

# Clean Eating Cookbook for Beginners:

*Easy Healthy Recipes, Meal Prep Guide & 30-Day Plan  
to Boost Energy, Eat Better and Cook Smarter*

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# CHAPTER I

## Introduction

Have you ever opened the refrigerator and had no idea what to cook?

The day has been long, you barely have any time left, and the thought of making something healthy feels too complicated. So you end up choosing the quickest option — and not always the one that truly benefits your health.

If this sounds familiar, you are not alone.

Today, many people want to eat better, feel more energetic, and take better care of their health. But in real life, that is often easier said than done.

There is never enough time. Planning feels overwhelming. There is too much conflicting advice. And every day brings the same question: **“What should I cook today?”**

Over time, this leads to fatigue, inconsistent eating habits, and the feeling that “nothing is working.” This book was created to solve exactly that problem.

There are no strict diets or complicated rules here. Instead, you will find a simple and practical eating system that can easily fit into everyday life.

With it, you will be able to:

- spend less time making daily food decisions
- cook less while eating better
- maintain stable energy levels
- build balanced eating habits without extremes
- regain control over your nutrition

And most importantly, you will get a ready-to-use 30-day meal plan.

The 30-day plan is your roadmap, and the simple principles in this book are your guide for following it. You open the book — and immediately know what to do.

Inside this book, you will find:

- a clear explanation of clean eating principles without unnecessary overwhelm
- a practical meal prep guide to help you cook faster and less often
- a list of essential staple foods and smart shopping tips
- a 30-day meal plan with a complete menu for every day
- a collection of simple and quick recipes for everyday life

Every recipe in this book was created with one goal in mind: minimal time — maximum nourishment and energy.

The main idea behind this book is simple: the problem is not that you do not know how to eat healthy. The problem is that you do not have a system.

When you have a system:

- decisions become easier
- stress is reduced
- consistency becomes possible
- and real results begin to appear

Before moving on to the basics, it is important to understand how to use this book in a way that helps you get the best results without making life more complicated.

# How to Use This Book

This book was created to make your life easier. No strict rules and no pressure to do everything perfectly. You can use it in three different ways.

## **Option 1: Follow the 30-Day Meal Plan**

Inside the book, you will find a complete 30-day meal plan. Each day includes:

- breakfast
- lunch
- dinner
- one snack

Every meal is connected to a recipe and page number. You do not need to create menus, search for ideas, or spend time planning.

You simply open the day — and follow the plan.

This helps:

- reduce stress
- build healthy habits faster
- maintain consistency

## **Option 2: Mix and Match Recipes Freely**

If you do not want to follow the meal plan exactly, you can use the book more flexibly. The recipes are divided into categories: breakfasts, lunches, dinners, and snacks.

You can create your own meal combinations.

The substitution principle is simple:

breakfast → any breakfast

lunch → any lunch

dinner → any dinner

snack → any snack

This gives you flexibility without losing structure.

## **Important**

Some recipes repeat throughout the meal plan. This is intentional.

Repetition:

- saves time
- simplifies grocery shopping
- reduces mental load
- helps reinforce healthy habits

You do not need to cook something new every single day. This is not a diet. It is a tool. Use the system in the way that works best for you.



## CHAPTER 2

# Basics of Clean Eating

# What Clean Eating Really Means

Clean eating is not a diet or a strict system of restrictions.

It is an approach to eating where you:

- choose simple, whole foods
- minimize processed foods
- prepare simple meals using familiar ingredients

The main idea is to eat real food instead of “products with long ingredient lists.”

This is not about perfection. It is about making mindful choices in everyday life.

## Why It Works

When you switch to cleaner eating, your body receives more nutrients, your energy levels become more stable, sugar spikes are reduced, weight management becomes easier, and overall well-being improves.

Most importantly, it is something you can maintain long-term without stress or extremes.

## The Basic Principles of Clean Eating

You do not need to memorize complicated rules. It is enough to follow a few simple principles.

### 1.The Simpler the Food, the Better

Choose foods with minimal processing: vegetables, fruits, grains, meat, fish, eggs.

If a food looks close to how it appears in nature, it is usually a good choice.

### 2.Minimize Processed Foods

Try to avoid products with:

- long ingredient lists
- additives and flavor enhancers
- hidden sugars

If the ingredient list is difficult to read, it is better to skip it.

### 3.Build Balance Into Every Meal

Each meal should include:

- protein
- healthy fats
- carbohydrates
- fiber

This helps you stay full longer, avoid overeating, and maintain steady energy levels.

### 4.Eat Regularly

Do not skip meals or wait until you are extremely hungry.

Regular eating = stable energy + fewer cravings.

### 5.Keep Cooking Simple

Clean eating does not require complicated recipes.

A simple meal made with 4–6 ingredients is better than a complicated recipe you will never make.

### 6.Do Not Aim for Perfection

Eating “clean” 80% of the time is already a great result.

Flexibility matters more than perfection.

# What Foods to Choose

The foundation of clean eating is made up of foods that make it easy to prepare simple meals.

## *Vegetables*

The foundation of your meals:

- broccoli
- spinach
- carrots
- zucchini
- bell peppers
- tomatoes

Fresh or frozen — both work well.

## *Protein*

Important for fullness and energy:

- chicken
- turkey
- fish
- eggs
- legumes

## *Carbohydrates*

Choose complex carbohydrates:

- oatmeal
- rice
- quinoa
- whole grain products

## *Fruits*

Great for snacks and breakfasts:

- apples
- berries
- bananas
- citrus fruits

Whole fruits are better than juices.

## *Healthy Fats*

There is no need to fear them:

- avocado
- olive oil
- nuts
- seeds

## *Dairy Products (Optional)*

- plain yogurt
- cottage cheese
- cheese

Choose options without added sugar.

## **Foods to Limit**

Clean eating is not about strict rules. It is about awareness.

However, there are some foods worth limiting.

1. Highly processed foods — fast food, frozen convenience meals, and ready-made packaged meals.
2. Hidden sugar — sugary drinks, desserts, flavored yogurts, and sauces.
3. Refined products — white bread, sweet pastries, and foods made with white flour.
4. Excessive additives — flavor enhancers, artificial flavorings, and preservatives.

# How to Simplify Grocery Shopping

## **Plan Ahead**

Before going to the store:

- review your meal plan
- make a short shopping list

This saves both time and money.

## Buy the Basics

Try to always keep these at home:

- grains
- protein sources
- vegetables

With these basics, you can quickly put together a meal.

## Do not Shop Hungry

Otherwise, you are more likely to buy unnecessary foods.

## How to Keep It Simple (An Easy Rule)

If you are unsure about a product, ask yourself these 3 questions:

1. Is this a natural food?
2. Do I understand what it is made of?
3. Could I make this at home?

If the answer is “yes,” it is likely a good choice.

You do not need to change everything at once.

It is enough to start with small steps and gradually build a system of eating that works for your life.

# Kitchen Essentials

You do not need a perfect kitchen or complicated tools to eat healthier. What you do need is simplicity, a few basics, and familiar ingredients.

When you have the right tools, staple foods, and a clear understanding of what to buy, cooking becomes faster and easier, and healthy eating becomes more consistent.

Basic essentials that you use regularly are enough.

Basic Kitchen Tools:

- frying pan
- pot
- baking sheet
- knife + cutting board
- food storage containers

That is already enough for most recipes in this book.

Optional Extras

- blender (for smoothies and sauces)
- oven or multicooker
- measuring spoons

These are convenient, but not required.

The simpler your kitchen setup is, the more likely you are to cook consistently.

In the next chapter, you will learn how to simplify cooking, spend less time in the kitchen, and use meal prep to make healthy eating easier. Also you will get a complete 30-day meal plan — a ready-to-use system that will help you put everything into practice.



## CHAPTER 3

### Meal Prep Guide

# What Meal Prep Is and How It Works

Meal prep is a simple way to prepare food ahead of time so you do not have to cook from scratch every day.

The idea is very simple: you cook once and use the food over the next 2–3 days by combining it in different ways.

## Why It Works

The main reason healthy eating feels difficult is not a lack of motivation — it is fatigue and lack of time.

Meal prep solves this immediately:

- you do not have to think about what to cook every day
- you already have prepared or partially prepared food
- it reduces the chances of making impulsive and less healthy choices

When the food is already prepared, the healthy choice becomes the easiest choice.

## What It Looks Like in Real Life

Let's say you have:

- chicken
- rice
- vegetables

You prepare:

- 2–3 portions of chicken
- 2 portions of rice
- some vegetables

Then you use them over the next few days.

### *Day 1*

Lunch:

Boiled or baked chicken + rice + fresh vegetables + a simple sauce

### *Day 2*

You use the same chicken but serve it differently.

Dinner:

Chicken (reheated with sauce or spices added) + broccoli

It already feels like a different meal, even though the base is the same.

### *Day 3*

You use the remaining rice.

Lunch or Dinner:

Rice + sautéed mushrooms / carrots / corn + egg or pieces of chicken

A new meal without cooking everything again from scratch.

## Important to Understand

You are not cooking completely different meals every day.

You are using the same base ingredients in different ways.

That is what meal prep is.

## More Examples

o Chicken + Vegetables

You prepared:

- baked chicken
- vegetables

*Day 1*

chicken + vegetables

*Day 2*

sliced chicken + salad

*Day 3*

chicken + warm vegetable bowl with sauce

o Rice

You cooked 2–3 portions of rice.

*Day 1*

rice as a side dish

*Day 2*

rice + vegetables + sauce

*Day 3*

rice + egg (quickly stir-fried)

o Vegetables

You chopped vegetables ahead of time.

*Day 1*

added them to lunch

*Day 2*

made a salad

*Day 3*

used them as a side dish

## How to Cook for 2–3 Days (Simple Method)

**Step 1:** Choose a Base

For example:

- chicken
- rice
- vegetables

**Step 2:** Cook a Little Extra

Not for one meal, but for 2–3 meals:

- chicken → 2–3 portions
- rice → 2 portions

**Step 3:** Store Part of It in the Refrigerator

This is important — do not eat everything right away.

**Step 4:** Change the Presentation

You do not need to cook everything again

## Refrigerator Storage Rules

- prepared food → 2–3 days
- store in containers
- portioning meals in advance works best

Do not cook for an entire week at once — it becomes overwhelming.

## Freezer Storage Rules

Allow food to cool completely before freezing. Store meals in airtight containers or freezer bags, label them with the preparation date, and freeze in portions for easier use later. Most cooked meals are best consumed within 1–2 months after freezing. Before eating, thaw food overnight in the refrigerator and reheat thoroughly before serving.

## Common Mistakes (With Examples)

- o Cooking too much

You make 5 portions → by day 3 you are tired of it → food gets thrown away. It is better to cook less, but more consistently.

- o Making overly complicated meals

A recipe with 10 ingredients → you never make it again. Remember: simplicity = consistency.

- o Eating the exact same meal repeatedly

Chicken + rice for 3 days in a row → boring. Do not force yourself — change the presentation with sauces and side dishes.

## Summary

Meal prep is not about perfection.

It is about:

- cooking a little extra
- using it over several days
- changing the presentation

And as a result saving time, reducing stress, eating better with less effort

# 30-Day Clean Eating Meal Plan

Below, you will find your 30-day Meal Plan presented in an easy-to-follow roadmap format. Simply choose a day and go to the corresponding recipe page.

## DAY 1

**BREAKFAST:** Creamy Berry Oatmeal (prepare extra portions for later in the week)

**LUNCH:** Grilled Chicken with Brown Rice (prepare extra chicken)

**DINNER:** Chicken Vegetable Soup (prepare extra portions and freeze some )

**SNACK:** Apple & Cheese

## DAY 2

**BREAKFAST:** Avocado Toast with Egg

**LUNCH:** Mediterranean Chickpea Salad

**DINNER:** Egg Fried Rice (prepare extra portions for later in the week)

**SNACK:** Peanut Butter Oat Balls

## DAY 3

**BREAKFAST:** Creamy Berry Oatmeal (Day 1)

**LUNCH:** Lentil Vegetable Stew

**DINNER:** Chicken Vegetable Soup (Day 1)

**SNACK:** Yogurt with Berries

## DAY 4

**BREAKFAST:** Apple Cinnamon Oatmeal (prepare extra portions for later in the week)

**LUNCH:** Lemon Garlic Chicken

**DINNER:** Roasted Vegetables (prepare extra vegetables for bowls and omelets)

**SNACK:** Trail Mix

## DAY 5

**BREAKFAST:** Egg Muffins with Spinach (prepare extra portions for later in the week)

**LUNCH:** Chicken Burrito Bowl (prepare extra chicken)

**DINNER:** Egg Fried Rice (Day 2)

**SNACK:** Carrot & Hummus

## DAY 6

**BREAKFAST:** Apple Cinnamon Oatmeal (Day 4)

**LUNCH:** Turkey Stir-Fry (prepare extra portions for later in the week)

**DINNER:** Chicken Vegetable Soup (use leftover, Day 3)

**SNACK:** Boiled Eggs

## DAY 7

**BREAKFAST:** Yogurt with Granola

**LUNCH:** Chicken & Sweet Potato (use leftover chicken, Day 5)

**DINNER:** Simple Omelet Plate (use leftover vegetables, Day 4)

**SNACK:** Rice Cakes with Avocado

#### **DAY 8**

**BREAKFAST:** Egg Muffins with Spinach (Day 5)

**LUNCH:** Tuna Avocado Salad

**DINNER:** Lentil Soup (prepare extra portions and freeze some)

**SNACK:** Protein Bites

#### **DAY 9**

**BREAKFAST:** Spinach Egg Bake

**LUNCH:** Beef Rice Bowl (prepare extra beef and rice)

**DINNER:** Chicken Quinoa Salad

**SNACK:** Yogurt with Berries

#### **DAY 10**

**BREAKFAST:** Green Smoothie Bowl

**LUNCH:** Turkey Stir-Fry (Day 6)

**DINNER:** Lentil Soup (leftover or freezer portion, Day 8)

**SNACK:** Green Smoothie

#### **DAY 11**

**BREAKFAST:** Savory Oatmeal with Egg

**LUNCH:** Beef & Vegetable Skillet (use leftover beef, Day 9)

**DINNER:** Spinach Mushroom Stir-Fry

**SNACK:** Trail Mix

#### **DAY 12**

**BREAKFAST:** Spinach Egg Bake (Day 9)

**LUNCH:** Shrimp Rice Bowl (use leftover rice if available, Day 9)

**DINNER:** Tuna Salad Bowl

**SNACK:** Boiled Eggs

#### **DAY 13**

**BREAKFAST:** Egg Muffins with Spinach

**LUNCH:** Chickpea Veggie Bowl (prepare extra portions for later in the week)

**DINNER:** Simple Omlet Plate

**SNACK:** Roasted Chickpeas

#### **DAY 14**

**BREAKFAST:** Breakfast Rice Bowl (prepare extra portions for later in the week)

**LUNCH:** Veggie Pasta

**DINNER:** Tomato Soup (prepare extra portions and freeze some)

**SNACK:** Chia Pudding Snack

#### **DAY 15**

**BREAKFAST:** Protein Yogurt Parfait

**LUNCH:** Stuffed Chicken Breast (prepare extra portions and freeze some)

**DINNER:** Quinoa Veggie Bowl

**SNACK:** Protein Bites

#### **DAY 16**

**BREAKFAST:** Pumpkin Oatmeal (prepare extra portions for later in the week)

**LUNCH:** Beef & Vegetable Skillet (prepare extra beef)

**DINNER:** Baked Salmon & Greens (prepare extra portions for later in the week)

**SNACK:** Apple & Cheese

#### **DAY 17**

**BREAKFAST:** Breakfast Rice Bowl (Day 14)

**LUNCH:** Chickpea Veggie Bowl (Day 13)

**DINNER:** Baked Sweet Potato

**SNACK:** Peanut Butter Oat Balls (prepare extra portions for later in the week)

#### **DAY 18**

**BREAKFAST:** Pumpkin Oatmeal (Day 16)

**LUNCH:** Tofu Stir-Fry (prepare extra portions for later in the week)

**DINNER:** Baked Salmon & Greens (Day 16)

**SNACK:** Yogurt with Berries

#### **DAY 19**

**BREAKFAST:** Low- Veggie Omelet

**LUNCH:** Chicken Pasta (prepare extra chicken)

**DINNER:** Quinoa Veggie Bowl

**SNACK:** Trail Mix

#### **DAY 20**

**BREAKFAST:** Mango Coconut Chia Pudding

**LUNCH:** Chicken & Sweet Potato (use leftover chicken, Day 19)

**DINNER:** Tuna Salad Bowl

**SNACK:** Carrot & Hummus

#### **DAY 21**

**BREAKFAST:** Greek Yogurt with Honey & Nuts

**LUNCH:** Tofu Stir-Fry (Day 18)

**DINNER:** Lentil Soup (freezer leftover, day 8)

**SNACK:** Protein Smoothie

**DAY 22**

**BREAKFAST:** Yogurt with Granola

**LUNCH:** Beef Rice Bowl (use leftover beef, Day 16)

**DINNER:** Roasted Vegetables (prepare extra portions for later in the week)

**SNACK:** Yogurt with Berries

**DAY 23**

**BREAKFAST:** Sweet Potato Breakfast Bowl

**LUNCH:** Baked Salmon with Vegetables

**DINNER:** Tomato Soup (freezer leftover if available, Day 14)

**SNACK:** Roasted Chickpeas (prepare extra portions for later in the week)

**DAY 24**

**BREAKFAST:** Egg & Avocado Wrap

**LUNCH:** Turkey Patties

**DINNER:** Roasted vegetables (Day 22)

**SNACK:** PEANUT Butter Oat Balls (Day 17)

**DAY 25**

**BREAKFAST:** Savory Oatmeal With Egg

**LUNCH:** Tofu Stir-Fry

**DINNER:** Veggie Casserole

**SNACK:** Trail Mix

**DAY 26**

**BREAKFAST:** Protein Yogurt Parfait

**LUNCH:** Beef Rice Bowl (prepare extra portions for later in the week)

**DINNER:** Simple Omelet Plate (use leftover vegetables if available)

**SNACK:** Roasted Chickpeas (Day 23)

**DAY 27**

**BREAKFAST:** Creamy Berry Oatmeal (prepare extra portions for later in the week)

**LUNCH:** Turkey Patties (Day 24)

**DINNER:** Lentil Soup (use leftover vegetables if available)

**SNACK:** Boiled Eggs

**DAY 28**

**BREAKFAST:** Mango Coconut Chia Pudding

**LUNCH:** Lentil Salad

**DINNER:** Quinoa Veggie Bowl (leftover quinoa if available)

**SNACK:** Green Smoothie

**DAY 29****BREAKFAST:** Green Smoothie Bowl**LUNCH:** Beef Rice Bowl (Day 26)**DINNER:** Chicken Vegetable Soup (freezer leftover fresh batch)**SNACK:** Granola Bars**DAY 30****BREAKFAST:** Creamy Berry Oatmeal (Day 27)**LUNCH:** Lemon Garlic Chicken**DINNER:** Broccoli Chicken Plate**SNACK:** Protein Bites

Below, the same plan is presented in table form.

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Creamy Berry Oatmeal (prepare extra portions for later in the week), p.24	Grilled Chicken with Brown Rice (prepare extra chicken), p. 48	Chicken Vegetable Soup (prepare extra portions and freeze some), p. 70	Apple & Cheese, p. 93
Day 2	Avocado Toast with Egg, p. 29	Mediterranean Chickpea Salad, p. 57	Egg Fried Rice (prepare extra portions for later in the week), p. 71	Peanut Butter Oat Balls, p. 89
Day 3	Creamy Berry Oatmeal (Day 1)	Lentil Vegetable Stew, p. 55	Chicken Vegetable Soup (Day 1)	Yogurt with Berries, 94
Day 4	Apple Cinnamon Oatmeal (prepare extra portions for later in the week), p. 25	Lemon Garlic Chicken, p. 49	Roasted Vegetables (prepare extra vegetables for bowls and omelets), p. 79	Trail Mix, p. 100
Day 5	Egg Muffins with Spinach (prepare extra portions for later in the week), p. 33	Chicken Burrito Bowl (prepare extra portions of chicken), p. 63	Egg Fried Rice (Day 2)	Carrot & Hummus, p. 91
Day 6	Apple Cinnamon Oatmeal (Day 4)	Turkey Stir-Fry (prepare extra portions for later in the week), p. 53	Chicken Vegetable Soup (use leftover, Day 1)	Boiled Eggs, p. 92
Day 7	Yogurt with Granola, p. 44	Chicken&Sweet Potato (use leftover chicken, Day 5), p. 59	Simple Omelet Plate (use leftover vegetables, Day 4), p. 86	Rice Cakes with Avocado, p. 98
Day 8	Egg Muffins with Spinach (Day 6)	Tuna Avocado Salad, p. 51	Lentil Soup (prepare extra portions and freeze some), p. 76	Protein Bites, p. 88

Day	Breakfast	Lunch	Dinner	Snack
Day 9	Spinach Egg Bake (prepare extra portions for later in the week), p. 45	Beef Rice Bowl (prepare extra beef and rice if desired), p. 64	Chicken Quinoa Salad, p. 74	Yogurt with Berries, p. 94
Day 10	Green Smoothie Bowl, p. 28	Turkey Stir-Fry (Day 6)	Lentil Soup (leftovers or freezer portion, Day 8)	Green Smoothie, p. 101
Day 11	Savory Oatmeal with Egg, p. 38	Beef & Vegetable Skillet (use leftover beef, Day 9), p. 54	Spinach Mushroom Stir-Fry, p. 82	Trail Mix, p. 100
Day 12	Spinach Egg Bake (Day 9)	Shrimp Rice Bowl (use leftover rice if available, Day 9), p. 58	Tuna Salad Bowl, 84	Boiled Eggs, p. 92
Day 13	Egg Muffins with Spinach, p. 33	Chickpea Veggie Bowl (prepare extra portions for later in the week), p. 52	Simple Omlet Plate, p. 86	Roasted Chickpeas, p. 97
Day 14	Breakfast Rice Bowl (prepare extra portions for later in the week), p. 44	Veggie Pasta, p. 65	Tomato Soup (prepare extra portions and freeze some), p. 77	Chia Pudding Snack, p. 90
Day 15	Protein Yogurt Parfait, p. 27	Stuffed Chicken Breast (prepare extra portions and freeze some), p. 67	Quinoa Veggie Bowl, p. 73	Protein Bites, p. 88
Day 16	Pumpkin Oatmeal (prepare extra portions for later in the week), p. 47	Beef & Vegetable Skillet (prepare extra beef), p. 54	Baked Salmon & Greens (prepare extra portions for later in the week), p. 78	Apple & Cheese, p. 93
Day 17	Breakfast Rice Bowl (Day 14)	Chickpea Veggie Bowl (Day 13)	Baked Sweet Potato, p. 80	Peanut Butter Oat Balls (prepare extra portions for later in the week), p. 89
Day 18	Pumpkin Oatmeal (Day 16)	Tofu Stir-Fry (prepare extra portions for later in the week), p. 61	Baked Salmon & Greens (Day 16)	Yogurt with Berries, p. 94
Day 19	Low- Veggie Omelet, p. 32	Chicken Pasta (prepare extra chicken), p. 66	Quinoa Veggie Bowl, p. 73	Trail Mix, p. 100

Day	Breakfast	Lunch	Dinner	Snack
Day 20	Mango Coconut Chia Pudding, p. 35	Chicken&Sweet Potato (use leftover chicken, Day 19), p. 59	Tuna Salad Bowl, p. 84	Carrot & Hummus, p. 91
Day 21	Greek Yogurt with Honey & Nuts, p. 26	Tofu Stir-Fry (Day 18)	Lentil Soup (freezer leftovers, Day 8)	Protein Smoothie, p. 96
Day 22	Yogurt with Granola, p. 44	Beef Rice Bowl (use leftover beef, Day 16), p. 64	Roasted Vegetables (prepare extra portions for later in the week), p. 79	Yogurt with Berries, p. 94
Day 23	Sweet Potato Breakfast Bowl, p. 39	Baked Salmon with Vegetables, p. 50	Tomato Soup (freezer leftovers if available, Day 14)	Roasted Chickpeas (prepare extra portions for later in the week), p. 97
Day 24	Egg & Avocado Wrap, p. 40	Turkey Patties, (prepare extra portions for later in the week), p. 69	Roasted vegetables (Day 22)	Peanut Butter Oat Balls (Day 17)
Day 25	Savory Oatmeal With Egg p. 38	Tofu Stir-Fry, p. 61	Veggie Casserole, p. 87	Trail Mix, p. 100
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# How to Create Your Own 30-Day Meal Plan

After completing the 30-day meal plan, you will already understand the core principles of clean eating and meal prep. The next step is learning how to create your own plan using the system you have already practiced throughout this book.

Start with the final days of the current 30-day meal plan. Pay attention to meals that are prepared in multiple portions. If the Meal Prep Tips section mentions that a meal can be stored in the refrigerator for up to 4 days, use that when building your next plan.

For example, if you cooked chicken on Thursday and still have portions left in the refrigerator, meals using that chicken can appear in your new plan on Friday, Saturday, or Sunday — within the safe storage period.

If a recipe notes that a meal can be frozen for 20 days or longer, use that strategically as well. For example, by preparing a meal ahead of time and freezing extra portions, you can schedule them for Day 15, Day 16, or any other day in your next 30-day plan. This saves time and makes the system much simpler and more realistic for everyday life.

In this way, you first continue using meals you already prepared during the current plan — your refrigerator and freezer become part of your planning system.

After that, fill the remaining days of your new 30-day plan with recipes from the book that you enjoyed the most. Distribute meals throughout the month based on storage times, meal prep possibilities, and your lifestyle. Keep breakfasts for the morning, lunches for the middle of the day, dinners for the evening, and use recipes marked as Quick Meals for especially busy days.

Do not aim for perfection. Repeat your favorite meals, mix and match recipes, and gradually build your own eating system that works best for your life. The simpler and more realistic your plan is, the easier it will be to follow long-term.



## CHAPTER 4

### Recipes



## Creamy Berry Oatmeal

Suitable for Meal Prep

### Instructions

1. In a small saucepan, combine oats, almond milk, chia seeds, cinnamon, and a pinch of salt.
2. Bring to a gentle simmer over medium heat, stirring occasionally.
3. Add mashed banana and half of the berries.
4. Reduce heat to low and cook for 5–7 minutes, stirring occasionally, until the oats are soft and creamy.
5. Remove from heat and stir in almond butter.
6. Serve warm, topped with remaining berries.
7. Add honey or maple syrup if desired.

### Ingredients

- 1 cup rolled oats (whole grain)
- 2 cups unsweetened almond milk (or any milk of choice)
- 1/2 cup fresh or frozen berries (blueberries, strawberries, raspberries)
- 1/2 banana, mashed
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1/2 tsp cinnamon
- 1 tsp honey or maple syrup (optional)
- Pinch of sea salt

### Easy Swaps

- Vegan: plant-based milk + maple syrup
- Gluten-Free: certified gluten-free oats

### Meal Prep Tips

Store in airtight containers in the refrigerator for up to 3 days.

Reheat with a splash of milk to restore creaminess.

Divide into portions for quick breakfasts.



Prep  
5 Mins



Servings  
2



Total Time  
15 Mins



Calories  
280 kcal

# Apple Cinnamon Oatmeal

Suitable for Meal Prep



## Instructions

1. In a saucepan, combine oats, almond milk, chia seeds, cinnamon, and a pinch of salt.
2. Add diced apple and grated apple to the mixture. The grated apple helps naturally sweeten the oatmeal as it cooks.
3. Bring to a gentle simmer over medium heat, stirring occasionally.
4. Reduce heat to low and cook for 7–10 minutes, stirring occasionally, until the oats are soft and creamy and apples are tender.
5. Stir in vanilla extract and almond butter if using.
6. Remove from heat and let sit for 1–2 minutes to thicken.
7. Serve warm, optionally topped with extra apple slices or a sprinkle of cinnamon. Add honey or maple syrup if additional sweetness is desired.

## Ingredients

- 1 cup rolled oats (whole grain)
- 2 cups unsweetened almond milk (or any milk of choice)
- 1 medium apple, diced (skin on for extra fiber)
- 1/2 apple, grated (for natural sweetness and texture)
- 1 tbsp chia seeds
- 1 tbsp almond butter (optional, for healthy fats)
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract (optional)
- 1 tsp honey or maple syrup (optional)
- Pinch of sea salt

## Easy Swaps

- Vegan: plant-based milk + maple syrup
- Gluten-Free: certified gluten-free oats
- Nut-Free: seed butter or omit almond butter

## Meal Prep Tips

Prepare a double batch and store in airtight containers in the refrigerator for up to 3 days.

Reheat with a splash of milk to restore creamy texture.

Divide into portions for easy grab-and-go breakfasts.



Prep  
5 Mins



Servings  
2



Total Time  
17 Mins



Calories  
290 kcal



# Greek Yogurt with Honey & Nuts

## Instructions

1. Spoon Greek yogurt into a bowl.
2. Drizzle honey evenly over the yogurt.
3. Add chopped nuts and seeds on top.
4. Add fresh berries or sliced fruit if using.
5. Sprinkle oats or granola for extra texture, if desired.
6. Finish with a pinch of cinnamon. Serve immediately.

## Easy Swaps

- Vegan: plant-based yogurt + maple syrup
- Gluten-Free: certified gluten-free oats or granola
- Nut-Free: use sunflower or pumpkin seeds

## Ingredients

- 1 cup plain Greek yogurt (full-fat or low-fat, unsweetened)
- 1 tbsp raw honey
- 2 tbsp mixed nuts (almonds, walnuts, or hazelnuts), roughly chopped
- 1 tbsp seeds (chia, flax, or pumpkin seeds)
- 1/2 cup fresh berries or sliced fruit (optional)
- 1 tbsp rolled oats or granola (optional, for added texture)
- Pinch of cinnamon (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
300 kcal



# Protein Yogurt Parfait

## Instructions

1. In a bowl, mix Greek yogurt with protein powder and vanilla extract until smooth and well combined.
2. In a glass or bowl, add a layer of the yogurt mixture.
3. Add a layer of berries and sprinkle with granola or oats.
4. Repeat layers until all ingredients are used.
5. Top with almond butter and chia seeds.
6. Drizzle honey or maple syrup if extra sweetness is desired.
7. Serve immediately.

## Easy Swaps

- Vegan: plant-based yogurt + maple syrup
- Gluten-Free: certified gluten-free oats or granola
- Nut-Free: use sunflower or pumpkin seeds

## Ingredients

- 1 cup plain Greek yogurt (unsweetened)
- 1/2 cup fresh berries (blueberries, strawberries, or raspberries)
- 2 tbsp granola (low-sugar, whole grain) or rolled oats
- 1 tbsp chia seeds or flaxseeds
- 1 scoop vanilla or unflavored protein powder
- 1 tbsp almond butter or peanut butter
- 1 tsp honey or maple syrup (optional)
- 1/2 tsp vanilla extract (optional)



**Prep**  
5 Mins



**Servings**  
1



**Total Time**  
5 Mins



**Calories**  
350 kcal



# Green Smoothie Bowl

## Instructions

1. Add spinach, frozen banana, frozen fruit, and almond milk to a blender.
2. Blend until smooth and thick. Add more milk if needed, but keep the texture thick like soft serve.
3. Add chia seeds, nut butter, and yogurt if using, and blend briefly to combine.
4. Pour the smoothie into a bowl.
5. Add your choice of toppings for texture and extra nutrients.
6. Serve immediately.

## Easy Swaps

- Vegan: plant-based yogurt or omit yogurt
- Gluten-Free: certified gluten-free oats or granola
- Nut-Free: seed butter or omit nut butter

## Ingredients

- 1 cup fresh spinach or kale
- 1 frozen banana
- 1/2 cup frozen mango or pineapple
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 1 tbsp chia seeds
- 1 tbsp almond butter or peanut butter
- 1/4 cup Greek yogurt or plant-based yogurt (optional, for creaminess and protein)
- 1 tbsp rolled oats (optional, for added fiber)

*Toppings (optional)* : Sliced banana, Fresh berries, Granola, Coconut flakes, Pumpkin seeds



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
300 kcal



# Avocado Toast with Egg

## Instructions

1. Toast the bread until golden and crisp.
2. While the bread is toasting, heat olive oil in a small pan over medium heat.
3. Crack the egg into the pan and cook to your preference.
4. In a small bowl, mash the avocado with lemon juice, salt, and pepper until slightly chunky.
5. Spread avocado over the toasted bread.
6. Place the cooked egg on top.
7. Add red pepper flakes and greens if desired. Serve immediately.

## Easy Swaps

- Vegan: plant-based yogurt or omit yogurt
- Gluten-Free: naturally gluten-free
- Nut-Free: seed butter or omit nut butter

## Ingredients

- 1 slice whole grain bread (or sourdough)
- 1/2 ripe avocado
- 1 egg
- 1 tsp olive oil
- 1 tsp lemon juice
- Pinch of sea salt
- Pinch of black pepper
- Red pepper flakes (optional)
- Handful of fresh greens (spinach or arugula, optional)



Prep  
5 Mins



Servings  
1



Total Time  
10 Mins



Calories  
320 kcal



# Cottage Cheese & Fruit Bowl

## Instructions

1. Add cottage cheese to a bowl.
2. Top with fresh berries and sliced fruit.
3. Sprinkle with nuts and seeds.
4. Add cinnamon if desired.
5. Drizzle with honey or maple syrup for extra sweetness.
6. Serve immediately.

## Easy Swaps

- Vegan: plant-based or coconut yogurt
- Gluten-Free: naturally gluten-free
- Nut-Free: seeds only or omit nuts

## Ingredients

- 1 cup cottage cheese (unsweetened)
- 1/2 cup fresh berries (strawberries, blueberries, or raspberries)
- 1/2 apple or pear, sliced
- 1 tbsp chopped nuts (almonds or walnuts)
- 1 tbsp seeds (chia, flax, or pumpkin seeds)
- 1 tsp honey or maple syrup (optional)
- 1/2 tsp cinnamon (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
280 kcal



# Scrambled Eggs with Vegetables

## Instructions

1. In a bowl, whisk eggs with milk, salt, and pepper until well combined.
2. Heat olive oil in a non-stick pan over medium heat.
3. Add onion and bell pepper, sauté for 2–3 minutes until slightly softened.
4. Add spinach and tomatoes, cook for another 1–2 minutes until spinach wilts.
5. Reduce heat to low and pour in the egg mixture.
6. Gently stir with a spatula until eggs are soft and creamy.
7. Remove from heat immediately to avoid overcooking.
8. Sprinkle with fresh herbs if using and serve warm.

## Ingredients

- 4 large eggs
- 1/4 cup unsweetened milk (or plant-based milk, optional)
- 1/2 cup spinach, chopped
- 1/2 bell pepper, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 small onion, finely chopped
- 1 tsp olive oil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh herbs (parsley or chives, optional)

## Easy Swaps

- Dairy-Free: plant-based milk or omit milk
- Gluten-Free: naturally gluten-free
- Vegan: tofu scramble with turmeric



Prep  
5 Mins



Servings  
2



Total Time  
12 Mins



Calories  
240 kcal

# Low- Veggie Omelet



## Instructions

1. In a bowl, whisk eggs with milk, salt, and pepper until smooth.
2. Heat olive oil in a non-stick pan over medium heat.
3. Add onion, mushrooms, and bell pepper, sauté for 2–3 minutes until softened.
4. Add spinach and cook briefly until wilted.
5. Reduce heat to low and pour the egg mixture over the vegetables.
6. Let the eggs cook undisturbed for 1–2 minutes until they begin to set.
7. Gently lift the edges with a spatula, allowing uncooked egg to flow underneath.
8. When mostly set, fold the omelet in half.
9. Cook for another 1–2 minutes, then remove from heat and serve warm.

## Ingredients

- 2 large eggs
- 1 tbsp unsweetened milk (optional)
- 1/4 cup spinach, chopped
- 1/4 cup mushrooms, sliced
- 1/4 bell pepper, diced
- 2 tbsp onion, finely chopped
- 1 tsp olive oil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh herbs (parsley or chives, optional)

## Easy Swaps

- Dairy-Free: plant-based milk or omit milk
- Gluten-Free: naturally gluten-free
- Vegan: tofu scramble with turmeric



Prep  
5 Mins



Servings  
1



Total Time  
12 Mins



Calories  
220 kcal



# Egg Muffins with Spinach

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F). Lightly grease a muffin tin with olive oil or line with silicone cups.
2. In a bowl, whisk eggs with milk, salt, and pepper until well combined.
3. Heat a pan over medium heat and add olive oil.
4. Lightly sauté onion and bell pepper for 2–3 minutes until softened.
5. Add spinach and cook briefly until wilted. Remove from heat.
6. Evenly distribute the vegetable mixture into the muffin cups.
7. Add cherry tomatoes on top.
8. Pour the egg mixture over the vegetables, filling each cup about 3/4 full.
9. Bake for 15–18 minutes, or until the eggs are set and lightly golden.
10. Let cool slightly before removing from the tin. Serve warm or store for later.

## Ingredients

- 6 large eggs
- 1/4 cup unsweetened milk (or plant-based milk, optional)
- 1 cup fresh spinach, chopped
- 1/2 bell pepper, diced
- 1/4 cup onion, finely chopped
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh herbs (parsley or chives, optional)

## Easy Swaps

- Dairy-Free: plant-based milk or omit milk
- Gluten-Free: naturally gluten-free
- Vegan: chickpea flour batter instead of eggs

## Meal Prep Tips

Store muffins in an airtight container in the refrigerator for up to 4 days.

Freeze for up to 1 month and thaw overnight in the refrigerator.



Prep  
10 Mins



Servings  
6



Total Time  
28 Mins



Calories  
180 kcal



# Baked Oatmeal with Berries

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F). Lightly grease a baking dish.
2. In a large bowl, combine oats, chia seeds, cinnamon, and salt.
3. In a separate bowl, whisk eggs, almond milk, mashed banana, almond butter, and vanilla extract until smooth.
4. Pour the wet mixture into the dry ingredients and stir until well combined.
5. Gently fold in the berries.
6. Transfer the mixture to the prepared baking dish and spread evenly.
7. Bake for 25–30 minutes, until the top is set and lightly golden.
8. Let cool for 5–10 minutes before slicing into portions. Serve warm or store for later.

## Ingredients

- 2 cups rolled oats (whole grain)
- 1 1/2 cups unsweetened almond milk (or any milk of choice)
- 2 large eggs
- 1 ripe banana, mashed
- 1 cup fresh or frozen berries (blueberries, raspberries, or strawberries)
- 2 tbsp chia seeds
- 2 tbsp almond butter or melted coconut oil
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1–2 tbsp honey or maple syrup (optional)
- Pinch of sea salt

## Easy Swaps

- Dairy-Free: plant-based milk
- Gluten-Free: certified gluten-free oats
- Vegan: flax eggs instead of eggs

## Meal Prep Tips

Slice into portions and store in airtight containers in the refrigerator for up to 4 days.

Reheat in the microwave or oven before serving.

Can be frozen for up to 1 month and reheated as needed.



Prep  
10 Mins



Servings  
4



Total Time  
40 Mins



Calories  
300 kcal

# Mango Coconut Chia Pudding

Suitable for Meal Prep



## Instructions

1. In a bowl or jar, combine chia seeds, coconut milk, vanilla extract, and a pinch of salt.
2. Stir well to evenly distribute the chia seeds.
3. Add half of the mango and mix gently.
4. Let sit for 5 minutes, then stir again to prevent clumping.
5. Cover and refrigerate for at least 4 hours or overnight until thick and pudding-like.
6. Before serving, stir and adjust consistency with a splash of milk if needed.
7. Top with remaining mango, coconut flakes, and nuts or seeds. Serve chilled.

## Ingredients

- 3 tbsp chia seeds
- 1 cup light coconut milk (or almond milk for a lighter option)
- 1/2 cup fresh or frozen mango, blended or finely diced
- 1/2 tsp vanilla extract
- 1–2 tsp honey or maple syrup (optional)
- 1 tbsp coconut flakes (unsweetened)
- 1 tbsp chopped nuts or seeds (optional)
- Pinch of sea salt

## Easy Swaps

- Vegan: maple syrup instead of honey
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Prepare 2–3 portions at once and store in airtight containers for up to 3 days.

Keep toppings separate until serving for best texture.

Great as a grab-and-go breakfast or snack.



Prep  
5 Mins



Servings  
2



Total Time  
Overnight



Calories  
260 kcal



# Oat Pancakes

## Instructions

1. If using rolled oats, blend them until a fine flour forms.
2. In a bowl, mix oat flour, baking powder, cinnamon, and salt.
3. Add eggs, almond milk, mashed banana, and vanilla extract. Stir until a smooth batter forms.
4. Heat a non-stick pan over medium heat and lightly grease with oil.
5. Pour small portions of batter onto the pan to form pancakes.
6. Cook for 2–3 minutes until bubbles form on the surface, then flip.
7. Cook another 1–2 minutes until golden and cooked through.
8. Serve warm with fresh fruit or a drizzle of honey if desired.

## Ingredients

- 1 cup rolled oats (or oat flour)
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 2 large eggs
- 1 ripe banana, mashed
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract (optional)
- 1 tsp honey or maple syrup (optional)
- 1 tsp olive oil or coconut oil (for cooking)
- Pinch of sea salt

## Easy Swaps

- Dairy-Free: plant-based milk
- Gluten-Free: certified gluten-free oats
- Vegan: flax eggs instead of eggs



Prep  
5 Mins



Servings  
2



Total Time  
15 Mins



Calories  
280 kcal

# Breakfast Quinoa Bowl

Suitable for Meal Prep



## Instructions

1. Rinse quinoa thoroughly under cold water.
2. In a saucepan, combine quinoa, water (or almond milk), and a pinch of salt.
3. Bring to a boil, then reduce heat to low, cover, and simmer for 12–15 minutes until liquid is absorbed.
4. Remove from heat and let sit for 5 minutes, then fluff with a fork.
5. Stir in cinnamon and vanilla extract.
6. Divide into bowls and top with fresh fruit, chia seeds, and nut butter.
7. Add honey or maple syrup if desired. Serve warm or chilled.

## Ingredients

- 1/2 cup quinoa (uncooked)
- 1 cup water or unsweetened almond milk
- 1/2 cup fresh berries or sliced fruit (apple, banana, or berries)
- 1 tbsp chia seeds or flaxseeds
- 1 tbsp almond butter or peanut butter
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract (optional)
- 1 tsp honey or maple syrup (optional)
- Pinch of sea salt

## Easy Swaps

- Vegan: plant milk + maple syrup
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Cook quinoa in advance and store in the refrigerator for up to 4 days.

Reheat with a splash of milk or water before serving.

Prepare toppings separately and add just before eating for freshness.



Prep  
5 Mins



Servings  
2



Total Time  
20 Mins



Calories  
300 kcal



## Savory Oatmeal with Egg

### Instructions

1. In a small saucepan, combine oats and water or broth with a pinch of salt.
2. Bring to a gentle simmer over medium heat, stirring occasionally.
3. Reduce heat to low and cook for 5–7 minutes until oats are soft and creamy.
4. While oats cook, heat a small pan with olive oil and cook the egg to your preference.
5. Stir spinach into the oatmeal during the last minute of cooking until wilted.
6. Transfer oatmeal to a bowl and top with the cooked egg and avocado slices.
7. Season with black pepper, herbs, and red pepper flakes if desired. Serve warm.

### Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: certified gluten-free oats
- Vegan: tofu or chickpeas instead of egg

### Ingredients

- 1/2 cup rolled oats (whole grain)
- 1 cup water or unsweetened vegetable broth
- 1 egg
- 1/2 cup spinach, chopped
- 1/4 avocado, sliced
- 1 tsp olive oil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp chopped green onions or herbs (optional)
- Red pepper flakes (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
300 kcal



# Sweet Potato Breakfast Bowl

Suitable for Meal Prep

## Instructions

1. Preheat oven to 200°C (400°F).
2. Toss diced sweet potatoes with half of the olive oil, paprika, salt, and pepper.
3. Spread on a baking tray and roast for 20 minutes until tender and lightly golden.
4. While the sweet potatoes roast, heat remaining olive oil in a pan and sauté spinach for 1–2 minutes until wilted.
5. Cook eggs to your preference.
6. Divide roasted sweet potatoes into bowls.
7. Top with sautéed spinach, avocado slices, and eggs.
8. Sprinkle with seeds and optional cinnamon. Serve warm.

## Ingredients

- 2 medium sweet potatoes, peeled and diced
- 2 eggs
- 1/2 cup spinach, chopped
- 1/2 avocado, sliced
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp cinnamon (optional)
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sunflower seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: chickpeas or tofu instead of eggs

## Meal Prep Tips

Roast sweet potatoes in advance and store in the refrigerator for up to 4 days.

Prepare spinach ahead and store separately.

Reheat base ingredients and add fresh toppings before serving.



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
350 kcal



# Egg & Avocado Wrap

## Instructions

1. Heat a non-stick pan over medium heat and add olive oil.
2. Crack eggs into the pan and cook to your preference.
3. While eggs cook, mash avocado with lemon juice, salt, and pepper in a small bowl.
4. Warm the wrap briefly for easier folding.
5. Spread mashed avocado evenly over the wrap.
6. Add cooked eggs, spinach, and tomatoes if using.
7. Roll the wrap tightly, folding in the sides as you go.
8. Slice in half and serve immediately.

## Easy Swaps

- Gluten-Free: gluten-free wrap or lettuce leaves
- Dairy-Free: naturally dairy-free
- Vegan: tofu scramble or chickpeas

## Ingredients

- 1 whole grain wrap or tortilla
- 2 large eggs
- 1/2 avocado, sliced or mashed
- 1/2 cup spinach or mixed greens
- 1 tbsp chopped tomatoes (optional)
- 1 tsp olive oil
- 1 tsp lemon juice
- Pinch of sea salt
- Pinch of black pepper



Prep  
5 Mins



Servings  
1



Total Time  
10 Mins



Calories  
350 kcal

# Blueberry Protein Muffins

Suitable for Meal Prep



## Instructions

1. Preheat oven to 180°C (350°F). Line or grease a muffin tin.
2. Blend rolled oats into a fine flour if needed.
3. In a large bowl, combine oat flour, protein powder, baking powder, cinnamon, and salt.
4. In a separate bowl, whisk eggs, almond milk, yogurt, mashed banana, vanilla extract, and sweetener if using.
5. Pour wet ingredients into dry ingredients and mix until combined.
6. Gently fold in blueberries.
7. Divide batter evenly into muffin cups, filling about  $\frac{3}{4}$  full.
8. Bake for 18–20 minutes, until set and lightly golden.
9. Let cool before removing from the tin.

## Ingredients

- 1 cup rolled oats (blended into oat flour)
- 1/2 cup protein powder (vanilla or unflavored)
- 2 large eggs
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 1/2 cup plain Greek yogurt (or plant-based yogurt)
- 1 ripe banana, mashed
- 1 cup fresh or frozen blueberries
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1–2 tbsp honey or maple syrup (optional)
- Pinch of sea salt

## Easy Swaps

- Dairy-Free: plant yogurt + plant milk
- Gluten-Free: certified gluten-free oats
- Vegan: flax eggs + plant protein powder
- Nut-Free: nut-free protein powder

## Meal Prep Tips

Store muffins in an airtight container in the refrigerator for up to 4 days.

Freeze for up to 1 month and thaw as needed.

Great for grab-and-go breakfasts or snacks.



Prep  
10 Mins



Servings  
4



Total Time  
30 Mins



Calories  
280 kcal



# Banana Oat Muffins

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F). Line or grease a muffin tin.
2. If using rolled oats, blend into a fine flour.
3. In a bowl, combine oat flour, baking powder, baking soda, cinnamon, and salt.
4. In a separate bowl, whisk mashed bananas, eggs, almond milk, yogurt, and vanilla extract.
5. Combine wet and dry ingredients and mix until smooth.
6. Fold in nuts or seeds if using.
7. Divide batter evenly into muffin cups, filling about 3/4 full.
8. Bake for 18–20 minutes until set and lightly golden.
9. Let cool before removing from the tin.

## Ingredients

- 1 1/2 cups rolled oats (or oat flour)
- 2 ripe bananas, mashed
- 2 large eggs
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 1/4 cup plain Greek yogurt (or plant-based yogurt)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 1–2 tbsp honey or maple syrup (optional)
- 2 tbsp chopped nuts or seeds (optional)
- Pinch of sea salt

## Easy Swaps

- Dairy-Free: plant yogurt + plant milk
- Gluten-Free: certified gluten-free oats
- Vegan: flax eggs instead of eggs

## Meal Prep Tips

Store muffins in an airtight container in the refrigerator for up to 4 days.

Freeze for up to 1 month and thaw as needed.

Great for quick breakfasts or snacks on busy days.



Prep  
10 Mins



Servings  
4



Total Time  
30 Mins



Calories  
260 kcal



# Apple & Nut Breakfast Bowl

## Instructions

1. Add Greek yogurt to a bowl as the base.
2. Top with diced apple.
3. Sprinkle chopped nuts and seeds evenly over the bowl.
4. Add oats or granola for extra texture if desired.
5. Drizzle with almond butter and honey or maple syrup if using.
6. Sprinkle cinnamon on top.
7. Serve immediately.

## Easy Swaps

- Vegan: plant yogurt + maple syrup
- Gluten-Free: gluten-free oats or granola
- Nut-Free: seeds instead of nuts

## Ingredients

- 1 medium apple, diced or sliced (skin on)
- 1/2 cup plain Greek yogurt (or plant-based yogurt)
- 2 tbsp mixed nuts (almonds, walnuts, or pecans), chopped
- 1 tbsp seeds (chia, flax, or pumpkin seeds)
- 2 tbsp rolled oats or granola (optional)
- 1 tsp honey or maple syrup (optional)
- 1/2 tsp cinnamon
- 1 tbsp almond butter or peanut butter (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
320 kcal



# Yogurt with Granola

## Instructions

1. Spoon yogurt into a bowl.
2. Add granola evenly on top.
3. Add fresh fruit over the yogurt.
4. Sprinkle nuts and seeds.
5. Drizzle with honey or maple syrup if desired.
6. Finish with cinnamon and serve immediately.

## Easy Swaps

- Vegan: plant yogurt + maple syrup
- Gluten-Free: gluten-free granola
- Nut-Free: seeds only

## Ingredients

- 1 cup plain Greek yogurt (unsweetened)
- 1/4 cup granola (low-sugar, whole grain)
- 1/2 cup fresh berries or sliced fruit
- 1 tbsp nuts (almonds or walnuts), chopped
- 1 tbsp seeds (chia, flax, or pumpkin seeds)
- 1 tsp honey or maple syrup (optional)
- 1/2 tsp cinnamon (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
300 kcal



# Spinach Egg Bake

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F). Lightly grease a baking dish.
2. In a bowl, whisk eggs with almond milk, salt, and pepper until well combined.
3. Heat olive oil in a pan over medium heat.
4. Sauté onion and bell pepper for 2–3 minutes until softened.
5. Add spinach and cook until wilted, then remove from heat.
6. Spread the vegetable mixture evenly in the baking dish and add cherry tomatoes.
7. Pour the egg mixture over the vegetables.
8. Bake for 20–25 minutes until the eggs are set and lightly golden.
9. Let cool slightly, slice into portions, and serve warm or store for later.

## Ingredients

- 8 large eggs
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 2 cups fresh spinach, chopped
- 1/2 bell pepper, diced
- 1/4 cup onion, finely chopped
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh herbs (parsley or chives, optional)

## Easy Swaps

- Dairy-Free: plant milk or omit milk
- Gluten-Free: naturally gluten-free
- Vegan: chickpea flour batter instead of eggs

## Meal Prep Tips

Store in an airtight container in the refrigerator for up to 4 days.

Reheat in the oven or microwave before serving.

Can be portioned and frozen for up to 1 month.



Prep  
10 Mins



Servings  
4



Total Time  
35 Mins



Calories  
320 kcal

# Breakfast Rice Bowl

Suitable for Meal Prep



## Instructions

1. If not already cooked, prepare rice according to package instructions and let it cool slightly.
2. Heat olive oil in a pan over medium heat.
3. Add green peas and cook for 1–2 minutes until warmed through. Remove from pan.
4. In the same pan, cook eggs to your preference.
5. Combine the green peas and rice and Divide into bowls.
6. Top with the cooked egg.
7. Drizzle with lemon juice and season with salt and pepper.
8. Sprinkle with seeds if using and serve warm.

## Ingredients

- 1 cup cooked brown (white optional) rice
- 1 large eggs
- 1/3 cup green peas
- 1 tbsp olive oil
- 1 tsp lemon juice
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sesame seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu, chickpeas, or vegetables instead of egg

## Meal Prep Tips

Cook rice in advance and store in the refrigerator for up to 4 days.

Prepare vegetables ahead for quick assembly.

Reheat rice and vegetables, then add fresh toppings before serving.



Prep  
5 Mins



Servings  
2



Total Time  
15 Mins



Calories  
320 kcal



# Pumpkin Oatmeal

Suitable for Meal Prep

## Instructions

1. In a saucepan, combine oats, almond milk, pumpkin puree, chia seeds, cinnamon, nutmeg, and salt.
2. Bring to a gentle simmer over medium heat, stirring occasionally.
3. Reduce heat to low and cook for 5–7 minutes until the oats are soft and creamy.
4. Stir in vanilla extract and almond butter if using.
5. Remove from heat and let sit for 1–2 minutes to thicken.
6. Serve warm and add honey or maple syrup if desired.

## Ingredients

- 1 cup rolled oats (whole grain)
- 2 cups unsweetened almond milk (or any milk of choice)
- 1/2 cup pumpkin puree (unsweetened)
- 1 tbsp chia seeds
- 1 tbsp almond butter (optional)
- 1 tsp cinnamon
- 1/2 tsp nutmeg (optional)
- 1/2 tsp vanilla extract (optional)
- 1–2 tsp honey or maple syrup (optional)
- Pinch of sea salt

## Easy Swaps

- Vegan: plant milk + maple syrup
- Gluten-Free: certified gluten-free oats
- Nut-Free: seed butter or omit almond butter

## Meal Prep Tips

Prepare a batch and store in airtight containers in the refrigerator for up to 3 days.

Reheat with a splash of milk to restore creamy texture.

Portion into individual containers for quick breakfasts.



Prep  
5 Mins



Servings  
2



Total Time  
15 Mins



Calories  
290 kcal

# LUNCHES

## Grilled Chicken with Brown Rice

Suitable for Meal Prep

### Instructions

1. Rinse brown rice under cold water. In a saucepan, combine rice and water, bring to a boil, then reduce heat, cover, and simmer for 20–25 minutes until tender.
2. While rice cooks, prepare the chicken. Pat dry and rub with olive oil, lemon juice, garlic powder, paprika, salt, and pepper.
3. Heat a grill pan or skillet over medium heat. Cook chicken for 5–6 minutes per side until fully cooked and golden. Let rest for a few minutes before slicing.
4. Steam or lightly sauté broccoli and carrots for 5–7 minutes until tender but still bright.
5. Divide cooked rice into bowls or containers.
6. Add sliced chicken and vegetables on top. Serve warm or store for later.

### Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu, tempeh, or chickpeas instead of chicken

### Meal Prep Tips

Cook rice and chicken in advance and store in airtight containers for up to 4 days.

Keep vegetables slightly undercooked to maintain texture when reheating.



### Ingredients

- 1 cup brown (white optional) rice (uncooked)
- 2 cups water
- 2 chicken breasts (about 300–350 g total)
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Pinch of sea salt
- Pinch of black pepper
- 1 cup broccoli florets or green beans
- 1/2 cup carrots, sliced



Prep  
10 Mins



Servings  
2



Total Time  
35 Mins



Calories  
420 kcal

# Lemon Garlic Chicken

Suitable for Meal Prep

## Instructions

1. In a bowl, mix lemon juice, garlic, olive oil, paprika, herbs, salt, and pepper.
2. Add chicken breasts and coat well. Let marinate for 10–15 minutes (optional but recommended).
3. Heat a pan or grill pan over medium heat.
4. Cook chicken for 6–7 minutes per side until golden and fully cooked through.
5. Remove from heat and let rest for a few minutes, then slice.
6. Steam or sauté green beans or broccoli for 4–5 minutes until tender.
7. Serve chicken with vegetables and grains if using.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu or chickpeas instead of chicken

## Meal Prep Tips

Cook chicken in advance and store in airtight containers for up to 4 days.

Keep grains and vegetables stored separately for better texture.



## Ingredients

- 2 chicken breasts (about 300–350 g total)
- 2 cloves garlic, minced
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 cup green beans or broccoli (optional side)



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
280 kcal

# Baked Salmon with Vegetables

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F).
2. Place salmon fillets and vegetables on a baking tray lined with parchment paper.
3. Drizzle olive oil and lemon juice over salmon and vegetables.
4. Sprinkle with garlic powder, herbs, salt, and pepper.
5. Gently toss vegetables to coat evenly.
6. Bake for 18–20 minutes until salmon is cooked through and flakes easily with a fork.
7. Remove from oven and let rest for a few minutes.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu or chickpeas instead of salmon

## Meal Prep Tips

Prepare multiple portions at once and store in airtight containers for up to 3 days.

Store grains separately to maintain texture.



## Ingredients

- 2 salmon fillets (about 300–350 g total)
- 1 cup broccoli florets
- 1 zucchini, sliced
- 1/2 bell pepper, sliced
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1/2 cup quinoa or brown rice (optional, uncooked)



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
350 kcal



# Tuna Avocado Salad

## Instructions

1. Drain the tuna and place it in a bowl.
2. Flake with a fork to break into small pieces.
3. Add diced avocado, cucumber, tomatoes, and red onion.
4. Drizzle with lemon juice and olive oil if using.
5. Season with salt and pepper.
6. Gently mix to combine, keeping avocado slightly chunky.
7. Sprinkle with fresh herbs if desired and serve immediately.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: chickpeas or white beans instead of tuna

## Ingredients

- 1 can tuna in water or olive oil (about 120–150 g drained)
- 1/2 avocado, diced
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh lemon juice
- 1 tsp olive oil (optional)
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or cilantro, chopped (optional)



Prep  
10 Mins



Servings  
1-2



Total Time  
10 Mins



Calories  
220 kcal

# Chickpea Veggie Bowl

Suitable for Meal Prep

## Instructions

1. Cook quinoa or brown rice according to package instructions and set aside.
2. Heat oven to 200°C (400°F).
3. Toss chickpeas, broccoli, zucchini, and bell pepper with olive oil, paprika, garlic powder, salt, and pepper.
4. Spread evenly on a baking tray.
5. Roast for 12–15 minutes until vegetables are tender and chickpeas slightly crispy.
6. Remove from oven and drizzle with lemon juice.
7. Divide cooked grains into bowls or containers.
8. Top with roasted chickpeas and vegetables.
9. Add tahini or hummus if desired and serve warm or store for later.

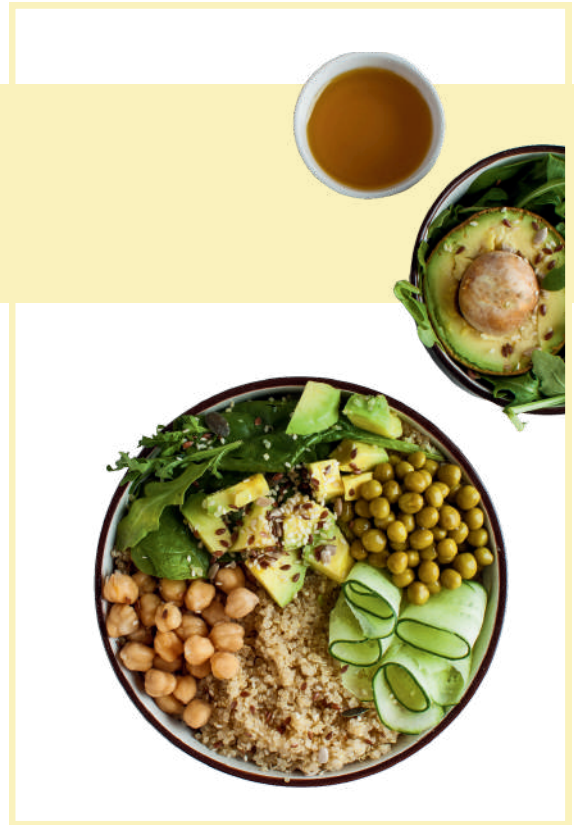
## Easy Swaps

- Vegan: naturally vegan
- Gluten-Free: quinoa or certified gluten-free grains

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Keep sauce separate and add before serving for best texture.



## Ingredients

- 1 can chickpeas (about 240 g drained and rinsed)
- 1/2 cup quinoa or brown rice (uncooked)
- 1 cup broccoli florets
- 1/2 zucchini, sliced
- 1/2 bell pepper, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp tahini or hummus (optional, for serving)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
380 kcal

# Turkey Stir-Fry

Suitable for Meal Prep

## Instructions

1. If using grains, cook brown rice or quinoa according to package instructions and set aside.
2. Heat oil in a large pan or wok over medium-high heat.
3. Add garlic and ginger, sauté for 30–60 seconds until fragrant.
4. Add turkey and cook for 5–6 minutes, breaking it apart until fully cooked. Season lightly with salt and pepper.
5. Add broccoli, bell pepper, zucchini, and carrots.
6. Stir-fry for 5–6 minutes until vegetables are tender but still crisp.
7. Add soy sauce or tamari and lemon juice, stir to combine.
8. Remove from heat and sprinkle with sesame seeds if using.
9. Serve with grains or portion into containers for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: tamari or skip soy sauce
- Vegan: tofu, tempeh, or chickpeas instead of turkey

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Keep grains separate for better texture.



## Ingredients

- 300 g ground turkey (or turkey breast strips)
- 1 cup broccoli florets
- 1/2 bell pepper, sliced
- 1/2 zucchini, sliced
- 1/2 cup carrots, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil or avocado oil
- 1 tbsp low-sodium soy sauce or tamari (optional)
- 1 tsp lemon juice or rice vinegar
- 1/2 tsp ginger (fresh grated or ground)
- Pinch of sea salt, of black pepper
- 1/2 cup brown rice or quinoa (optional, uncooked)
- 1 tbsp sesame seeds (optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
300 kcal

# Beef & Vegetable Skillet

Suitable for Meal Prep

## Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add garlic and sauté for 30–60 seconds until fragrant.
3. Add beef and cook for 5–6 minutes, breaking it apart until browned and fully cooked. Season with salt, pepper, paprika, and herbs.
4. Add broccoli, bell pepper, zucchini, and mushrooms to the skillet.
5. Cook for 5–6 minutes, stirring occasionally, until vegetables are tender but still slightly crisp.
6. Add lemon juice or vinegar and mix well.
7. Remove from heat and sprinkle with fresh parsley if using.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: lentils, chickpeas, or plant-based mince instead of beef

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.



## Ingredients

- 300 g lean ground beef or thinly sliced beef
- 1 cup broccoli florets (optional)
- 1/2 bell pepper, sliced
- 1/2 zucchini, sliced
- 1/2 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp lemon juice or apple cider vinegar
- 1/2 tsp paprika
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt, pinch of black pepper
- 1/2 cup rice or quinoa (optional, uncooked)
- 1 tbsp fresh parsley (optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
320 kcal

# Lentil Vegetable Stew

Suitable for Meal Prep

## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion, garlic, carrots, and celery. Cook for 3–4 minutes until slightly softened.
3. Add diced potato and cook for 5 minutes, stirring occasionally.
4. Add lentils, tomatoes, zucchini, spices, salt, and pepper.
5. Pour in water or broth and stir well.
6. Bring to a boil, then reduce heat to low.
7. Cover and simmer for 20–25 minutes until lentils are tender.
8. Stir occasionally and add more water if needed for desired consistency.
9. Taste and adjust seasoning if needed.
10. Remove from heat and garnish with fresh parsley before serving.

## Easy Swaps

- Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4–5 days.

Flavors improve over time, making it ideal for batch cooking.

Freeze portions for up to 2 months and reheat as needed.



## Ingredients

- 1 cup dry lentils (green or brown), rinsed
- 3 cups water or low-sodium vegetable broth
- 1 cup carrots, diced
- 1/2 cup celery and 1/2 onion, chopped
- 1 cup zucchini, diced
- 1 cup tomatoes, chopped (fresh or canned, no added sugar)
- 1 medium potato, diced small cubes
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt, of black pepper
- 1 tbsp fresh parsley (optional)



Prep  
10 Mins



Servings  
3-4



Total Time  
35 Mins



Calories  
220 kcal



# Chicken Wrap

## Instructions

1. Chicken season with salt and pepper and cook in a pan with a olive oil for 6–8 min. until fully cooked. Slice into cubes.
2. Warm the wrap briefly in a pan or microwave for easier folding.
3. In a small bowl, mix Greek yogurt or hummus with lemon juice and a pinch of salt.
4. Spread the mixture evenly over the wrap.
5. Layer lettuce, cucumber, tomatoes, avocado, and sliced chicken on top.
6. Drizzle lightly with olive oil and season with pepper.
7. Fold in the sides and roll tightly into a wrap.
8. Slice in half and serve immediately.

## Easy Swaps

- Dairy-Free: hummus instead of yogurt
- Gluten-Free: gluten-free wrap or lettuce leaves
- Vegan: chickpeas, tofu, or grilled vegetables

## Ingredients

- 1 whole grain wrap or tortilla
- 120–150 g chicken breast, cooked and sliced (grilled or pan-cooked)
- 1/2 cup lettuce or mixed greens
- 1/2 cup cucumber, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tbsp plain Greek yogurt or hummus
- 1 tsp lemon juice
- 1 tsp olive oil
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
1-2



Total Time  
20 Mins



Calories  
380 kcal

# Mediterranean Chickpea Salad

Suitable for Meal Prep

## Instructions

1. Drain and rinse chickpeas thoroughly and place them in a large bowl.
2. Add cherry tomatoes, cucumber, red onion, and olives if using.
3. Add chopped parsley.
4. Drizzle with olive oil and lemon juice.
5. Sprinkle with oregano, salt, and pepper.
6. Toss gently until all ingredients are well combined.
7. Let sit for 5–10 minutes before serving to allow flavors to develop.



## Easy Swaps

- Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Store in an airtight container in the refrigerator for up to 4 days.

Flavors improve over time, making it ideal for meal prep.

Stir before serving and adjust seasoning if needed.

## Ingredients

- 1 can chickpeas (about 240 g drained and rinsed)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup olives, sliced (optional)
- 1/4 cup fresh parsley, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp dried oregano
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
10 Mins



Calories  
220 kcal

# Shrimp Rice Bowl

Suitable for Meal Prep

## Instructions

1. Rinse rice under cold water. Cook with water according to package instructions (about 20 minutes) and set aside.
2. Heat half of the olive oil in a pan over medium heat.
3. Add shrimp, season with garlic powder, paprika, salt, and pepper, and cook for 2–3 minutes per side until pink and fully cooked. Remove from pan.
4. In the same pan, add remaining olive oil and vegetables. Cook for 4–5 minutes until tender but still slightly crisp.
5. Return shrimp to the pan and drizzle with lemon juice. Mix gently.
6. Divide rice into bowls or containers.
7. Top with shrimp and vegetable mixture.
8. Sprinkle with fresh herbs if using and serve warm or store for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu or chickpeas instead of shrimp

## Meal Prep Tips

Cook rice and vegetables in advance and store in airtight containers for up to 3 days.

Add shrimp fresh or cook in advance and store separately for best texture.



## Ingredients

- 1/2 cup brown (white optional) rice (uncooked)
- 1 cup water
- 250 g shrimp, peeled and deveined
- 1 cup broccoli florets
- 1/2 cup carrots, thinly sliced
- 1/2 bell pepper, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh herbs (parsley or cilantro, optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
360 kcal

# Chicken & Sweet Potato

Suitable for Meal Prep

## Instructions

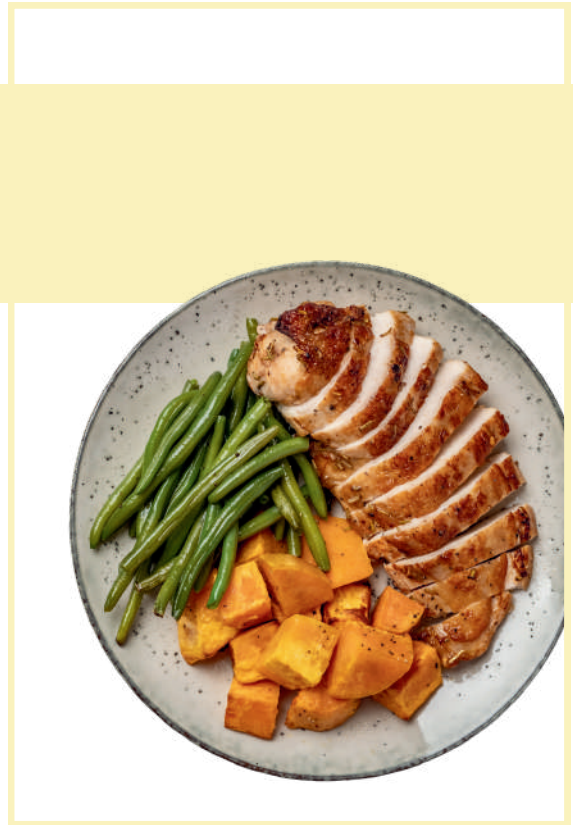
1. Preheat oven to 200°C (400°F).
2. Toss diced sweet potatoes with half of the olive oil, paprika, garlic powder, salt, and pepper.
3. Spread on a baking tray and roast for 20–25 minutes until tender and slightly golden.
4. While potatoes roast, season chicken with remaining olive oil, lemon juice, herbs, salt, and pepper.
5. Heat a pan over medium heat and cook chicken for 6–7 minutes per side until fully cooked. Let rest, then slice.
6. Steam or sauté broccoli or green beans for 4–5 minutes until tender but still crisp.
7. Divide sweet potatoes into bowls or containers.
8. Add sliced chicken and vegetables. Serve warm or store for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: chickpeas, tofu, or lentils instead of chicken

## Meal Prep Tips

Roast sweet potatoes and cook chicken in advance; store in airtight containers for up to 4 days. Keep vegetables slightly undercooked for better texture when reheating.



## Ingredients

- 2 chicken breasts (about 300–350 g total)
- 2 medium sweet potatoes, peeled and diced
- 1 cup broccoli florets or green beans
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme or rosemary
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
35 Mins



Calories  
420 kcal

# Stuffed Bell Peppers

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F).
2. Cook brown rice or quinoa according to package instructions and set aside.
3. Heat olive oil in a pan over medium heat.
4. Add onion and garlic, sauté for 2–3 minutes until softened.
5. Add ground meat, season with paprika, herbs, salt, and pepper, and cook for 5–7 minutes until fully cooked.
6. Stir in cooked rice and chopped tomatoes. Mix well and cook for another 2–3 minutes.
7. Place bell pepper halves in a baking dish.
8. Fill each pepper with the prepared mixture.
9. Cover with foil and bake for 25–30 minutes until peppers are tender.
10. Remove from oven, garnish with fresh parsley, and serve.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: quinoa or gluten-free grains
- Vegan: lentils, chickpeas, or plant-based mince

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Can be frozen for up to 1–2 months.



## Ingredients

- 3 large bell peppers (any color), halved and seeds removed
- 300 g lean ground turkey or chicken (or beef)
- 1/2 cup brown (white optional) rice or quinoa (uncooked)
- 1 cup tomatoes, chopped (fresh or canned, no added sugar)
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp dried oregano or basil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley, chopped (optional)



Prep  
15 Mins



Servings  
2



Total Time  
45 Mins



Calories  
380 kcal

# Tofu Stir-Fry

Suitable for Meal Prep

## Instructions

1. Pat tofu dry and cut into cubes.
2. Heat half of the oil in a pan over medium heat.
3. Add tofu and cook for 5–7 minutes, turning occasionally, until lightly golden. Remove from pan.
4. In the same pan, add remaining oil, garlic, and ginger. Sauté for 30–60 seconds.
5. Add broccoli, bell pepper, zucchini, and carrots. Stir-fry for 5–6 minutes until tender but still crisp.
6. Return tofu to the pan.
7. Add soy sauce (if using), lemon juice, salt, and pepper. Mix gently.
8. Sprinkle with sesame seeds if desired and serve with grains or portion for later.

## Easy Swaps

- Dairy-Free / Vegan: naturally vegan
- Gluten-Free: use tamari or skip soy sauce

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Keep grains separate for better texture.



## Ingredients

- 250 g firm tofu, pressed and cubed
- 1 cup broccoli florets (optional)
- 1/2 bell pepper, sliced
- 1/2 zucchini, sliced (optional)
- 1/2 cup carrots, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil or avocado oil
- 1 tbsp low-sodium soy sauce or tamari (optional)
- 1 tsp lemon juice or rice vinegar
- 1/2 tsp ginger (fresh grated or ground)
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp sesame seeds (optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
300 kcal

# Turkey Meatballs

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F). Line a baking tray with parchment paper.
2. In a bowl, combine ground turkey, oats, egg, onion, garlic, parsley, paprika, herbs, salt, and pepper.
3. Mix gently until just combined (do not overmix).
4. Form small meatballs (about 2–3 cm in diameter) and place on the baking tray.
5. Lightly brush or drizzle with olive oil.
6. Bake for 18–20 minutes until fully cooked and lightly golden.
7. Serve as is or with tomato sauce if desired.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use certified gluten-free oats
- Vegan: lentils or chickpeas blended with oats and spices instead of turkey

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.  
Freeze for up to 2 months for longer storage.



## Ingredients

- 400 g ground turkey
- 1/4 cup oats (or whole grain breadcrumbs)
- 1 egg
- 2 tbsp onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1/2 tsp paprika
- 1/2 tsp dried oregano or basil
- Pinch of sea salt
- Pinch of black pepper
- 1/2 cup tomato sauce (no added sugar, optional for serving)



Prep  
15 Mins



Servings  
4



Total Time  
35 Mins



Calories  
260 kcal

# Chicken Burrito Bowl

Suitable for Meal Prep

## Instructions

1. Cook brown rice or quinoa according to package instructions and set aside.
2. Heat olive oil in a pan over medium heat.
3. Add diced chicken, season with paprika, cumin, garlic powder, salt, and pepper, and cook for 6–8 minutes until fully cooked and slightly golden.
4. In a separate pan or pot, lightly warm black beans and corn for 3–4 minutes.
5. Assemble bowls by dividing rice or quinoa into portions.
6. Add cooked chicken, beans, corn, tomatoes, and lettuce.
7. Top with avocado slices.
8. Drizzle with lime or lemon juice and sprinkle with fresh cilantro if using.
9. Serve immediately or store for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu or extra beans instead of chicken

## Meal Prep Tips

Cook grains, chicken, and beans in advance and store in airtight containers for up to 4 days.

Add fresh ingredients like avocado and lettuce just before serving.

Keep components separate for better texture.



## Ingredients

- 2 chicken breasts (about 300–350 g total), diced
- 1/2 cup brown (white optional) rice or quinoa (uncooked)
- 1 cup water (for grains)
- 1/2 cup black beans, rinsed and drained
- 1/2 cup corn (fresh or frozen)
- 1/2 cup cherry tomatoes, halved
- 1/2 avocado, sliced
- 1/2 cup lettuce or mixed greens
- 1 tbsp olive oil
- 1 tbsp lime or lemon juice
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- Pinch of sea salt, Pinch of black pepper
- 1 tbsp fresh cilantro, chopped (optional)



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
450 kcal

# Beef Rice Bowl

Suitable for Meal Prep

## Instructions

1. Rinse rice and cook with water according to package instructions (about 20 minutes). Set aside.
2. Heat half of the olive oil in a pan over medium-high heat.
3. Add beef, season with salt, pepper, paprika, and herbs, and cook for 5–6 minutes until browned and fully cooked. Remove from pan.
4. In the same pan, add remaining oil and garlic. Sauté for 30–60 seconds.
5. Add carrots, and bell pepper. Cook for 5–6 minutes until tender but still slightly crisp.
6. Return beef to the pan, add lemon juice or vinegar, and mix well.
7. Divide rice into bowls or containers.
8. Top with beef and vegetable mixture.
9. Sprinkle with fresh herbs if using and serve or store for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: lentils, tofu, or chickpeas instead of beef

## Meal Prep Tips

Cook rice and beef in advance and store in airtight containers for up to 4 days.

Keep components separate if possible for better texture.



## Ingredients

- 1/2 cup brown (white optional) rice (uncooked)
- 1 cup water
- 300 g lean beef (ground or thinly sliced)
- 1/2 cup carrots, thinly sliced
- 1/2 bell pepper, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- 1/2 tsp paprika
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or green onions, chopped (optional)



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
420 kcal



## Veggie Pasta

### Instructions

1. Cook pasta according to package instructions. Drain and set aside.
2. Heat olive oil in a pan over medium heat.
3. Add garlic and sauté for 30–60 seconds until fragrant.
4. Add zucchini, bell pepper. Cook for 5–6 minutes until tender.
5. Add cherry tomatoes and cook for 2–3 minutes.
6. Stir in tomato sauce and simmer for 2–3 minutes.
7. Add cooked pasta to the pan and mix well to coat evenly.
8. Season with salt, pepper. Sprinkle with fresh herbs and serve immediately.

### Easy Swaps

- Dairy-Free naturally vegan
- Gluten-Free: use gluten-free pasta

### Ingredients

- 120 g whole grain pasta (or gluten-free pasta)
- 1 cup zucchini, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 bell pepper, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 cup tomato sauce (no added sugar)
- 1 tbsp fresh basil or parsley, chopped
- 1 tsp lemon juice (optional)
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
350 kcal



# Chicken Pasta

## Instructions

1. Cook pasta according to package instructions. Drain and set aside.
2. Heat half of the olive oil in a pan over medium heat.
3. Add chicken, season with salt, pepper, and herbs, and cook for 6–7 minutes until fully cooked and lightly golden. Remove from pan.
4. In the same pan, add remaining olive oil and garlic. Sauté for 30–60 seconds.
5. Add cherry tomatoes, cook for 2–3 minutes until softened. Stir in tomato sauce and simmer for 2–3 minutes.
6. Return chicken to the pan, then add cooked pasta. Mix well to combine.
7. Finish with lemon juice and sprinkle with fresh herbs. Serve immediately.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use gluten-free pasta
- Vegan: tofu or chickpeas instead of chicken

## Ingredients

- 120 g whole grain pasta (or gluten-free pasta)
- 2 chicken breasts (about 300–350 g total), sliced
- 1/2 cup cherry tomatoes, halved
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 cup tomato sauce (no added sugar)
- 1 tsp lemon juice (optional)
- 1/2 tsp dried oregano or basil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or basil, chopped (optional)



**Prep**  
10 Mins



**Servings**  
2



**Total Time**  
25 Mins



**Calories**  
420 kcal

# Stuffed Chicken Breast

Suitable for Meal Prep

## Instructions

1. Preheat oven to 180°C (350°F).
2. Slice each chicken breast horizontally to create a pocket (do not cut all the way through).
3. Heat olive oil in a pan over medium heat.
4. Add garlic and mushrooms, cook for 3–4 minutes until softened.
5. Add spinach and cook until wilted. Remove from heat and stir in yogurt (if using), lemon juice, salt, and pepper.
6. Stuff the chicken breasts with the spinach mixture and secure with toothpicks if needed.
7. Place chicken in a baking dish and season lightly with salt, pepper, and herbs.
8. Bake for 22–25 minutes until fully cooked and juices run clear.
9. Let rest for a few minutes before slicing and serving.

## Easy Swaps

- Dairy-Free: omit yogurt or use a plant-based alternative
- Gluten-Free: naturally gluten-free
- Vegan: large portobello mushrooms stuffed with the same filling

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Slice before storing for easy reheating.



## Ingredients

- 2 large chicken breasts (about 300–350 g total)
- 1 cup fresh spinach
- 1/2 cup mushrooms, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp plain Greek yogurt or cream cheese alternative (optional for creaminess)
- 1 tsp lemon juice
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper



Prep  
15 Mins



Servings  
2



Total Time  
40 Mins



Calories  
320 kcal

# Lentil Salad

Suitable for Meal Prep

## Instructions

1. Place lentils in a saucepan with water and bring to a boil.
2. Reduce heat and simmer for 18–20 minutes until lentils are tender but not mushy.
3. Drain excess water if needed and let lentils cool slightly.
4. In a large bowl, combine cooked lentils, cucumber, tomatoes, red onion, carrots, and parsley.
5. Drizzle with olive oil and lemon juice.
6. Add cumin, salt, and pepper.
7. Toss gently until well combined.
8. Let sit for 10 minutes to allow flavors to develop before serving.

## Easy Swaps

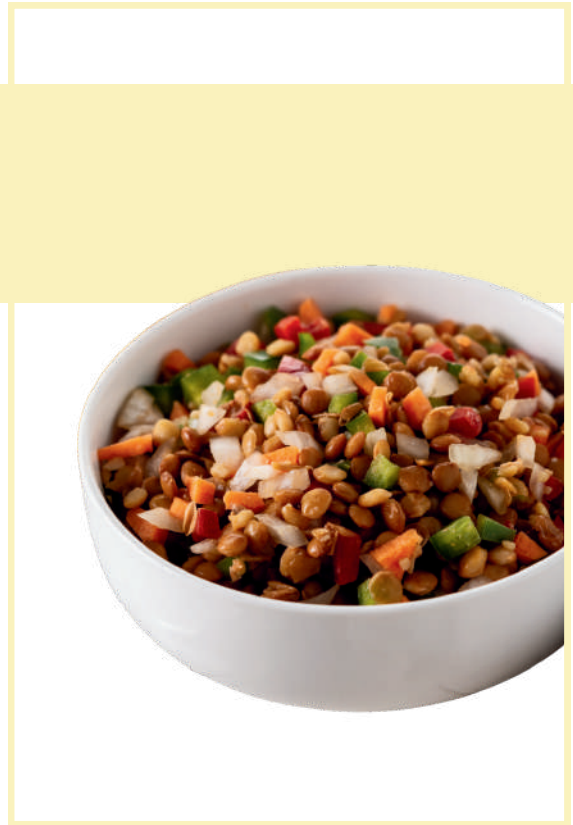
- Dairy-Free / Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4–5 days.

Flavors improve over time, making it ideal for meal prep.

Stir before serving and adjust seasoning if needed.



## Ingredients

- 1 cup dry lentils (green or brown), rinsed
- 3 cups water
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup carrots, grated or finely chopped
- 1/4 cup fresh parsley, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp cumin (optional)
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
230 kcal

# Turkey Patties

Suitable for Meal Prep

## Instructions

1. In a large bowl, combine ground turkey, oats, egg, onion, garlic, parsley, paprika, herbs, salt, and pepper.
2. Mix gently until just combined (do not overmix).
3. Form mixture into small patties (about palm-sized).
4. Heat olive oil in a pan over medium heat.
5. Cook patties for 5–6 minutes per side until fully cooked and golden.
6. Remove from heat and let rest for a few minutes before serving.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use certified gluten-free oats
- Vegan: mashed chickpeas or lentils mixed with oats and spices

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Freeze cooked patties for up to 2 months.



## Ingredients

- 400 g ground turkey
- 1/4 cup oats (or whole grain breadcrumbs)
- 1 egg
- 2 tbsp onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1/2 tsp paprika
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper



Prep  
15 Mins



Servings  
3-4



Total Time  
30 Mins



Calories  
260 kcal

# Chicken Vegetable Soup

Suitable for Meal Prep



## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, sauté for 2–3 minutes until softened.
3. Add diced chicken and cook for 5–6 minutes until lightly browned.
4. Add carrots and celery, cook for another 3–4 minutes.
5. Stir in zucchini, broccoli, green beans, and tomatoes.
6. Pour in chicken broth and season with oregano, salt, and pepper.
7. Bring to a gentle boil, then reduce heat and simmer for 20 minutes until vegetables are tender and chicken is fully cooked.
8. Taste and adjust seasoning if needed.
9. Garnish with fresh parsley before serving.

## Ingredients

- 2 chicken breasts (about 300–350 g total), diced
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup carrots, sliced
- 1 cup celery, sliced
- 1 cup zucchini, chopped
- 1 cup broccoli florets
- 1/2 cup green beans, chopped
- 4 cups low-sodium chicken broth
- 1 cup diced tomatoes (fresh or canned, no added sugar)
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley, chopped (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: lentils or chickpeas instead of chicken

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 5 days.

Freeze portions for up to 2 months.



Prep  
10 Mins



Servings  
4



Total Time  
40 Mins



Calories  
220 kcal

# Egg Fried Rice

Suitable for Meal Prep

## Instructions

1. Heat half of the oil in a large pan or wok over medium heat.
2. Crack eggs into the pan and scramble gently until cooked. Remove and set aside.
3. In the same pan, add remaining oil and garlic. Sauté for 30–60 seconds.
4. Add carrots, peas, and bell pepper. Cook for 3–4 minutes until slightly softened.
5. Add cooked rice, breaking up any clumps. Stir-fry for 3–4 minutes until heated through.
6. Return scrambled eggs to the pan.
7. Add soy sauce (if using), lemon juice, salt, and pepper. Mix well.
8. Stir in green onions and cook for another minute.
9. Serve warm or portion into containers for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: tamari or skip soy sauce
- Vegan: tofu scramble instead of eggs

## Meal Prep Tips

Use day-old rice for best texture and to prevent sticking.

Store in airtight containers in the refrigerator for up to 4 days.



## Ingredients

- 2 cups cooked brown (white optional) rice (preferably chilled)
- 2 large eggs
- 1/2 cup carrots, diced
- 1/2 cup peas (fresh or frozen)
- 1/2 cup bell pepper, diced
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil or avocado oil
- 1 tbsp low-sodium soy sauce or tamari (optional)
- 1 tsp lemon juice
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
20 Mins



Calories  
340 kcal

# Grilled Fish & Veggies

Suitable for Meal Prep

## Instructions

1. Preheat grill pan or outdoor grill to medium heat.
2. Pat fish dry and brush with half of the olive oil. Season with garlic powder, herbs, salt, and pepper.
3. Toss vegetables with remaining olive oil, lemon juice, salt, and pepper.
4. Place fish on the grill and cook for 4–5 minutes per side until cooked through and flaky.
5. Grill vegetables for 6–8 minutes, turning occasionally until tender and slightly charred.
6. Remove from grill and let fish rest for a few minutes.
7. Serve fish with grilled vegetables and sprinkle with fresh herbs if using.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu instead of fish

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 3 days.

Reheat gently to avoid drying out the fish.

Best stored with vegetables slightly undercooked for reheating.



## Ingredients

- 2 fish fillets (salmon, cod, or any firm fish, about 300–350 g total)
- 1 cup zucchini, sliced
- 1/2 cup bell pepper, sliced
- 1/2 cup asparagus or green beans
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or dill, chopped (optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
320 kcal

# Quinoa Veggie Bowl

Suitable for Meal Prep

## Instructions

1. Rinse quinoa under cold water.
2. In a saucepan, combine quinoa and water, bring to a boil, then reduce heat, cover, and simmer for 12–15 minutes until water is absorbed. Fluff and let cool slightly.
3. Heat half of the olive oil in a pan over medium heat.
4. Add broccoli, zucchini, bell pepper, and carrots. Cook for 5–6 minutes until tender but still slightly crisp.
5. Remove from heat and add cherry tomatoes.
6. Divide quinoa into bowls or containers.
7. Top with sautéed vegetables and avocado slices.
8. Drizzle with remaining olive oil and lemon juice.
9. Season with salt, pepper, and herbs. Sprinkle with seeds if using and serve.

## Easy Swaps

- Dairy-Free / Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Add avocado fresh before serving to maintain texture.



## Ingredients

- 1/2 cup quinoa (uncooked)
- 1 cup water
- 1 cup broccoli florets
- 1/2 zucchini, sliced
- 1/2 bell pepper, sliced
- 1/2 cup carrots, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 avocado, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sunflower seeds (optional)



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
300 kcal

# Chicken Quinoa Salad

Suitable for Meal Prep

## Instructions

1. Rinse quinoa under cold water.
2. In a saucepan, combine quinoa and water, bring to a boil, then reduce heat, cover, and simmer for 12–15 minutes until water is absorbed. Let cool.
3. If chicken is not pre-cooked, season lightly and cook in a pan for 6–8 minutes until fully cooked. Dice into bite-sized pieces.
4. In a large bowl, combine cooled quinoa, chicken, cucumber, avocado, tomatoes, red onion, and parsley.
5. Drizzle with olive oil and lemon juice.
6. Add oregano, salt, and pepper.
7. Toss gently until well combined.
8. Serve immediately or refrigerate for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: chickpeas or tofu instead of chicken

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

This salad tastes even better after a few hours as flavors blend.



## Ingredients

- 1/2 cup quinoa (uncooked)
- 1 cup water
- 2 chicken breasts (about 300–350 g total), cooked and diced
- 1 cup cucumber, diced
- 1/2 avocado sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp dried oregano
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
320 kcal

# Chicken & Broccoli Bowl

Suitable for Meal Prep

## Instructions

1. Cook brown (white) rice or quinoa according to package instructions and set aside.
2. Heat half of the olive oil in a pan over medium heat.
3. Add diced chicken, season with garlic powder, paprika, salt, and pepper, and cook for 6–8 minutes until fully cooked and lightly golden. Remove from pan.
4. In the same pan, add remaining olive oil and broccoli. Cook for 4–5 minutes, stirring occasionally, until tender but still bright. You can add a splash of water and cover briefly to steam.
5. Return chicken to the pan, add lemon juice, and mix everything together.
6. Divide rice or quinoa into bowls or containers.
7. Top with the chicken and broccoli mixture.
8. Sprinkle with sesame seeds if using. Serve warm or store for later.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu, tempeh, or chickpeas instead of chicken

## Meal Prep Tips

Cook chicken, grains, and broccoli in advance and store separately or combined in containers for up to 4 days.

Add fresh toppings (like seeds or herbs) before serving.



## Ingredients

- 2 chicken breasts (about 300–350 g total), diced
- 2 cups broccoli florets
- 1/2 cup brown (white optional) rice or quinoa (uncooked)
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp sesame seeds (optional)



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
400 kcal

# Lentil Soup



Suitable for Meal Prep

## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, sauté for 2–3 minutes until softened.
3. Add carrots and celery, cook for another 4–5 minutes.
4. Stir in lentils, tomatoes, cumin, paprika, herbs, salt, and pepper.
5. Pour in vegetable broth and bring to a boil.
6. Reduce heat and simmer for 25–30 minutes until lentils are tender.
7. Stir occasionally and add extra broth or water if needed.
8. Finish with lemon juice and fresh parsley before serving if desired.

## Ingredients

- 1 cup dry lentils (green or brown), rinsed
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup carrots, sliced
- 1 cup celery, sliced
- 1 cup diced tomatoes (fresh or canned, no added sugar)
- 4 cups low-sodium vegetable broth
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried thyme or oregano
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley, chopped (optional)
- 1 tbsp lemon juice (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 5 days.

Freeze portions for up to 2 months.

Soup thickens over time; add water or broth when reheating if needed.



Prep  
10 Mins



Servings  
4



Total Time  
40 Mins



Calories  
230 kcal

# Tomato Soup



Suitable for Meal Prep

## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, sauté for 2–3 minutes until softened.
3. Add tomatoes and carrots, cook for 5–6 minutes until vegetables begin to soften.
4. Pour in vegetable broth and add herbs, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 20 minutes.
6. Remove from heat and carefully blend soup until smooth using an immersion blender or regular blender.
7. Return soup to low heat and stir in yogurt or coconut milk if using.
8. Garnish with fresh herbs before serving.

## Ingredients

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 6 large tomatoes, chopped (or 1 can tomatoes with no added sugar)
- 1 cup carrots, chopped
- 4 cups low-sodium vegetable broth
- 1/2 tsp dried basil or oregano
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh basil or parsley, chopped (optional)
- 1 tbsp plain Greek yogurt or coconut milk (optional for creaminess)

## Easy Swaps

- Dairy-Free: coconut milk or skip creamy additions
- Gluten-Free: naturally gluten-free
- Vegan: coconut milk instead of yogurt

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 5 days.

Freeze portions for up to 2 months.

Soup thickens after cooling; add broth or water when reheating if needed.



Prep  
10 Mins



Servings  
4



Total Time  
35 Mins



Calories  
140 kcal

# Baked Salmon & Greens

Suitable for Meal Prep



## Instructions

1. Preheat oven to 180°C (350°F).
2. Place salmon fillets on a baking tray lined with parchment paper.
3. Drizzle salmon with half of the olive oil and lemon juice. Season with garlic, herbs, salt, and pepper.
4. Bake for 15–18 minutes until salmon flakes easily with a fork.
5. While salmon bakes, steam new potato and green beans for 4–5 minutes.
6. Heat remaining olive oil in a pan over low heat and lightly sauté spinach or kale for 2–3 minutes until wilted.
7. Divide greens and new potato into bowls or meal prep containers.
8. Top with baked salmon.
9. Sprinkle with seeds if using and serve.

## Ingredients

- 2 salmon fillets (about 300–350 g total)
- 2 cups spinach or kale
- 1 cup new potato cubed
- 1/2 cup green beans
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1/2 tsp dried oregano or dill
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sunflower seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: baked tofu or chickpeas instead of salmon

## Meal Prep Tips

Store salmon and vegetables in airtight containers for up to 3 days.

Add avocado fresh before serving for best texture.



Prep  
10 Mins



Servings  
2



Total Time  
28 Mins



Calories  
420 kcal



# Roasted Vegetables

Suitable for Meal Prep

## Instructions

1. Preheat oven to 200°C (400°F).
2. Place all vegetables on a large baking tray lined with parchment paper.
3. Drizzle with olive oil and lemon juice.
4. Sprinkle with garlic powder, herbs, salt, and pepper.
5. Toss vegetables well to coat evenly.
6. Spread vegetables into a single layer to ensure even roasting.
7. Roast for 25–30 minutes, stirring halfway through, until vegetables are tender and lightly golden.
8. Remove from oven and garnish with fresh herbs if desired.
9. Serve warm or store for meal prep.

## Ingredients

- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 red onion, chopped
- 1 cup cauliflower florets
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or basil, chopped (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 5 days.

Use in bowls, salads, wraps, or alongside protein meals.



Prep  
10 Mins



Servings  
4



Total Time  
40 Mins



Calories  
140 kcal

# Baked Sweet Potato

Suitable for Meal Prep



## Instructions

1. Preheat oven to 200°C (400°F).
2. Place sweet potatoes, 1 bell pepper (optional) on a baking tray. Drizzle with half of the olive oil and season with paprika, garlic powder, salt, and pepper.
3. Roast for 20–25 minutes until tender and lightly golden.
4. Drizzle with lemon juice.
5. Sprinkle with seeds if using and serve.

## Ingredients

- 2 medium sweet potatoes, peeled and cubed
- 1 bell pepper (optional)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sunflower seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan

## Meal Prep Tips

Roast vegetables in advance and store in airtight containers for up to 4 days.

Add avocado fresh before serving for best texture.

Keep greens separate until ready to eat.



Prep  
5 Mins



Servings  
2



Total Time  
20 Mins



Calories  
280 kcal



# Zucchini Egg Skillet

## Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add onion and garlic, sauté for 2–3 minutes until softened.
3. Add zucchini and cook for 4–5 minutes until slightly tender.
4. Crack eggs directly into the skillet over zucchini.
5. Season with herbs, salt, and pepper.
6. Cover the skillet and cook for 4–5 minutes until eggs reach desired doneness.
7. Remove from heat, garnish with fresh herbs, and serve immediately.

## Ingredients

- 4 eggs
- 1 medium zucchini, sliced or diced
- 1/4 onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried oregano or basil
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or chives, chopped (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: tofu scramble instead of eggs



Prep  
10 Mins



Servings  
2



Total Time  
22 Mins



Calories  
260 kcal



# Spinach Mushroom Stir-Fry

## Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add onion and garlic, sauté for 2–3 minutes until softened and fragrant.
3. Add sliced mushrooms and cook for 4–5 minutes until they release moisture and become tender.
4. Add spinach and stir gently until wilted, about 1–2 minutes.
5. Season with herbs, salt, and pepper.
6. Drizzle with lemon juice or tamari if using.
7. Sprinkle with seeds if desired and serve immediately.

## Ingredients

- 2 cups fresh spinach
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced
- 1/2 onion, thinly sliced
- 1 tbsp olive oil or avocado oil
- 1 tbsp lemon juice or low-sodium tamari (optional)
- 1/2 tsp dried thyme or oregano
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sesame seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free /Vegan: naturally vegan
- Gluten-Free: use certified gluten-free tamari or skip it



Prep  
10 Mins



Servings  
2



Total Time  
20 Mins



Calories  
140 kcal



# Chicken Stir-Fry

Suitable for Meal Prep

## Instructions

1. Heat half of the oil in a large skillet or wok over medium-high heat.
2. Add chicken strips, season with salt, pepper, garlic powder, and ginger, and cook for 5–6 minutes until lightly golden and fully cooked. Remove from pan.
3. Add remaining oil to the pan.
4. Add garlic, broccoli, bell pepper, carrots, and zucchini. Stir-fry for 5–6 minutes until vegetables are tender but still crisp.
5. Return chicken to the pan and drizzle with lemon juice or tamari if using.
6. Toss everything together and cook for another 1–2 minutes.

## Ingredients

- 2 chicken breasts (about 300–350 g total), sliced into strips
- 1 cup broccoli florets
- 1/2 bell pepper, sliced
- 1/2 cup carrots, thinly sliced
- 1/2 zucchini, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil or avocado oil
- 1 tbsp lemon juice or low-sodium tamari (optional)
- 1/2 tsp ginger (fresh grated or ground)
- 1/2 tsp garlic powder
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp sesame seeds or pumpkin seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free if using lemon juice instead of tamari-based sauces
- Gluten-Free: use tamari or skip soy-based sauces
- Vegan: replace chicken with tofu or chickpeas

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Keep grains separate for better texture if possible.



Prep  
10 Mins



Servings  
2



Total Time  
25 Mins



Calories  
320 kcal



# Tuna Salad Bowl

## Instructions

1. Drain tuna well and place in a bowl.
2. Wash and prepare all vegetables.
3. Divide greens between serving bowls.
4. Add cucumber, tomatoes, avocado, and red onion.
5. Top with tuna.
6. Drizzle with olive oil and lemon juice.
7. Season with salt and pepper.
8. Sprinkle with seeds if using and serve immediately.

## Ingredients

- 1 can tuna in water (about 150–180 g drained)
- 2 cups mixed greens or lettuce
- 1/2 cucumber, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 avocado, sliced
- 1/4 red onion, thinly sliced
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sunflower seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: chickpeas or tofu instead of tuna



Prep  
10 Mins



Servings  
2



Total Time  
15 Mins



Calories  
320 kcal

# Broccoli Chicken Plate

Suitable for Meal Prep



## Instructions

1. If using rice, quinoa, or pearl barley, cook according to package instructions and set aside.
2. Preheat a grill pan or skillet over medium heat.
3. Brush chicken with half of the olive oil and season with garlic, paprika, herbs, salt, and pepper.
4. Cook chicken for 5–6 minutes per side until fully cooked and lightly golden. Let rest for a few minutes before slicing.
5. Steam broccoli for 4–5 minutes until tender but still bright green.
6. Arrange broccoli and grains (if using) on plates or meal prep containers.
7. Top with sliced chicken.
8. Drizzle with remaining olive oil and lemon juice.
9. Sprinkle with seeds if desired and serve.

## Ingredients

- 2 chicken breasts (about 300–350 g total)
- 2 cups broccoli florets
- ½ cup cooked brown (white optional) rice, quinoa, or pearl barley
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1/2 tsp paprika
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sesame seeds (optional)

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: replace chicken with tofu or chickpeas

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Keep grains separate for better texture if possible.



Prep  
10 Mins



Servings  
2



Total Time  
30 Mins



Calories  
320 kcal



## Simple Omelet Plate

### Instructions

1. Crack eggs into a bowl and whisk with salt, pepper, and herbs.
2. Heat half of the olive oil in a non-stick skillet over medium heat.
3. Add onion and cook for 2–3 minutes until softened.
4. Add broccoli florets and tomatoes, cooking briefly until broccoli florets wilt slightly.
5. Pour eggs into the skillet and cook gently for 3–4 minutes.
6. Fold omelet in half and cook another 1–2 minutes until eggs are fully set.
7. Transfer omelet to a plate.
8. Add avocado slices and whole grain toast if using.
9. Drizzle remaining olive oil lightly over vegetables if desired and serve immediately.

### Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use gluten-free bread or skip toast
- Vegan: replace eggs with tofu scramble

### Ingredients

- 3 eggs
- 1 cup broccoli florets
- 1/2 cup cherry tomatoes, halved
- 1/4 onion, finely chopped
- 1 tbsp olive oil
- 1/2 avocado, sliced
- Pinch of sea salt
- Pinch of black pepper
- 1/2 tsp dried oregano or parsley
- 1 slice whole grain toast (optional)



Prep  
5 Mins



Servings  
1-2



Total Time  
15 Mins



Calories  
340 kcal

# Veggie Casserole

Suitable for Meal Prep



## Instructions

1. Preheat oven to 180°C (350°F).
2. Lightly grease a baking dish with olive oil.
3. Heat a skillet over medium heat and sauté onion and garlic for 2–3 minutes.
4. Add mushrooms, zucchini, broccoli, cauliflower, and bell pepper. Cook for 5–6 minutes until slightly softened.
5. Transfer vegetables into the baking dish evenly.
6. In a bowl, whisk eggs with yogurt, herbs, salt, and pepper.
7. Pour egg mixture over vegetables.
8. Bake for 30–35 minutes until casserole is set and lightly golden on top.
9. Let cool slightly before slicing and serving. Garnish with fresh herbs if desired.

## Ingredients

- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 bell pepper, chopped
- 1 cup mushrooms, sliced
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 4 eggs
- 1/2 cup plain Greek yogurt or unsweetened plant yogurt
- 1 tbsp olive oil
- 1/2 tsp dried oregano or thyme
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp fresh parsley or basil, chopped (optional)

## Easy Swaps

- Dairy-Free: use unsweetened plant yogurt
- Gluten-Free: naturally gluten-free
- Vegan: replace eggs with tofu blend or chickpea flour mixture

## Meal Prep Tips

Store in airtight containers in the refrigerator for up to 4 days.

Slice into portions for easy grab-and-go meals.



Prep  
15 Mins



Servings  
4



Total Time  
50 Mins



Calories  
220 kcal

## Protein Bites

Suitable for Meal Prep

### Instructions

1. Add oats, dates, flaxseeds, coconut, and protein powder to a food processor.
2. Blend until mixture becomes crumbly.
3. Add peanut butter, vanilla extract, and honey or maple syrup if using. Blend again until mixture starts sticking together.
4. Add water or almond milk gradually if the mixture feels too dry.
5. Roll mixture into small bite-sized balls using your hands.
6. Place protein bites on a tray or plate and refrigerate for at least 20–30 minutes before serving.
7. Store chilled in an airtight container.

### Easy Swaps

- Dairy-Free: use plant-based protein powder
- Gluten-Free: use certified gluten-free oats
- Vegan: use maple syrup and plant protein powder
- Nut-Free: replace nut butter with sunflower seed butter

### Meal Prep Tips

Store in the refrigerator for up to 1 week.  
Freeze for up to 2 months.



### Ingredients

- 1 cup rolled oats
- 1/2 cup natural peanut butter or almond butter
- 1/3 cup vanilla or unflavored protein powder
- 1/4 cup ground flaxseeds or chia seeds
- 1/4 cup unsweetened shredded coconut
- 1/4 cup soft dates, pitted
- 1 tbsp honey or maple syrup (optional)
- 1 tsp vanilla extract
- 2–3 tbsp water or unsweetened almond milk if needed



Prep  
15 Mins



Servings  
10



Total Time  
15 Mins



Calories  
120 kcal

# Peanut Butter Banana Smoothie



## Instructions

1. Add almond milk to a blender first.
2. Add banana, peanut butter, chia seeds, and yogurt if using.
3. Blend until smooth and creamy.
4. Add cinnamon or sweetener if desired and blend briefly again.
5. Adjust thickness with more milk if needed.
6. Pour into a glass and serve immediately.

## Ingredients

- 1 ripe banana (fresh or frozen)
- 1 tbsp natural peanut butter (no added sugar)
- 1 cup unsweetened almond milk (or any milk of choice)
- 1 tbsp chia seeds or flaxseeds
- 1/4 cup Greek yogurt or plant-based yogurt (optional)
- 1/2 tsp cinnamon (optional)
- 1 tsp honey or maple syrup (optional)
- 3–4 ice cubes (optional, for a colder texture)

## Easy Swaps

- Vegan: plant-based yogurt or omit yogurt
- Gluten-Free: naturally gluten-free
- Nut-Free: sunflower seed butter



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
300 kcal

# Chia Pudding Snack

Suitable for Meal Prep

## Instructions

1. In a bowl or jar, combine chia seeds, almond milk, vanilla extract, and honey or maple syrup if using.
2. Stir well to prevent clumping.
3. Let sit for 5 minutes, then stir again.
4. Cover and refrigerate for at least 3–4 hours or overnight until thickened.
5. Before serving, top with fresh fruit, nuts, and cinnamon if desired.
6. Serve chilled.



## Easy Swaps

- Dairy-Free / Vegan: use plant-based milk and maple syrup
- Gluten-Free: naturally gluten-free
- Nut-Free: replace nuts with seeds or omit

## Meal Prep Tips

Prepare several jars at once for quick grab-and-go snacks.

Store in the refrigerator for up to 4 days.

Add fruit toppings fresh before serving for best texture.

## Ingredients

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk or milk of choice
- 1 tsp vanilla extract
- 1 tsp honey or maple syrup (optional)
- 1/2 cup fresh berries or sliced fruit
- 1 tbsp chopped almonds or walnuts (optional)
- Pinch of cinnamon (optional)



Prep  
10 Mins



Servings  
10



Total Time  
10 Mins



Calories  
220 kcal



## Carrot & Hummus

### Instructions

1. Wash, peel, and slice carrots into sticks or rounds.
2. Spoon hummus into a small serving bowl.
3. Drizzle hummus with olive oil if desired.
4. Sprinkle with paprika, black pepper, or seeds for extra flavor and texture.
5. Serve carrots alongside hummus for dipping.

### Easy Swaps

- Dairy-Free / Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

### Ingredients

- 2 medium carrots, peeled and sliced into sticks
- 1/3 cup hummus
- 1 tsp olive oil (optional)
- Pinch of paprika or black pepper (optional)
- 1 tbsp pumpkin seeds or sesame seeds (optional)



Prep  
5 Mins



Servings  
1-2



Total Time  
5 Mins



Calories  
180 kcal

# Boiled Eggs

Suitable for Meal Prep

## Instructions

1. Place eggs in a saucepan in a single layer.
2. Cover with cold water by about 2–3 cm.
3. Bring water to a gentle boil over medium-high heat.
4. Once boiling, reduce heat slightly and cook:
  - o 7 minutes for softer centers
  - o 9–10 minutes for firm hard-boiled eggs
5. Transfer eggs immediately to a bowl of ice water for 5 minutes to stop cooking and make peeling easier.
6. Peel eggs and serve or store for meal prep.
7. Season lightly with sea salt, pepper, or fresh herbs if desired.

## Easy Swaps

- Vegan: naturally vegan
- Gluten-Free: naturally gluten-free

## Meal Prep Tips

Store unpeeled boiled eggs in the refrigerator for up to 1 week.

Prepare a large batch for quick breakfasts and snacks.

Keep peeled eggs in airtight containers for easy grab-and-go meals.



## Ingredients

- 8 large eggs
- Water for boiling
- Pinch of sea salt and black pepper for serving (optional)
- Fresh herbs such as parsley or chives (optional)



Prep  
5 Mins



Servings  
4



Total Time  
15 Mins



Calories  
140 kcal



# Apple & Cheese

## Instructions

1. Wash and slice the apple into wedges or thin slices.
2. Slice or cube the cheese.
3. Arrange apple slices and cheese on a serving plate.
4. Add nuts if desired for extra crunch and healthy fats.
5. Sprinkle lightly with cinnamon or black pepper for additional flavor if desired.
6. Serve immediately.

## Easy Swaps

- Dairy-Free / Vegan: replace cheese with plant-based cheese or extra nuts
- Gluten-Free: naturally gluten-free
- Vegan: use plant-based cheese alternatives

## Ingredients

- 1 medium apple, sliced
- 40–50 g natural cheese (cheddar, gouda, mozzarella, or goat cheese), sliced or cubed
- 1 tbsp walnuts or almonds (optional)
- Pinch of cinnamon or black pepper (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
260 kcal



# Yogurt with Berries

## Instructions

1. Spoon yogurt into a serving bowl.
2. Wash and prepare berries if needed.
3. Top yogurt with fresh berries.
4. Sprinkle with chia seeds and nuts if using.
5. Add honey, maple syrup, cinnamon, or vanilla if desired.
6. Serve immediately.

## Easy Swaps

- Dairy-Free: use coconut, almond, or soy yogurt
- Gluten-Free: naturally gluten-free
- Vegan: use plant-based yogurt and maple syrup

## Ingredients

- 1 cup plain Greek yogurt or natural yogurt
  - 1/2 cup mixed berries (blueberries, strawberries, raspberries, or blackberries)
  - 1 tbsp chia seeds or flaxseeds
  - 1 tbsp chopped almonds or walnuts (optional)
  - 1 tsp honey or maple syrup (optional)
- Pinch of cinnamon or vanilla extract (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
240 kcal

# Granola Bars

Suitable for Meal Prep

## Instructions

1. Preheat oven to 175°C (350°F).
2. Line a small baking dish or tray with parchment paper.
3. In a large bowl, combine oats, nuts, seeds, dried fruit, cinnamon, and coconut if using.
4. In a separate bowl, mix peanut butter, honey or maple syrup, and vanilla extract until smooth.
5. Pour wet ingredients into dry ingredients and stir until fully combined.
6. Press mixture firmly into the prepared baking dish.
7. Bake for 18–20 minutes until lightly golden.
8. Allow to cool completely before slicing into bars.
9. Store in an airtight container.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use certified gluten-free oats
- Vegan: use maple syrup instead of honey

## Meal Prep Tips

Store bars in airtight containers for up to 1 week  
Freeze individually wrapped bars for up to 2 months



## Ingredients

- 2 cups rolled oats
- 1/2 cup natural peanut butter or almond butter
- 1/3 cup honey or maple syrup
- 1/4 cup chopped almonds or walnuts
- 2 tbsp chia seeds or flaxseeds
- 1/4 cup unsweetened dried fruit (raisins, cranberries, or dates), chopped
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 2 tbsp unsweetened shredded coconut (optional)



Prep  
15 Mins



Servings  
8



Total Time  
35 Mins



Calories  
190 kcal



# Protein Smoothie

## Instructions

1. Add almond milk to a blender first.
2. Add banana, spinach, protein powder, nut butter, chia seeds, and ice cubes.
3. Blend until smooth and creamy.
4. Taste and adjust thickness by adding more milk if needed.
5. Pour into a glass and serve immediately.

## Easy Swaps

- Dairy-Free: use plant-based milk
- Gluten-Free: naturally gluten-free
- Vegan: use plant-based protein powder

## Ingredients

- 1 banana
- 1 cup unsweetened almond milk or milk of choice
- 1 scoop vanilla or unflavored protein powder
- 1 tbsp natural peanut butter or almond butter
- 1/2 cup spinach
- 1 tbsp chia seeds or flaxseeds
- 1/2 cup ice cubes
- 1/2 tsp cinnamon or vanilla extract (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
320 kcal

# Roasted Chickpeas

Suitable for Meal Prep

## Instructions

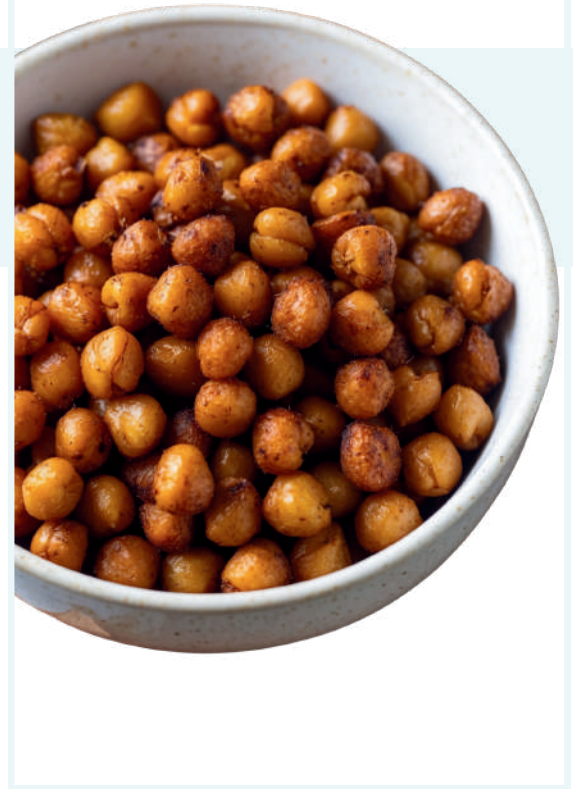
1. Preheat oven to 200°C (400°F).
2. Drain and rinse chickpeas thoroughly.
3. Pat chickpeas dry with a clean towel to remove excess moisture.
4. Spread chickpeas on a baking tray and remove any loose skins if desired.
5. Toss chickpeas with olive oil, paprika, garlic powder, cumin, salt, and pepper.
6. Spread evenly in a single layer.
7. Roast for 25–30 minutes, stirring halfway through, until golden and crispy.
8. Let cool slightly before serving for maximum crunch.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan

## Meal Prep Tips

Store in an airtight container at room temperature for up to 4 days  
Allow chickpeas to cool completely before storing to maintain crispness



## Ingredients

- 1 can chickpeas (about 400 g), drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp cumin or chili powder (optional)
- Pinch of sea salt
- Pinch of black pepper



Prep  
10 Mins



Servings  
4



Total Time  
40 Mins



Calories  
140 kcal



# Rice Cakes with Avocado

## Instructions

1. Place rice cakes on a serving plate.
2. Mash avocado in a small bowl with lemon or lime juice, salt, and pepper.
3. Spread avocado evenly over the rice cakes.
4. Top with seeds, tomatoes, or cucumber if desired.
5. Serve immediately for best texture and freshness.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use certified gluten-free rice cakes
- Vegan: naturally vegan

## Ingredients

- 2 plain brown rice cakes
- 1/2 ripe avocado
- 1 tsp fresh lemon or lime juice
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp pumpkin seeds or sesame seeds (optional)

Cherry tomato slices or cucumber slices for topping (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
220 kcal

# Peanut Butter Oat Balls

Suitable for Meal Prep

## Instructions

1. In a large bowl, combine rolled oats, chia seeds, cinnamon, and coconut if using.
2. Add peanut butter, honey or maple syrup, vanilla extract and cocoa powder.
3. Stir until the mixture becomes sticky and fully combined.
4. If the mixture feels too dry, add water 1 tablespoon at a time.
5. Roll mixture into small bite-sized balls using your hands.
6. Place oat balls on a tray or plate.
7. Refrigerate for at least 20–30 minutes before serving.
8. Store chilled in an airtight container.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: use certified gluten-free oats
- Vegan: use maple syrup instead of honey

## Meal Prep Tips

Store in the refrigerator for up to 1 week  
Freeze for up to 2 months for convenient snacks



## Ingredients

- 1 cup rolled oats
  - 1/2 cup natural peanut butter
  - 1/4 cup honey or maple syrup
  - 5-6 tsp cocoa powder (optional)
  - 2 tbsp chia seeds or flaxseeds
  - 1 tsp vanilla extract
  - 1/2 tsp cinnamon
  - 2 tbsp unsweetened shredded coconut (optional)
- 2–3 tbsp water if needed for texture



Prep  
15 Mins



Servings  
5



Total Time  
15 Mins



Calories  
110 kcal

# Trail Mix

Suitable for Meal Prep

## Instructions

1. Add almonds, walnuts, seeds, and dried fruit to a large mixing bowl.
2. Stir in coconut flakes and dark chocolate chips if using.
3. Sprinkle lightly with cinnamon or a tiny pinch of sea salt if desired.
4. Mix thoroughly until evenly combined.
5. Divide into small airtight containers or snack bags for meal prep.
6. Store in a cool, dry place.

## Easy Swaps

- Dairy-Free: use dairy-free chocolate or cacao nibs
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan if using dairy-free chocolate

## Meal Prep Tips

Portion into individual containers for easy grab-and-go snacks

Store in airtight jars or bags for up to 2 weeks

Keep away from heat to maintain freshness and texture



## Ingredients

- 1/2 cup raw almonds
- 1/2 cup walnuts or cashews
- 1/4 cup pumpkin seeds or sunflower seeds
- 1/4 cup unsweetened dried cranberries, raisins, or chopped dates
- 2 tbsp unsweetened coconut flakes (optional)
- 2 tbsp dark chocolate chips or cacao nibs (optional)
- Pinch of cinnamon or sea salt (optional)



Prep  
10 Mins



Servings  
6



Total Time  
10 Mins



Calories  
220 kcal



# Green Smoothie

## Instructions

1. Add almond milk or coconut water to a blender first.
2. Add spinach or kale, banana, apple, cucumber, chia seeds, and nut butter if using.
3. Add ice cubes and lemon juice.
4. Blend until smooth and creamy.
5. Adjust thickness with more liquid if needed.
6. Pour into a glass and serve immediately.

## Easy Swaps

- Dairy-Free: naturally dairy-free
- Gluten-Free: naturally gluten-free
- Vegan: naturally vegan

## Ingredients

- 1 cup spinach or kale
  - 1 banana
  - 1/2 green apple, chopped
  - 1/2 cucumber, sliced
  - 1 cup unsweetened almond milk or coconut water
  - 1 tbsp chia seeds or flaxseeds
  - 1 tbsp almond butter or peanut butter (optional)
  - 1/2 cup ice cubes
- 1 tsp fresh lemon juice (optional)



Prep  
5 Mins



Servings  
1



Total Time  
5 Mins



Calories  
240 kcal

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Chicken Stir-Fry, 83  
Broccoli Chicken Plate, 85  
Chicken & Broccoli Bowl, 75

#### **chickpeas**

Chickpea Veggie Bowl, 52  
Mediterranean Chickpea Salad, 57  
Roasted Chickpeas, 97

#### **chocolate chips**

Trail Mix, 100

#### **coconut**

Protein Bites, 88

#### **coconut flakes**

Mango Coconut Chia Pudding, 35  
Trail Mix, 100

#### **coconut milk**

Mango Coconut Chia Pudding, 35

#### **corn**

Chicken Burrito Bowl, 63

#### **cucumber**

Tuna Avocado Salad, 51  
Chicken Wrap, 56

Mediterranean Chickpea Salad, 57  
Chicken Quinoa Salad, 74  
Lentil Salad, 68  
Tuna Salad Bowl, 84  
Green Smoothie, 101

## **D**

#### **dates**

Protein Bites, 88  
Trail Mix, 100

#### **dried cranberries**

Trail Mix, 100

#### **dried fruit**

Granola Bars, 95

## **E**

#### **egg**

Avocado Toast with Egg, 29  
Scrambled Eggs with Vegetables, 31  
Low- Veggie Omelet, 32  
Egg Muffins with Spinach, 33  
Baked Oatmeal with Berries, 34  
Oat Pancakes, 36  
Savory Oatmeal with Egg, 38  
Sweet Potato Breakfast Bowl, 39  
Egg & Avocado Wrap, 40  
Blueberry Protein Muffins, 41  
Banana Oat Muffins, 42  
Spinach Egg Bake, 45  
Breakfast Rice Bowl, 46  
Egg Fried Rice, 71  
Turkey Meatballs, 62  
Turkey Patties, 69  
Zucchini Egg Skillet, 81  
Simple Omelet Plate, 86  
Veggie Casserole, 87  
Boiled Eggs, 92

## **F**

### **fish fillets**

Grilled Fish & Veggies, 72

## **G**

### **grain bread**

Avocado Toast with Egg, 29

### **grain pasta**

Veggie Pasta, 65

### **granola**

Yogurt with Granola, 44

Protein Yogurt Parfait, 27

### **Greek yogurt**

Tomato Soup, 77

Greek Yogurt with Honey & Nuts, 26

Green Smoothie Bowl, 28

Peanut Butter Banana Smoothie, 89

Blueberry Protein Muffins, 41

Banana Oat Muffins, 42

Apple & Nut Breakfast Bowl, 43

Yogurt with Granola, 44

Chicken Wrap, 56

Stuffed Chicken Breast, 67

Veggie Casserole, 87

Yogurt with Berries, 94

Protein Yogurt Parfait, 27

### **green beans**

Chicken & Sweet Potato, 59

Grilled Fish & Veggies, 72

Chicken Vegetable Soup, 70

Lemon Garlic Chicken, 49

Savory Oatmeal with Egg, 38

## **H**

### **honey**

Tuna Salad Bowl, 84

Greek Yogurt with Honey & Nuts, 26

Protein Bites, 88

Creamy Berry Oatmeal, 24

Apple Cinnamon Oatmeal, 25

Cottage Cheese & Fruit Bowl, 30

Baked Oatmeal with Berries, 34

Mango Coconut Chia Pudding, 35

Peanut Butter Banana Smoothie, 89

Oat Pancakes, 36

Blueberry Protein Muffins, 41

Banana Oat Muffins, 42

Apple & Nut Breakfast Bowl, 43

Yogurt with Granola, 44

Pumpkin Oatmeal, 47

Chia Pudding Snack, 90

Yogurt with Berries, 94

Granola Bars, 95

Protein Yogurt Parfait, 27

Breakfast Quinoa Bowl, 37

### **hummus**

Chickpea Veggie Bowl, 52

Carrot & Hummus, 91

## **L**

### **lentils**

Lentil Vegetable Stew, 55

Lentil Salad, 68

Lentil Soup, 76

### **lettuce**

Chicken Wrap, 56

Chicken Burrito Bowl, 63

## **M**

### **mango**

Mango Coconut Chia Pudding, 35

Green Smoothie Bowl, 28

### **milk**

Baked Oatmeal with Berries, 34

Creamy Berry Oatmeal, 24

Peanut Butter Banana Smoothie, 89

Oat Pancakes, 36  
Pumpkin Oatmeal, 47  
Apple Cinnamon Oatmeal, 25  
Green Smoothie Bowl, 28  
Scrambled Eggs with Vegetables, 31  
Low- Veggie Omelet, 32  
Egg Muffins with Spinach, 33  
Blueberry Protein Muffins, 41  
Banana Oat Muffins, 42  
Spinach Egg Bake, 45  
Chia Pudding Snack, 90  
Protein Smoothie, 96  
Green Smoothie, 101  
Breakfast Quinoa Bowl, 37

#### **mushrooms**

Low- Veggie Omelet, 32  
Beef & Vegetable Skillet, 54  
Veggie Pasta, 65  
Stuffed Chicken Breast, 67  
Spinach Mushroom Stir-Fry, 82  
Veggie Casserole, 87

## **N**

#### **nuts**

Yogurt with Granola, 44  
Greek Yogurt with Honey & Nuts, 26  
Cottage Cheese & Fruit Bowl, 30  
Mango Coconut Chia Pudding, 35  
Banana Oat Muffins, 42  
Apple & Nut Breakfast Bowl, 43

## **P**

#### **pasta**

Chicken Pasta, 66

#### **peanut butter**

Peanut Butter Banana Smoothie, 89  
Protein Bites, 88  
Granola Bars, 95  
Protein Smoothie, 96  
Green Smoothie, 101

#### **pear**

Cottage Cheese & Fruit Bowl, 30

#### **peas**

Egg Fried Rice, 71

#### **pumpkin**

Pumpkin Oatmeal, 47

#### **pumpkin seeds**

Baked Salmon & Greens, 78  
Quinoa Veggie Bowl, 73  
Sweet Potato Breakfast Bowl, 39  
Spinach Mushroom Stir-Fry, 82  
Chicken Stir-Fry, 83  
Tuna Salad Bowl, 84  
Broccoli Chicken Plate, 85  
Carrot & Hummus, 91  
Trail Mix, 100

## **Q**

#### **quinoa**

Baked Salmon with Vegetables, 50  
Turkey Stir-Fry, 53  
Beef & Vegetable Skillet, 54  
Stuffed Bell Peppers, 60  
Tofu Stir-Fry, 61  
Stuffed Chicken Breast, 67  
Chicken Stir-Fry, 83  
Broccoli Chicken Plate, 85  
Chickpea Veggie Bowl, 52  
Chicken Quinoa Salad, 74  
Chicken Burrito Bowl, 63  
Quinoa Veggie Bowl, 73  
Breakfast Quinoa Bowl, 37

## **R**

#### **rice**

Grilled Chicken with Brown Rice, 48  
Baked Salmon with Vegetables, 50  
Chickpea Veggie Bowl, 52  
Beef & Vegetable Skillet, 54

Tofu Stir-Fry, 61  
Beef Rice Bowl, 64  
Breakfast Rice Bowl, 46  
Lemon Garlic Chicken, 49  
Turkey Stir-Fry, 53  
Shrimp Rice Bowl, 58  
Egg Fried Rice, 71  
Stuffed Bell Peppers, 60  
Chicken Burrito Bowl, 63  
Stuffed Chicken Breast, 67  
Chicken Stir-Fry, 83  
Broccoli Chicken Plate, 85  
Chicken & Broccoli Bowl, 75

#### **rice cakes**

Rice Cakes with Avocado, 98

#### **rolled oats**

Blueberry Protein Muffins, 41  
Protein Bites, 88  
Granola Bars, 95  
Banana Oat Muffins, 42  
Creamy Berry Oatmeal, 24  
Apple Cinnamon Oatmeal, 25  
Greek Yogurt with Honey & Nuts, 26  
Green Smoothie Bowl, 28  
Baked Oatmeal with Berries, 34  
Oat Pancakes, 36  
Savory Oatmeal with Egg, 38  
Apple & Nut Breakfast Bowl, 43  
Pumpkin Oatmeal, 47  
Turkey Meatballs, 62  
Turkey Patties, 69

## **S**

#### **salmon**

Baked Salmon & Greens, 78  
Baked Salmon with Vegetables, 50

#### **seeds**

Apple & Nut Breakfast Bowl, 43  
Greek Yogurt with Honey & Nuts, 26  
Cottage Cheese & Fruit Bowl, 30

Yogurt with Granola, 44

#### **sesame seeds**

Chicken Stir-Fry, 83  
Carrot & Hummus, 91  
Turkey Stir-Fry, 53  
Tofu Stir-Fry, 61  
Spinach Mushroom Stir-Fry, 82  
Broccoli Chicken Plate, 85

#### **shrimp**

Shrimp Rice Bowl, 58

#### **spinach**

Green Smoothie Bowl, 28  
Scrambled Eggs with Vegetables, 31  
Low- Veggie Omelet, 32  
Egg Muffins with Spinach, 33  
Savory Oatmeal with Egg, 38  
Sweet Potato Breakfast Bowl, 39  
Spinach Egg Bake, 45  
Breakfast Rice Bowl, 46  
Stuffed Chicken Breast, 67  
Zucchini Egg Skillet, 81  
Spinach Mushroom Stir-Fry, 82  
Simple Omelet Plate, 86  
Protein Smoothie, 96  
Egg & Avocado Wrap, 40  
Chicken Pasta, 66  
Baked Salmon & Greens, 78  
Green Smoothie, 101

#### **sunflower seeds**

Sweet Potato Breakfast Bowl, 39  
Quinoa Veggie Bowl, 73  
Baked Salmon & Greens, 78  
Tuna Salad Bowl, 84

#### **sweet potatoes**

Sweet Potato Breakfast Bowl, 39  
Chicken & Sweet Potato, 59  
Baked Sweet Potato, 80

## **T**

### **tofu**

Tofu Stir-Fry, 61

### **tomatoes**

Lentil Vegetable Stew, 55

Stuffed Bell Peppers, 60

Tomato Soup, 77

Egg & Avocado Wrap, 40

Chicken Vegetable Soup, 70

Lentil Soup, 76

### **tortilla**

Egg & Avocado Wrap, 40

Chicken Wrap, 56

### **tuna**

Tuna Avocado Salad, 51

Tuna Salad Bowl, 84

### **turkey**

Turkey Meatballs, 62

Turkey Patties, 69

Turkey Stir-Fry, 53

Stuffed Bell Peppers, 60

## **W**

### **walnuts**

Chia Pudding Snack, 90

Yogurt with Berries, 94

Granola Bars, 95

Apple & Cheese, 93

Trail Mix, 100

### **wrap**

Egg & Avocado Wrap, 40

Chicken Wrap, 56

## **Z**

### **zucchini**

Baked Salmon with Vegetables, 50

Chickpea Veggie Bowl, 52

Turkey Stir-Fry, 53

Beef & Vegetable Skillet, 54

Lentil Vegetable Stew, 55

Tofu Stir-Fry, 61

Veggie Pasta, 65

Chicken Pasta, 66

Quinoa Veggie Bowl, 73

Grilled Fish & Veggies, 72

Chicken Vegetable Soup, 70

Roasted Vegetables, 79

Zucchini Egg Skillet, 81

Chicken Stir-Fry, 83

Veggie Casserole, 87

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