Meal Plan

	Monday
Breakfast	Tuna & Asparagus Omelette, **0.5 serving (197 g)**
Lunch	Chicken Prosciutto Avocado Salad, **0.5 serving (270 g)**
Dinner	Shrimp Asian Stir-Fry, **1 serving (600 g)**
Snacks	Orange and Nuts Salad, **0.5 serving (94 g)**

	Tuesday
Breakfast	Fried Egg, **3 large (138 g)** Ham, Lunchmeat, **3 slice (69 g)** Mustard, **1 tsp or 1 packet (5 g)**
Lunch	Shrimp Asian Stir-Fry, **0.5 serving (300 g)**
Dinner	Bacon & Chicken Stir-Fry with Salad, **0.5 serving (202 g)**
Snacks	Banana Souffle, **1 serving (259 g)**

	Wednesday
Breakfast	Almond Milk Protein Shake with Coconut Cream, **1 serving (438 g)**
Lunch	Beef Steak with Sesame Coating, **0.5 serving (313 g)**
Dinner	Tuna & Asparagus Omelette, **0.5 serving (197 g)**
Snacks	Banana Strawberry Almond Smoothie, **1 serving (538 g)**

	Thursday
Breakfast	Tuna and Onion Omelette, **1 serving (268 g)**
Lunch	Chicken Skewers, **0.5 serving (215 g)**
Dinner	Chicken Orange Avocado Salad, **0.5 serving (288 g)**
Snacks	Banana Souffle, **0.5 serving (130 g)**

	Friday
Breakfast	Tuna & Asparagus Omelette, **0.5 serving (197 g)**
Lunch	Tomato Cod Fish Stew, **0.5 serving (315 g)**
Dinner	Chicken Prosciutto Avocado Salad, **0.5 serving (270 g)**
Snacks	Cherries, **1 cup, without pits (154 g)** Brazil, Nuts, **8 kernel (40 g)**

	Saturday
Breakfast	Tuna & Asparagus Omelette, **0.5 serving (197 g)**
Lunch	Salmon with Orange and Asparagus, **0.5 serving (201 g)**
Dinner	Baked Trout with Vegetables and Olives, **1 serving (619 g)**
Snacks	Banana, **0.5 banana (60 g)** Almonds, **0.5 ounce (14 g)**

	Sunday
Breakfast	Bacon, Eggs, and Tomato Breakfast, **1 serving (270 g)**
Lunch	Shrimp Asian Stir-Fry, **0.5 serving (300 g)**
Dinner	Tuna & Asparagus Omelette, **0.5 serving (197 g)**
Snacks	Banana Souffle, **0.5 serving (130 g)**

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
Mo	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Chicken Prosciutto Avocado Salad, 0.5 serving (270 g)	Shrimp Asian Stir-Fry, 1 serving (600 g)	Orange and Nuts Salad, 0.5 serving (94 g)
Tu	Fried Egg, 3 large (138 g) Ham, Lunchmeat, 3 slice (69 g) Mustard, 1 tsp or 1 packet (5 g)	Shrimp Asian Stir-Fry, 0.5 serving (300 g)	Bacon & Chicken Stir-Fry with Salad, 0.5 serving (202 g)	Banana Souffle, 1 serving (259 g)
We	Almond Milk Protein Shake with Coconut Cream, 1 serving (438 g)	Beef Steak with Sesame Coating, 0.5 serving (313 g)	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Banana Strawberry Almond Smoothie, 1 serving (538 g)
Th	Tuna and Onion Omelette, 1 serving (268 g)	Chicken Skewers, 0.5 serving (215 g)	Chicken Orange Avocado Salad, 0.5 serving (288 g)	Banana Souffle, 0.5 serving (130 g)
Fr	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Tomato Cod Fish Stew, 0.5 serving (315 g)	Chicken Prosciutto Avocado Salad, 0.5 serving (270 g)	Cherries, 1 cup, without pits (154 g) Brazil, Nuts, 8 kernel (40 g)
Sa	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Salmon with Orange and Asparagus, 0.5 serving (201 g)	Baked Trout with Vegetables and Olives, 1 serving (619 g)	Banana, 0.5 banana (60 g) Almonds, 0.5 ounce (14 g)
Su	Bacon, Eggs, and Tomato Breakfast, 1 serving (270 g)	Shrimp Asian Stir-Fry, 0.5 serving (300 g)	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Banana Souffle, 0.5 serving (130 g)

Macronutrients Analysis

Day	Energy	Protein	Total lipid (fat)	Carbohydrate
Monday	1264.13 kcal	108.83 g	73.04 g	59.97 g
Tuesday	1283.98 kcal	102.23 g	73.29 g	57.75 g
Wednesday	1170.02 kcal	94.04 g	63.35 g	62.47 g
Thursday	1193.13 kcal	98.8 g	69.85 g	43.54 g
Friday	1188.22 kcal	84.29 g	73.46 g	56.86 g
Saturday	1312.54 kcal	112.96 g	73.87 g	51.27 g
Sunday	1252.56 kcal	89.44 g	82.77 g	42.42 g

Recipes

Chicken Skewers



Chicken Skewers 2 servings. Ready in 40 min.

Ingredients
Garlic, **3 cloves (9 g)**
Tomato Puree, **2 tbsp (32 g)**
Maple Syrup, **1 tsp (7 g)**
Chicken Breast, **2 large breasts (398 g)**
Onion, Fresh, **1 small (70 g)**
Red Pepper, **1 red bell pepper (115 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Spinach, **4 cups (116 g)**
Olive Oil, **1 tablespoon (15 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Chop the garlic into tiny pieces.
3. Mix the garlic, olive oil, tomato puree and maple syrup in a bowl – creating a marinade.
4. Cut the chicken into cubes.
5. Add the chicken to the bowl, and mix with the marinade.
6. Chop the red pepper, onion, and mushrooms into pieces large enough for the skewers.
7. Insert pieces of chicken, red pepper, onion, and mushroom into the skewers. Aim at 2–3 skewers per person.
8. Introduce the skewers in the oven and cook for around 20 minutes until the meat acquires a brownish color.
9. Serve the skewers over a bed of raw spinach leaves.

Extra comments/notes
You can eat the skewers with your hands, or use a fork and knife.
You can opt to grill the skewers instead of using the oven.

Tuna and Onion Omelette



Tuna and Onion Omelette 1 serving. Ready in 10 min.

Ingredients
Egg, whole, raw, fresh, **3 egg (129 g)**
Coconut Oil, **1 tbsp (13 g)**
Light Tuna, Canned in Water, **0.5 can (83 g)**
Onion, Fresh, **0.4 onion (43 g)**

Instructions/Preparation
1. Preheat your pan and add the coconut oil.
2. Add finely chopped onion to the pan and fry until golden brown.
3. In the meantime open the tuna can and drain the water.
4. In a separate bowl whisk the eggs and add them to the pan. Let them cook for about a minute.
5. Add drained tuna, evenly distributing it over the surface of the egg.
6. Gently lift one side of the egg and fold it over the other.
7. Serve and eat hot.

Extra comments/notes
Take care not to overcook your omelet as this will cause it to dry out.

Tuna & Asparagus Omelette



Tuna & Asparagus Omelette 1 serving. Ready in 15 min.

Ingredients
Raw Egg, **3 egg (129 g)**
Light Tuna, Canned in Water, **1 can (165 g)**
Asparagus, Fresh, **4 spear, medium (5-1/4" to 7" long) (64 g)**
Onion, Fresh, **2 tbsp chopped (20 g)**
Coconut Oil, **1 tbsp (13 g)**
Black Pepper, **1 teaspoon (2 g)**

Instructions/Preparation
1. Heat the oil in a non-stick pan,
2. Chop the onion into tiny pieces.
3. Add the onion to the pan at medium heat. Cook for 2 minutes stirring frequently.
4. Chop each asparagus spear into 3 or 4 pieces. Add the pieces to the pan.
5. Crack the eggs into a bowl and beat with a fork or mixer until mixed.
6. Add the eggs to the pan, spreading the mix evenly over the pan's surface. The mix should form a circle.
7. Cook the egg omelette at medium heat for 3–4 minutes without stirring the eggs (or the omelette will break into scrambled eggs).
8. Add the tuna from the can over the egg surface. Optionally, add a dash of black pepper.
9. Cook for another minute. Then, try to fold the omelette so that it closes in a semi-circle shape (as shown in picture).
10. Serve and eat whilst hot.

Extra comments/notes
If your omelette breaks whilst cooking it is not a problem. You can scramble the eggs and have an equivalent dish.

Tomato Cod Fish Stew



Tomato Cod Fish Stew 2 servings. Ready in 35 min.

Ingredients
Olive Oil, **1 portion (15 g)**
Onion, Fresh, **1 portion (70 g)**
Tomato, Canned, **1 can (400 g)**
Garlic, **2 garlic clove (8 g)**
Fresh Parsley, **1 portion (10 g)**
Cod Fish, **1 lb (433 g)**
Olives, **10 portion (80 g)**
Vegetable Stock, **1 cups (243 g)**

Instructions/Preparation
1. Heat the oil in a saucepan or casserole.
2. Chop the onion into small pieces, and add to the pan. Cook for 2 minutes at medium heat.
3. Chop the garlic and add to the pan. Cook for an additional 1 minute.
4. Add the tomato, vegetable stock, olives, and fish. Do not cut the olives or fish in pieces, they should be cooked whole in this recipe.
5. Cover the saucepan/casserole with a lid and cook all the ingredients at low heat for 5–10 minutes, depending on how cooked you want the fish to be.
6. Add some fresh parsley and your stew is ready to eat!

Salmon with Orange and Asparagus



Salmon with Orange and Asparagus 1 serving. Ready in 20 min.

Ingredients
Salmon, Fresh, **1 fillet (125 g)**
Asparagus, Fresh, **5 spear, medium (5-1/4" to 7" long) (80 g)**
Orange, Fresh, **0.5 fruit (2-5/8" dia) (66 g)**
Olives, **10 portion (30 g)**
Olive Oil for frying, **1 tablespoon (15 g)**
Black Pepper, **0.5 teaspoon (1 g)**
Onion, Fresh, **0.25 cup (39 g)**
Balsamic Vinegar, **1 tbsp (16 g)**
Olive Oil for the dressing, **1 tablespoon (15 g)**
Lemon Juice, **1 tablespoons (15 g)**

Instructions/Preparation
1. Place 1 tbsp of olive oil in a pan over medium heat.
2. Cook the salmon fillet in the pan for 1 minute on each side.
3. Add the asparagus (cut in half) to the pan, next to the salmon. Cook for 8 minutes, flipping the salmon from time to time and stirring the vegetables.
4. Whilst the salmon cooks prepare a salad in a plate by adding some leaves, olives, and fresh onion into pieces.
5. Mix together 1 tbsp of olive oil, lemon juice, balsamic vinegar, and black pepper to create a dressing.
6. Drizzle the dressing over the salad.
7. Serve the salmon and asparagus over the salad.
8. Add a few pieces of fresh orange to complete the dish.

Chicken Orange Avocado Salad



Chicken Orange Avocado Salad 1 serving. Ready in 25 min.

Ingredients
Chicken Breast, **1 portion(s) (200 g)**
Green Leaf Lettuce, **6 leaf inner (30 g)**
Orange, Fresh, **0.5 fruit (2-5/8" dia) (66 g)**
Walnuts, **2 portion (22 g)**
Avocado, **0.5 avocado (79 g)**
Lemon, **0.5 fruit (2-1/8" dia) (29 g)**
Coriander (Cilantro) Leaves, **0.25 cup (4 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Black Pepper, **1 tsp, ground (2 g)**
Table salt, **0.5 teaspoon (3 g)**
Garlic, **1 garlic clove (4 g)**
Parsley, **1 portion (10 g)**
Olive Oil, **2 portion (30 g)**

Instructions/Preparation
1. Chop the garlic into tiny pieces
2. Mix the black pepper, salt, garlic, parsley, and olive oil in a bowl to create a marinade.
3. Cut the chicken breast into fillets about 1 cm thick (the thickness of your thumb more or less).
4. Marinate the chicken in the bowl.
5. Place a few drops on olive oil in a non-stick pan. When hot, cook the chicken in the pan at medium heat for 4 minutes.
6. In the meantime, mash the avocado with lemon juice and chopped coriander and place in a plate.
7. After 4 minutes of cooking the chicken, add the mushrooms to the pan. Cook the chicken and mushrooms for 4–5 more minutes until ready.
8. Place the lettuce leaves on the plate, next to the avocado. Then, drizzle 1 tsp of olive oil over the leaves.
9. Place the chicken and mushrooms in the plate once fully cooked.
10. Finally, add half an orange, in pieces, to the plate. Add a handful of nuts to the salad too.

Extra comments/notes
You can switch the heat in your pan to the maximum for the last 1 or 2 minutes of cooking the chicken if you want to make the surface crispy. Be careful though, not to overcook the chicken as it may burn under high heat. Use a non-stick pan so that the chicken does not leave burn marks in the pan.

Chicken Prosciutto Avocado Salad



Chicken Prosciutto Avocado Salad 1 serving. Ready in 20 min.

Ingredients
Chicken Breast, **1 portion (143 g)**
Parma Ham (Prosciutto), **3 portion (51 g)**
Avocado, **0.5 avocado (79 g)**
Chili Powder, **1 portion (2 g)**
Coriander (Cilantro) Leaves, **0.25 cup (4 g)**
Lemon, **0.5 fruit (2-1/8" dia) (29 g)**
Black Pepper, **1 tsp, ground (2 g)**
Garlic, **2 garlic clove (8 g)**
Olives, **6 small (18 g)**
Mustard, **1 tsp or 1 packet (5 g)**
Olive Oil, **1.5 portion (23 g)**
Balsamic Vinegar, **1 portion (16 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Onion, Fresh, **0.5 portion (35 g)**
Arugula, **1 cup (28 g)**

Instructions/Preparation
1. Heat 0.5 tbsp of olive oil in a non-stick pan.
2. Chop the onion into small pieces and add to the pan. Cook for 2–3 minutes at medium heat.
3. Chop the chicken breast and garlic into pieces and add to the pan. Stir and cook for 2–3 minutes.
4. Chop the mushrooms and add to the pan. Continue to stir and cook at medium heat for 5–7 minutes until done.
5. Whilst the chicken and mushrooms are cooking in the pan, mash the avocado. Then, squeeze half a lemon over the avocado and mix with the chili, black pepper, and chopped coriander. Place the mashed avocado on a serving plate.
6. Add the Prosciutto to the plate. You can use other kinds of ham if you don't have prosciutto.
7. Place the arugula (or other salad greens) in the plate.
8. Mix together 1 tbsp of olive oil, 1 tbsp of balsamic vinegar, and 1 Tsp of mustard and drizzle over the greens.
9. Add the olives on top of the salad.
10. Finish the plate by adding the chicken, mushrooms, and onion once cooked.

Shrimp Asian Stir-Fry



Shrimp Asian Stir-Fry 1 serving. Ready in 15 min.

Ingredients
Coconut Oil, **1 tbsp (13 g)**
Zucchini Noodles, **1 portion (198 g)**
Coriander (Cilantro) Leaves, **0.25 cup (4 g)**
Lemon Juice, **1 portion (15 g)**
Chili Powder, **1 portion (3 g)**
Maple Syrup, **1 portion (7 g)**
Soybean sprouts, **4 portion (140 g)**
Shrimps, **1.5 portion (150 g)**
Onion, Fresh, **1 portion (70 g)**

Instructions/Preparation
If you have already cooked shrimps (commonly sold packaged in supermarkets) then you can add them to the pan at the end for a couple of minutes. On the other hand, if the prawns are raw, you should add them at the beginning to allow them to cook properly.

1. Chop the onion into tiny pieces.
2. Cook the onion at medium heat in a non-stick pan with the coconut oil for 3 minutes.
3. Add the zucchini noodles to the pan, raise the heat to high, and cook for 2 minutes.
4. Add the lemon juice, maple syrup, chili powder to the pan and mix and stir thoroughly.
5. Add the soybean sprouts and the coriander to the pan and continue to cook for 2–3 more minutes.
6. Add the prawns to the pan if you haven't done so already. Continue to stir the ingredients in the pan and to cook for 2 more minutes.
7. Serve and eat.

Extra comments/notes
Zucchini Noodles are simply a zucchini cut into fine strips to resemble noodles. You can buy zucchini noodles in large supermarkets, or prepare them yourself with a carrot peeler. If you cannot get zucchini noodles, you can simply cut the zucchini into fine long strips for this recipe.

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.

Baked Trout with Vegetables and Olives



Baked Trout with Vegetables and Olives 1 serving. Ready in 25 min.

Ingredients
Rainbow Trout, **1 portion (300 g)**
Red Pepper, **0.5 portion (58 g)**
Red Onion, **1 portion (28 g)**
Carrot, **1 carrot (64 g)**
Zucchini, **0.5 small (59 g)**
Olives, **20 small (60 g)**
Parsley, **0.5 cup (31 g)**
Olive Oil, **1 portion (15 g)**
Black Pepper, **1 tsp, ground (2 g)**
Table salt, **0.5 teaspoon (3 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Dice the carrot, zucchini, onion, and pepper.
3. Place the diced vegetables into an oven-proof container.
4. Add 1 tbsp of olive oil and a dash of salt and black pepper over the vegetables. Mix well.
5. Place the vegetables in the oven and cook for about 6 minutes.
6. After 6 minutes, add the trout to the oven.
7. Cook the vegetables and trout for 15–18 minutes. You can open the oven and stir the vegetables mid-way through cooking to distribute the heat better.
8. Mix the olives with a tsp of olive oil and chopped parsley in a bowl.
9. Serve the fish and vegetables with the olives and eat whilst hot.

Extra comments/notes
Use some oven paper, oven bag, oven-proof container, or foil if possible when cooking fish so that you have less to clean later.

Almond Milk Protein Shake with Coconut Cream



Almond Milk Protein Shake with Coconut Cream 1 serving. Ready in 5 min.

Ingredients
Whey Protein, **1 scoop (30 g)**
Coconut Cream, **1 tbsp (15 g)**
Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**

Instructions/Preparation
Blend all the ingredients together and consume immediately. You can also make protein shakes in bulk and keep them for later in suitable containers/bottles.

Extra comments/notes
There are many different flavors of protein powder, including chocolate, vanilla, fruit, etc. Try a few and choose your favorite.

Beef Steak with Sesame Coating



Beef Steak with Sesame Coating 2 servings. Ready in 20 min.

Ingredients
Sesame seeds, **8 tbsp (72 g)**
Coconut Oil, **1 tbsp (13 g)**
Spring Onions (Scallions), **1 bunch (24 g)**
Chili Powder, **1 tsp (3 g)**
Sesame Oil, **1 tablespoon (14 g)**
Asparagus, Fresh, **10 spear, extra large (8-3/4" to 10" long) (240 g)**
Onion, Fresh, **1 small (70 g)**
Spinach, **1 package (10 oz) (284 g)**
Lemon Juice, **1 tablespoons (15 g)**
Black Pepper, **2 teaspoon (4 g)**
Coriander (Cilantro) Leaves, **4 sprigs (12 g)**
Porterhouse (Short Loin) Beef Steak, **2 portion (500 g)**

Instructions/Preparation
1. Place the sesame seeds on a plate.
2. Using your hands, press the beef steaks in the plate against the sesame seeds until a coating forms around. The seeds should stick to the meat.
3. Place the oil in a pan and heat.
4. Add the beef steaks to the pan when it is hot and cook for 2–3 minutes on each side.
5. In a separate pan (or after you are done cooking the meat) add the chopped onion and asparagus and cook for 3–4 minutes.
6. Add the spinach and lemon juice to the onion and asparagus and cook for a further few minutes until the spinach is wet.
7. Place the vegetables on a plate next to the beef steak and add the sesame oil.
8. Optionally, add some chili powder or seeds to the plate. You can also add spring onions if you want.

Extra comments/notes
You can eat the beef rare, or cook it for longer if you like it well done.

Banana Souffle



Banana Souffle 2 servings. Ready in 30 min.

Ingredients
Banana, **2 banana (238 g)**
Vanilla Extract, **1 tsp (5 g)**
Raw Egg, **6 egg (258 g)**
Maple Syrup, **2 portion (16 g)**

Instructions/Preparation
1. Preheat the oven to 180ºC/356ºF.
2. Mash the bananas in a bowl.
3. Add the vanilla extract and maple syrup to the bananas and mix well.
4. Separate the yolks and egg whites for all the eggs.
5. Mix the egg yolks with the bananas until you have a consistent mixture.
6. Whisk the egg whites in a separate bowl until you get a foam.
7. Mix all the ingredients together into a single container.
8. Half-fill as many silicon/paper cupcakes or silicon containers as you can with the mixture.
9. Bake for 15 minutes until the souffle raises in the oven.
10. Serve and eat immediately.

Orange and Nuts Salad



Orange and Nuts Salad 1 serving. Ready in 5 min.

Ingredients
Spinach, **1 cups (29 g)**
Pecan nuts, **1 portion (28 g)**
Orange, Fresh, **1 fruit (2-5/8" dia) (131 g)**

Instructions/Preparation
1. Peel the orange.
2. Separate the orange into wedges.
3. Toss the orange over the spinach leaves.
4. Garnish with Pecan Nuts.

Banana Strawberry Almond Smoothie

Banana Strawberry Almond Smoothie 1 serving. Ready in 5 min.

Ingredients
Banana, **1 banana (119 g)**
Strawberries, **1 cup, halves (152 g)**
Almond Milk, **1 cup (262 g)**
Almonds, **5 portion (5 g)**

Instructions/Preparation
Blend all ingredients together until achieving uniform consistency

Shopping List

Dairy and Egg Products

- Raw Egg, **18.51 egg (796 g)**
- Fried Egg, **3 large (138 g)**
- Cheddar Cheese, **1 portion (28 g)**

Finfish and Shellfish Products

- Light Tuna, Canned in Water, **3 can (495 g)**
- Shrimps, **3 portion (300 g)**
- Cod Fish, **0.25 lb (108 g)**
- Salmon, Fresh, **0.5 fillet (63 g)**
- Rainbow Trout, **1 portion (300 g)**

Vegetables and Vegetable Products

- Asparagus, Fresh, **12.5 spear, medium (5-1/4" to 7" long) (200 g)**
- Onion, Fresh, **5 tbsp chopped (50 g)**
- Onion, Fresh, **0.4 onion (43 g)**
- Tomato, Fresh, **1 portion (91 g)**
- Coriander (Cilantro) Leaves, **0.88 cup (14 g)**
- Garlic, **3 garlic clove (12 g)**
- Mushrooms, Fresh, **1.75 cups (170 g)**
- Onion, Fresh, **3.75 portion (263 g)**
- Arugula, **1 cup (28 g)**
- Zucchini Noodles, **2 portion (396 g)**
- Soybean sprouts, **8 portion (280 g)**
- Spring Onions (Scallions), **0.25 bunch (6 g)**
- Asparagus, Fresh, **2.5 spear, extra large (8-3/4" to 10" long) (60 g)**
- Spinach, **0.25 package (10 oz) (71 g)**
- Coriander (Cilantro) Leaves, **1 sprigs (3 g)**
- Garlic, **0.75 cloves (2 g)**
- Tomato Puree, **0.5 tbsp (8 g)**
- Red Pepper, **0.75 red bell pepper (86 g)**
- Spinach, **1.5 cups (44 g)**
- Tomato, Canned, **0.25 can (100 g)**
- Fresh Parsley, **0.75 portion (8 g)**
- Onion, Fresh, **0.13 cup (20 g)**
- Green Leaf Lettuce, **5.5 leaf inner (28 g)**
- Red Onion, **1 portion (28 g)**
- Carrot, **1 carrot (64 g)**
- Zucchini, **0.5 small (59 g)**
- Parsley, **0.5 cup (31 g)**

Fats and Oils

- Coconut Oil, **6.75 tbsp (88 g)**
- Olive Oil, **5.5 portion (83 g)**
- Sesame Oil, **0.25 tablespoon (4 g)**

Spices and Herbs

- Black Pepper, **5.75 teaspoon (12 g)**
- Mustard, **2 tsp or 1 packet (10 g)**
- Chili Powder, **1 portion (2 g)**
- Balsamic Vinegar, **2 portion (32 g)**
- Chili Powder, **2.25 portion (7 g)**
- Table salt, **0.75 teaspoon (4 g)**
- Vanilla Extract, **1 tsp (5 g)**

Sausages and Luncheon Meats

- Ham, Lunchmeat, **3 slice (69 g)**

Beverages

- Whey Protein, **1 scoop (30 g)**
- Beverages, almond milk, unsweetened, shelf stable, **2.5 cup (655 g)**

Nut and Seed Products

- Coconut Cream, **1 tbsp (15 g)**
- Sesame seeds, **2 tbsp (18 g)**
- Walnuts, **1 portion (11 g)**
- Pecan nuts, **0.5 portion (14 g)**
- Almonds, **5 portion (5 g)**
- Brazil, Nuts, **8 kernel (40 g)**
- Almonds, **0.5 ounce (14 g)**

Pork Products

- Bacon, **3.5 slice (91 g)**
- Parma Ham (Prosciutto), **3 portion (51 g)**

Poultry Products

- Chicken Breast, **1 portion (143 g)**
- Chicken Breast, **0.5 large breasts (100 g)**
- Chicken Breast, **1 portion(s) (200 g)**

Fruits and Fruit Juices

- Avocado, **0.75 avocado (119 g)**
- Lemon, **0.75 fruit (2-1/8" dia) (44 g)**
- Olives, **31.02 small (93 g)**
- Lemon Juice, **2.75 portion (41 g)**
- Olives, **2.5 portion (20 g)**
- Orange, Fresh, **1 fruit (2-5/8" dia) (131 g)**
- Banana, **3.5 banana (417 g)**
- Strawberries, **1 cup, halves (152 g)**
- Cherries, **1 cup, without pits (154 g)**

Sweets

- Maple Syrup, **2.25 portion (16 g)**
- Maple Syrup, **2 portion (16 g)**

Beef Products

- Porterhouse (Short Loin) Beef Steak, **0.5 portion (125 g)**

Soups, Sauces, and Gravies

- Vegetable Stock, **0.25 cups (61 g)**

Other