Meal Plan

	Monday
Breakfast	Egg, Ham, Cheese and Pickles, **0.5 serving (162 g)**
Lunch	Bacon & Chicken Stir-Fry with Salad, **0.5 serving (202 g)**
Dinner	Salmon and Egg Salad, **1 serving (350 g)**
Snacks	Sardines, Canned in Oil, **0.5 can (3.75 oz) (46 g)**

	Tuesday
Breakfast	Fried Egg, **1.5 large (69 g)** Parma Ham (Prosciutto), **28 g**
Lunch	Baked Trout with Olives, Feta Cheese, and Salad, **0.5 serving (207 g)**
Dinner	Baked Salmon with Lemon and Asparagus, **1 serving (368 g)**
Snacks	Egg, Ham, Cheese and Pickles, **0.5 serving (162 g)**

	Wednesday
Breakfast	Bacon, Eggs, and Tomato Breakfast, **0.5 serving (135 g)**
Lunch	Salmon Avocado Spinach with Blue Cheese, **0.5 serving (147 g)**
Dinner	Chicken Roast with Onion and Olives Salad, **1 serving (570 g)**
Snacks	Boiled Eggs, **1 large (50 g)**

	Thursday
Breakfast	Fried Egg, **3 large (138 g)** Ham, Lunchmeat, **3 slice (69 g)**
Lunch	Baked Trout with Olives, Feta Cheese, and Salad, **0.5 serving (207 g)**
Dinner	Asparagus Steak with Butter, **0.5 serving (194 g)**
Snacks	Smoked Salmon and Cream Cheese on Cloud Breads, **1 serving (224 g)**

	Friday
Breakfast	Fried Egg, **1.5 large (69 g)** Ham, Lunchmeat, **1.5 slice (35 g)**
Lunch	Shrimp and Bacon Skewers, **0.5 serving (188 g)**
Dinner	Chicken Roast with Onion and Olives Salad, **0.5 serving (285 g)**
Snacks	Egg and Tomato Omelette, **1 serving (229 g)**

	Saturday
Breakfast	Fried Egg, **3 large (138 g)** Parma Ham (Prosciutto), **56 g**
Lunch	Baked Trout with Olives, Feta Cheese, and Salad, **0.5 serving (207 g)**
Dinner	Chicken Cauliflower Casserole, **0.5 serving (191 g)**
Snacks	Sardines, Canned in Oil, **0.5 can (3.75 oz) (46 g)**

	Sunday
Breakfast	Fried Egg, **1 large (46 g)** Bacon, **1 slice (26 g)**
Lunch	Salmon Avocado Spinach with Blue Cheese, **1 serving (294 g)**
Dinner	Chicken Roast with Onion and Olives Salad, **0.5 serving (285 g)**
Snacks	Egg and Tomato Omelette, **0.5 serving (115 g)**

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
Mo	Egg, Ham, Cheese and Pickles, 0.5 serving (162 g)	Bacon & Chicken Stir-Fry with Salad, 0.5 serving (202 g)	Salmon and Egg Salad, 1 serving (350 g)	Sardines, Canned in Oil, 0.5 can (3.75 oz) (46 g)
Tu	Fried Egg, 1.5 large (69 g) Parma Ham (Prosciutto), 28 g	Baked Trout with Olives, Feta Cheese, and Salad, 0.5 serving (207 g)	Baked Salmon with Lemon and Asparagus, 1 serving (368 g)	Egg, Ham, Cheese and Pickles, 0.5 serving (162 g)
We	Bacon, Eggs, and Tomato Breakfast, 0.5 serving (135 g)	Salmon Avocado Spinach with Blue Cheese, 0.5 serving (147 g)	Chicken Roast with Onion and Olives Salad, 1 serving (570 g)	Boiled Eggs, 1 large (50 g)
Th	Fried Egg, 3 large (138 g) Ham, Lunchmeat, 3 slice (69 g)	Baked Trout with Olives, Feta Cheese, and Salad, 0.5 serving (207 g)	Asparagus Steak with Butter, 0.5 serving (194 g)	Smoked Salmon and Cream Cheese on Cloud Breads, 1 serving (224 g)
Fr	Fried Egg, 1.5 large (69 g) Ham, Lunchmeat, 1.5 slice (35 g)	Shrimp and Bacon Skewers, 0.5 serving (188 g)	Chicken Roast with Onion and Olives Salad, 0.5 serving (285 g)	Egg and Tomato Omelette, 1 serving (229 g)
Sa	Fried Egg, 3 large (138 g) Parma Ham (Prosciutto), 56 g	Baked Trout with Olives, Feta Cheese, and Salad, 0.5 serving (207 g)	Chicken Cauliflower Casserole, 0.5 serving (191 g)	Sardines, Canned in Oil, 0.5 can (3.75 oz) (46 g)
Su	Fried Egg, 1 large (46 g) Bacon, 1 slice (26 g)	Salmon Avocado Spinach with Blue Cheese, 1 serving (294 g)	Chicken Roast with Onion and Olives Salad, 0.5 serving (285 g)	Egg and Tomato Omelette, 0.5 serving (115 g)

Macronutrients Analysis

Day	Energy	Protein	Total lipid (fat)	Carbohydrate
Monday	1262.67 kcal	106.84 g	84.64 g	12.8 g
Tuesday	1249.14 kcal	102.22 g	86.47 g	13.9 g
Wednesday	1316.71 kcal	135.06 g	78.52 g	12.95 g
Thursday	1274.94 kcal	114.75 g	83.18 g	13.32 g
Friday	1203.47 kcal	99.8 g	82.87 g	12.57 g
Saturday	1166.09 kcal	94.96 g	80.74 g	10.44 g
Sunday	1219.99 kcal	100.12 g	84.37 g	14.59 g

Recipes

Baked Trout with Olives, Feta Cheese, and Salad



Baked Trout with Olives, Feta Cheese, and Salad 1 serving. Ready in 25 min.

Ingredients
Rainbow Trout, **1 whole (300 g)**
Olives, **10 portion (30 g)**
Mixed greens with spinach, **1 portion(s) (25 g)**
Olive Oil, **1 portion (15 g)**
Balsamic Vinegar, **1 portion (16 g)**
Feta Cheese, **1 oz (28 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Bake the trout for 15–18 minutes
3. Prepare a side salad by mixing leaves with olives and feta cheese into cubes.
4. Add a dressing of vinegar and oil to the salad.
5. Eat the fish together with the salad.

Bacon & Chicken Stir-Fry with Salad



Bacon & Chicken Stir-Fry with Salad 1 serving. Ready in 15 min.

Ingredients
Chicken Breast, **1 portion(s) (200 g)**
Bacon, **3 slice (78 g)**
Green Leaf Lettuce, **5 leaf inner (25 g)**
Onion, Fresh, **1 portion (70 g)**
Olive Oil, **1 portion (15 g)**
Balsamic Vinegar, **1 portion (16 g)**

Instructions/Preparation
1. Cut the chicken breast into small cubes.
2. Cut the bacon strips into small pieces.
3. Chop the onion into small pieces.
4. Heat a non-stick pan and add the bacon for 1 minute so that it releases some of its fat.
5. Remove the bacon from the pan and add the onion. Let the onion cook on the bacon's fat for 2–3 minutes.
6. Add the chicken pieces and cook for a further 2–3 minutes until slightly brownish.
7. Add the bacon back to the pan and continue to cook all the ingredients in the pan for 5 more minutes.
8. Wash some lettuce leaves and place in a serving plate.
9. Add 1 tbsp of olive oil and another tbsp of balsamic vinegar to the salad leaves.
10. Take the chicken, bacon, and onion out of the pan and serve whilst hot along the lettuce leaves.

Extra comments/notes
Bacon contains a lot of fat, so you can easily cook on a non-stick pan without the need to add extra oil when you are cooking with bacon.

Bacon, Eggs, and Tomato Breakfast



Bacon, Eggs, and Tomato Breakfast 1 serving. Ready in 15 min.

Ingredients
Raw Egg, **2 egg (86 g)**
Bacon, **2 slice (52 g)**
Tomato, Fresh, **1 portion (91 g)**
Cheddar Cheese, **1 portion (28 g)**
Coconut Oil, **1 tbsp (13 g)**

Instructions/Preparation
1. Heat the coconut oil in a non-stick pan.
2. Crack two eggs into the pan and fry at medium heat.
3. Add the bacon to the pan and cook for 5 minutes, making sure the eggs do not stick to the pan.
4. Cut a tomato in half (or in 4 slices if you prefer) and add to the pan making sure the tomato makes contact with the surface of the pan.
5. After one minute, flip the tomatoes so that they get cooked on both sides.
6. Serve hot with a small piece of cheddar cheese on the side.

Egg, Ham, Cheese and Pickles



Egg, Ham, Cheese and Pickles 1 serving. Ready in 15 min.

Ingredients
Raw Egg, **2 egg (86 g)**
Pickles, cucumber, sour, **2 small (74 g)**
Tomato, Fresh, **1 portion (61 g)**
Ham, Lunchmeat, **3 slice (69 g)**
Cheddar Cheese, **1 portion (28 g)**
Olive Oil, **1 portion (5 g)**

Instructions/Preparation
1. Fry the eggs in a non-stick pan with a tsp of olive oil.
2. Chop the pickles and tomato into pieces
3. Serve the eggs with ham, cheese, and the pickle and tomato salad.

Salmon and Egg Salad



Salmon and Egg Salad 1 serving. Ready in 20 min.

Ingredients
Salmon, Fresh, **1 portion (198 g)**
Fried Egg, **2 large (92 g)**
Olive Oil, **1 portion (15 g)**
Spinach, **1 cups (29 g)**
Balsamic Vinegar, **1 portion (16 g)**

Instructions/Preparation
1. Heat half the oil in a non-stick pan.
2. Place the salmon in the pan once it is hot and cook for 2 minutes on each side.
3. Make space in the pan and crack two eggs on the side of the salmon.
4. Cook for 5–7 minutes, flipping the salmon from time to time and ensuring the eggs do not get stuck to the pan.
3. Serve with fresh spinach leaves, drizzled with the rest of the olive oil and balsamic vinegar.

Smoked Salmon and Cream Cheese on Cloud Breads



Smoked Salmon and Cream Cheese on Cloud Breads 2 servings. Ready in 1 min.

Ingredients
Raw Egg, **5 egg (215 g)**
Leavening agents, cream of tartar, **0.5 tsp (2 g)**
Cream Cheese (for dough), **4 oz (113 g)**
Table salt, **1 teaspoon (5 g)**
Salmon, Smoked, **2 oz, boneless (56 g)**
Cream Cheese (for spread), **2 oz (57 g)**

Instructions/Preparation
1. Preheat the oven to 150ºC/302ºF.
2. Separate the egg yolks and egg whites into two containers.
3. Whisk the egg whites with the cream of tartar using a fork or mixer until creating a foam.
4. Mix the egg yolks with the cream cheese.
5. Gently combine the contents of the two containers.
6. Place the dough on an oven tray, spreading the dough over the surface to form small circles (5cm or 2 inches in diameter).
7. Bake until the dough gets brown.
8. Spread Cream cheese over the baked cloud bread.
9. Add smoked salmon to the bread.

Extra comments/notes
You can prepare a few cloud breads in bulk, keep them in the fridge, and consume them over the week.

Egg and Tomato Omelette



Egg and Tomato Omelette 1 serving. Ready in 12 min.

Ingredients
Olive Oil, **1 portion (15 g)**
Raw Egg, **3 egg (129 g)**
Tomato, Fresh, **0.5 portion (75 g)**
Parsley, **1 portion (10 g)**

Instructions/Preparation
1. Beat the eggs in a bowl using a fork or mixer until forming a consistent mix.
2. Chop the parsley and mix with the eggs.
3. Heat the olive oil in a pan
4. Pour the eggs into the pan, stirring frequently to form an omelette.
5. Chop the cherry tomatoes in half and add to the pan on the side so that they make contact with the pan's surface.
6. Cook for 6–7 minutes and serve hot.

Shrimp and Bacon Skewers

Shrimp and Bacon Skewers 1 serving. Ready in 25 min.

Ingredients
Shrimps, **1 portion (85 g)**
Bacon, **4 slice (104 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Olive Oil, **1 portion (15 g)**
Arugula, **1 cup (28 g)**
Olives, **10 small (30 g)**
Balsamic Vinegar, **1 portion (16 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Chop the mushrooms into halves or quarters (depending on size) to match the size of the shrimps more or less.
3. Cut the bacon slices into 4 or 5 pieces each, aiming at having one flat square of bacon per shrimp more or less.
4. Put together a few skewers by alternating shrimp, bacon, and mushrooms.
5. Bake the skewers in the oven for 15–18 minutes (or until you see the ingredients are cooked thoroughly).
6. Serve the skewers with some arugula leaves and olives, drizzled with olive oil and balsamic vinegar.

Asparagus Steak with Butter

Asparagus Steak with Butter 1 serving. Ready in 15 min.

Ingredients
Rib Eye Beef Steak, **1 steak (223 g)**
Butter, No Salt, **2 portion (28 g)**
Black Pepper, **1 tsp, ground (2 g)**
Asparagus, Fresh, **1 portion (134 g)**
Table salt, **1 portion (1 g)**

Instructions/Preparation
1. Heat half of the butter over medium heat in a non-stick pan
2. Add the asparagus and steak to the pan, side-by-side, and cook for 6–8 minutes, depending on how you like your steak.
3. Serve the steak with the remaining butter on top, melting with the heat of the meat.
4. Add some black pepper over your steak and a pinch of salt to the asparagus.

Salmon Avocado Spinach with Blue Cheese

Salmon Avocado Spinach with Blue Cheese 1 serving. Ready in 15 min.

Ingredients
Salmon, Fresh, **1 portion (125 g)**
Avocado, **0.5 avocado (79 g)**
Spinach, **2 cups (58 g)**
Olive Oil, **1 portion (15 g)**
Blue Cheese, **1 portion (17 g)**

Instructions/Preparation
1. Heat the oil in a non-stick pan.
2. Add the salmon fillet and spinach to the pan, side-by-side, ensuring they do not overlap.
3. Cook the ingredients over medium heat for around 8–10 minutes, flipping the salmon steak every 2 minutes to ensure it gets cooked on both sides.
4. Add the cheese to the spinach for the last 3 minutes of cooking and mix it well until it melts.
5. Cut the avocado into slices.
6. Serve the salmon with avocado slices on top, next to the spinach with cheese.

Extra comments/notes
You can replace the blue cheese with yellow cheese if you find the flavor to be too strong for you.

Chicken Cauliflower Casserole

Chicken Cauliflower Casserole 2 servings. Ready in 45 min.

Ingredients
Chicken, Dark Meat (Drumsticks), **2 drumstick without skin (244 g)**
Cheddar Cheese, **1 cups (112 g)**
Cream, fluid, heavy whipping, **1 portion (120 g)**
Cauliflower, **5 portion (140 g)**
Leeks, **0.5 portion (45 g)**
Tomato, Fresh, **2 portion (56 g)**
Butter, No Salt, **2 portion (28 g)**
Table salt, **1 portion (1 g)**
Black Pepper, **1 tsp, ground (2 g)**
Sauce, pesto, classico, basil pesto, ready-to-serve, **1 portion (16 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Heat the butter in a non-stick pan.
3. Cut the chicken into pieces.
4. Cook the chicken in the pan for 6–8 minutes, until golden brown.
5. Add salt and pepper to the chicken.
6. Mix the pesto and cream together.
7. Add the chicken to a baking dish and pour the cream inside.
8. Chop the Cauliflower, tomato, and leek into pieces.
9. Add the vegetable pieces to the oven tray on top.
10. Grate the cheese (or cut in small pieces) and add on top of the tray.
11. Bake for 25–30 minutes until fully cooked.

Chicken Roast with Onion and Olives Salad

Chicken Roast with Onion and Olives Salad 2 servings. Ready in 100 min.

Ingredients
Whole Chicken, **1 whole (978 g)**
Butter, No Salt, **1 portion (14 g)**
Garlic, **1 garlic clove (4 g)**
Parsley, **2 portion (8 g)**
Onion, Fresh, **1 portion (28 g)**
Olives, **20 small (60 g)**
Olive Oil, **1 portion (15 g)**
Arugula, **1 cup (28 g)**
Balsamic Vinegar, **1 portion (5 g)**

Instructions/Preparation
For the chicken:
1. Preheat the oven to 180ºC/356ºF.
2. When the oven is hot, place the whole chicken inside.
3. Chop the garlic and parsley and mash together with the butter with the help of a fork.
4. Bake the chicken for 60 minutes. Then, open the oven and rub the butter, garlic, and parsley against the chicken until it melts.
5. Continue cooking the chicken for another 30 minutes.
6. Cut the chicken in pieces once cooked and serve with salad

For the salad:
1. Chop the onion into tiny pieces.
2. Mix the onion with arugula leaves and olives,
3. Drizzle with olive oil and balsamic vinegar.

Extra comments/notes
You can remove the
It is recommended to use an oven bag or foil to prevent the oven walls from getting dirty after cooking.

Baked Salmon with Lemon and Asparagus

Baked Salmon with Lemon and Asparagus 1 serving. Ready in 25 min.

Ingredients
Salmon, Fresh, **1 portion (170 g)**
Butter, No Salt, **2 portion (56 g)**
Asparagus, Fresh, **6 portion (120 g)**
Lemon, **3 portion (21 g)**
Black Pepper, **0.5 tsp, ground (1 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Place the salmon and asparagus spears in a baking container
3. Add butter over the salmon and asparagus.
4. Place the lemon slices over the salmon fillet
5. Add the black pepper on top.
6. Bake for 18–20 minutes.
7. Serve and eat immediately. Add the melted butter from the baking container over the food in your plate.

Shopping List

Dairy and Egg Products

- Raw Egg, **10.01 egg (431 g)**
- Cheddar Cheese, **1.5 portion (42 g)**
- Fried Egg, **12 large (552 g)**
- Feta Cheese, **1.5 oz (42 g)**
- Blue Cheese, **1.5 portion (26 g)**
- Cheddar Cheese, **0.25 cups (28 g)**
- Cream, fluid, heavy whipping, **0.25 portion (30 g)**
- Boiled Eggs, **1 large (50 g)**
- Cream Cheese (for dough), **3 oz (85 g)**

Vegetables and Vegetable Products

- Pickles, cucumber, sour, **2 small (74 g)**
- Tomato, Fresh, **1 portion (61 g)**
- Tomato, Fresh, **0.5 portion (46 g)**
- Green Leaf Lettuce, **2.5 leaf inner (13 g)**
- Onion, Fresh, **0.5 portion (35 g)**
- Spinach, **4 cups (116 g)**
- Mushrooms, Fresh, **0.5 cups (49 g)**
- Arugula, **1.5 cup (42 g)**
- Asparagus, Fresh, **6 portion (120 g)**
- Garlic, **1 garlic clove (4 g)**
- Parsley, **2 portion (8 g)**
- Onion, Fresh, **1 portion (28 g)**
- Asparagus, Fresh, **0.5 portion (67 g)**
- Cauliflower, **1.25 portion (35 g)**
- Leeks, **0.13 portion (11 g)**
- Tomato, Fresh, **0.5 portion (14 g)**
- Tomato, Fresh, **0.75 portion (112 g)**
- Parsley, **1.5 portion (15 g)**

Sausages and Luncheon Meats

- Ham, Lunchmeat, **7.5 slice (173 g)**

Fats and Oils

- Olive Oil, **1 portion (5 g)**
- Coconut Oil, **0.5 tbsp (7 g)**
- Olive Oil, **7.5 portion (113 g)**
- Butter, No Salt, **2 portion (56 g)**
- Butter, No Salt, **2.5 portion (35 g)**

Pork Products

- Parma Ham (Prosciutto), **84 g**
- Bacon, **5.5 slice (143 g)**

Poultry Products

- Chicken Breast, **0.5 portion(s) (100 g)**

- Whole Chicken, **1 whole (978 g)**
- Chicken, Dark Meat (Drumsticks), **0.5 drumstick without skin (61 g)**

Spices and Herbs

- Balsamic Vinegar, **3.5 portion (56 g)**
- Black Pepper, **1.25 tsp, ground (3 g)**
- Balsamic Vinegar, **1 portion (5 g)**
- Table salt, **0.75 portion (1 g)**
- Table salt, **0.5 teaspoon (3 g)**

Finfish and Shellfish Products

- Rainbow Trout, **1.5 whole (450 g)**
- Salmon, Fresh, **1.5 portion (188 g)**
- Shrimps, **0.5 portion (43 g)**
- Salmon, Fresh, **1 portion (198 g)**
- Salmon, Fresh, **1 portion (170 g)**
- Sardines, Canned in Oil, **1 can (3.75 oz) (92 g)**
- Salmon, Smoked, **1 oz, boneless (28 g)**

Fruits and Fruit Juices

- Olives, **40 portion (120 g)**
- Avocado, **0.75 avocado (119 g)**
- Lemon, **3 portion (21 g)**

Branded Food Products Database

- Mixed greens with spinach, **1.5 portion(s) (38 g)**

Beef Products

- Rib Eye Beef Steak, **0.5 steak (112 g)**

Soups, Sauces, and Gravies

- Sauce, pesto, classico, basil pesto, ready-to-serve, **0.25 portion (4 g)**

Baked Products

- Leavening agents, cream of tartar, **0.25 tsp (1 g)**

Other