cod fillet (300g)
200g shrimps
1 tbsp lemon juice
2 stems fresh parsley
2 tbsp olive oil
2 garlic cloves
8 cherry tomatoes

Day 4 - Make Ahead



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Easy Dairy-free Caesar Dressing

106 calories 11.39g fat 0.4g carbs 0.1g fiber 0.02g sugar 0.32g protein

1. Mince the garlic. Mix all of the ingredients together and keep in an air-tight container in the fridge. It will keep for weeks, just mix it again before using.

Ingredients (6 portions)

6 tbsp mayonnaise
2 tsp anchovy paste
1 garlic clove
3 tbsp unsweetened almond milk
1/2 tsp lemon juice
1.5 tsp oregano
1/8 tsp salt
1/4 tsp garlic powder

Day 4 - Breakfast



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90 sec Sausage Egg McMuffin

719 calories 60.15g fat 9.38g carbs 4.15g fiber 2.61g sugar 36.57g protein

1. Combine the ingredients for the 90 second bread into a large mug. Mix carefully and microwave for 90 seconds. Take it out of the mug and carefully slice in half.
2. Heat the olive oil in a frying pan and fry the breakfast sausage until cooked. Add the sliced bread and grill on both sides until desired toastness.
3. Using a mini egg frying pan, cook the egg until the egg whites are fully cooked.
4. Spread the mayo over one slice of bread, cover with the tomato slice, sausage, egg and last slice of bread. Enjoy!!

Ingredients (1 portion)

1 breakfast sausage

1 slice tomato

1 egg

1 tsp olive oil

1 tsp mayo

90 sec bread: mix all of these

***1 tbsp refined coconut oil**

***1 egg**

***1/2 tsp salt**

***1/2 tsp baking powder**

***3 tbsp almond flour**

Day 4 - Lunch



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Grilled Cod & Shrimps

338 calories 9.23g fat 5.54g carbs 1g fiber 1.97g sugar 55.42g protein

1. Reheat yesterday's dinners leftover and enjoy!

Ingredients (2 portions)

Leftovers from Day 3 Dinner

Day 4 - Dinner



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Arugula Caesar Salad & Veggies

259 calories 19.62g fat 19.08g carbs 9.1g fiber 7.34g sugar 7.07g protein

1. Put some water to boil and cook the broccoli and asparagus until tender.
2. Shred the rucola and iceberg lettuce and put into a bowl.
3. Slice the avocado, tomato, and cucumber. Put everything in a plate and cover with the dressing.

Ingredients (1 portion)

- 3 leaves iceberg lettuce (120g)
- 40g arugula
- 2 asparagus (60g)
- 4 broccoli florets (60g)
- 5-6 slices cucumber (20g)
- 1/2 avocado
- 1/2 tomato
- 1 portion caesar dressing

Day 5 - Breakfast



Breakfast Sausage & Poached Egg

461 calories 37.54g fat 7.08g carbs 4.2g fiber 1.93g sugar 24.55g protein

1. Put some water to heat in a small pot and add the vinegar. Crack the egg inside a small bowl or cup. Once the water is simmering, make a circulating motion with a spatula inside the water and drop the egg in the middle of the spiral. Turn off the heat, cover for 6 minutes exactly. Take it out of the water once done.
2. Heat the olive oil in a frying pan and cook the breakfast sausage on medium-low heat on both sides until cooked through. Place the sausage on a plate. Add the fresh spinach to the frying pan with the leftover grease from the sausage. Cook until wilted and transfer to a plate. Cover with the poached egg.
3. Slice the avocado and put on the plate along with the cherry tomatoes.

Ingredients (1 portion)

- 1 breakfast sausage**
- 1 tbsp olive oil**
- 1 egg**
- 40g fresh spinach**
- 3 cherry tomatoes**
- 1/4 avocado**
- 1/4 tsp salt & pepper**
- 1 tbsp vinegar**

Day 5 - Lunch



Rosemary Chicken & Broccoli

461 calories 33.71g fat 6.99g carbs 2.8g fiber 1.7g sugar 33.94g protein

1. Cut the chicken leg into bite-size pieces. Sprinkle the salt and pepper all over it. Separate the broccoli into florets.
2. In a cast iron skillet, heat the olive oil and add the chicken skin side down to the pan along with the rosemary. Fry 3 minutes to crisp up the skin and turn the chicken around. Add the broccoli florets and cook for a minute mixing everything together. Add the water, cover and let the steam of the water cook the broccoli for 2 minutes. Uncover and serve.

Ingredients (1 portion)

1 boneless chicken leg (125g)

1/3 broccoli head (100g)

1/4 tsp salt

1/4 tsp black pepper

1/2 tsp rosemary

1 tbsp olive oil

2 tbsp water

Day 5 - Dinner



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Rosemary Pork Roast

359 calories 23.88g fat 0.12g carbs 0.1g fiber 0g sugar 33.75g protein

1. Preheat the oven to 200C/400F.
2. Massage the olive oil, salt, black pepper and rosemary into the pork roast. Place it on a baking tray over some parchment paper.
3. Place in the oven and cook 1 hour. Take it out and let cool for 5-10 minutes. Slice and serve. Keep 2/3 for the other meals.

Ingredients (3 portions)

500g boneless pork roast

1 tbsp olive oil

1 tsp salt

1 tsp black pepper

1 tbsp rosemary

Day 5 - Dinner



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Side Caesar Salad 3

214 calories 16.72g fat 7.85g carbs 2.6g fiber 3.66g sugar 8.96g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it. Put the broccoli to boil and cook until tender.
2. Slice the broccoli and egg. Rip the lettuce leaves.
3. Mix everything together with the caesar dressing and eat with one portion of the rosemary pork roast.

Ingredients (1 portion)

4 lettuce leaves

1 egg

1/2 tomato

3 broccoli stems (50g)

1 tbsp caesar dressing

Day 6 - Breakfast



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Spinach & Pork Omelette

446 calories 34.96g fat 4.29g carbs 0.9g fiber 3.39g sugar 27.84g protein

1. Crumble the sausage. Slice the red pepper and mince the garlic.
2. In a large non-stick frying pan, add the olive oil and cook the sausage. Add the garlic, red pepper and spinach to the pan and cook for 1-2 minutes until soft.
3. Crack the eggs open in a large bowl, add the spices and mix with a whisk for 2 minutes.
4. Pour the egg batter to the pan, cover and let cook on low heat for 4-5 minutes.
5. When the top of the omelette is cooked through, just slide the omelette to a plate and cut in half. Save half for the next day.

Ingredients (2 portions)

1 breakfast sausage

1 cup fresh spinach (30g)

1/4 red pepper (40g)

2 garlic cloves

2 tbsp olive oil

1/4 tsp salt, pepper, garlic powder, parsley

6 eggs

Day 6 - Lunch



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Rosemary Pork Roast

359 calories 23.88g fat 0.12g carbs 0.1g fiber 0g sugar 33.75g protein

1. Reheat 1/3 of the pork roast from Day 5 dinner.

Ingredients (3 portions)

Leftovers from Dinner 5 Dinner

Day 6 - Lunch



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Side Caesar Salad 2

264 calories 19.15 fat 6.64g carbs 2g fiber 4.19g sugar 16.32g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it.
2. Slice the egg in four. Rip the lettuce leaves.
3. Mix everything together with the caesar dressing and eat with the leftover pork roast.

Ingredients (1 portion)

4 lettuce leaves

30g prosciutto

1 egg

1 tomato

1 tbsp caesar dressing

Day 6 - Dinner



Bacon, Broccoli & Mushrooms

386 calories 26.22g fat 4g carbs 1.6g fiber 0.98g sugar 32.72g protein

1. Put some water to boil in a small pot and cook the broccoli until tender.
2. Sprinkle the salt over the bacon slices and cut into 1cm strips.
3. Cut the mushrooms in 6.
4. Fry the bacon in a frying pan for a minute and add the mushrooms. Add the rosemary and fry until the bacon is crispy. Add the broccoli, mix everything together and sprinkle the garlic powder and black pepper over.

Ingredients (1 portion)

80g broccoli

4 brown mushrooms (40g)

3 slices bacon (40g cooked)

1/4 tsp salt

1/2 tsp rosemary

1/4 tsp garlic powder

pinch black pepper.

Day 7 - Breakfast



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Spinach & Pork Omelette

446 calories 34.96g fat 4.29g carbs 0.9g fiber 3.39g sugar 27.84g protein

1. Reheat Day 6's breakfast leftovers.

Ingredients (2 portions)
leftovers from Day 6 breakfast

Day 7 - Lunch



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Zucchini Salad w/ Grilled Chicken Thigh

430 calories 36.93g fat 8.18g carbs 2.6g fiber 3.89g sugar 17.84g protein

1. Using a peeler, peel the zucchini lengthwise to make long ribbons. Slice the red pepper and cut in half. Dice the tomato. Chop the swiss chard. Mince the basil leaves and garlic cloves.
2. Mix all of the above with the olive oil, vinegar and salt & pepper together in a bowl and put on a plate.
3. Sprinkle the salt and pepper over the chicken thigh. Preheat the oil in a cast iron skillet and place chicken breast skin-side down and cook until crispy. Turn it around, cook a few more minutes until cooked through. Place on the plate with the salad.

Ingredients (1 portion)

1/4 zucchini

1/4 red pepper

50g swiss chard

1/4 tomato

5 basil leaves

1 tbsp olive oil

1 tsp vinegar

1 garlic clove

1/4 tsp salt & pepper

1 chicken thigh with skin (75g)

1 tbsp olive oil

1/2 tsp salt & pepper

Day 7 - Dinner



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Rosemary Pork Roast

359 calories 23.88g fat 0.12g carbs 0.1g fiber 0g sugar 33.75g protein

1. Reheat the leftovers from Day 5's dinner and serve with the side caesar salad 1.

Ingredients (3 portions)
leftovers from Day 5 Dinner

Day 7 - Dinner



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Side Caesar Salad I

274 calories 19.21g fat 8.83g carbs 2.2g fiber 3g sugar 16.94g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it. Put the broccoli to boil and cook until tender.
2. Slice the broccoli and egg. Rip the lettuce leaves. Slice the tomato and red pepper.
3. Mix everything together with the caesar dressing and eat with one portion of the rosemary pork roast.

Ingredients (1 portion)

4 lettuce leaves

30g prosciutto

1 egg

1/2 tomato

1/4 red pepper

2 broccoli stems (25g)

1 tbsp caesar dressing

Week 2 Menu

	Breakfast	Lunch	Dinner	Nutritional Info
Day 8	Avocado Boat, Sausage & Asparagus	Rosemary Shrimps & Radishes	Chicken Brochettes and Sesame Salad	1266 calories 91.45g fat 16.02g net carbs 8.52g sugars 81.77g protein
Day 9	Eggs, Bacon & Tomato Salad	Chicken Brochettes & Easy Sesame Salad	Lettuce-wrapped Burger	1299 calories 97.34g fat 16.86g net carbs 11.5g sugars 80.22g protein
Day 10	Avocado Boat, Sausages, & Scrambled Eggs	Chicken Brochettes & Sesame Salad	Arugula Salad with Basil Vinaigrette	1529 calories 120.89g fat 19.48g net carbs 10.59g sugars 40.37g protein
Day 11	Fluffy Omelette & Veggies	Zucchini & Cucumber Salad	Roasted Chicken Leg & Veggies	1191 calories 83g fat 19.08g net carbs 13.48g sugars 85.18g protein
Day 12	Grilled Veggies & Fluffy Omelette	Roasted Chicken Leg & Veggies Leftovers	Cauliflower & Veggie Ranch Salad	1434 calories 103.26g fat 19.79g net carbs 14.77g sugars 97.3g protein
Day 13	Veggie Omelette	Kale Beef & Veggie Caesar Wrap	Grilled Rosemary Chicken with Veggies	1779 calories 125.69g fat 20.33g net carbs 9.46g sugars 92.39g protein
Day 14	Eggs in Mini Skillet	Grilled Rosemary Chicken with Veggies Leftovers	Grilled Chicken & Guacamole	1834 calories 130.48g fat 17.71g net carbs 9.11g sugars 95.34g protein

Week 2 Grocery List

Canned Goods

- Tuna [140g]

Condiments

- Coconut Aminos [37 ml]
- Lemon Juice [15 ml]
- Mayonnaise [112 ml]
- Tahini [15 ml] (sesame paste)
- White Vinegar [20 ml]

Dairy

- Almond Milk Unsweetened [5 ml]
- Eggs [14]

Fruits

- Lemon [2]

Meat

- Bacon [7 slices]
- Breakfast Pork Sausage [5] {200g}
- Chicken Leg [4] {1100g} boneless
- Chicken Leg [2] {600g} bone-in
- Chicken Thigh [1] {150g} with skin
- Ground Beef [70g]
- Prosciutto [60g]
- Thinly Sliced Beef [100g]

Oil

- Chili Oil [1/4 tsp]
- Olive Oil [205 ml]
- Sesame Oil [15 ml]

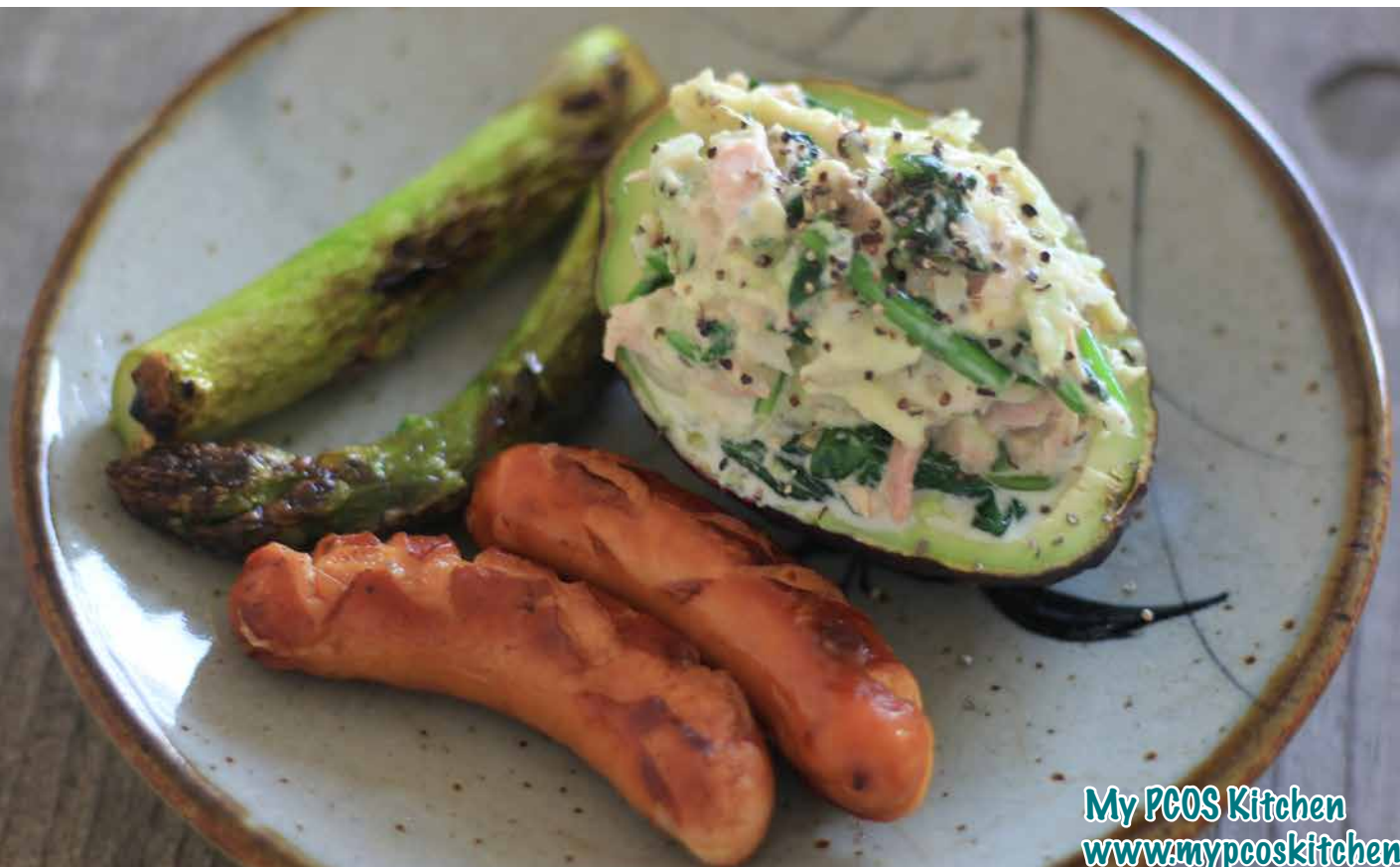
Spices

- Black Pepper
- Chili Powder
- Cumin Powder
- Garlic Powder
- Himalayan Salt
- Onion Powder
- Oregano
- Paprika Powder
- Parsley
- Rosemary
- Sesame Seeds
- Stevia Powder [1/16 tsp]
- Thyme

Vegetables

- Arugula [40g]
- Asparagus [12 stems] {320g}
- Avocado [3 hass]
- Basil Leaves [11]
- Black Olives [2 tbsp]
- Brown Mushrooms [10]
- Broccoli [2 heads]
- Cauliflower [3 florets]
- Cherry Tomatoes [18 cherries]
- Cucumber [1 cup]
- Garlic [16]
- Kale [1 leaf] {50g}
- Lettuce [16 leaves]
- Long Asian Green Onion [1] (Japanese Leek)
- Mini Carrots [1 bag] (about 200g)
- Okra [2]
- Radishes [15]
- Red Onion [1/2]
- Red Pepper [1 1/2]
- Spinach [4 1/4 cups]
- Spring Onions [2 stems]
- Swiss Chard [30g]
- Tomato [4]
- Zucchini [1 1/2]

Day 8 - Breakfast



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Avocado Boat, Sausage & Asparagus

537 calories 42.29g fat 11.2g carbs 8.3g fiber 1.3g sugar 30.78g protein

1. Heat the olive oil in a small frying pan and fry the sausages and asparagus until cooked through. Transfer to a plate.
2. Scoop the inside of the avocado and place it in a bowl, along with the tuna, wilted spinach, mayo and salt & pepper. Stuff the avocado shell with it and place on the plate.

Ingredients (1 portion)

60g sausage

1-2 asparagus

1 tsp olive oil

1/2 avocado

70g tuna

1/4 cup wilted spinach (50g fresh)

1 tbsp mayo

pinch salt & pepper

Day 8 - Lunch



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Rosemary Shrimps & Radishes

261 calories 15.63g fat 8.13g carbs 3.2g fiber 2.82g sugar 22.64g protein

1. Put some water to boil in a pot and add the broccoli. Cook until tender.
2. In a skillet, heat the oil and add the radishes to one side and the shrimps to another. Sprinkle the salt, pepper and rosemary and cook for a few minutes. The radishes should be soft and crunchy, and the shrimps should be orange.
3. Put everything on a plate and enjoy!

Ingredients (1 portion)

5 radishes (85g)

10 shrimps (100g)

3 broccoli florets (60g)

1 tbsp rosemary

1 tbsp olive oil

1/2 tsp salt, pepper

Day 8 - Make Ahead



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Soy & Dairy-free Creamy Sesame Dressing

61 calories 5.95g fat 1.27g carbs 1g fiber 0g sugar 0.42g protein

1. Mix all of the ingredients together in a small bowl. Store in an air-tight container in the fridge. Just remix with a spoon before use each time.

Ingredients (10 portions)

3 tbsp mayo

2.5 tbsp coconut aminos

1 tbsp sesame oil

1 tbsp tahini

1 tbsp crushed sesame seeds

1 tbsp sesame seeds

1 tsp vinegar

1/16 tsp stevia powder

Day 8 - Make Ahead



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Chicken & Vegetable Brochettes

317 calories 20.11g fat 7.21g carbs 1.5g fiber 2.79g sugar 26.35g protein

1. Preheat the oven to 210C/420F.
2. Dice the chicken leg into bite size pieces. Slice the long green onion into 12-14 pieces. Cut the asparagus into 4.
3. Add all of the ingredients to a bowl and mix together. Skewer the veggies and chicken on 9 brochettes.
4. Place in the oven and bake for 20 minutes.

Ingredients (3 portions)

- 1 boneless chicken leg (300g)**
- 4 asparagus**
- 1 large asian green onion**
- 1 tbsp lemon juice from a lemon**
- 1 tbsp rosemary**
- 10 cherry tomatoes**
- 1 tbsp olive oil**
- 1 tsp salt & pepper**
- 5 garlic cloves**
- 1/2 tsp onion powder**

Day 8 - Dinner



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Chicken Brochettes & Sesame Salad

468 calories 33.53g fat 14.89g carbs 6.7g fiber 4.44g sugar 28.35g protein

1. Rip the lettuce into bite size pieces. Scoop out the avocado and cube it, slice the tomato slice in a few pieces. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

3 chicken & veggie brochettes

3 lettuce leaves

1 tomato slice

1/4 avocado

1 portion sesame dressing

Day 9 - Breakfast



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Eggs, Bacon & Tomato Salad

541 calories 39.81g fat 8.12g carbs 1.8g fiber 4.42g sugar 36.3g protein

1. Slice the red pepper and zucchini.
2. Fry the bacon in a small non-stick frying pan until crispy. Put the bacon on a plate. Fry the peppers and zucchini in the bacon fat until tender, crack the eggs open and scramble until cooked. Sprinkle the salt and pepper over. Put on the plate with the bacon.
3. Mince the garlic clove and basil leaf. Mix the olive oil, basil, garlic, vinegar, salt & pepper together in a small bowl. Add the tomato slices to the plate and pour the dressing over.

Ingredients (1 portion)

3 slices bacon
2 eggs
1/4 red pepper
1/4 zucchini (40g)
pinch salt & pepper
3 slices tomato
1 basil leaf
1 tsp olive oil
1 garlic clove
1/2 tsp vinegar
sprinkle salt & pepper

Day 9 - Lunch



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Chicken Brochettes & Easy Salad

400 calories 26.29g fat 13.28g carbs 4.2g fiber 5.89g sugar 27.92g protein

1. Rip the lettuce into bite size pieces. Slice the red pepper and tomato. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

3 chicken brochettes

5 lettuce leaves

1/4 red pepper

1 slice tomato

1 tbsp sesame dressing

Day 9 - Dinner



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Lettuce-wrapped Burger

358 calories 31.24g fat 2.76g carbs 1.3g fiber 1.19g sugar 16g protein

1. Fry the bacon in a skillet until crispy. Form a hamburger patty with the ground beef and fry in the leftover bacon grease. Cook on both sides until cooked through.
2. Add the spinach to the leftover grease in the skillet and cook until wilted.
3. Add the mayo, tomato, spinach, patty and bacon in a large lettuce leaf, fold and make a burger!

Ingredients (1 portion)

70g ground beef

2 slices bacon (50g) (18g cooked)

1 large lettuce leaf

1 cup fresh baby spinach

1 slice tomato

1 tbsp mayo

Day 10 - Make Ahead



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Basil Vinaigrette

188 calories 20.28g fat 2.27g carbs 0.2g fiber 0.24g sugar 0.38g protein

1. Crush the garlic cloves using a garlic crusher. Mince the basil leaves. Combine all of the ingredients into a bowl and mix. Refrigerate until later used.

Ingredients (2 portions)

3 tbsp olive oil
1 tbsp white vinegar
1 tbsp lemon juice
3 garlic cloves
10 basil leaves
1/4 tsp salt, pepper

Day 10 - Breakfast



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Avocado Boat, Sausages & Scrambled Eggs

792 calories 64.82g fat 11.23g carbs 7.5g fiber 2.19g sugar 42.93g protein

1. Slice the mushrooms.
2. Heat the oil in a small non stick frying pan and fry the sausages. Once cooked, add them to a plate. Fry the mushrooms and fresh spinach until soft and add the eggs. Scramble until cooked, sprinkle the salt and pepper, and add to the plate.
3. Scoop out the insides of the avocado, and mix with the green onions, tuna, mayo and salt and pepper in a small bowl. Refill the avocado shell with the bowl ingredients and place on the plate.

Ingredients (1 portion)

60g sausage
2 eggs
2 mushrooms
1/4 spinach
1 tbsp olive oil
pinch salt & pepper
1/2 avocado
70g tuna can
1 tbsp mayo
1 tsp sliced green onion
pinch salt & pepper

Day 10 - Lunch



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Chicken Brochettes & Sesame Salad

468 calories 33.53g fat 14.89g carbs 6.7g fiber 4.44g sugar 28.35g protein

1. Rip the lettuce into bite size pieces. Scoop out the avocado and cube it, slice the tomato slice in a few pieces. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

3 chicken & veggie brochettes

3 lettuce leaves

1 tomato slice

1/4 avocado

1 tbsp sesame dressing

Day 10 - Dinner



Arugula salad with Basil Vinaigrette

269 calories 22.54g fat 10.46g carbs 2.9g fiber 3.96g sugar 9.09g protein

1. Put some water to boil in a pot and add the broccoli. Cook until tender and cool under cold water.
2. In a bowl, mix all of the ingredients together and serve on a plate!

Ingredients (1 portion)

40g arugula

1/2 tomato

5-6 slices cucumber

2 slices prosciutto (20g)

3 broccoli florets (50g)

1 serving Basil Vinaigrette

Day 11 - Breakfast



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Fluffy Omelette & Veggies

263 calories 19.29g fat 8.56g carbs 2.4g fiber 5.26g sugar 14.98g protein

1. Crack the eggs open in a bowl and beat with a hand mixer for 3 minutes.
2. Add 1 tsp of olive oil to a non-stick pan and pour the whipped eggs in. Cover and cook on low heat for about 2 minutes, or until the eggs are cooked through. This will be a fluffy omelette. Fold in half and slide onto a plate.
3. Dice the red pepper, slice the mushrooms and chop the swiss chard. Heat the oil in a non-stick frying pan and add the red peppers. Cook for a minute, add the mushrooms and swiss chard and cook until wilted. Sprinkle the salt, pepper and garlic powder. Place over the folded omelette.

Ingredients (1 portion)

1/2 red pepper

30g swiss chard

3 mushrooms

1 tsp olive oil

pinch salt, pepper, garlic powder

2 eggs

1 tsp olive oil

Day 11 - Lunch



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Fluffy Omelette & Veggies

296 calories 25.93g fat 9.16g carbs 2.3g fiber 3.53g sugar 9.05g protein

1. Using a cabbage shredder, thinly slice the zucchini and cucumber.
2. Chop the spinach and cut the egg in 4.
3. Place everything on a plate and pour the dressing over.

Ingredients (1 portion)

1/2 zucchini (100g)

1/2 small cucumber

1/2 cup fresh spinach

1 hard-boiled egg

1 serving basil vinaigrette

Day 11 - Dinner



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Roasted Chicken Leg & Veggies

632 calories 37.78g fat 9.06g carbs 3g fiber 4.69g sugar 61.15g protein

1. Preheat the oven to 200C/400F.
2. Cut the stems off the asparagus. Slice the zucchini into vertical slices. Slice the mini carrots in half. Place all of the veggies in a 10" cast iron skillet. Cover with the two chicken legs. Pour the olive oil over everything. Sprinkle the spices over both of the chicken legs.
3. Place the skillet in the oven and bake for 50 minutes uncovered.
4. Take out and enjoy. Keep half for another meal.

Ingredients (2 portions)

6 asparagus spears (40g)

1/2 zucchini

100g mini carrots

2 chicken legs (600g)

1 tbsp olive oil

6 cherry tomatoes (80g)

1/4 tsp salt, black pepper, cumin, paprika, chili powder

Day 12 - Breakfast



Grilled Veggies & Fluffy Omelette

492 calories 42.26g fat 8.37g carbs 2.2g fiber 5.38g sugar 21.16g protein

1. Crack the eggs open in a bowl and beat with a hand mixer for 3 minutes.
2. Dice the red pepper, slice the mushrooms and slice the mushrooms. Heat 1 tbsp of olive oil in a non-stick frying pan and add the red peppers. Cook for a minute, add the mushrooms and spinach and cook until wilted. Sprinkle the salt, pepper and garlic powder. Set aside.
3. Add 1 tbsp of olive oil to a non-stick pan and pour the whipped eggs in. Cover and cook on low heat for about 2 minutes, or until the eggs are cooked through. This will be a fluffy omelette. Place the cooked veggies on one side of the omelette and fold in half. Carefully slide onto a plate.

Ingredients (1 portion)

1/2 red pepper

1/2 cup fresh spinach

3 mushrooms

2 tbsp olive oil

pinch salt, pepper, garlic powder

3 eggs

Day 12 - Lunch



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Roasted Chicken Leg & Veggies

632 calories 37.78g fat 9.06g carbs 3g fiber 4.69g sugar 61.15g protein

Ingredients (2 portions)

Leftovers from Day 11's Dinner.

1. Leftovers from Day 11's dinner.

Day 12 - Dinner



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Cauliflower & Veggie Ranch Salad

310 calories 23.22g fat 12.32g carbs 4.76g fiber 4.7g sugar 14.90g protein

1. Put some water to boil in a pot and add the cauliflower and broccoli in. Cook until tender.
2. Cut the tomato and slice the cucumber.
3. Mix the dressing ingredients together.
4. Add all of the salad ingredients on a plate and drizzle the dressing over.

Ingredients (1 portion)

- 4 lettuce leaves
- 3 broccoli florets (50g)
- 3 cauliflower florets (50g)
- 40g prosciutto
- 1/2 tomato
- 1/4 cup sliced cucumber
- 2 tbsp sliced black olives

Spicy Ranch Dressing:

- 1.5 tbsp mayo
- 1 tsp unsweetened almond milk
- 1/4 tsp paprika powder
- 1/4 tsp chili oil
- 1/4 tsp salt, pepper
- 1/2 tsp oregano

Day 13 - Breakfast



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Veggie Omelette

399 calories 27.97g fat 9.34g carbs 3.2g fiber 4.42g sugar 26.59g protein

1. Slice the broccoli, sausages, mushrooms, zucchini and cherry tomatoes in a few pieces.
2. Heat the oil in a medium skillet, and fry the sausage, mushrooms and zucchini slices for 2-3 minutes until cooked through. Put aside.
3. Put some water to boil and boil the sliced broccoli and okra for 2 minutes. Take out of the boiling water, and slice the okra in 6-8 pieces.
4. Crack the eggs into a bowl and whisk for a minute with a whisk. Pour the egg batter in a frying pan and cook on low heat. Top with all of the veggies and meat, cover and cook until the eggs are cooked through. The omelette should just slide out of the frying pan onto a plate.

Ingredients (1 portion)

2 eggs

3 broccoli (40g)

1 okra (10g)

2 mushrooms (20g)

1 breakfast sausage (80g)

1/4 zucchini (50g)

2 cherry tomatoes

1 tsp olive oil

pinch salt & pepper

Day 13 - Lunch



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Kale Beef & Veggie Caesar Wrap

714 calories 59.64g fat 17.23g carbs 8.6g fiber 2.66g sugar 30.93g protein

1. Carefully trim the stem of the kale leaf so that you can roll the leaf to make a sandwich.
2. Slice the avocado, red onion and tomato.
3. Heat the olive oil in a skillet and add the sliced beef. Sprinkle the salt, pepper and garlic powder and cook until cooked through, 1-2 minutes.
4. Spoon the caesar dressing over the entire leaf. On one end, add all of the toppings and carefully roll the leaf into a wrap. You can use aluminum foil to keep it from rolling out.

Ingredients (1 portion)

1 portion caesar dressing

1 large kale leaf (50g)

1/2 avocado

1/2 tomato

1/8 red onion

100g thinly sliced beef

1 tbsp olive oil

1/4 tsp salt, pepper, garlic powder

Day 13 - Dinner



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Grilled Rosemary Chicken with Veggies

666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Preheat the oven to 190C/410F.
2. Slice the radishes in half, cut the lemon into 6 slices, slice the red onion and cut the chicken thighs into two.
3. Place the chicken thighs on a baking tray that's been covered with parchment paper (to avoid a mess) and scatter the veggies everywhere around the thighs. Place the lemon slices over the chicken, drizzle the whole tray with the olive oil and sprinkle the salt, pepper, rosemary and thyme over everything.
4. Place in oven and bake for 45 minutes. Take out of the oven and serve hot!

Ingredients (3 portions)

3 boneless chicken legs (800g)

14 mini carrots

6 garlic cloves

10 radishes

1/4 red onion

1 lemon

1 tbsp rosemary

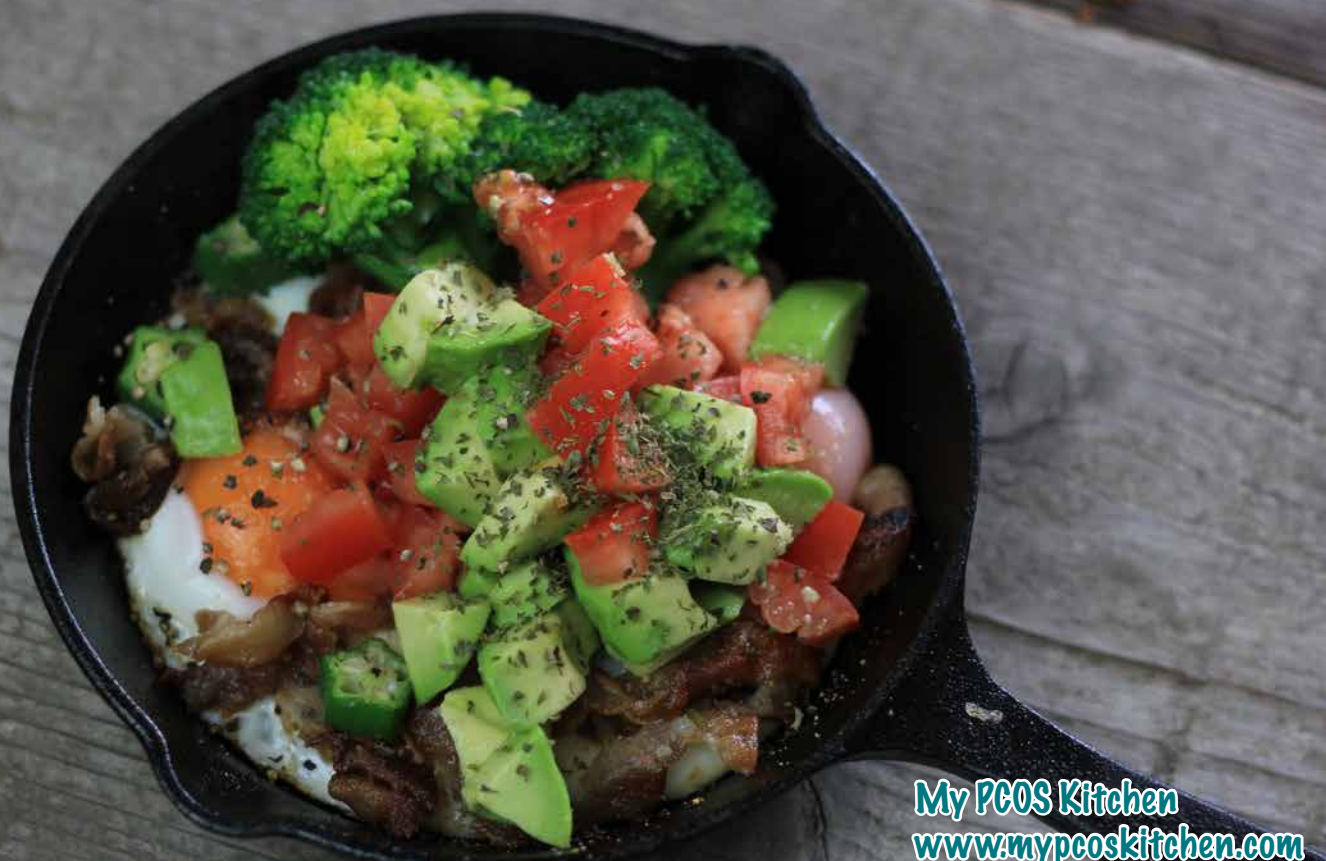
1 tbsp thyme

1/2 tsp salt

1/2 tsp black pepper

2 tbsp olive oil

Day 14 - Breakfast



Eggs in Mini Skillet

491 calories 40.87g fat 15.07g carbs 8.7g fiber 3.90g sugar 19.34g protein

1. Fry the bacon until crispy in a 6" mini skillet. Chop into bits. Dice the tomato and avocado. Slice the okra into a few pieces.
2. In the same mini skillet, rack the eggs open into the bacon grease, cover and cook on low heat until cooked through. Top with the bacon bits, tomato, avocado, okra and broccoli. Sprinkle the salt, pepper and parsley over.

Ingredients (2 portions)

2 slices bacon

2 eggs

1/2 avocado

1 okra

1/2 tomato

3 boiled broccoli (50g)

sprinkle salt, pepper, parsley

Day 14 - Lunch



Grilled Rosemary Chicken with Veggies

666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Heat up 1/3 of the leftovers from Day 13's dinner.

Ingredients (3 portions)
leftover's from Day 13's dinner

Day 14 - Dinner



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Grilled Chicken & Guacamole

677 calories 51.53g fat 14.38g carbs 8.6g fiber 2.83g sugar 41.14g protein

1. Sprinkle the salt and pepper over the chicken thigh on both sides.
2. Heat the olive oil in a cast iron skillet and place the thigh skin side down. Grill on both sides until cooked through, about 4-5 minutes.
3. Dice the tomato and red onion. Mince the garlic and green onion. Mash the avocado and mix with the rest, and add the salt and pepper. Top over chicken along with the broccoli.

Ingredients (1 portion)

- 1 chicken thigh with skin (150g)**
- 1 tbsp olive oil**
- 1/2 tsp salt, pepper**
- 1/2 avocado**
- 1/4 tomato**
- 1 green onion stem**
- 1 slice red onion**
- pinch salt and pepper**
- 3 boiled broccoli (25g)**

Week 3 Menu

	Breakfast	Lunch	Dinner	Nutritional Info
Day 15	Broccoli, Bacon & Poached Egg	Grilled Rosemary Chicken with Veggies Leftovers	Spicy Chicken & Kale Salad	1450 calories 91.88g fat 19.28g net carbs 8.4g sugars 89.73g protein
Day 16	Breakfast Egg Burrito	Spicy Chicken & Kale Salad Leftovers	Chicken Meatballs & Zoodles	1386 calories 98.37g fat 15.81g net carbs 13.24g sugars 88.56 protein
Day 17	Asparagus, Bacon & Poached Egg	Spicy Chicken & Kale Salad Leftovers	Cauli Mash & Chicken Meatballs	1165 calories 75.97g fat 21.19g net carbs 11.61g sugars 86.75g protein
Day 18	Bacon, Spinach & Eggs	Chicken Meatball Lettuce Cups	Chili Con Carne & Veggies	1318 calories 97.49g fat 19.2g net carbs 11.39g sugars 79.86g protein
Day 19	Bacon, Eggs & Asparagus	Chicken Meatball Lettuce Cups	Cauli Mash, Green Beans & Parsley Salmon	1376 calories 95.34g fat 19.19g net carbs 19.66g sugars 96.29g protein
Day 20	Chicken Meatballs & Eggs	Chili Con Carne	Grilled Salmon, Radishes & Green Beans	1277 calories 85.05g fat 21.92g net carbs 12.96g sugars 97.14g protein
Day 21	Bacon, Spinach, Egg & Avocado	Chicken Meatballs & Arugula Salad	Chili Con Carne & Veggies + Egg	1376 calories 108.15g fat 20.34g net carbs 12.32g sugars 70.24g protein

Week 3 Grocery List

Baking

- Blanched Almond Flour [70g]

Canned Goods

- Diced Tomato Can [500 ml]
- Tomato Paste [7 ml]

Condiments

- Dijon Mustard [15ml]
- Lemon Juice [25 ml]
- Mayonnaise [40 ml]
- White Vinegar [32 ml]

Dairy

- Almond Milk Unsweetened [30 ml]
- Egg [12]

Meat

- Bacon [18 slices]
- Chicken Breast [1] {285g} with skin
- Ground Beef [200g]
- Ground Chicken [650g]

Oil

- Chili Oil [1/4 tsp] or cayenne pepper
- Olive Oil [120 ml]

Seafood & Fish

- Salmon Fillet [2] {300g}

Spices

- Black Pepper
- Chili Powder
- Cumin Powder
- Dill
- Garlic Powder
- Himalayan Salt
- Onion Powder
- Oregano
- Paprika Powder
- Parsley
- Rosemary
- Sage
- Thyme

Vegetables

- Arugula [40g]
- Asparagus [10 stems] {200g}
- Avocado [3 hass]
- Basil Leaves [10 leaves]
- Black Olives [1 tbsp]
- Broccoli [2 heads]
- Brown Mushrooms [5]
- Carrot [1/4]
- Cauliflower [1 head] {300g}
- Celery [1/2 stick]
- Cherry Tomatoes [8 cherries]
- Garlic [7 cloves]
- Green Beans [150g]
- Kale [6 leaves] {120g}
- Lettuce [9 leaves]
- Okra [2]
- Onion [3/4]
- Parsley [4 stems]
- Radishes [5]
- Red Cabbage [1/8]
- Shiitake Mushrooms [3]
- Spinach [1 cup]
- Tomato [2]
- Zucchini [1 1/2]

Day 15 - Breakfast



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Broccoli, Bacon & Poached Egg

378 calories 26.48g fat 11.46g carbs 4.6g fiber 2.76g sugar 23.99g protein

1. Put the broccoli to boil in a pot of water and cook until tender. Take the broccoli out and place on a plate.
2. In a different pot, add some water and the white vinegar and put to simmer. Add the egg in a bowl. Swirl the water with a spatula and add the egg in the middle of the whirlpool. Cover and turn off the heat and cook the egg for 6 minutes exactly. Carefully take it out and place over the broccoli.
3. Fry the bacon in a skillet until crispy. Chop it up into a few pieces and place over the broccoli. Drizzle the sesame dressing over everything. Sprinkle the salt, pepper and parsley.

Ingredients (1 portion)

1 egg
140g broccoli (1/3 head)
3 slices bacon (36g cooked)
1 portion sesame dressing
1 tbsp white vinegar
pinch salt, pepper, parsley

Day 15 - Lunch



Grilled Rosemary Chicken with Veggies

666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Reheat 1/3 of the leftovers from Day 14's dinner.

Ingredients (3 portions)

1/3 leftover from day 14's dinner.

Day 15 - Dinner



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Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Slice the chicken breast in half length ways. Sprinkle the salt, pepper, paprika, cumin, garlic and oregano over the chicken breasts. Heat the 1 tsp of olive oil on a grill or use a bbq, and grill your chicken 4-5 minutes until cooked through. Slice in 5-6 pieces.
2. Slice lengthways the zucchini. Heat the 1 tbsp of olive oil in a non-stick frying pan and add the zucchini slices. Sprinkle the salt and pepper over and grill on both sides until browned.
3. Boil the broccoli and okras for 2 minutes. Using a cabbage shredder, shred the red cabbage and thinly slice the watermelon radish. Shred with your hands the kale.
4. In a small bowl, combine the salad dressing ingredients.
5. On a large plate, cover with the kale, the rest of the veggies, and grilled chicken. Pour 1/3 of the spicy dressing over ONE portion.
6. Place the rest in some tupperwares for the next 2 meals and keep the dressing separated so that it doesn't leave the lettuce soggy.

Ingredients (3 portions)

1 chicken breast (285g)
1/4 tsp salt, black pepper, paprika, cumin, garlic powder
1 tsp oregano
2 tsp olive oil
6 small kale leaves (120g)
6-7 broccoli with stem (100g)
2 okra (20g)
100g red cabbage (1/8)
8 cherry tomatoes (65g)
4-5 radishes
1/2 zucchini (70g)
1 tbsp olive oil
pinch salt + pepper

Spicy Salad Dressing:

2 tbsp mayo
1 tbsp lemon juice
1 tbsp olive oil
1/2 tsp vinegar
1/2 tsp paprika powder
1/8 tsp salt
1/4 tsp garlic powder
1 tsp oregano
1/4 tsp chili oil or cayenne pepper

Day 16 - Breakfast



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Breakfast Egg Burrito

538 calories 46.85g fat 10.35g carbs 6.9g fiber 1.96g sugar 20.7g protein

1. In a Japanese rectangular tamagoyaki frying pan, heat 1/2 tsp of olive oil. In a small bowl, whisk the two eggs together for 20 seconds or so. Pour half of the eggs into the pan, spread out evenly and cook on medium-low heat until the egg is cooked through. Carefully slide onto a plate. Repeat this step with the leftover egg mixture.
2. Fry the bacon until crispy.
3. Slice the avocado in a few slices. Slice the tomato in two. Chop the lettuce.
4. On each egg omelette, spread 1/2 tbsp of mayo. Cover with the lettuce, tomato, avocado and bacon and carefully roll up like a burrito.

Ingredients (1 portion)

- 2 eggs**
- 1 tsp olive oil**
- 2 slices bacon**
- 1 lettuce leaf**
- 1/2 avocado**
- 1 slice tomato**
- 1 tbsp mayo**

Day 16 - Lunch



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Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Drizzle 1/2 of the dressing over 1/2 of the leftovers from day 15's dinner and enjoy!

Ingredients (3 portions)

leftover from day 15's dinner

Spicy Salad Dressing:

leftover from day 15's dinner.

Day 16 - Make Ahead



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Chicken & Herbs Meatballs

442 calories 28.34g fat 6.47g carbs 2.2g fiber 1.64g sugar 40.12g protein

1. Preheat the oven to 200C/400F.
2. Mince the garlic, shiitake and onion.
3. Add the olive oil to a frying pan and fry the mushrooms, onions and garlic until tender. Turn off heat and transfer to a bowl.
4. Mix all of the remaining ingredients into a large bowl and mix until well incorporated.
5. Place a parchment paper over a baking tray. Make 12 large meatballs and place them on the baking tray carefully making space between each meatball. The mixture is a bit sticky, but that's fine. It'll cook perfectly in the oven.
6. Add to the oven and cook for 25 minutes. Take out and let cool before keeping them in the fridge.

Ingredients (6 portions)

- 3 shiitake mushrooms (60g)
- 1/2 white onion (90g)
- 2 garlic cloves
- 1 tsp olive oil
- 650g ground chicken
- 2-3 stems chopped parsley (8g)
- 10 leaves chopped basil (5g)
- 1 tsp thyme, sage
- 1/2 tsp onion powder, salt, pepper
- 1/4 tsp garlic powder
- 1 egg
- 70g blanched almond flour

Day 16 - Dinner



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Chicken Meatballs & Zoodles

423 calories 24.2g fat 17.6g carbs 12.1g fiber 8.02g sugar 36.98g protein

1. Spiralize your zucchini. Cut the meatballs into 8.
2. Add the tomatoes, water and spices to a pot and simmer for 5-10 minutes until desired thickness. Add the meat to the tomato sauce, mix well
3. Add the zoodles to the sauce and cook for a minute or so just to get them warmed up.

Ingredients (1 portion)

2 chicken meatballs

1 zucchini

1/2 cup diced tomato can

1/2 cup water

1/4 tsp garlic powder, onion powder, basil, parsley, oregano

Day 17 - Breakfast



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Asparagus, Bacon & Poached Egg

288 calories 21.07g fat 6.65g carbs 3.15g fiber 2.64g sugar 18.21g protein

1. Add some water to a small pot and the white vinegar and put to simmer. Add the egg in a bowl. Swirl the water with a spatula and add the egg inside the middle of the whirlpool. Turn off the heat and cook the egg for 6 minutes exactly. Carefully take it out.
2. Fry the bacon until crispy. Cut the stems off the asparagus and fry into the bacon grease.
3. Place the asparagus onto a plate, cover with the bacon and poached egg and spoon the sesame dressing over. Add a bit of parsley over everything.

Ingredients (1 portion)

6 asparagus

3 slices bacon

1 egg

1 tbsp sesame dressing

1 tbsp white vinegar

pinch parsley

Day 17 - Lunch



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Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Drizzle 1/2 of the dressing over 1/2 of the leftovers from day 15's dinner and enjoy!

Ingredients (3 portions)

leftover from day 15's dinner

Spicy Salad Dressing:

leftover from day 15's dinner.

Day 17 - Dinner



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Cauli Mash & Chicken Meatballs

471 calories 27.81g fat 18.45g carbs 7.46g fiber 5.71g sugar 37.66g protein

1. Mince the garlic cloves.
2. Separate the cauliflower florets. Put some water to boil in a large pot and cover with a metal steamer. Add the cauliflower, cover, and cook for 5-7 minutes until tender. Once tender, transfer to a small bowl, add half the garlic, almond milk, garlic powder, onion powder, 1/2 tsp of salt and pepper. Using a stick blender (or a food processor), puree the cauliflower until desired consistency.
3. Put the green beans to a boil and cook for 5-6 minutes. Take out of the water into a frying pan along with the olive oil and add the leftover minced garlic. Sprinkle the 1/4 tsp of salt and pepper over and cook in the frying pan until the garlic gets crispy.
4. Reheat two chicken meatballs and place on a plate with half the cauliflower mash and half the green beans. Add the parsley over the cauli mash. Keep the other half for tomorrow.

Ingredients (1 portion)

2 chicken meatballs

Ingredients (2 portions)

1 small cauliflower (300g)

3 garlic cloves

100g green beans

1/4 tsp salt

2 tbsp unsweetened almond milk

2 tsp olive oil

1/4 tsp garlic powder, onion powder

1/2 tsp salt, pepper

pinch parsley

Day 18 - Breakfast



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Bacon, Spinach & Eggs

354 calories 25.52g fat 2.39g carbs 0.7g fiber 0.9g sugar 27.14g protein

1. Fry the bacon until crispy.
2. Chop the spinach and add to the frying pan where the bacon was. Cook in the bacon grease until wilted. Crack the eggs open over the spinach, cover and cook for 2-3 minutes until the whites are fully cooked.
3. Sprinkle the salt and pepper over the eggs. Slide down onto a plate with the bacon.

Ingredients (1 portion)

3 slices bacon (40g cooked)

2 eggs

30g spinach

pinch salt, pepper

Day 18 - Lunch



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Chicken Meatball Lettuce Cups

599 calories 44.65g fat 17.04g carbs 9.6g fiber 3.73g sugar 36.57g protein

1. Dice the tomato and avocado. Cut the meatballs into four pieces. Place two lettuce leaves on top of each other.
2. Mix the mayo and dijon in a small bowl. Spread half on each cup.
3. Add half the meatballs, tomato and avocado to each lettuce cup. Add a bit of chopped parsley over everything.

Ingredients (1 portion)

4 lettuce leaves

2 chicken meatballs

1/4 tomato

1/2 avocado

1/2 tbsp mayo

1/2 tbsp dijon

pinch of parsley

Day 18 - Make Ahead



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Chili Con Carne

281 calories 19.91g fat 12.4g carbs 3.6g fiber 5.9g sugar 14.97g protein

Ingredients (3 portions)

1/4 small white onion (35)

1/2 celery stick (5g)

50g brown mushrooms

1/4 carrot (50g)

1 garlic clove

2 tbsp olive oil

200g ground beef

1.5 cups diced tomato can (400g)

1/2 cup water

1 tbsp chili powder

1/2 tbsp oregano, tomato paste

3/4 tsp cumin ground

1/2 tsp thyme

1/4 tsp salt, pepper

1/8 tsp cayenne pepper, garlic powder, onion powder

1. Dice the onion, celery and carrot. Slice the mushrooms. Mince the garlic.
2. Add the olive oil to a large pot and add all of the veggies. Cook for 3-4 minutes until tender. Add the ground beef and cook until browned. Add the rest of the ingredients and mix to combine. Put on low heat and simmer for 10-15 minutes until desired thickness.

Day 18 - Dinner



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Chili Con Carne & Veggies

365 calories 27.32g fat 17.47g carbs 7.2g fiber

6.76g sugar 16.15g protein

Ingredients (1 portion)

1/3 portion chili

1/4 avocado

1 slice tomato

1. Top 1/3 of the chili with sliced avocado and diced tomato. Enjoy!

Day 19 - Breakfast



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Bacon, Eggs & Asparagus

370 calories 27.90g fat 8.3g carbs 5.1g fiber 2.21g sugar 22.75g protein

1. Cut the stems off the asparagus. Slice the avocado. Put some water to boil in a pot and add the asparagus. Cook until tender.
2. Fry the bacon in a skillet until crispy.
3. Crack the egg in the bacon grease and cook it until ready.
4. Add everything to the plate and sprinkle some salt and pepper over everything.

Ingredients (1 portion)

1/4 avocado

3 bacon slices

4 asparagus

1 egg

pinch salt and pepper

Day 19 - Lunch



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Chicken Meatball Lettuce Cups

599 calories 44.65g fat 17.04g carbs 9.6g fiber 3.73g sugar 36.57g protein

1. Dice the tomato and avocado. Cut the meatballs into four pieces. Place two lettuce leaves on top of each other.
2. Mix the mayo and dijon in a small bowl. Spread half on each cup.
3. Add half the meatballs, tomato and avocado to each lettuce cup. Add a bit of chopped parsley over everything.

Ingredients (1 portion)

4 lettuce leaves
2 chicken meatballs
1/4 tomato
1/2 avocado
1/2 tbsp mayo
1/2 tbsp dijon
pinch of parsley

Day 19 - Dinner



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Cauli Mash, Green Beans & Parsley Salmon

407 calories 22.79g fat 14.48g carbs 5.93g fiber 4.72g sugar 36.97g protein

1. Reheat the cauli mash and green beans.
2. Mince the parsley sprig.
3. Rub the salmon filet with the olive oil, salt, pepper, and parsley.
4. Carefully place in a non-stick frying pan and cook on both sides for 2-3 minutes until perfectly cooked through. Once cooked, add the lemon juice over the salmon and serve with the veggies.

Ingredients (1 portion)

cauli mash leftovers from day 17
dinner

green beans leftovers from day 17
dinner

150g salmon filet

1 sprig parsley

1 tsp lemon juice

1 tsp olive oil

pinch salt, pepper

Day 20 - Breakfast



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Chicken Meatballs & Eggs

581 calories 38.34g fat 11.48g carbs 3.7g fiber 4.33g sugar 47.87g protein

1. Put some water to boil in a small pot and add the broccoli. Cook until tender and add to a plate with the cherry tomatoes. Reheat the chicken meatballs and add to the plate.
2. Heat the olive oil in a frying pan and scramble the eggs until perfectly cooked. Sprinkle some salt and pepper over.

Ingredients (1 portion)

2 chicken meatballs

2 eggs

3 broccoli (50g)

3 cherry tomatoes

1 tsp olive oil

pinch salt, pepper

Day 20 - Lunch



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Chili Con Carne

281 calories 19.91g fat 12.4g carbs 3.6g fiber 5.9g sugar 14.97g protein

Ingredients (1 portion)

1/3 portion chili

1. Reheat 1/3 of the chili and enjoy!

Day 20 - Dinner



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Grilled Salmon, Radishes & Green Beans

415 calories 26.8g fat 9.04g carbs 3.7g fiber 2.73g sugar 34.3g protein

1. Rub the salmon with the oil, dill, salt and pepper.
2. Carefully place in a non-stick frying pan and cook on both sides for 2-3 minutes until perfectly cooked through. Once cooked, add the lemon juice over the salmon.
3. Mince the garlic clove. Put the green beans to a boil and cook for 5-6 minutes. Take out of the water into a frying pan along with the olive oil and add the minced garlic. Sprinkle the salt and pepper over and cook in the frying pan until the garlic gets crispy.
4. Heat the olive oil in a frying pan, add the radishes and the rosemary. Cook for 4-5 minutes until crispy. Sprinkle the salt and pepper.
5. Serve everything together on a plate and enjoy.

Ingredients (1 portion)

150g salmon fillet

1 tsp olive oil

1/4 tsp dill, salt, black pepper

1 tsp lemon juice

5 radishes (85g)

1 tsp olive oil

1 tbsp rosemary

pinch salt, pepper, garlic powder

50g green beans

1 garlic clove

2 tsp olive oil

pinch salt, pepper

Day 21 - Breakfast



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Bacon, Spinach, Egg & Avocado

347 calories 31.54g fat 5.76g carbs 4.1g fiber 0.84g sugar 11.51g protein

1. Fry the bacon in a skillet until crispy.
2. Add the spinach in the same skillet and cook in the bacon grease until wilted, and then transfer to a plate. Crack the egg in the bacon grease and cook until the white is cooked.
3. Slice the avocado. Put everything on a plate and sprinkle some salt and pepper over everything.

Ingredients (1 portion)

3 slices bacon

1 egg

30g spinach

1/4 avocado

pinch salt, pepper

Day 21 - Lunch



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Chicken Meatballs & Arugula Salad

587 calories 44.01g fat 14.45g carbs 6.6g fiber 4.16g sugar 36.32g protein

1. Slice the avocado, tomato and chicken meatballs. Put everything on a plate and drizzle the caesar dressing over everything.

Ingredients (1 portion)

- 2 chicken meatballs**
- 40g arugula**
- 1 tbsp sliced black olives**
- 1/4 avocado**
- 1/2 tomato**
- 1 serving caesar dressing**

Day 21 - Dinner



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Chili Con Carne & Veggies + Egg

442 calories 32.6g fat 18.03g carbs 7.2g fiber 7.32g sugar 22.41g protein

1. Top 1/3 of the chili with sliced avocado, diced tomato and sliced hard boiled egg. Enjoy!

Ingredients (1 portion)

- 1/3 portion chili
- 1/4 avocado
- 1 slice tomato
- 1 hard boiled egg

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Thank you

Mira Fioramore