

SMART MEAL



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HELLO,
TUDOEUR

Daily Calorie Goal
2000 kcal



SET CALORIE TARGET

val in kcal

Search by ingredients

Q search

EXPLORE RECIPES

Recommended Meals

Grilled Chicken with Quinoa & Broccoli

Salmon Bowl with Brown Rice & Avocado

Turkey & Veggie Lettuce Wraps

Greek Yogurt Parfait with Berries & Nuts

Tuna Salad with Chickpeas & Olive Oil

Egg & Spinach Omelette with Whole Grain Toast

Grilled Shrimp Tacos with Cabbage Slaw

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RECIPE

Grilled Chicken with Quinoa & Broccoli

450 kcal



Ingredients

150g chicken breast

1/2 cup quinoa (uncooked)

1 cup broccoli florets

1 tablespoon olive oil

Salt & pepper to taste

1/2 teaspoon garlic powder

1/2 teaspoon paprika

Lemon juice (optional)

How to cook that

Cook the quinoa: Rinse the quinoa under cold water. In a medium saucepan, add the quinoa and double the amount of water (1 cup of water for 1/2 cup of quinoa). Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes, or until the water is absorbed. Fluff with a fork and set aside.

Prepare the chicken: Season the chicken breast with salt, pepper, garlic powder, and paprika. Heat a tablespoon of olive oil in a pan over medium heat. Cook the chicken breast for about 6-7 minutes on each side, or until the internal temperature reaches 165°F (75°C) and the chicken is fully cooked. Remove from the pan and let it rest for a few minutes before slicing.

Steam the broccoli: Steam the broccoli florets until tender but still bright green (about 4-5 minutes). You can also sauté them in a pan with a bit of olive oil for extra flavor.

Assemble the dish: On a plate, layer the quinoa, sliced chicken breast, and steamed broccoli. Drizzle with a little lemon juice (optional) for added freshness.

Serve and enjoy: Your healthy meal is ready to enjoy!



Ingredients HUB

Select available ingredients

Q search

- ☐ Bread
- ☐ Eggs
- ☐ Fish
- ☐ Asparangus
- ☐ Carrot
- ☐ Lemon
- ☐ Beef
- ☐ Tomatoes
- ☐ Broccoli
- ☐ Avocado
- ☐ Salmon
- ☐ Tuna
- ☐ Sunflower seeds
- ☐ Cheese

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Meal Suggestions

Suggested meals for today



Meal no 1

200kcal



Meal no 2

300kcal



Meal no 3

400kcal



Meal no 4

450kcal

Load More



Saved recipes



- Bread
- Eggs
- Fish
- Asparagus
- Carrot
- Lemon
- Beef
- Tomatoes
- Brocoli
- Avocado

SAVED MEALS





Profile



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Tudoeur

Age

20 YO

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