

1. What's your goal?

My goal is to eat healthier, more vegetables, get more fiber in my diet.

2. What staple foods do you already have around?

Rice, pasta, oil, flour, sugar, salt, pepper, frozen broccoli, frozen riced cauliflower, ground beef, chicken thighs, tomato paste, vinegar, soy sauce, seasonal fruits and vegetables, yogurt, butter.

3. How much do you weigh

150lbs

4. How tall are you

5'8"

5. Do you have target macros/calories in mind

No

6. What's your gender

Female

7. Any dietary restrictions/food allergies/intolerances/personal preferences & cuisines

Allergies to fish and eggs

8. How many are you cooking for?

4 people