



Meal plan and recipes for fast weight-loss results

delicious | budget-friendly | low-carb diet



WEEK 1

P - Proteins (g) NC - Net Carbs (g) F - Fats (g)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Strawberry protein smoothie VIEW RECIPE	Basic smoothie VIEW RECIPE	Basic smoothie VIEW RECIPE	Strawberry protein smoothie VIEW RECIPE	Strawberry protein smoothie VIEW RECIPE	Strawberry protein smoothie VIEW RECIPE	Basic smoothie VIEW RECIPE
	Kcal 194.9 P 26.3 NC 7.6 F 5.3	Kcal 109.9 P 4.1 NC 5 F 7.2	Kcal 109.9 P 4.1 NC 5 F 7.2	Kcal 194.9 P 26.3 NC 7.6 F 5.3	Kcal 194.9 P 26 NC 7.6 F 5.3	Kcal 194.9 P 26.3 NC 7.6 F 5.3	Kcal 109.9 P 4.1 NC 5 F 7.2
SNACK	Apple with cinnamon	Apple with cinnamon	10 cherry tomatoes with celery. salt & pepper	Apple with cinnamon	Roasted chickpeas VIEW RECIPE	Apple with cinnamon	Apple with cinnamon
	Kcal 94.6 P 0.5 NC 20.8 F 0.3	Kcal 94.6 P 0.5 NC 20.8 F 0.3	Kcal 40.8 P 1.9 C 5.4 F 0.4	Kcal 94.6 P 0.5 C 20.8 F 0.3	Kcal 109.4 P 5.1 C 11.7 F 3	Kcal 94.6 P 0.5 C 20.8 F 0.3	Kcal 94.6 P 0.5 C 20.8 F 0.3
LUNCH	Grilled beef and vegetable kebabs + mashed cauliflower VIEW RECIPE	Buckwheat salad VIEW RECIPE	Salad lunch wrap VIEW RECIPE	Buckwheat salad VIEW RECIPE	Grilled beef and vegetable kebabs + mashed cauliflower VIEW RECIPE	Stir fry with cauliflower rice VIEW RECIPE	Grilled salmon (150 g) with a cup of green beans
	Kcal 124.7 P 5 NC 9.8 F 14.1	Kcal 376.3 P 9.4 NC 41.8 F 16.6	Kcal 306.7 P 15.9 NC 18.6 F 16.6	Kcal 376.3 P 9.4 NC 41.8 F 16.6	Kcal 318.2 P 35.9 NC 9.8 F 14.1	Kcal 202.7 P 13.7 NC 8.2 F 11.3	Kcal 316.8 P 40.5 NC 5.9 F 12.5
SNACK	Some carrots + yogurt mustard dip	10 cherry tomatoes with celery. salt & pepper	Roasted chickpeas VIEW RECIPE	10 cherry tomatoes with celery. salt & pepper	Some carrots + yogurt mustard dip	Roasted chickpeas VIEW RECIPE	Some carrots + yogurt mustard dip
	Kcal 124.7 P 5 NC 14.8 F 3.7	Kcal 40.8 P 1.9 NC 5.4 F 0.4	Kcal 109.4 P 5.1 NC 11.7 F 3	Kcal 40.8 P 1.9 NC 5.4 F 0.4	Kcal 124.7 P 5 NC 14.8 F 3.7	Kcal 109.4 P 5.1 NC 11.7 F 3	Kcal 124.7 P 5 NC 14.8 F 3.7
DINNER	Mashed cauliflower + Cheesy grilled veggies VIEW RECIPE	Lana's tuna salad VIEW RECIPE	Mashed cauliflower + Cheesy grilled veggies VIEW RECIPE	Tofu scramble with spinach VIEW RECIPE	Courgette salad VIEW RECIPE	Lana's tuna salad VIEW RECIPE	Mashed cauliflower + Cheesy grilled veggies VIEW RECIPE
	Kcal 260.9 P 11.5 NC 28.9 F 8	Kcal 355.3 P 40.8 NC 15.9 F 12.2	Kcal 260.9 P 11.5 NC 28.9 F 8	Kcal 224.9 P 18.7 NC 3.4 F 15.7	Kcal 114.3 P 4.6 NC 6.3 F 7.5	Kcal 355.3 P 40.8 NC 15.9 F 12.2	Kcal 260.9 P 11.5 NC 28.9 F 8

In case of hunger: Feel free to increase the amount of non-starchy vegetables in the recipes.

WEEK 2

P - Proteins (g) C - Carbs (g) F - Fats (g)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Light omelette with spinach and parmesan VIEW RECIPE	Basic smoothie VIEW RECIPE	Basic smoothie VIEW RECIPE	Egg muffins VIEW RECIPE	Light omelette with spinach and parmesan VIEW RECIPE	Egg muffins VIEW RECIPE	Basic smoothie VIEW RECIPE
	Kcal 237 P 18.2 NC 3.3 F 15.9	Kcal 109.9 P 4.1 NC 5 F 7.2	Kcal 109.9 P 4.1 NC 5 F 7.2	Kcal 249 P 21.5 NC 3 F 16	Kcal 237 P 18.2 NC 3.3 F 15.9	Kcal 249 P 21.5 NC 3 F 16	Kcal 109.9 P 4.1 NC 5 F 7.2
SNACK	Green apple + 35 g of cheese	2 tbs of hummus + some carrots	Green apple + 35 g of cheese	Yogurt + 3 tbs of blueberries	Green apple + 35 g of cheese	3 pickles + 35 g of cheese	2 tbs of hummus + some carrots
	Kcal 219.6 P 9.2 NC 21.3 F 10	Kcal 116 P 3.6 NC 15 F 3	Kcal 219.6 P 9.2 NC 21.3 F 10	Kcal 125.8 P 6.1 NC 12 F 5.8	Kcal 219.6 P 9.2 NC 21.3 F 10	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 116 P 3.6 NC 15 F 3
LUNCH	Chicken meatballs with tomato sauce + a cup of broccoli VIEW RECIPE	Buckwheat salad VIEW RECIPE	Chicken meatballs with tomato sauce + mashed cauliflower VIEW RECIPE	Stir fry with cauliflower rice VIEW RECIPE	Lana's tuna salad VIEW RECIPE	Chicken meatballs with tomato sauce + a cup of broccoli VIEW RECIPE	Lana's shrimp courgetti VIEW RECIPE
	Kcal 393.9 P 49.4 NC 15.3 F 12.4	Kcal 376.3 P 9.4 NC 41.8 F 10.7	Kcal 390.5 P 48.8 NC 12.7 F 13.8	Kcal 202.7 P 13.7 NC 8.2 F 11.3	Kcal 110.7 P 40.8 NC 15.9 F 12.2	Kcal 393.9 P 49.4 NC 5.1 F 10.7	Kcal 399.2 P 40.8 NC 11.3 F 20.2
SNACK	3 tbs of hummus + some carrots	3 pickles + 35 g of cheese	3 tbs of hummus + some carrots	3 tbs of hummus + some carrots	3 tbs of hummus + 10 cherry tomatoes	3 tbs of hummus + 10 cherry tomatoes	3 pickles + 35 g of cheese
	Kcal 143.6 P 4.7 NC 16.7 F 4.3	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 143.6 P 4.7 NC 16.7 F 4.3	Kcal 143.6 P 4.7 NC 16.7 F 4.3	Kcal 110.7 P 4.8 NC 10.8 F 4.3	Kcal 110.7 P 4.8 NC 10.8 F 4.3	Kcal 164 P 10.4 NC 5.1 F 10.7
DINNER	Detox soup (spinach pea soup) VIEW RECIPE	Cauliflower toast + 2 slices turkey lunchmeat + half of bellpepper VIEW RECIPE	Green bean salad VIEW RECIPE	Mashed cauliflower + Cheesy grilled veggies VIEW RECIPE	Courgette salad VIEW RECIPE	Courgette salad VIEW RECIPE	Mashed cauliflower + Cheesy grilled veggies VIEW RECIPE
	Kcal 109 P 3.3 NC 6.5 F 7.1	Kcal 238.4 P 21.2 NC 6.3 F 13	Kcal 271.1 P 11.8 NC 20.4 F 13.6	Kcal 260.9 P 11.5 NC 28.9 F 8	Kcal 114.3 P 4.6 NC 6.3 F 7.5	Kcal 114.3 P 4.6 NC 6.3 F 7.5	Kcal 260.9 P 11.5 NC 28.9 F 8

In case of hunger: Feel free to increase the amount of non-starchy vegetables in the recipes.

WEEK 3

P - Proteins (g) NC - Net Carbs (g) F - Fats (g)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Light omelette with spinach and parmesan VIEW RECIPE	Avocado egg boats VIEW RECIPE	Light omelette with spinach and parmesan VIEW RECIPE	Egg muffins VIEW RECIPE	Greek yogurt with 1 tbs of flax	Lana's matcha smoothie VIEW RECIPE	Greek yogurt with 1 tbs of flax
	Kcal 237 P 18.2 NC 3.3 F 15.9	Kcal 182 P 7 NC 1.8 F 33	Kcal 237 P 18.2 NC 3.3 F 15.9	Kcal 249 P 21.5 NC 3 F 16	Kcal 235.3 P 7.4 NC 6.8 F 19.3	Kcal 249.7 P 7.6 NC 8.6 F 17.9	Kcal 235.3 P 7.4 NC 6.8 F 19.3
SNACK	Avocado slices (half) with sesame seeds (1 tbs)	1 tbs of peanut butter	Avocado slices (half) with sesame seeds (1 tbs)	Small cucumber with avo hummus	Avocado slices (half) with sesame seeds (1 tbs)	Small cucumber with avo hummus	Small cucumber with avo hummus
	Kcal 165.1 P 2.9 NC 2.3 F 14.9	Kcal 96.4 P 3.6 NC 2.6 F 8.3	Kcal 165.1 P 2.9 NC 2.3 F 14.9	Kcal 156 P 5.7 NC 14 F 6.6	Kcal 165.1 P 2.9 NC 2.3 F 14.9	Kcal 156 P 5.7 NC 14 F 6.6	Kcal 156 P 5.7 NC 14 F 6.6
LUNCH	Salad with sardines VIEW RECIPE	Pimiento cheese meatballs with mashed cauliflower VIEW RECIPE	Greek salad VIEW RECIPE	Salad lunch wrap VIEW RECIPE	Lana's tuna salad VIEW RECIPE	Pesto chicken with veggies VIEW RECIPE	Grilled beef and vegetable kebabs + Garlic-Parmesan spinach VIEW RECIPE
	Kcal 375.7 P 25 NC 6 F 27	Kcal 493 P 28.4 NC 4.9 F 38.4	Kcal 312.4 P 9.2 NC 8.8 F 26.2	Kcal 306.7 P 15.9 NC 18.6 F 16.6	Kcal 355.9 P 40.8 NC 15.9 F 12.2	Kcal 402.3 P 43.5 NC 4.2 F 22.3	Kcal 267 P 32.7 NC 6.4 F 12
SNACK	1 tbs of peanut butter	3 pickles + 35 g of cheese	Drained can of sardines	Fisful of olives	3 pickles + 35 g of cheese	1 tbs of peanut butter	3 pickles + 35 g of cheese
	Kcal 271.1 P 11.8 NC 20.4 F 13.6	Kcal 164 P 10.7 NC 5.1 F 10.7	Kcal 191.4 P 22.7 NC 0 F 10.5	Kcal 46 P 0.3 NC 1.2 F 4.3	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 96.4 P 3.6 NC 2.8 F 8.3	Kcal 164 P 10.4 NC 5.1 F 10.7
DINNER	Green bean salad VIEW RECIPE	Cheesy grilled veggies + 2 slices of bacon VIEW RECIPE	Green bean salad VIEW RECIPE	No crust spinachtomato quiche VIEW RECIPE	Courgette salad + 1 tbs of sunflower seeds VIEW RECIPE	Detox soup (spinach pea soup) VIEW RECIPE	Courgette salad + 1 tbs of sunflower seeds VIEW RECIPE
	Kcal 271.1 P 11.8 NC 20.4 F 13.6	Kcal 284.6 P 13.8 NC 25.8 F 11.5	Kcal 271.1 P 11.8 NC 20.4 F 13.6	Kcal 407.5 P 16.5 NC 4.7 F 35.7	Kcal 165.4 P 6.4 NC 7.3 F 12	Kcal 109 P 3.3 NC 6.5 F 7.1	Kcal 165.4 P 6.4 NC 7.3 F 12

In case of hunger: Feel free to increase the amount of non-starchy vegetables in the recipes.

WEEK 4

P - Proteins (g) NC - Net Carbs (g) F - Fats (g)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Greek yogurt with 1 tbs of flax	Avocado egg boats VIEW RECIPE	Lana's avo coco smoothie VIEW RECIPE	Avocado egg boats VIEW RECIPE	Light omelette with spinach and parmesan VIEW RECIPE	Lana's avo coco smoothie VIEW RECIPE	Greek yogurt with 1 tbs of flax
	Kcal 235.3 P 7.4 NC 6.8 F 19.3	Kcal 182 P 7 NC 1.8 F 33	Kcal 173.4 P 2.8 NC 5.5 F 13.9	Kcal 182 P 7 NC 1.8 F 33	Kcal 237 P 18.2 NC 3.3 F 15.9	Kcal 173.4 P 2.8 NC 5.5 F 13.9	Kcal 235.3 P 7.4 NC 6.8 F 19.3
SNACK	Avocado slices (half) with sesame seeds (1 tbs)	1 tbs of peanut butter	3 pickles + 35 g of cheese	1 tbs of peanut butter	Avocado slices (half) with sesame seeds (1 tbs)	1 tbs of peanut butter	Small cucumber with avo hummus
	Kcal 165.1 P 2.9 NC 2.3 F 14.9	Kcal 96.4 P 3.6 NC 2.8 F 8.3	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 96.4 P 3.6 NC 2.8 F 8.3	Kcal 165.1 P 2.9 NC 2.3 F 14.9	Kcal 96.4 P 3.6 NC 2.8 F 8.3	Kcal 156 P 5.7 NC 14 F 6.6
LUNCH	Chicken salad wrap VIEW RECIPE	Chicken salad wrap VIEW RECIPE	Greek salad VIEW RECIPE	BBQ chicken wings (2) and coleslaw (1/2 cup)	Chicken salad wrap VIEW RECIPE	Chicken salad VIEW RECIPE	Grilled beef and vegetable kebabs + mixed greens with olive oil and apple cider vinaigrette VIEW RECIPE
	Kcal 370 P 28.1 NC 7.9 F 23.4	Kcal 370 P 28.1 NC 7.9 F 23.4	Kcal 312.4 P 9.2 NC 8.8 F 26.2	Kcal 454.2 P 24.9 NC 5.3 F 36.8	Kcal 370 P 28.1 NC 7.9 F 23.4	Kcal 531.4 P 53.8 NC 7.7 F 30	Kcal 405.6 P 34.2 NC 8.3 F 25.6
SNACK	3 pickles + 35 g of cheese	3 pickles + 35 g of cheese	Drained can of sardines	Fisful of olives	1 tbs of peanut butter	Fisful of olives	3 pickles + 35 g of cheese
	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 164 P 10.4 NC 5.1 F 10.7	Kcal 191.4 P 22.7 NC 0 F 10.5	Kcal 46 P 0.3 NC 1.2 F 4.3	Kcal 96.4 P 3.8 NC 4.1 F 20.8	Kcal 46 P 0.3 NC 1.2 F 4.3	Kcal 164 P 10.4 NC 5.1 F 10.7
DINNER	Big bowl of green salad with 1 tbs of sunflower seeds. olive oil and apple cider vinegar	Courgette salad + 2 slice of bacon VIEW RECIPE	Courgette pizza boats VIEW RECIPE	No crust spinachtomato quiche VIEW RECIPE	Big bowl of green salad with 1 tbs of sunflower seeds. olive oil and apple cider vinegar	Courgette salad + 1 tbs of sunflower seeds VIEW RECIPE	Avocado egg boats VIEW RECIPE
	Kcal 216.4 P 3.8 NC 4.1 F 20.8	Kcal 189.2 P 10 NC 6.6 F 13.1	Kcal 184.7 P 15.5 NC 7.5 F 9.9	Kcal 392.5 P 16.5 NC 4.4 F 34.2	Kcal 216 P 3.8 NC 4.1 F 20.8	Kcal 165.4 P 6.4 NC 7.3 F 12	Kcal 182 P 7 NC 1.8 F 33

In case of hunger: Feel free to increase the amount of non-starchy vegetables in the recipes.

BREAKFAST RECIPES

BREAKFAST

SERVINGS

1

GLUTEN FREE

VEGETARIAN

STRAWBERRY PROTEIN SMOOTHIE

A refreshing light smoothie that will keep you full.

INGREDIENTS:

- 1 scoop of protein powder
- 4 frozen strawberries
- 5 almonds
- 1 teaspoon of chia seeds
- 3 dl of water



PREPARATION:

- Put all ingredients into a blender and blend for 60 seconds. Defrost the fruit before blending if your blender is not powerful enough.
- Drink right away or take it to go.

NUTRITIONAL VALUE / SERVING:

- 109.9 calories, 7.2 g fat, 5 g carbohydrates, 4.1 g protein.

VEGAN TIP:

- Use vegan protein powder for a plant-based recipe.

BREAKFAST
LUNCH

SERVINGS
1



BASIC SMOOTHIE

A green smoothie that even children can't say no to.

INGREDIENTS:

- 1 tablespoon of flax seeds
- 4 almonds
- 5 frozen medium-sized strawberries or 10 raspberries
- handful of spinach
- 1 tablespoon of Greek yohurt



PREPARATION:

- Put all ingredients into a blender and blend for 60 seconds. Defrost the fruit before blending if your blender is not powerful enough.
- Drink right away or take it to go.

NUTRITIONAL VALUE / SERVING:

- 109.9 calories, 7.2 g fat, 5 g carbohydrates, 4.1 g protein.

VEGAN TIP:

- Replace the Greek yogurt with a coconut yogurt.

BREAKFAST

SERVINGS
1



LIGHT OMELETTE WITH SPINACH AND PARMESAN

A protein-packed breakfast that's perfect for low-carb diets and supports clean eating efforts.

INGREDIENTS:

- 2 medium eggs
- 1 egg yolk
- 1 tablespoon of warm water
- 2 scallions
- 1 cup of fresh spinach
- 1 tablespoon of grated Parmesan
- 1 teaspoon of coconut oil
- A dash of salt
- A dash of black ground pepper



PREPARATION:

- Chop the scallions and take the spinach out of the fridge.
- Beat the eggs, egg yolk, water, salt and black pepper into a cup and whisk it with a fork.
- Melt coconut oil in a heated pan and sauté the chopped scallions.. Once they soften, pour the egg mixture in and turn the pan so it creates an omelette.
- While the batter is still runny, scatter fresh spinach over it.
- Grab a spatula and gently push the cooked portions towards the centre to allow the uncooked eggs to cook faster.
- Once it's possible, slip the spatula under it and fold it over.
- Enjoy while still warm.

NUTRITIONAL VALUE / SERVING:

- 237 calories, 15.9 g fat, 3.3 g carbohydrates, 18.2 g protein.

BREAKFAST
SNAK

SERVINGS
2



KETO

PALEO

AVOCADO EGG BOATS

A delicious breakfast that will keep you full for hours. Keep it interesting with some mouthwatering toppings!

INGREDIENTS:

- 1 avocado
- 2 small eggs
- Salt
- Freshly ground pepper

Topping option No.1:

- 2 slices of bacon, fried until crispy
- A pinch of red pepper flakes
- Chopped chives

Topping option No.2:

- Cherry tomato
- Fresh basil

Topping option No.3:

- Shredded cheddar cheese
- Chopped chives

PREPARATION:

- Preheat the oven to 200°C.
- Slice the avocado in half and remove the pit. Scoop out some avocado flesh to make a bigger hole and place the halves on a baking sheet.
- Crack one egg into each half, season with salt and pepper and top with toppings of your choice.

NUTRITIONAL VALUE / SERVING:

- 182 calories, 33 g fat, 1.8 g carbohydrates, 7 g protein.



BREAKFAST
SNACK

SERVINGS
3



EGG MUFFINS

A lazy breakfast or a protein-packed snack to keep you full on the road, at work or on the beach.

INGREDIENTS:

- 6 eggs
- 100 g of spinach (fresh or frozen)
- 50 g of mushrooms
- 1 medium-sized scallion
- 75 g of grated Parmesan
- 1/4 teaspoon of salt



PREPARATION:

- Preheat the oven at 180°C so it will be ready when you're done with preparation.
- Crack the eggs into a cup and whisk in salt and Parmesan.
- Pour half of the batter into 6 silicone muffin cups and then add the chopped spinach, diced mushrooms and grated Parmesan into each muffin cup.
- Pour the rest of the batter over the vegetables so the cups are almost full.
- Put the muffin cups into the oven and bake for 20-25 minutes.
- Enjoy the muffins while they're still warm or cool them off and pack them into an airtight bag or container. They will last for up to 3 days.

NUTRITIONAL VALUE / SERVING:

- 149 calories, 16 g fat, 3 g carbohydrates, 21.5 g protein.



LANA'S MATCHA SMOOTHIE

One of our trainer's favourite smoothies. It's thick, packed with antioxidants, and it will keep you focused and productive.

INGREDIENTS:

- 100 ml of light coconut milk
- 1 teaspoon of matcha powder
- 1 cup of fresh spinach
- 50 g of blueberries
- 20 almonds
- 1 teaspoon of flax seeds
- 200 ml of water
- Stevia to taste



PREPARATION:

- Put all of the ingredients into a blender and blend until smooth. Leave almonds soaking for 10 minutes beforehand, if your blender isn't powerful enough.

NUTRITIONAL VALUE / SERVING:

- 249.7 calories, 17.9 g fat, 8.6 g carbohydrates, 7.6 g protein.



LANA'S AVO COCO SMOOTHIE

A true keto smoothie, low in carbs and high in fibre and fat. Ideal for when you want to feel full for longer.

INGREDIENTS:

- 1/2 of avocado
- 150 g of coconut milk
- 1 teaspoon of coconut flour
- 1/2 of a medium-sized cucumber
- 1 teaspoon of ginger
- 1/2 teaspoon of turmeric
- 1 teaspoon of lemon juice



PREPARATION:

- Put all of the ingredients into a blender and blend for 30 seconds.

NUTRITIONAL VALUE / SERVING:

- 173.4 calories, 13.9 g fat, 5.5 g carbohydrates, 2.8 g protein.

SIDES & SNACKS RECIPES

SNACKS
SIDES

SERVINGS
2



ROASTED CHICKPEAS

A spicy snack that's full of protein, fibre, and pure deliciousness. Enjoy it warm or chilled.

INGREDIENTS:

- 1 can of chickpeas
- 1 teaspoon of coconut oil
- Salt
- Garlic salt
- Paprika
- Pepper
- Cayenne pepper (optional)



PREPARATION:

- Preheat oven to 230°C. Drain and blot chickpeas with a paper towel to dry them completely.
- Toss them in a bowl, add coconut oil and season with salt, garlic salt, pepper, paprika, and cayenne pepper.
- Spread on a baking sheet, and bake for 20 to 40 minutes, until browned and crunchy. To avoid burning, watch carefully for the last few minutes.

NUTRITIONAL VALUE / SERVING:

- 109 calories, 3 g fat, 11.7 g carbohydrates, 5.1 g protein.

SNACKS
SIDES

SERVINGS
1



MASHED CAULIFLOWER

Like mashed potatoes? Then give this low-carb alternative a go!

INGREDIENTS:

- 1/4 of medium-sized cauliflower
- Salt
- Pepper
- Garlic powder
- 1 tablespoon of Greek yogurt



PREPARATION:

- Boil the cauliflower florets in salted water for 10 minutes or until fork-tender. Remove and drain. Save a bit of cauliflower water for later. Purée with a potato masher (you can also use a food processor or a blender – depending on the preferred consistency). Add the yogurt, salt, pepper and garlic powder and mix them in.

NUTRITIONAL VALUE / SERVING:

- 51.2 calories, 2.1 g fat, 3.4 g carbohydrates, 3.2 g protein.

SNACKS
SIDES

SERVINGS
6



AVO HUMMUS WITH VEGGIES

A delicious low-carb spinoff of a popular Middle Eastern dip.

INGREDIENTS:

- 1 ripe avocado
- 200 g chickpeas, canned
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- Half of a teaspoon of chili powder
- 2 dashes of salt
- 1 tablespoon of olive oil
- 120 ml chickpea water
- Veggies to dip: Cucumber, carrots, and celery sticks (as much as you want)



PREPARATION:

- Put all the ingredients except avocado in a blender and blend until you get a homogenous paste.
- Add avocado flesh and blend again.
- Add salt to taste and add water if needed.
- You can also serve it with chopped parsley or coriander.

NUTRITIONAL VALUE / SERVING:

- 107.8 calories, 6.5 g fat, 6.8 g carbohydrates, 3.1 g protein.

SIDES

SERVINGS

1



KETO

GARLIC-PARMESAN SPINACH

A perfect side dish with a steak dinner, fish or fried eggs. Combine it with mashed cauliflower for a light veggie meal.

INGREDIENTS:

- 3 cups of fresh spinach or 1 cup of frozen spinach
- 1 clove of garlic
- 2 tablespoons of grated Parmesan
- 2 teaspoons of butter
- Salt
- Ground pepper
- Stevia (optional)



PREPARATION:

- Melt the butter in a skillet and gently fry the garlic in it so it releases the aroma. Throw the spinach on top, add salt and a little bit of water.
- Cook for 5 minutes, take it off the stove and add pepper and Parmesan to it.
- Serve it as a side or enjoy it on its own. It's great with crunchy bacon on top!

NUTRITIONAL VALUE / SERVING:

- 169.3 calories, 11.8 g fat, 3.9 g carbohydrates, 10.7 g protein.

LUNCH & DINNER RECIPES

LUNCH
DINNER

SERVINGS
4



KETO

PALEO

GRILLED BEEF AND VEGETABLE KEBABS

Classic skewers you can make in advance, take them to the office for lunch, or bring them as a perfect addition to any BBQ party.

INGREDIENTS:

- 1 tablespoon of apple cider vinegar
- 2 tablespoons of extra-virgin olive oil
- 2 tablespoons of mustard
- 2 teaspoons of dried oregano
- 2 teaspoons of dried rosemary
- 2 cloves of garlic, sliced
- 1/2 teaspoon of salt
- 1/2 teaspoon of ground pepper
- 400 g beef sirloin steak, trimmed and cut into small chunks
- 16 small white button mushrooms
- 16 cherry tomatoes
- 1 small bell pepper (any colour), cut into small pieces
- 1 medium red onion

SUGGESTED SIDES:

- Mashed cauliflower
- Courgette salad
- Green bean salad
- Garlic-Parmesan spinach
- Basic tossed salad

PREPARATION:

- For the marinade, put vinegar, oil, mustard, oregano, rosemary, garlic, salt and pepper in a small bowl and whisk it.
- Chop the meat and marinate for at least 2 hours.
- When the meat is fully marinated, drain it, chop the meat, mushrooms, tomatoes, bell pepper and onion and assemble kebabs.
- Grill or bake until the meat is cooked to your liking (about 15 minutes for medium).

NUTRITIONAL VALUE / SERVING:

- 267 calories, 12 g fat, 6.4 g carbohydrates; 32.7 g protein.



BREAKFAST
LUNCH

SERVINGS
1



BUCKWHEAT SALAD

A hearty dish you can eat hot or cold. Prepare it the night before, take it to work or on a field trip. It will never disappoint!

INGREDIENTS:

- 1 cup of cooked buckwheat
- 1/2 of an avocado
- 1/2 of a bell pepper
- 5 cherry tomatoes
- 1/2 an onion (optional)
- Lemon juice
- 1 teaspoon of olive oil
- Parsley
- Turmeric
- Oregano
- Garlic powder
- Salt
- Pepper

PREPARATION:

- Cook the buckwheat and set aside to cool.
- Chop the avocado, paprika, tomatoes and onion and add them to the buckwheat.
- Add the lemon juice, olive oil, and herbs.
- Mix and serve.

NUTRITIONAL VALUE / SERVING:

- 376.3 calories, 16.6 g fat, 41.8 g carbohydrates, 9.4 g protein.



SALAD LUNCH WRAP

A tasty and convenient way to get your greens in! This salad wrap makes for a perfect lunch when you're on the go.

INGREDIENTS:

- Whole wheat tortilla
- 4 slices of turkey breast salami or chilled turkey meat
- Avocado
- 1 cup of lettuce
- 4 tablespoons of hummus
- 2 teaspoons of sriracha



PREPARATION:

- Spread the hummus on the tortilla, add the lettuce and the turkey salami.
- Cut the avocado in half, take the pit out and spoon the meat out of the shell. Cut it into slices and place them on the salami.
- Use as much sriracha as you want and tightly wrap the tortilla.
- Share it or save the other half for dinner or lunch the next day.

NUTRITIONAL VALUE / SERVING:

- 306.7 calories, 16.6 g fat, 18.6 g carbohydrates, 15.9 g protein.

LUNCH
DINNER

SERVINGS
2



STIR FRY CAULIFLOWER RICE

An aromatic low-carb alternative to fried rice. Follow this recipe to a T or experiment with it. This is a great dish to make with what's left in the fridge.

INGREDIENTS:

- 1/2 medium-sized head of cauliflower (fresh)
- 1 tablespoon of sesame oil (or coconut oil)
- 1 small carrot, cubed
- 1 garlic clove, minced
- 50 g frozen edamame
- 1/2 a teaspoon of ginger powder
- 1 teaspoon of garlic powder
- Salt
- Pepper
- 1/2 a teaspoon of chili flakes (optional)
- 1 beaten egg
- 2 tablespoons of tamari sauce (or low-sodium soy sauce)
- 3 green onions, minced

PREPARATION:

- Add cauliflower florets to your food processor and pulse until the cauliflower resembles small rice. Set aside.
- Heat 1 tablespoon of sesame oil in a large skillet or a wok over medium-low heat.
- Add the carrots and garlic and stir-fry until fragrant, about 5 minutes. Add the cauliflower, edamame and the remaining sesame oil to the pan.
- Add the seasoning and stir-fry quickly to cook the cauliflower to a soft texture.
- Make a well in the middle, turn the heat down and add the eggs. Stir gently and continuously until the eggs are fully cooked.
- Stir in the soy sauce and green onions and sprinkle with sesame seeds just before serving.

MAKE IT VEGAN:

- Instead of eggs, use scrambled tofu.

NUTRITIONAL VALUE / SERVING:

- 202.7 calories, 11.3 g fat, 8.2 g carbohydrates, 13.7 g protein.



LUNCH
SALAD
DINNER

SERVINGS
2



CHEESY GRILLED VEGGIES

INGREDIENTS:

- 1 medium-sized courgette
- 1 medium-sized tomato
- 1 large red bell pepper
- 1 medium-sized onion
- 1 small eggplant
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- Salt
- Chilli powder
- 2 tablespoons of grated Parmesan
- 1 teaspoon of coconut oil

SUGGESTED SIDES:

- Pimiento cheese veggies
- Grilled salmon
- Canned sardines

PREPARATION:

- Chop the veggies, season them with melted coconut oil, salt, chilli, garlic and onion powder and mix so everything's evenly coated.
- Place the veggies onto the baking tray covered with parchment paper and put in the preheated oven - maximum heat, grill setting.
- Bake for 25 - 35 minutes, shake the tray if the veggies are browning too fast.
- Take the tray out of the oven, put the contents into a serving bowl and mix them with Parmesan.
- Serve as a side dish or enjoy it on its own.

NUTRITIONAL VALUE / SERVING:

- 209.7 calories, 5.9 g fat, 25.5 g carbohydrates, 8.4 g protein.



LUNCH
SALAD
DINNER

SERVINGS
2



LANA'S TUNA SALAD

Our trainer's go-to when she's in a hurry. It's creamy, high in fibre, filling and refreshing. What would life be without a good tuna salad?

INGREDIENTS:

- 120 g canned tuna
- 50 ml yogurt (for dressing)
- 2 handfuls of lettuce
- 1 small chopped red onion
- 1 small grated carrot
- 1/2 small cucumber
- 3 cherry tomatoes
- Pinch of salt



PREPARATION:

- Drain the can of tuna and set it to the side.
- Wash and chop the lettuce and veggies, mix it with yogurt and salt, and put tuna on top.
- For an extra treat, you can add a touch of balsamic vinegar dressing.
- Tip: Replace carrots with olives and yogurt with olive oil if you're on a keto diet.

NUTRITIONAL VALUE / SERVING:

- 355.3 calories, 40.8 g protein, 15.9 g carbohydrates, 12.2 g fat.

LUNCH
DINNER

SERVINGS
1



TOFU SCRAMBLE WITH SPINACH

A vegan version of scrambled eggs that is just as flavourful and protein-packed.

INGREDIENTS:

- 200 g tofu, drained and dried
- 2 cups of fresh spinach
- 1 tablespoon of olive oil
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- Salt
- Ground black pepper
- 1/2 teaspoon of turmeric



PREPARATION:

- Wash the tofu, squeeze out the extra water, and wrap it in paper towels. Place it on a plate, put a chopping board on it and let the towels absorb any remaining water.
- Heat the frying pan, pour olive oil on it and scramble the tofu so it looks like scrambled eggs.
- Season it with salt, black pepper, garlic and onion powder and stir well.
- Add spinach and turmeric and cover it with the lid.
- Let it cook for a minute or two.
- Serve and enjoy it warm.

NUTRITIONAL VALUE / SERVING:

- 224.9 calories, 15.7 g fat, 13 g carbohydrates, 18.7 g protein.

SIDES
DINNER

SERVINGS
1



COURGETTE SALAD

A light salad, that's great hot or chilled. A simple yet delicious side dish that goes perfectly with a steak dinner.

INGREDIENTS:

- 1 big courgette
- 1 scallion
- 1 tablespoon of mustard
- 1 tablespoon of Greek yogurt
- 1 teaspoon of vinegar
- 1 teaspoon of olive oil
- Black pepper
- Sea salt



PREPARATION:

- Wash and chop the courgette into 1 finger thick pieces.
- Cook it in a centimetre of water till soft and then drain it well.
- Cool it off and mix it in a bowl with chopped scallions, mustard, yogurt, vinegar, oil, and spices.
- Tip: Sprinkle toasted sunflower seeds or crunchy bacon on top, if you want to make it more filling.

NUTRITIONAL VALUE / SERVING:

- 114.3 calories, 7.5 g fat, 6.3 g carbohydrates, 4.6 g protein.

LUNCH
DINNER

SERVINGS
4



KETO

PALEO

CHICKEN MEATBALLS WITH TOMATO SAUCE

Low-calorie version of the Italian classic that you'll love in wraps, sandwiches, over zoodles, or on its own.

INGREDIENTS:

Marinara sauce:

- 1 teaspoon of olive oil
- 1/2 yellow diced onion
- 3 cloves garlic minced
- 250 g crushed tomatoes
- 100 g tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1/4 teaspoon ground pepper
- 150 ml water

Meatballs:

- 500g ground chicken breast
- 1 large egg
- 50 g grated Parmesan cheese
- 30 g breadcrumbs
- 2 cloves garlic minced
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

Sides suggestions:

- Mashed cauliflower
- Steamed broccoli
- Zoodles



PREPARATION:

Marinara sauce

- Add olive oil to a dutch oven on medium-high heat, and sauté the onion until golden.
- Add garlic and stir for 30 seconds until it's nice and aromatic.
- Add the rest of the ingredients, stir well and simmer, covered on low heat for 20 minutes.

Meatballs

- Preheat the oven to 180°C.
- Add all the ingredients to a bowl and mix until evenly combined.
- Roll the chicken mixture into 12 evenly-sized meatballs and put them into a cast-iron skillet.
- Add a spoonful of water, cover the skillet with the lid, decrease the heat to a minimum and let it cook for 20 minutes.
- Take the meatballs out of the skillet, dip them in the sauce and cook for an additional 5 minutes so that the flavours combine.
- Serve them with mashed cauliflower or put them into a lettuce wrap. Either way, we're sure you'll love it!

NUTRITIONAL VALUE / SERVING:

- 114.3 calories, 7.5 g fat, 6.3 g carbohydrates, 4.6 g protein.

LANA'S SHRIMP COURGETTI

Courgetti noodles with savoury shrimp. You will love this low-carb version of seafood pasta. Approved by our trainer Lana!

INGREDIENTS:

- 1 medium courgette, trimmed
- 1/2 teaspoon of salt
- 1 tablespoon of extra-virgin olive oil
- 1 tablespoon of minced garlic
- 150 g peeled and deveined raw shrimp
- 1 tablespoon of lemon juice
- 1/2 handful of chopped fresh parsley
- 1/4 teaspoon of ground pepper
- 2 tablespoons of grated Parmesan cheese
- Lemon wedges for serving

PREPARATION:

- Using a spiral vegetable slicer or a vegetable peeler, cut the courgette lengthwise into long thin strands or strips.
- Place the courgette noodles in a colander and toss with 1/4 teaspoon of salt. Let it sit for about 20 minutes, then gently squeeze out any excess water.
- Meanwhile, heat 1 tablespoon of oil in a large skillet over medium-high heat. Add chopped garlic and stir for 30 seconds.
- Carefully add a bit of water and bring it to a simmer.
- Add the shrimp and cook, stirring, until the shrimp looks pink.
- Remove from the heat and add lemon juice, parsley, pepper and the remaining 1/4 teaspoon salt; stir to combine.
- Transfer to a large bowl and set aside.
- Heat the remaining 1 tablespoon of oil in the skillet over medium-high heat. Add the courgette and gently toss until hot, for about a minute.
- Pour the shrimp mixture over the courgette and gently toss to combine.
- Serve sprinkled with Parmesan and a squeeze of lemon juice.

NUTRITIONAL VALUE / SERVING:

- 399.2 calories, 11.3 g carbohydrates, 40.8 g protein, 20.2 g fat.



LUNCH
DINNER

SERVINGS
2



DETOX SOUP

A light and delicious soup that will always get you back on track. It's perfect as a light dinner or as an extra meal if you're feeling peckish but don't want to ruin your progress.

INGREDIENTS:

- 1 small onion
- 4 cups of spinach - fresh or frozen
- 4 tablespoons of peas - frozen
- A handful of parsley
- 1 stick of celery
- 2 cloves of garlic
- 1 tablespoon of coconut oil
- Salt
- Ground black pepper
- Lemon wedges for serving

PREPARATION:

- Chop the onion and sauté it in coconut oil until golden.
- Add crushed garlic, peas and spinach, and spices, stir it a few times and add boiling water.
- Cook for 5 to 10 minutes.
- Enjoy it warm, but you can also store it in a fridge for up to 4 days.
- Tip: To make it richer, add 1 tablespoon of sour cream or a spoon of rice cream as a vegan alternative.

NUTRITIONAL VALUE / SERVING:

- 109 calories, 3.3 g protein, 6.5 g carbohydrates, 7.1 g fat.



CAULIFLOWER “TOAST”

Low-carb toast you can enjoy as is or add toppings like cream cheese and ham or cucumbers and smoked salmon.

INGREDIENTS:

- 500 g cauliflower florets
- 100 g shredded Cheddar cheese
- 2 large eggs, beaten
- 1/4 teaspoon ground pepper
- 1/8 teaspoon salt



PREPARATION:

- Preheat the oven to 200°C and line one large baking tray with parchment paper.
- Put the cauliflower into a food processor and pulse several times until all the cauliflower is approximately the size of rice.
- Put it into a microwave-safe bowl and microwave it for 3 minutes. Then let it cool a bit.
- Now place the cooked cauliflower onto a clean kitchen towel and wring out the excess moisture. Then put it back into the bowl, and mix it with the cheese, eggs and spices.
- Divide the mixture into 8 parts and place them onto the baking tray. Form 4 cauliflower patties or toasts.
- Bake until the toasts are browned and crispy around the edges for 15-20 minutes.
- Tip: Once they have cooled down, the toasts can be put into an airtight container and kept in the freezer for up to 3 months.

NUTRITIONAL VALUE / SERVING:

- 175 calories, 11 g protein, 8 g carbohydrates, 11 g fat

LUNCH
DINNER

SERVINGS
1



GREEN BEAN SALAD

A surprisingly filling and comforting salad that can be enjoyed warm or chilled and is ready in 15 minutes.

INGREDIENTS:

- 2 cups of green beans
- 1 small onion
- 5 cherry tomatoes
- 1 hard-boiled egg
- 1 tablespoon of olive oil and apple cider vinegar dressing
- Black pepper
- Salt



PREPARATION:

- Wash and prep the green beans and cook them in salted water until soft.
- Drain and cool them down and mix them with the rest of the ingredients.

NUTRITIONAL VALUE / SERVING:

- 271.1 calories, 13.6 g fat, 20.4 g carbohydrates, 11.8 g protein.

LUNCH
DINNER

SERVINGS
1



KETO

PALEO

SALAD WITH SARDINES

Sardines are among the healthiest fish. They're low in mercury, packed with Omega-3 and rich in calcium if you eat them with the bones.

INGREDIENTS:

- 1 can of sardines, drained
- 2 cups of lettuce
- 1/3 of a medium-sized courgette
- 1/3 of a medium-sized bell pepper
- 1 tablespoon of olive oil
- 1 tablespoon of apple cider vinegar
- 1 clove of garlic, chopped
- 6 medium black olives
- Salt



PREPARATION:

- Drain the sardines and set aside.
- Wash and chop the vegetables, combine it with the dressing and serve with sardines on top.
- Hard-boiled eggs go great with this one if you're super hungry or if you want to up the protein content of the salad.

NUTRITIONAL VALUE / SERVING:

- 375.7 calories, 27 g fat, 6 g carbohydrates, 25 g protein.

PIMIENTO CHEESE MEATBALLS

If you like your meatballs with a kick, this one's for you. It's cheesy, it's spicy, and it goes great with any kind of salad.

INGREDIENTS:

Pimiento cheese :

- 2 tablespoons of mayonnaise
- 1 jalapeño (fresh or pickled)
- 1/2 teaspoon of paprika powder or chili powder
- 1/2 tablespoon of Dijon mustard
- 1/2 pinch of cayenne pepper
- 25 g cheddar cheese, grated
- Salt

Meatballs:

- 150 g ground beef
- 1 egg
- Salt
- Ground black pepper
- 1 tablespoon of coconut oil

Sides suggestions:

- Greek salad
- Courgette salad
- Green bean salad
- Garlic-Parmesan spinach
- Basic tossed salad
- Steamed broccoli



PREPARATION:

- Start by mixing all the ingredients for the pimiento cheese in a large bowl. Add ground beef and the egg to the cheese mixture. Use a wooden spoon or clean hands to combine.
- Add salt and pepper to taste.
- Form large meatballs and fry them in coconut butter on medium heat until they are cooked throughout. Serve with a side dish of your choice.

NUTRITIONAL VALUE / SERVING:

- 442.6 calories, 36.3 fat, 1.5 g carbohydrates, 44.2 g protein.

LUNCH
DINNER

SERVINGS
2



GREEK SALAD

One of the most beloved salads in the world. Use it as a side or have it for dinner – you can't go wrong.

INGREDIENTS:

- 200 g of ripe tomatoes
- 1 cup of lettuce
- 8 medium black olives
- 1 medium green bell pepper
- 100 g of feta cheese
- Salt
- Black ground pepper
- 1 tablespoon of apple cider vinegar
- 2 tablespoons of olive oil
- 1/2 teaspoon of dried oregano
- 1/2 of small onion
- 1 tablespoon of fresh parsley

PREPARATION:

- Chop the veggies and the cheese to desired-size cubes and mix it so the flavours combine. Season to taste.

NUTRITIONAL VALUE / SERVING:

- 312.4 calories; 26.2 g fat, 8.8 g carbohydrates; 9.2 g protein.



LUNCH
DINNER

SERVINGS
2



KETO

PALEO

PESTO CHICKEN WITH VEGGIES

Simple, delicious, and all you need is one pan! You can serve this as dinner and enjoy the chilled leftovers for lunch the next day.

INGREDIENTS:

- 1 tablespoon of olive oil
- 4 chicken thighs, boneless and skinless, sliced into strips
- 200 g asparagus ends, trimmed, cut in half if large
- 2 tablespoons of basil pesto
- 6 cherry tomatoes, halved



PREPARATION:

- Heat a large skillet on medium heat, add olive oil, add the chicken thighs.
- Season the chicken with salt, add half of the chopped tomatoes and cook everything on medium for 5-10 minutes. Flip the meat a few times so it cooks evenly.
- Remove the chicken from the skillet and add asparagus to the still greasy pan.
- Season them, cook for about 2 minutes, then add the rest of the tomatoes - pressing them to the skillet so their juice bursts out.
- Cook for an additional 2 minutes, add the chicken and stir it over medium heat for 5 minutes.
- Remove the skillet from the heat, add pesto to it and stir well so the pesto covers everything evenly.
- Serve hot.

SIDES SUGGESTIONS:

- Courgetti
- Mashed cauliflower

NUTRITIONAL VALUE / SERVING:

- 402.3 calories, 22.3 g fat, 4.2 g carbohydrates, 43.5 g protein.

LUNCH
DINNER

SERVINGS
1



KETO

NO CRUST SPINACH BACON QUICHE

Low-carb comfort food that you can bring to parties, prepare it in advance for on the go or enjoy it for dinner with a glass of red wine.

INGREDIENTS:

- 3 eggs
- 1 small onion
- 1/2 cup of brie cheese - diced
- 2 cups of spinach
- 4 slices of bacon
- 2/3 cup of heavy cream
- 1 clove of garlic
- 1 teaspoon of coconut oil
- Salt
- Ground black pepper

PREPARATION:

- Wash the spinach and drain it well.
- Heat a skillet and melt the coconut oil in it.
- Add the finely chopped onion and a pinch of salt and stir until golden.
- Add the crushed garlic and spinach and stir for a minute.
- Finally, add 1/4 cup of water and let it simmer until cooked. Set aside to cool down a bit.
- While waiting for the spinach to cool down, you can prepare the egg batter. Whisk cream, salt, pepper and eggs into a liquid batter.
- Preheat the oven to 200-220°C, spray the tray with cooking oil spray and pour 1/4 of the batter into it.
- Chop the brie and fried bacon and mix it into the spinach.
- Now place the spinach mixture in the tray and press it down gently so you get a flat top.
- Fork the spinach so you create little holes and pour the rest of batter all over it.
- Wiggle the tray a bit to make sure the egg batter fills all the empty spaces and put it in the oven.
- Bake for 35 minutes or until cooked. Test it with a toothpick.
- Let it cool down for at least 25 minutes before serving.
- Serve it with a side of salad or as is.

NUTRITIONAL VALUE / SERVING:

- 407.5 calories, 35.7 g fat, 4.7 g carbohydrates, 16.5 g protein.



LUNCH
DINNER

SERVINGS
1



CHICKEN LETTUCE WRAPS

A light-weight version of a chicken wrap that has less than 8 g of carbs yet is rich in protein and healthy fats – very filling!

INGREDIENTS:

- 8 outer lettuce leaves
- 8 slices of sliced turkey breast
- 1/2 of a small cucumber
- 8 cherry tomatoes
- 2 tablespoons of mayonnaise
- 1/2 of avocado
- 2 hard-boiled eggs



PREPARATION:

- Wash and dry the lettuce leaves and place them on top of each other so they form a bigger wrap. If you're having troubles with this or the lettuce is too crisp to roll, use smaller leaves as sandwich cups - like hard shell tacos.
- Place ingredients into leaves, roll them tightly and put it in a plastic container if you're taking them with you for lunch.
- They will keep in the fridge for a day.

NUTRITIONAL VALUE / SERVING:

- 730 calories, 23.4 g fat, 7.9 g carbohydrates, 28.1 g protein

LUNCH
DINNER

SERVINGS
1



CHICKEN SALAD

A classic diet staple that fills you up. It comforts a craving for a heavy meal, without leaving you tired or regretting that you've eaten too much.

INGREDIENTS:

- 4 cups of lettuce
- Chicken breast - skinless
- 1 small carrot
- 1/2 cup of mozzarella - diced
- 1 tablespoon of olive oil apple cider vinegar dressing
- Salt



PREPARATION:

- Preheat the oven to 220°C.
- Wash the chicken breast, season it and place it on a baking tray covered with parchment paper.
- Put it in the oven and bake for 25 minutes or until done.
- Meanwhile, prepare the lettuce, grate the carrot and dice the mozzarella.
- Mix the veggies, place the sliced chicken breast and mozzarella on top and season lightly.
- Enjoy it right away or take it with you.

NUTRITIONAL VALUE / SERVING:

- 531.4 calories, 30 g fat, 7.7 g carbohydrates, 53.8 g protein

COURGETTE PIZZA BOATS

A healthy meal in disguise. Just as delicious for lunch the next day as it is when you eat it fresh from the oven.

INGREDIENTS:

- 1 medium-sized courgette
- 2 slices of ham
- 2 tablespoons of chopped mozzarella
- 6 tablespoons of pizza tomato sauce



PREPARATION:

- Wash a courgette and cut it down the middle. Scoop out the meat. Poke the halves with a fork a few times, sprinkle with salt and put them on a baking tray, layered with baking paper.
- Put them into the oven while it's heating to 200°C for 7 minutes.
- While the courgette halves are baking, mix the courgette flesh with the chopped ham and the tomato sauce.
- When the courgette halves are done, take them from the oven and fill them with the mixture. Cover them with mozzarella.
- Place courgette pizza boats back into the oven until the cheese melts and the boats look golden.
- Take them out of the oven and let them cool down a bit.

SIDES SUGGESTIONS:

- Green bean salad
- Garlic-Parmesan spinach
- Basic tossed salad

NUTRITIONAL VALUE / SERVING:

- 184.7 calories, fat: 9.9 g, carbohydrates: 7.5 g, protein: 15.5 g

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