

# BREAKFAST



**Oatmeal with Berries & Chia**

**PORTION:**  
1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup rolled oats,
- 1 cup unsweetened almond milk,
- 1/4 cup blueberries,
- 1 tbsp chia seeds,
- 1/2 tsp cinnamon

**PREP**

Cook oats in almond milk until soft. Stir in chia, top with blueberries, and sprinkle cinnamon.



**Greek Yogurt Parfait**

**PORTION:**  
1 JAR (SERVES 1)

**INGREDIENTS**

- 1/2 cup plain Greek yogurt
- 1/4 cup strawberries
- 2 tbsp walnuts
- 1 tsp flaxseed

**PREP**

Layer yogurt with fruit and nuts. Sprinkle flaxseed on top.



**Avocado Egg Toast**

**PORTION:**  
1 TOAST (SERVES 1)

**INGREDIENTS**

- 1 slice whole-grain bread
- 1/2 avocado
- 1 boiled egg
- sesame seeds

**PREP**

Smash avocado on toast, top with egg slices, sprinkle sesame seeds.



**Chia Seed Pudding**

**PORTION:** 1 SMALL BOWL (SERVES 1)

**INGREDIENTS**

- 3 tbsp chia seeds
- 1 cup almond milk
- 1/2 tsp vanilla
- 5 almonds chopped

**PREP**

Mix chia with almond milk and vanilla. Refrigerate overnight, top with almonds.



**Vegetable Omelet**

**PORTION:** 1 OMELET (SERVES 1)

**INGREDIENTS**

- 2 eggs
- spinach,
- mushrooms
- 1 tsp olive oil

**PREP**

Sauté vegetables in oil, add beaten eggs, cook until set.



**Cottage Cheese & Berries Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup low-fat cottage cheese
- 1/4 cup raspberries
- 1 tbsp sunflower seeds

**PREP**

Combine in a bowl, stir gently.



**Almond Butter Banana Wrap**

**PORTION:** 1 WRAP (SERVES 1)

**INGREDIENTS**

- 1 small whole-grain tortilla
- 1 tbsp almond butter
- 1/2 banana sliced

**PREP**

Smash avocado on toast, top with egg slices, sprinkle sesame seeds.



**Smoothie (Berry Protein)**

**PORTION:** 1 GLASS (SERVES 1)

**INGREDIENTS**

- 1 cup unsweetened almond milk
- 1/2 cup berries
- 1 scoop protein powder

**PREP**

Blend all until smooth



**Egg Muffins**

**PORTION:**  
2 MUFFINS (SERVES 1)

**INGREDIENTS**

- 2 eggs
- diced peppers,
- spinach
- cheese (optional)

**PREP**

Mix ingredients, pour into muffin tin, bake at 180°C for 20 min.



**Overnight Oats**

**PORTION:**  
1 JAR (SERVES 1)

**INGREDIENTS**

- 1/2 cup oats
- 1 cup almond milk
- 1 tbsp chia
- 1/4 apple diced
- 1/4 cup strawberries
- 2 tbsp walnuts
- 1 tsp flaxseed

**PREP**

Mix, refrigerate overnight, stir before eating.



**Peanut Butter Apple Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1 small apple diced
- 1 tbsp peanut butter
- 2 tbsp oats

**PREP**

Mix apple with peanut butter and sprinkle oats.



**Boiled Eggs with Veggie Sticks**

**PORTION:** 2 EGGS + VEGGIES (SERVES 1)

**INGREDIENTS**

- 2 boiled eggs
- cucumber
- celery
- carrot sticks

**PREP**

Slice vegetables serve with eggs.

# BREAKFAST



**Ricotta & Cinnamon Toast**

PORTION:  
1 TOAST (SERVES 1)

INGREDIENTS

- 1 slice whole-grain bread
- 2 tbsp ricotta
- 1/2 tsp cinnamon

PREP

Spread ricotta, sprinkle cinnamon.



**Spinach & Feta Scramble**

PORTION:  
1 SCRAMBLE (SERVES 1)

INGREDIENTS

- 2 eggs
- 1/2 cup spinach
- 2 tbsp feta

PREP

Scramble eggs with spinach, stir in feta at end.



**Pumpkin Porridge**

PORTION:  
1 BOWL (SERVES 1)

INGREDIENTS

- 1/2 cup oats
- 1/4 cup pumpkin puree
- cinnamon
- nutmeg

PREP

Cook oats, stir in pumpkin, add spices.



**Cottage Cheese Pancakes**

PORTION: 3 SMALL  
PANCAKES (SERVES 1)

INGREDIENTS

- 1/2 cup cottage cheese
- 2 eggs
- 2 tbsp oats

PREP

Blend all, cook small pancakes on skillet.



**Nut & Seed Granola Bowl**

PORTION: 1 BOWL  
(SERVES 1)

INGREDIENTS

- 1/4 cup unsweetened granola
- 1/2 cup almond milk
- 1 tbsp pumpkin seeds

PREP

Mix in a bowl.



**Tofu Scramble**

PORTION: 1 SCRAMBLE  
(SERVES 1)

INGREDIENTS

- 100g firm tofu
- turmeric
- spinach
- onion

PREP

Crumble tofu, cook with spices and veggies.



**Egg & Tomato Skillet**

PORTION: 1 SKILLET  
(SERVES 1)

INGREDIENTS

- 2 eggs
- chopped tomato
- onion
- parsley

PREP

Sauté onion, add tomato, crack eggs, cook until set.



**Berry Cottage Bowl**

PORTION: 1 BOWL  
(SERVES 1)

INGREDIENTS

- 1/2 cup cottage cheese
- 1/2 cup berries
- 1 tsp flaxseed

PREP

Mix together, serve chilled.



**Avocado Smoothie**

PORTION:  
1 GLASS (SERVES 1)

INGREDIENTS

- 1/2 avocado
- 1 cup unsweetened almond milk
- 1 tsp cocoa powder

PREP

Blend until creamy.



**Quinoa Porridge**

PORTION:  
1 BOWL (SERVES 1)

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup almond milk, cinnamon

PREP

Heat together, stir in cinnamon.



**Nut Butter Oatmeal**

PORTION: 1 BOWL  
(SERVES 1)

INGREDIENTS

- 1/2 cup oats
- 1 tbsp almond butter
- 1 tsp chia

PREP

Cook oats, swirl almond butter, sprinkle chia.



**Egg White Veggie Scramble**

PORTION: 1 SCRAMBLE  
(SERVES 1)

INGREDIENTS

- 3 egg whites
- diced zucchini
- mushrooms

PREP

Cook vegetables, add egg whites, scramble.

# LUNCH



**Grilled Chicken Salad**

**PORTION:**  
1 PLATE (SERVES 1)

**INGREDIENTS**

- 100g grilled chicken breast
- mixed greens
- cucumber
- tomato
- 1 tbsp olive oil
- lemon juice

**PREP**

Grill chicken until cooked. Slice and place on greens. Drizzle with oil and lemon.



**Lentil & Veggie Soup**

**PORTION:**  
1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup lentils,
- carrots
- celery
- onion
- herb
- slow-sodium broth

**PREP**

Sauté onion, add lentils, vegetables, and broth. Simmer 30 min.



**Tuna & Quinoa Bowl**

**PORTION:**  
1 TOAST (SERVES 1)

**INGREDIENTS**

- 1 can tuna (in water)
- 1/2 cup cooked quinoa
- spinach
- 1 tsp olive oil

**PREP**

Combine all, drizzle oil, serve chilled or warm.



**Turkey & Avocado Wrap**

**PORTION:** 1 WRAP (SERVES 1)

**INGREDIENTS**

- 1 whole-grain tortilla
- 80g turkey breast slices
- 1/4 avocado
- lettuce

**PREP**

Layer turkey, avocado, lettuce. Roll tightly.



**Salmon & Broccoli Plate**

**PORTION:** 1 PLATE (SERVES 1)

**INGREDIENTS**

- 100g salmon fillet
- 1 cup steamed broccoli
- 1/2 cup quinoa

**PREP**

Bake salmon with lemon. Serve with broccoli and quinoa.



**Chickpea Salad Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup chickpeas,
- cucumber
- tomato
- parsley
- olive oil

**PREP**

Mix chickpeas with diced vegetables. Drizzle olive oil and herbs.



**Eggplant & Chicken Stir Fry**

**PORTION:** 1 PLATE (SERVES 1)

**INGREDIENTS**

- 100g chicken strips
- 1 cup diced eggplant
- 1 tsp olive oil
- garlic

**PREP**

Stir fry eggplant in oil, add chicken, cook until done.



**Shrimp & Veggie Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 20g shrimp
- zucchini noodles
- garlic
- olive oil

**PREP**

Sauté shrimp with garlic, toss with zucchini noodles.



**Spinach & Lentil Stew**

**PORTION:**  
1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup lentils
- spinach
- onion
- garlic
- cumin
- broth

**PREP**

Cook lentils in broth. Add sautéed onion, garlic, and spinach.



**Turkey Chili**

**PORTION:**  
1 BOWL (SERVES 1)

**INGREDIENTS**

- 100g ground turkey
- diced tomato
- kidney beans (small portion)
- chili spices

**PREP**

Cook turkey, add beans, tomato, spices. Simmer 20 min.



**Grilled Veggie Plate**

**PORTION:** 1 PLATE (SERVES 1)

**INGREDIENTS**

- Zucchini
- bell peppers
- eggplant
- 1 tbsp olive oil

**PREP**

Grill vegetables, drizzle with olive oil.



**Chicken & Brown Rice Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 100 g grilled chicken
- 1/2 cup brown rice
- steamed carrots

**PREP**

Grill chicken, serve with rice and carrots.

# LUNCH



**Greek Salad with Feta**

**PORTION:**  
1 BOWL (SERVES 1)

**INGREDIENTS**

- tomato
- cucumber
- olives
- 2 tbsp feta
- oregano

**PREP**

Chop vegetables, top with feta and oregano.



**Zucchini Lasagna**

**PORTION:**  
1 SLICE (SERVES 1)

**INGREDIENTS**

- sliced zucchini
- ground turkey
- tomato sauce
- light mozzarella

**PREP**

Layer zucchini, sauce, and turkey. Bake 25 min at 180°C.



**Mediterranean Sardine Plate**

**PORTION:**  
1 PLATE (SERVES 1)

**INGREDIENTS**

- 1 can sardines in olive oil
- salad greens
- lemon

**PREP**

Plate sardines with salad. Drizzle lemon juice.



**Quinoa & Black Bean Bowl**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup cooked quinoa
- 1/2 cup black beans
- corn
- 2 tomato
- cilantro

**PREP**

Mix all, season with lime.



**Chicken Soup with Vegetables**

**PORTION:** 1 PLATE (SERVES 1)

**INGREDIENTS**

- chicken breast
- carrots
- celery
- parsley
- low-sodium broth

**PREP**

Boil chicken, shred, return to broth with vegetables.



**Egg Salad with Lettuce Wraps**

**PORTION:** 2 WRAPS (SERVES 1)

**INGREDIENTS**

- 2 boiled eggs chopped
- 1 tbsp Greek yogurt
- lettuce leaves

**PREP**

Mix eggs with yogurt, wrap in lettuce leaves.



**Grilled Tofu Salad**

**PORTION:** 1 PLATE (SERVES 1)

**INGREDIENTS**

- 100 g firm tofu
- grilled arugula
- tomato
- 1 tsp sesame seeds

**PREP**

Grill tofu, slice, place on arugula, sprinkle sesame.



**Stuffed Bell Peppers**

**PORTION:** 2 HALVES (SERVES 1)

**INGREDIENTS**

- Bell pepper,
- 1/2 cup quinoa
- spinach
- onion
- garlic

**PREP**

Stuff peppers with quinoa mix, bake 25 min.



**Grilled Chicken Caesar Salad (Light)**

**PORTION:**  
1 PLATE (SERVES 1)

**INGREDIENTS**

- 100g chicken breast
- romaine lettuce
- 1 tbsp light Caesar dressing
- parmesan shavings

**PREP**

Grill chicken, toss with lettuce and dressing.



**Mackerel Salad Plate**

**PORTION:**  
1 PLATE (SERVES 1)

**INGREDIENTS**

- 1 grilled mackerel fillet
- lettuce
- cucumber
- tomato

**PREP**

Grill mackerel, place on salad base.



**Zoodle Stir Fry**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- zucchini noodles
- chicken strips
- garlic
- soy sauce (low sodium)

**PREP**

Stir fry chicken and zoodles, season lightly.



**Eggplant & Chickpea Curry**

**PORTION:** 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1 cup eggplant cubes
- 1/2 cup chickpeas
- curry spices
- tomatoes

**PREP**

Cook eggplant in tomatoes with spices, add chickpeas, simmer 15 min.

# DINNER



## Baked Salmon with Vegetables

PORTION: 1 FILLET + SIDES  
(SERVES 1)

### INGREDIENTS

- 120 g salmon
- broccoli
- zucchini
- 1 tsp olive oil
- lemon

### PREP

Bake salmon with lemon 15–20 min. Steam or roast vegetables.



## Grilled Chicken & Cauliflower Mash

PORTION:  
1 PLATE (SERVES 1)

### INGREDIENTS

- 120 g chicken breast
- 1 cup cauliflower florets
- 1 tsp olive oil

### PREP

Grill chicken. Steam cauliflower, mash with olive oil.



## Turkey Meatballs with Zucchini Noodles

PORTION: 4 MEATBALLS  
+ NOODLES (SERVES 1)

### INGREDIENTS

- 100g ground turkey
- zucchini noodles
- tomato sauce (low sodium)

### PREP

Form meatballs, bake. Serve with zucchini noodles and sauce.



## Mediterranean Grilled Fish

PORTION: 1 FILLET  
(SERVES 1)

### INGREDIENTS

- 120g white fish (cod, haddock)
- olive oil
- garlic parsley

### PREP

Marinate fish with garlic and herbs. Grill until flaky.



## Vegetable Stir-Fry with Tofu

PORTION: 1 BOWL  
(SERVES 1)

### INGREDIENTS

- 100g tofu
- broccoli
- bell peppers
- soy sauce (low sodium)

### PREP

Stir fry tofu and vegetables in 1 tsp olive oil. Season lightly.



## Beef & Green Bean Skillet

PORTION: 1 SKILLET  
(SERVES 1)

### INGREDIENTS

- 120g lean beef strips
- 1 cup green beans
- garlic
- sesame seeds

### PREP

Sauté beef with garlic, add beans, cook until tender.



## Stuffed Zucchini Boats

PORTION: 1 WRAP  
(SERVES 1)

### INGREDIENTS

- 1 zucchini
- 1/2 cup quinoa
- diced tomato
- turkey mince

### PREP

Hollow zucchini, stuff with filling, bake 25 min.



## Eggplant Parmesan (Light)

PORTION: 1 SLICE  
(SERVES 1)

### INGREDIENTS

- eggplant slices
- tomato sauce
- light mozzarella

### PREP

Bake eggplant with sauce and cheese until golden.



## Chicken & Spinach Curry

PORTION:  
1 BOWL (SERVES 1)

### INGREDIENTS

- 120g chicken breast
- spinach
- curry spices
- tomato puree

### PREP

Cook chicken with spices, add tomato and spinach, simmer 15 min.



## Shrimp & Asparagus Plate

PORTION:  
1 PLATE (SERVES 1)

### INGREDIENTS

- 120g shrimp
- 1 cup asparagus
- garlic
- olive oil

### PREP

Sauté shrimp and asparagus in oil with garlic.



## Lentil & Vegetable Stew

PORTION:  
1 BOWL (SERVES 1)

### INGREDIENTS

- 1/2 cup lentils
- carrots
- celery
- onion
- broth

### PREP

Cook lentils in broth, add diced vegetables, simmer 30 min.



## Turkey & Cabbage Stir Fry

1 BOWL (SERVES 1)

### INGREDIENTS

- 120g ground turkey
- shredded cabbage
- soy sauce (low sodium)

### PREP

Cook turkey, add cabbage, season lightly.

# DINNER



**Grilled Mackerel with Spinach Salad**

PORTION: 1 FILLET + SALAD (SERVES 1)

**INGREDIENTS**

- 1 mackerel fillet
- spinach
- olive oil
- lemon

**PREP**

Grill fish, serve with spinach salad.



**Quinoa & Veggie Stir Fry**

PORTION: 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1/2 cup quinoa
- broccoli
- carrot
- peas, garlic

**PREP**

Cook quinoa, stir fry with vegetables and garlic.



**Chicken & Zoodle Soup**

PORTION: 1 BOWL (SERVES 1)

**INGREDIENTS**

- chicken breast
- zucchini noodles
- celery
- broth

**PREP**

Boil chicken in broth, shred, add zucchini noodles.



**Grilled Lamb Chops with Roasted Veggies**

PORTION: 2 CHOPS + SIDES (SERVES 1)

**INGREDIENTS**

- 2 lamb chops
- carrots
- zucchini
- rosemary

**PREP**

Season lamb, grill. Roast vegetables in oven.



**Cauliflower Fried Rice**

PORTION: 1 BOWL (SERVES 1)

**INGREDIENTS**

- 1 cup riced cauliflower
- peas
- egg
- green onion
- soy sauce (low sodium)

**PREP**

Sauté cauliflower rice with vegetables, stir in scrambled egg.



**Grilled Chicken with Brussels Sprouts**

PORTION: 1 PLATE (SERVES 1)

**INGREDIENTS**

- 120g chicken breast
- 1 cup Brussels sprouts
- olive oil

**PREP**

Grill chicken, roast Brussels sprouts.



**Baked Cod with Tomato & Olive Topping**

PORTION: 1 FILLET (SERVES 1)

**INGREDIENTS**

- 120g cod
- cherry tomatoes
- black olives
- oregano

**PREP**

Bake cod with tomato and olives 20 min.



**Eggplant & Chickpea Stew**

PORTION: 1 BOWL (SERVES 1)

**INGREDIENTS**

- eggplant cubes
- 1/2 cup chickpeas
- tomato paste
- cumin

**PREP**

Prep: Cook eggplant with tomato and spices, add chickpeas.



**Turkey Meatloaf Slice**

PORTION: 1 SLICE (SERVES 1)

**INGREDIENTS**

- 120g ground turkey
- onion
- oats
- egg

**PREP**

Mix ingredients, bake in loaf pan, slice for serving.



**Grilled Sardines with Mixed Greens**

PORTION: 1 PLATE (SERVES 1)

**INGREDIENTS**

- 3 sardines
- lettuce
- cucumber
- olive oil

**PREP**

Grill sardines, serve with fresh salad.



**Chicken & Eggplant Skillet**

PORTION: 1 SKILLET (SERVES 1)

**INGREDIENTS**

- 120g chicken strips
- 1 cup eggplant
- garlic
- olive oil

**PREP**

Cook chicken and eggplant together with garlic.



**Vegetable & Bean Chili**

PORTION: 1 BOWL (SERVES 1)

**INGREDIENTS**

- black beans
- zucchini
- peppers
- tomato
- chili spices

**PREP**

Simmer beans with vegetables and spices for 30 min.