

VENTA'S COOKBOOK



I/ Rice, White Fish & Scrambled Eggs

Ingredients (2 MealPreps)

- 120 g dry rice
- 2 white fish fillets (cod or pollock ~300 g)
- 4 eggs
- 1 small onion
- 1 chicken stock cube
- Salt, pepper and Ras el hanout
- 1 tbsp olive oil / butter



Instructions

1. Cook the rice in water with the stock cube.
2. Chop the onion and put it in olive oil.
3. Add the fish, cook 3/4 min per side, then flake it. (add salt, pepper and ras el hanout)
4. Beat the eggs and gently scramble them in the pan.
5. Mix rice, fish, and eggs together.
6. Divide into 2 meal-prep containers.

Macros (per MealPrep)

- Calories: **620 kcal**
- Protein: **45 g**
- Carbs: **65 g**
- Fat: **20 g**



II/ Protein Cake

Ingredients

- 250 g plain skyr
- 1 egg
- 1 scoop whey gainer (~50 g)
- 1 tbsp chia seeds
- Cinnamon / honey



Instructions

1. Mix all ingredients in a bowl.
2. Pour into a lightly greased dish.
3. Microwave for 5–6 min **or** bake at 180°C (350°F) for 20 min.
4. Let cool and cut into 4 pieces.

Macros (per piece)

- Calories: **210 kcal**
- Protein: **20 g**
- Carbs: **15 g**
- Fat: **6 g**



III/ Buckwheat Galette

Ingredients (1 galette)

- 1 buckwheat galette
- 1 egg
- 1 Slice of ham
- 2 slices bacon
- 30 g cheese (emmental or comté)
- Salt, pepper

Instructions

1. Heat the galette in a pan.
2. Add the cheese on top.
3. Cook the egg (on the galette or separately).
4. Grill the bacon.
5. Assemble, fold the galette, and heat for 1–2 min.

Macros (approx.)

- Calories: **540 kcal**
- Protein: **30 g**
- Carbs: **35 g**
- Fat: **30 g**



IV/ Bacon & Egg Bagel

Ingredients (1 burger)

- 1 bagel
- 1 egg
- 2 slices bacon
- 2 slices ham
- 2 slices cheese
- Lettuce
- Ketchup & mayo (Sugar free)



Instructions

1. Cook the bacon until crispy.
2. Fry the egg.
3. Toast the bagel.
4. Build the burger: sauce → lettuce → ham → cheese → bacon → egg.
5. Close, press lightly, enjoy.

Macros (approx.)

- Calories: **820 kcal**
- Protein: **40 g**
- Carbs: **55 g**
- Fat: **45 g**



V/ Creamy Egg & Bacon Pasta

Ingredients (1 large serving)

- 100 g dry pasta
- 2 eggs
- 80 g bacon bits
- 30 g cheese (comté)
- Salt, pepper



Instructions

1. Cook pasta until al dente.
2. Fry bacon until golden.
3. Beat the eggs in a bowl.
4. Drain pasta, add to bacon **off heat**.
5. Add eggs and cheese, mix fast to keep it creamy.

Macros (approx.)

- Calories: **760 kcal**
- Protein: **35 g**
- Carbs: **70 g**
- Fat: **35 g**



VI/ Egg & Bacon with Rice

Ingredients (1 large serving)

- 120 g dry basmati rice
- 3 eggs
- 80 g bacon
- 1 tbsp soy sauce
- Salt, pepper
- Optional spices (curry, paprika)



Instructions

1. Cook the rice and let it cool.
2. Fry bacon until crispy.
3. Add beaten eggs and scramble.
4. Add rice and mix well.
5. Pour soy sauce, season, stir-fry 2–3 min.

Macros (approx.)

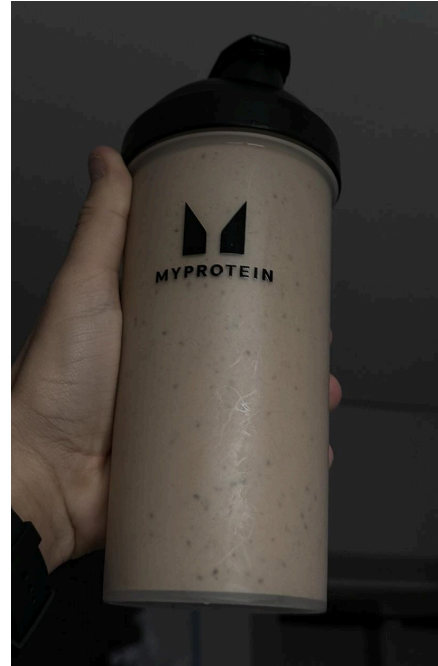
- Calories: **720 kcal**
- Protein: **35 g**
- Carbs: **80 g**
- Fat: **30 g**



VII/ Gainer Shake

Ingredients (1 shake)

- 1 scoop whey gainer
- 30 g oats
- 1 tbsp honey
- 1 tbsp peanut butter
- 1 tsp chia seeds
- Cinnamon
- Water + milk (~300 ml)



Instructions

1. Add all ingredients to a shaker.
2. Pour in water and milk.
3. Shake hard for 20–30 seconds.
4. Adjust texture with water if needed.

Macros (approx.)

- Calories: **600 kcal**
- Protein: **35 g**
- Carbs: **65 g**
- Fat: **20 g**



VIII/ *The Plate*

Ingredients (OF YOUR CHOICE)

- 3 eggs
- 120 g chicken breast
- 80 g shrimp
- Green salad
- Pickles
- Blueberries
- Salt, pepper, spices



Instructions

1. Cook chicken with spices.
2. Quickly sauté shrimp (1–2 min).
3. Scramble eggs gently.
4. Plate everything with salad, fruit, and pickles.

Macros (approx.)

- Calories: **520 kcal**
- Protein: **45 g**
- Carbs: **20 g**
- Fat: **25 g**



IX/ Skyr Power Bowl

Ingredients (1 bowl)

- 250 g plain skyr
- 30 g oats
- 1 tbsp honey
- 1 tsp chia seeds
- 1 tbsp peanut butter
- 15 g 85% dark chocolate
- Blueberries
- Cinnamon



Instructions

1. Add skyr to a bowl.
2. Mix in oats, chia seeds, and honey.
3. Add peanut butter.
4. Top with dark chocolate, blueberries, and cinnamon.

Macros (approx.)

- Calories: **480 kcal**
- Protein: **30 g**
- Carbs: **40 g**
- Fat: **20 g**

