

MEAL PLAN FOR WEEK 1



Breakfast Almond Waffles with Fresh Berries, p.14

Lunch Tomato Soup with Pork Meatballs, p.22
Grilled Salmon with Vegetable Salad, p.32

Dinner Pan-Fried Quail with Herbs, p.40

Snack Strawberry Protein Smoothie, p.66

Fats: 102 g | Protein: 169 g | Carbs: 68 g | Sugar: 33 g | Fiber: 22 g

SUNDAY

MONDAY

Breakfast Fluffy Omelet with Fresh Salad, p.15

Lunch Tuna Salad with Eggs and Spinach, p.22
Creamy Mushroom Soup, p.30

Dinner Pork Meatloaf with Pears, p.48

Snack Bacon-Wrapped Chicken Sticks, p.58

Fats: 106 g | Protein: 188 g | Carbs: 37 g | Sugar: 19 g | Fiber: 11 g



Breakfast Turkey Patty with a Egg and Salad, p.14

Lunch Thai Shrimp Soup with Mushrooms, p.23
Chicken Breast with Mushrooms, p.40

Dinner Baked Cod with Parmesan Crumbs, p.32

Snack Lettuce-Wrapped Salmon Tacos, p.59

Fats: 105 g | Protein: 179 g | Carbs: 39 g | Sugar: 15 g | Fiber: 14 g

TUESDAY

WEDNESDAY

Breakfast Oat Bowl with Salmon and Eggs, p.15

Lunch Green Bean Vegetable Salad, p.23
Grilled Chicken and Zucchini Skewers, p.41

Dinner Pork Meatloaf with Pears, p.48

Snack Stuffed Mushrooms with Turkey, p.59

Fats: 102 g | Protein: 186 g | Carbs: 52 g | Sugar: 25 g | Fiber: 14 g



Breakfast Omelet with Salmon and Vegetables, p.16

Lunch Beef Rib Soup with Carrots and Leeks, p.24
Ahi Tuna Salad with Mixed Greens, p.33

Dinner Pork Loin Chops with Vegetables, p.49

Snack Tuna and Egg Salad in Lettuce Cups, p.60

Fats: 118 g | Protein: 180 g | Carbs: 35 g | Sugar: 14 g | Fiber: 13 g

THURSDAY

FRIDAY

Breakfast Shakshuka with Fresh Herbs, p.16

Lunch Chicken Salad with Green Beans, p.24
Beef Steak with Cherry Tomatoes, p.48

Dinner Baked Sea Bass with Greek Salad, p.34

Snack Cheese Cookies, p.60

Fats: 102 g | Protein: 180 g | Carbs: 44 g | Sugar: 19 g | Fiber: 17 g



Breakfast Chicken Patties with Tomato Salsa, p.17

Lunch Cheese Soup with Chicken, p.25
Low-Carb General Tso's Chicken, p.41

Dinner Pan-Seared Flounder, p.34

Snack Egg, Bacon, Avocado & Cheese Sliders, p.61

Fats: 119 g | Protein: 181 g | Carbs: 35 g | Sugar: 15 g | Fiber: 12 g

SATURDAY

W1

MEAL PLAN

MEAL PLAN FOR WEEK 2



kcal
1824

- Breakfast** Poached Eggs with Yogurt, p.17
Lunch Salmon and Vegetable Salad, p.25
Grilled Beef Steak with Asparagus, p.52
Dinner Chicken with Arugula Salad, p.42
Snack Bacon-Wrapped Chicken Sticks, p.58
Fats: 100 g | Protein: 184 g | Carbs: 51 g | Sugar: 25 g | Fiber: 16 g

SUNDAY

MONDAY

- Breakfast** Cottage Cheese Pancakes, p.18
Lunch Lemon Chicken Soup, p.26
Ribeye Steak with Green Herb Butter, p.54
Dinner Roasted Trout with Mushrooms, p.35
Snack Lettuce-Wrapped Salmon Tacos, p.59
Fats: 112 g | Protein: 176 g | Carbs: 42 g | Sugar: 14 g | Fiber: 15 g



kcal
1862



kcal
1939

- Breakfast** Salmon Crêpes with Soft Cheese, p.18
Lunch Roasted Vegetable Chicken Salad, p.26
Baked Chicken Wings with Chili, p.42
Dinner Oven-Baked Walleye with Asparagus, p.35
Snack Stuffed Mushrooms with Turkey, p.59
Fats: 110 g | Protein: 194 g | Carbs: 47 g | Sugar: 20 g | Fiber: 15 g

TUESDAY

WEDNESDAY

- Breakfast** Cottage Cheese Dough Bites, p.19
Lunch Creamy Broccoli Soup with Salmon, p.27
Liver Pancake Stack, p.56
Dinner Mussels with Lemon and Parsley, p.36
Snack Tuna and Egg Salad in Lettuce Cups, p.60
Fats: 115 g | Protein: 188 g | Carbs: 44 g | Sugar: 20 g | Fiber: 14 g



kcal
1961



kcal
1975

- Breakfast** Spicy Scrambled Eggs, p.20
Lunch Tomato Soup with Pork Meatballs, p.22
Cod Stew with Tomato and Bell Peppers, p.37
Dinner Chicken with Broccoli and Zucchini, p.43
Snack Spinach and Bacon Egg Muffins, p.58
Fats: 98 g | Protein: 175 g | Carbs: 55 g | Sugar: 26 g | Fiber: 19 g

THURSDAY

FRIDAY

- Breakfast** Hash Browns with Ground Meat, p.19
Lunch Roast Beef Salad with Cherry Tomatoes, p.27
Beef with Mushrooms and Snow Peas, p.49
Dinner Grilled Dorade with Lemon, p.37
Snack Citrus Oat Smoothie, p.70
Fats: 105 g | Protein: 188 g | Carbs: 45 g | Sugar: 18 g | Fiber: 22 g



kcal
1908



kcal
1881

- Breakfast** Egg Roll with Soft Cheese and Herbs, p.20
Lunch Pumpkin Soup with Sesame Seeds, p.28
Grilled Sturgeon with Asparagus, p.36
Dinner Baked Turkey Fillet with Rosemary, p.43
Snack Cheese Cookies, p.60
Fats: 116 g | Protein: 183 g | Carbs: 34 g | Sugar: 11 g | Fiber: 13 g

SATURDAY

W2

MEAL PLAN

MEAL PLAN FOR WEEK 3



Breakfast Almond Waffles with Fresh Berries, p.14

Lunch Chicken Piccata Meatballs, p.44
Fresh Tomato-Avocado Salad, p.29

Dinner Grilled Pollock with Fresh Salad, p.38

Snack Stuffed Mushrooms with Turkey, p.59

Fats: 112 g | Protein: 191 g | Carbs: 56 g | Sugar: 24 g | Fiber: 17 g

SUNDAY

MONDAY

Breakfast Turkey Patty with a Egg and Salad, p.14

Lunch Clear Beef and Broccoli Soup, p.29
Pork Patties with Fresh Salad, p.50

Dinner Grilled Salmon with Vegetable Salad, p.32

Snack Lettuce-Wrapped Salmon Tacos, p.59

Fats: 113 g | Protein: 164 g | Carbs: 50 g | Sugar: 15 g | Fiber: 17 g



Breakfast Fluffy Omelet with Fresh Salad, p.15

Lunch Baked Chicken Drumsticks with Pear, p.44
Green Bean Vegetable Salad, p.23

Dinner Grilled Rack of Lamb with Vegetables, p.51

Snack Bacon-Wrapped Chicken Sticks, p.58

Fats: 103 g | Protein: 186 g | Carbs: 47 g | Sugar: 26 g | Fiber: 15 g

TUESDAY

WEDNESDAY

Breakfast Oat Bowl with Salmon and Eggs, p.15

Lunch Creamy Mushroom Soup, p.30
Beef Kofta Kebabs with Parsley, p.51

Dinner White Fish Patties, p.38

Snack Chocolate Mousse with Blueberries, p.64

Fats: 100 g | Protein: 173 g | Carbs: 62 g | Sugar: 20 g | Fiber: 15 g



Breakfast Omelet with Salmon and Vegetables, p.16

Lunch Tomato Soup with Pork Meatballs, p.22
Chicken Strips with Bell Peppers, p.30

Dinner Baked Pork Meatloaf, p.55

Snack Spinach and Bacon Egg Muffins, p.58

Fats: 109 g | Protein: 156 g | Carbs: 44 g | Sugar: 23 g | Fiber: 14 g

THURSDAY

FRIDAY

Breakfast Shakshuka with Fresh Herbs, p.16

Lunch Baked Chicken Drumsticks with Pear, p.44
Fresh Vegetable Salad with Eggs, p.28

Dinner Spicy Pork Cutlets with Vegetables, p.53

Snack Cheese Cookies, p.60

Fats: 98 g | Protein: 170 g | Carbs: 54 g | Sugar: 23 g | Fiber: 15 g



Breakfast Chicken Patties with Tomato Salsa, p.17

Lunch Creamy Mushroom Soup, p.30
Oven-Baked Cheddar Meatballs, p.56

Dinner Mussels with Lemon and Parsley, p.36

Snack Mango Protein Cream Dessert, p.62

Fats: 99 g | Protein: 185 g | Carbs: 42 g | Sugar: 23 g | Fiber: 8 g

SATURDAY

W3

MEAL PLAN

MEAL PLAN FOR WEEK 4



kcal
2118

- Breakfast** Poached Eggs with Yogurt, p.17
- Lunch** Thai Shrimp Soup with Mushrooms, p.23
Chicken Salad with Green Beans, p.24
- Dinner** Baked Cod with Parmesan Crumbs, p.32
- Snack** Spinach and Bacon Egg Muffins, p.58
- Fats: 108 g | Protein: 185 g | Carbs: 44 g | Sugar: 21 g | Fiber: 14 g**

SUNDAY

MONDAY

- Breakfast** Cottage Cheese Pancakes, p.18
- Lunch** Turkey Roulade with Apricot Filling, p.45
Cheese Soup with Chicken, p.25
- Dinner** Ahi Tuna Salad with Mixed Greens, p.33
- Snack** Bacon-Wrapped Chicken Sticks, p.58
- Fats: 112 g | Protein: 196 g | Carbs: 49 g | Sugar: 23 g | Fiber: 12 g**



kcal
1960



kcal
1867

- Breakfast** Salmon Crêpes with Soft Cheese, p.18
- Lunch** Tuna Salad with Eggs and Spinach, p.22
Beef Rib Soup with Carrots and Leeks, p.24
- Dinner** Pan-Fried Sea Bream with Leeks, p.33
- Snack** Lettuce-Wrapped Salmon Tacos, p.59
- Fats: 120 g | Protein: 175 g | Carbs: 36 g | Sugar: 12 g | Fiber: 14 g**

TUESDAY

WEDNESDAY

- Breakfast** Cottage Cheese Dough Bites, p.19
- Lunch** Fresh Tomato-Avocado Salad, p.29
BBQ-Style Pork Ribs, p.53
- Dinner** Chicken Steaks with Sage and Garlic, p.45
- Snack** Tuna and Egg Salad in Lettuce Cups, p.60
- Fats: 113 g | Protein: 181 g | Carbs: 33 g | Sugar: 14 g | Fiber: 12 g**



kcal
1943



kcal
1906

- Breakfast** Hash Browns with Ground Meat, p.19
- Lunch** Clear Beef and Broccoli Soup, p.29
Beef Fillet with Béarnaise Sauce, p.55
- Dinner** Roasted Trout with Mushrooms, p.35
- Snack** Egg, Bacon, Avocado & Cheese Sliders, p.61
- Fats: 114 g | Protein: 176 g | Carbs: 46 g | Sugar: 16 g | Fiber: 18 g**

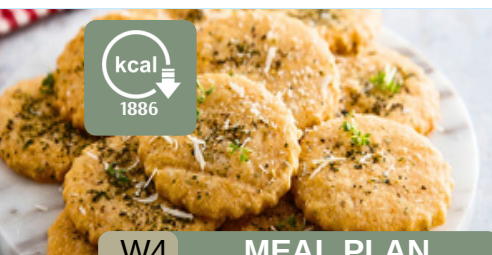
THURSDAY

FRIDAY

- Breakfast** Spicy Scrambled Eggs, p.20
- Lunch** Roasted Vegetable Chicken Salad, p.26
Turkey Roll with Grainy Mustard, p.46
- Dinner** Grilled Dorade with Lemon, p.37
- Snack** Stuffed Mushrooms with Turkey, p.59
- Fats: 106 g | Protein: 189 g | Carbs: 35 g | Sugar: 15 g | Fiber: 10 g**



kcal
1865



kcal
1886

- Breakfast** Egg Roll with Soft Cheese and Herbs, p.20
- Lunch** Tomato Soup with Pork Meatballs, p.22
Cod Stew with Tomato and Bell Peppers, p.37
- Dinner** Duck Breast Fillet with Asparagus, p.46
- Snack** Cheese Cookies, p.60
- Fats: 110 g | Protein: 175 g | Carbs: 39 g | Sugar: 16 g | Fiber: 16 g**

SATURDAY

W4

MEAL PLAN