

14-DAY BALANCED MEAL PLAN

KAIZEN



14-DAY BALANCED MEAL PLAN

TRANSFORM YOUR DAILY EATING HABITS WITH OUR 14-DAY BALANCED MEAL PLAN, FEATURING CAREFULLY CURATED RECIPES DESIGNED TO SUPPORT YOUR HEALTH AND WELL-BEING. THIS PLAN OFFERS NUTRIENT-DENSE, DELICIOUS MEALS THAT KEEP YOU ENERGISED, SATISFIED, AND ALIGNED WITH YOUR WELLNESS GOALS.

EACH MEAL IS CRAFTED WITH WHOLESOME INGREDIENTS AND A PERFECT BALANCE OF PROTEINS, HEALTHY FATS, AND COMPLEX CARBOHYDRATES, ENSURING YOU GET THE NOURISHMENT YOU NEED WITHOUT THE STRESS OF MEAL PLANNING. FROM VIBRANT BREAKFASTS TO SATISFYING LUNCHES AND FLAVOURFUL DINNERS, ENJOY 14 DAYS OF EFFORTLESS, NUTRITIOUS EATING THAT FUELS BOTH BODY AND MIND.

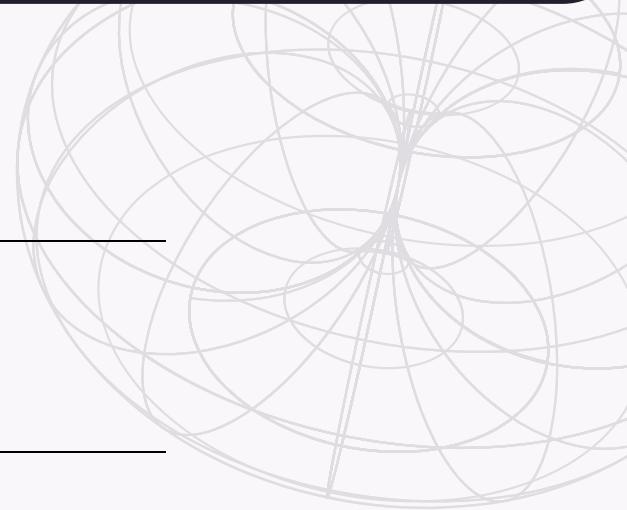
BY YULIA DANTES

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DAY 1

- BREAKFAST – FISH PIE
- LUNCH – SPINACH & FETA PASTA
- DINNER – ZUCCHINI PIZZA

DAY 2

- BREAKFAST – AVOCADO TOAST
- LUNCH – CHICKEN CREAM SOUP
- DINNER – GRILLED SALMON WITH SPINACH

DAY 3

- BREAKFAST – NUTTY MUFFINS
- LUNCH – BAKED SALMON & CHEESE ROLLS
- DINNER – ROASTED EGGPLANT BOATS

DAY 4

- BREAKFAST – SCRAMBLED EGGS WITH CHICKEN AND TOMATOES
- LUNCH – ASIAN-STYLE TURKEY STEW
- DINNER – BEETROOT AND ORANGE SALAD

DAY 5

- BREAKFAST – CHEESY CHICKEN SANDWICH
- LUNCH – TURKEY PATTIES
- DINNER – COURGETTE SALAD WITH BAKED CHICKEN AND WALNUTS

DAY 6

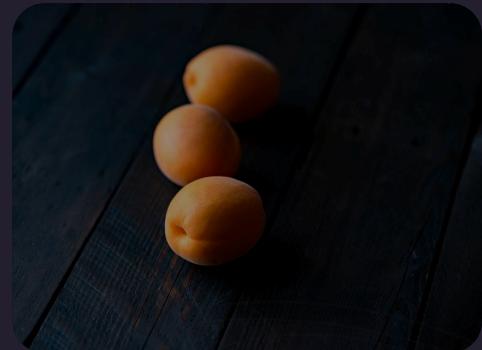
- BREAKFAST – EGG TORTILLA
- LUNCH – CHEESE SOUP WITH CHICKEN MEATBALLS
- DINNER – SOUP WITH CHICKEN & BROCCOLI

DAY 7

- BREAKFAST – AVOCADO AND EGG BOWL
- LUNCH – UDON NOODLES WITH VEGGIES & SEAFOOD
- DINNER – STUFFED CHICKEN FILLET WITH VEGETABLES

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DAY 8

- BREAKFAST – FRUITTY COTTAGE CHEESE TOASTS
- LUNCH – MEDITERRANEAN CHICKPEA & AVOCADO SALAD
- DINNER – BAKED SALMON WITH SWEET POTATO & ASPARAGUS

DAY 9

- BREAKFAST – CHOCO-BANANA OATMEAL
- LUNCH – CHICKEN & QUINOA BOWL WITH FETA CHEESE
- LUNCH – SPICY TOFU STIR-FRY WITH BROWN RICE

DAY 10

- BREAKFAST – APPLE PIE PANCAKES
- LUNCH – PRAWN & AVOCADO RICE BOWL
- DINNER – BAKED TOFU WITH ROASTED VEGGIES & HUMMUS

DAY 11

- BREAKFAST – PEANUT BUTTER & BERRY PANCAKES
- LUNCH – CHICKEN & BULGUR BOWL
- DINNER – TERIYAKI SALMON & ROASTED VEGGIES

DAY 12

- BREAKFAST – BACON AND EGG MUFFIN CUPS
- LUNCH – WARM BEEF SALAD
- DINNER – SALMON WITH SWEET POTATO AND STEAMED BROCCOLI

DAY 13

- BREAKFAST – PEANUT BETTER & BANANA CHIA PUDDING
- LUNCH – TURKEY & ROASTED VEG WRAP
- DINNER – SPICY SHRIMP & RICE BOWL

DAY 14

- BREAKFAST – SCRAMBLED EGGS WITH AVOCADO TOAST
- BREAKFAST – GRILLED CHICKEN QUINOA SALAD
- DINNER – TOFU & STIR-FRY VEG WITH BROWN RICE



BREAKFAST

FISH PIE

CALORIES : 526
PROTEIN : 43,9
FATS : 21,7
CARBS : 40,2

INGREDIENTS FOR THE DOUGH:

- 1 EGG
- 40G WHOLE GRAIN FLOUR
- 100ML MILK
- 5G BACKING POWDER

INGREDIENTS FOR FILLING:

- 100G SALMON
- 100G CHERRY TOMATOES
- 100G BROCCOLI
- 20G MOZZARELLA
- SALT & SPICES TO TASTE

INSTRUCTIONS :

MIX ALL THE INGREDIENTS FOR THE BATTER (MILK, EGG, FLOUR, AND BAKING POWDER) AND WHISK UNTIL SMOOTH. POUR INTO A BAKING DISH. TOP WITH THE FISH, CHERRY TOMATOES, BROCCOLI, AND GRATED CHEESE. BAKE FOR 20 MINUTES AT 180°C (356°F). SERVE WARM.



LUNCH

SPINACH & FETA PASTA

CALORIES : 663
PROTEIN : 66,1
FATS : 16,4
CARBS : 58,8

INGREDIENTS :

- 70G WHOLE WHEAT PASTA
- 200G CHICKEN FILLET
- 60G SPINACH
- 200G CHERRY TOMATOES
- 30G FETA CHEESE
- 10G CASHEWS
- SALT & SPICES TO TASTE

INSTRUCTIONS :

COOK THE PASTA ACCORDING TO THE PACKAGE INSTRUCTIONS UNTIL AL DENTE. DRAIN AND SET ASIDE. BLEND THE SPINACH AND FETA UNTIL SMOOTH TO CREATE A CREAMY SAUCE. COOK THE CHICKEN FILLET USING YOUR PREFERRED METHOD (GRILLED, PAN-SEARED, OR BAKED) AND SEASON TO TASTE. TOSS THE WARM PASTA WITH THE SPINACH-FETA SAUCE UNTIL EVENLY COATED. MIX THE PASTA WITH THE COOKED CHICKEN FILLET AND CHERRY TOMATOES. TOP WITH CRUSHED CASHEWS FOR ADDED TEXTURE AND FLAVOUR.



DINNER

ZUCCHINI PIZZA

CALORIES : 506
PROTEIN : 43,6
FATS : 20,6
CARBS : 37,3

INGRIDIENTS :

- 150G ZUCCHINI
- 1 EGG
- 30G WHOLE GRAIN FLOUR
- 1 GARLIC GLOVE
- 30G DILL
- 100G COOKED CHICKEN
- 20G HARD CHEESE
- 100G TOMATOES
- 20G ARUGULA
- 30G OLIVES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

GRATE THE ZUCCHINI FINELY, SPRINKLE WITH SALT, AND SQUEEZE OUT EXCESS MOISTURE. MIX THE ZUCCHINI WITH THE EGG, FLOUR, MINCED GARLIC, AND CHOPPED DILL UNTIL WELL COMBINED. SHAPE THE MIXTURE INTO A PIZZA BASE AND BAKE AT 180°C FOR 10–15 MINUTES. ADD COOKED CHICKEN, SLICED TOMATOES, ARUGULA, AND OLIVES ON TOP. SPRINKLE WITH GRATED CHEESE, SEASON TO TASTE, AND BAKE FOR ANOTHER 10 MINUTES UNTIL THE CHEESE MELTS. SERVE WARM.

DAY 2

CALORIES : 1424 PROTEIN : 91.3 FATS : 63.1 CARBS : 115.4



BREAKFAST

AVOCADO TOAST

CALORIES : 504
PROTEIN : 15.2
FATS : 23.0
CARBS : 53.2

INGREDIENTS :

- 60G WHOLE GRAIN BREAD
- 100G AVOCADO
- 3TBSP CREAM CHEESE
- 100G CHERRY TOMATOES
- 50G RED ONION
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

TOAST THE WHOLEGRAIN BREAD SLICES UNTIL GOLDEN AND CRISPY. HEAT OLIVE OIL IN A PAN OVER MEDIUM HEAT. ADD THE SLICED RED ONION AND COOK FOR 2-3 MINUTES UNTIL SOFTENED. ADD THE CHOPPED CHERRY TOMATOES AND COOK FOR ANOTHER 3-4 MINUTES UNTIL THE TOMATOES BECOME SOFT AND JUICY. SPREAD CREAM CHEESE EVENLY ON EACH SLICE OF TOASTED BREAD. TOP WITH SLICED AVOCADO. SPOON THE SAUTÉED TOMATOES AND ONIONS ON TOP OF THE AVOCADO. ADD SALT AND PEPPER TO TASTE.

DAY 2

CALORIES : 1424 PROTEIN : 91.3 FATS : 63.1 CARBS : 115.4



LUNCH

CHICKEN CREAM SOUP

CALORIES : 410
PROTEIN : 36.1
FATS : 10.1
CARBS : 47.0

INGREDIENTS :

- 120G CHICKEN FILLET
- 150G COOKED PASTA
- 50ML SINGLE CREAM
- 150G CARROTS
- 10G SPRING ONION
- 100G CHERRY TOMATOES
- 50G RED ONION
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SAUTÉ CHOPPED CHICKEN FILLET, CARROTS, AND GREEN ONION IN A POT UNTIL SOFTENED. ADD COOKED PASTA AND BROTH, THEN BRING TO A SIMMER. STIR IN CREAM AND SEASON TO TASTE. LET THE SOUP SIMMER FOR A FEW MINUTES BEFORE SERVING.



DINNER

GRILLED SALMON WITH SPINACH

CALORIES : 510
PROTEIN : 40.0
FATS : 30.0
CARBS : 15.2

INGREDIENTS :

- 100G SALMON
- 150G SPINACH
- 15G PARMESAN CHEESE
- 30ML SINGLE CREAM
- 100G MUSHROOMS
- 1 GARLIC GLOVE
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

GRILL THE SALMON UNTIL COOKED TO YOUR LIKING. IN A PAN, HEAT OLIVE OIL AND SAUTÉ THE GARLIC AND MUSHROOMS UNTIL SOFTENED. ADD THE SPINACH TO THE PAN AND COOK UNTIL WILTED. POUR IN THE CREAM, STIR WELL, AND LET IT SIMMER FOR A FEW MINUTES UNTIL THE SAUCE THICKENS. SEASON WITH SALT AND PEPPER TO TASTE. SERVE THE SALMON ON A PLATE, TOP WITH THE CREAMY SPINACH AND MUSHROOMS, AND SPRINKLE WITH PARMESAN CHEESE.



BREAKFAST

NUTTY MUFFINS

CALORIES : 510
PROTEIN : 21.4
FATS : 22.1
CARBS : 54.4

INGREDIENTS :

- 1 EGG
- 30G WHOLE BREAD FLOUR
- 100G KEFIR
- 20G WALNUTS
- 50G PLAIN UNSWEETENED YOGURT
- 5G BAKING POWDER
- 100G BANANA (FOR SERVING)
- SWEETENER TO TASTE

INSTRUCTIONS :

MIX EGG, FLOUR, KEFIR, BAKING POWDER, AND SWEETENER UNTIL SMOOTH. STIR IN CHOPPED WALNUTS. POUR THE BATTER INTO A MUFFIN MOULD AND BAKE AT 180°C FOR 20–25 MINUTES. SERVE WITH YOGHURT AND SLICED BANANA.

DAY 3

CALORIES : 1621 PROTEIN : 121.9 FATS : 66.7 CARBS : 135.6



LUNCH

BAKED SALMON & CHEESE ROLLS

CALORIES : 510
PROTEIN : 21.4
FATS : 22.1
CARBS : 54.4

INGREDIENTS :

- 100G SALMON
- 50G BROWN RICE
- 50G HARD CHEESE
- 30G CREAM CHEESE
- 2-3 NORI SUSHI SHEETS
- 20G SOY SAUCE
- 10G MUSTARD
- 300G FRESH VEGETABLES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

CUT NORI SUSHI SHEETS INTO SQUARES AND PLACE THEM IN A MUFFIN TIN. COOK RICE UNTIL HALF-DONE AND SPREAD IT OVER THE NORI. DICE SALMON, MIX WITH MUSTARD AND SOY SAUCE, THEN LAYER OVER THE RICE. GRATE HARD CHEESE, MIX WITH CREAM CHEESE AND PAPRIKA, AND SPREAD ON TOP. BAKE AT 180°C FOR 20–30 MINUTES. SERVE WITH FRESH VEGETABLES.



DINNER

ROASTED VEGETABLES WITH CHICKPEAS

CALORIES : 394
PROTEIN : 22.5
FATS : 8.4
CARBS : 55.9

INGREDIENTS :

- 150G CHICKPEAS
- 250G VEGETABLE MIX FOR ROASTING
- 1TBSP SOY SAUCE
- PARSLEY FOR SERVING
- 5G SMOKED PAPRIKA
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SOAK THE CHICKPEAS OVERNIGHT, THEN DRAIN AND SEASON WITH SMOKED PAPRIKA AND CHOPPED PARSLEY. TOSS THE VEGETABLES WITH SOY SAUCE, SALT, AND YOUR PREFERRED SPICES. ARRANGE THE CHICKPEAS AND VEGETABLES ON A BAKING TRAY AND ROAST UNTIL GOLDEN AND TENDER.



BREAKFAST

SCRAMBLED EGGS WITH VEGGIES

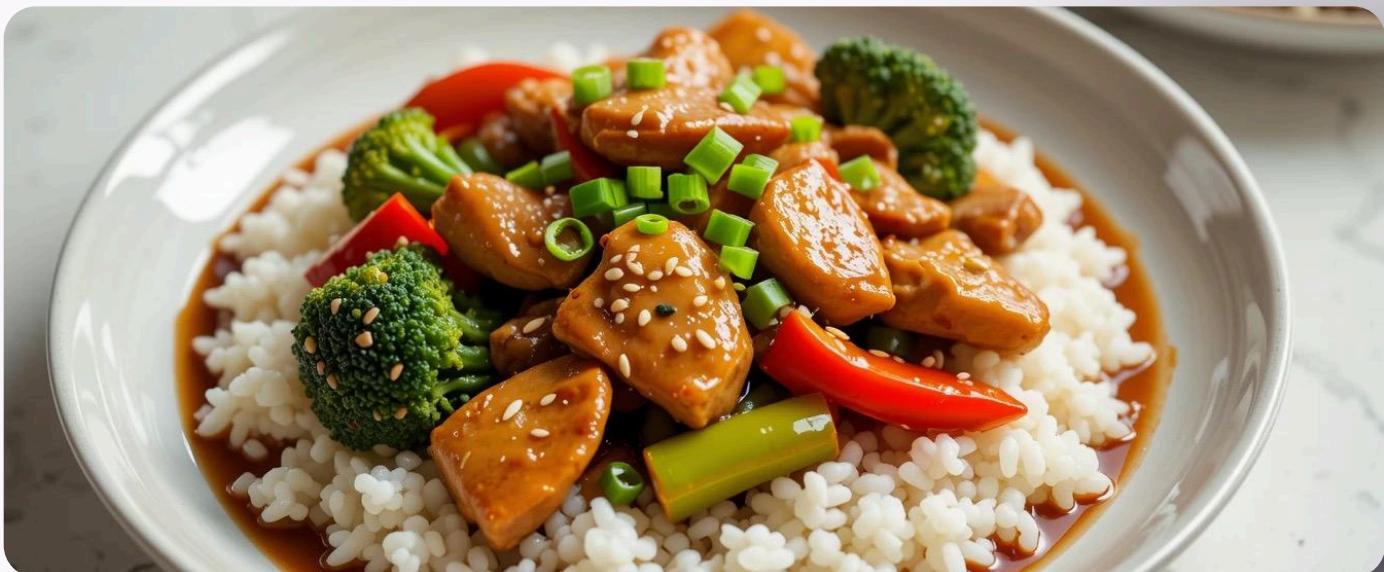
CALORIES : 454
PROTEIN : 25.0
FATS : 14.0
CARBS : 60.0

INGREDIENTS :

- 2 EGGS
- 30G SPINACH
- 1TSP OLIVE OIL
- 50G CHERRY TOMATOES
- 50G BELL PEPPER
- 2 SLICES TOASTED WHOLE BREAD

INSTRUCTIONS :

HEAT OLIVE OIL IN A PAN, SAUTÉ BELL PEPPER AND CHERRY TOMATOES FOR 5 MINUTES. ADD SPINACH AND COOK UNTIL WILTED. IN A SEPARATE BOWL, WHISK EGG WITH SALT AND PEPPER, POUR OVER VEGGIES, COOK UNTIL DONE. SERVE ON TOAST.

**LUNCH****ASIAN-STYLE
TURKEY STEW**

CALORIES : 565
PROTEIN : 52.1
FATS : 7.6
CARBS : 71.4

INGREDIENTS :

- 50G WHITE / BROWN RICE
- 150G TURKEY FILLET
- 100G ONION
- 100G RED BELL PEPPER
- 100G BROCCOLI
- 100G MUSHROOMS
- 2 GLOVES GARLIC
- 5G CORN STARCH
- 20G SOY SAUCE (SUGER-FREE)
- 5G HONEY
- 10G GINGER
- 5G SESAME SEEDS
- 20G GREEN ONION
- SALT & SPICES TO TASTE

INSTRUCTIONS :

CUT THE TURKEY FILLET INTO THIN STRIPS AND COAT WITH CORN STARCH. IN A PAN, SAUTÉ THE TURKEY FILLET WITH THE ONIONS, RED BELL PEPPER, MUSHROOMS, AND GARLIC. ADD SOY SAUCE, HONEY, GINGER, AND SPICES TO TASTE. COOK THE VEGETABLES UNTIL TENDER BUT KEEP THE BELL PEPPER AND BROCCOLI SLIGHTLY CRUNCHY. MEANWHILE, COOK THE RICE ACCORDING TO THE PACKAGE INSTRUCTIONS. SERVE THE TURKEY AND VEGETABLE STEW OVER THE RICE, TOPPED WITH SESAME SEEDS AND CHOPPED GREEN ONIONS.



DINNER

BEETROOT AND ORANGE SALAD

CALORIES : 459
PROTEIN : 18.8
FATS : 21.0
CARBS : 45.8

INGREDIENTS :

- 30G ARUGULA
- 150G BEETROOT
- 100G ORANGE
- 50G FETA CHEESE
- 70G WHOLE GRAIN COUSCOUS
- 5G OLIVE OIL
- 10G MIXED SEEDS
- 1TBSP MUSTARD
- 20G LEMON JUICE
- SALT & SPICES TO TASTE

INSTRUCTIONS :

CUT THE TURKEY FILLET INTO THIN STRIPS AND COAT WITH CORN STARCH. IN A PAN, SAUTÉ THE TURKEY FILLET WITH THE ONIONS, RED BELL PEPPER, MUSHROOMS, AND GARLIC. ADD SOY SAUCE, HONEY, GINGER, AND SPICES TO TASTE. COOK THE VEGETABLES UNTIL TENDER BUT KEEP THE BELL PEPPER AND BROCCOLI SLIGHTLY CRUNCHY. MEANWHILE, COOK THE RICE ACCORDING TO THE PACKAGE INSTRUCTIONS. SERVE THE TURKEY AND VEGETABLE STEW OVER THE RICE, TOPPED WITH SESAME SEEDS AND CHOPPED GREEN ONIONS.



BREAKFAST CHEESY CHICKEN SANDWICH

CALORIES : 540
PROTEIN : 53.2
FATS : 14.4
CARBS : 45.1

INGREDIENTS :

- 70G WHOLE GRAIN BREAD
- 50G HARD CHEESE
- 100G BOILED CHICKEN
- 200G TOMATOES
- 80G RED ONION
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SAUTÉ BOILED CHICKEN WITH RED ONION AND TOMATOES.
REMOVE FROM THE PAN, THEN PLACE BREAD IN THE PAN AND
LAYER WITH THE COOKED INGREDIENTS AND CHEESE SLICES.
COVER WITH A LID AND HEAT ON LOW UNTIL THE CHEESE MELTS.
SERVE WARM.



LUNCH

TURKEY PATTIES

CALORIES : 469
PROTEIN : 41.3
FATS : 13.0
CARBS : 48.3

INGREDIENTS :

- 50G RICE
- 100G MINCED TURKEY
- 100G COURGETTE
- 30G DILL
- 50G RED ONION
- 20G SOUR CREAM
- 1 EGG
- 200G FRESH VEGETABLES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

MIX MINCED TURKEY, GRATED COURGETTE, AND FINELY CHOPPED DILL AND SAUTÉED ONION WITH SOUR CREAM AND EGG. ADD SPICES, SHAPE INTO PATTIES, AND FRY ON BOTH SIDES UNTIL GOLDEN BROWN. SERVE WITH BOILED RICE AND FRESH VEGETABLES.



DINNER

COURGETTE SALAD WITH BAKED CHICKEN AND WALNUTS

CALORIES : 424
PROTEIN : 33.1
FATS : 14.2
CARBS : 40.8

INGREDIENTS :

- 30G QUINOA
- 100G CHICKEN FILLET (BAKED OR FRIED, CHOPPED)
- 150G COURGETTE
- 100G RED BELL PEPPER
- 1 GARLIC GLOVE
- 100G WALNUTS
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

COOK THE QUINOA ACCORDING TO PACKAGE INSTRUCTIONS AND SET ASIDE. SLICE THE COURGETTE INTO LARGE PIECES AND SAUTÉ UNTIL GOLDEN BROWN, THEN PLACE IN A SALAD BOWL. CHOP THE RED BELL PEPPER AND ADD IT TO THE BOWL WITH THE COURGETTE AND COOKED QUINOA. SEASON AND COOK THE CHICKEN FILLET (BAKE OR FRY), THEN CHOP IT INTO BITE-SIZED PIECES AND ADD IT TO THE SALAD. FOR THE DRESSING, FINELY CHOP THE GARLIC AND WALNUTS, THEN MIX WITH OLIVE OIL, SALT, AND YOUR PREFERRED SPICES. DRIZZLE THE DRESSING OVER THE SALAD AND TOSS TO COMBINE.



BREAKFAST

EGG TORTILLA

CALORIES : 440
PROTEIN : 31.1
FATS : 21.1
CARBS : 38.2

INGREDIENTS :

- 2 EGGS
- 150G TOMATOES
- 50G PARSLEY
- 50G WHOLE GRAIN WRAP
- 30G HARD CHEESE
- 150G FRESH VEGETABLES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SLICE THE TOMATOES INTO RINGS AND PLACE THEM IN A PAN. WHISK THE EGGS AND POUR THEM OVER THE TOMATOES, THEN SPRINKLE WITH PARSLEY AND GRATED CHEESE. PLACE THE WRAP ON TOP, FOLD IT IN HALF, AND COOK UNTIL THE EGG IS SET. SERVE WITH FRESH VEGETABLES.



LUNCH

CHEESE SOUP WITH CHICKEN MEATBALLS

CALORIES : 432
PROTEIN : 38.7
FATS : 12.9
CARBS : 38.9

INGREDIENTS :

- 100G CHICKEN MINCE
- 1 EGG
- 50G ONION
- 50G CARROT
- 30G COUSCOUS
- 50G POTATO
- 30G CREAM
- 20G PARSLEY
- SALT & SPICES TO TASTE

INSTRUCTIONS :

MIX THE CHICKEN MINCE WITH THE EGG, SEASON, AND FORM INTO SMALL MEATBALLS. FINELY CHOP THE ONION AND CARROT, THEN SAUTÉ UNTIL SOFT. BOIL THE POTATO, AND AFTER 15 MINUTES, ADD THE RAW MEATBALLS, SAUTÉED ONION AND CARROT, CREAM, AND COUSCOUS. SEASON WITH SALT AND SPICES AND COOK UNTIL ALL INGREDIENTS ARE TENDER. BEFORE SERVING, SPRINKLE WITH CHOPPED PARSLEY.



DINNER

SOUP WITH CHICKEN & BROCCOLI

CALORIES : 568
PROTEIN : 63.7
FATS : 20.1
CARBS : 33.1

INGREDIENTS :

- 250G BROCCOLI
- 150G POTATO
- 200G CHICKEN
- 20G SEEDS (FOR GARNISH)
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SAUTÉ THE CHICKEN ON BOTH SIDES UNTIL PARTIALLY COOKED. BOIL THE POTATOES FOR 10 MINUTES, THEN ADD THE CHOPPED CHICKEN AND BROCCOLI. ADD SPICES TO TASTE AND CONTINUE TO COOK UNTIL EVERYTHING IS READY. BEFORE SERVING, SPRINKLE WITH SEEDS FOR GARNISH.



BREAKFAST AVOCADO AND EGG BOWL

CALORIES : 527
PROTEIN : 23.1
FATS : 36.7
CARBS : 27.6

INGREDIENTS :

- 2 BOILED EGGS
- 100G QUINOA (COOKED)
- 50G AVOCADO
- 30G FETA CHEESE
- 10G OLIVE OIL
- 20G SPINACH OR ARUGULA
- SALT, PEPPER, AND CHILI FLAKES (OPTIONAL)

INSTRUCTIONS :

IN A BOWL, LAYER THE COOKED QUINOA AS THE BASE. ADD SPINACH OR ARUGULA ON TOP. ARRANGE SLICED AVOCADO AND BOILED EGGS OVER THE GREENS. ADD FETA CHEESE, SALT, AND PEPPER. ADD CHILI FLAKES FOR A SPICY KICK, IF DESIRED. DRIZZLE WITH OLIVE OIL AND SERVE IMMEDIATELY.

**LUNCH****UDON NOODLES
WITH VEGGIES & SEAFOOD**

CALORIES : 467
PROTEIN : 20.7
FATS : 16.1
CARBS : 59.4

INGREDIENTS :

- 1 GARLIC CLOVE
- 30G UDON NOODLES
- 200G SEAFOOD MIX
- 50G CARROT
- 20G SOY SAUCE
- 20G MUSTARD
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SLICE THE BELL PEPPER, CARROT, ONION, AND GARLIC INTO THIN STRIPS AND SAUTÉ IN A PAN. ADD THE SEAFOOD MIX AND COOK FOR A FEW MORE MINUTES UNTIL THE SEAFOOD IS COOKED THROUGH. COOK THE UDON NOODLES ACCORDING TO THE PACKAGE INSTRUCTIONS. ADD THE COOKED NOODLES TO THE VEGETABLES AND SEAFOOD IN THE PAN. STIR IN THE SOY SAUCE AND MUSTARD, THEN MIX EVERYTHING WELL.

**LUNCH****STUFFED CHICKEN FILLET
WITH VEGETABLES**

CALORIES : 534
PROTEIN : 50.2
FATS : 15.4
CARBS : 49.9

INGREDIENTS :

- 50G YOUR FAVORITE GRAIN
- 120G CHICKEN FILLET
- 150G CHERRY TOMATOES
- 80G RED ONION
- 20G RED BELL PEPPER
- 70G SPINACH
- 40G HARD CHEESE
- SALT & SPICES TO TASTE

INSTRUCTIONS :

CHOP THE TOMATOES, BELL PEPPER, AND ONION, THEN SAUTÉ THEM WITH SPINACH UNTIL TENDER. CUT A POCKET INTO THE CHICKEN FILLET AND STUFF IT WITH THE COOKED VEGETABLES AND GRATED CHEESE. BAKE FOR 20–30 MINUTES AT 180°C. SERVE WITH YOUR FAVORITE GRAIN.



BREAKFAST

FRUITTY COTTAGE CHEESE TOASTS

CALORIES : 550
PROTEIN : 24.0
FATS : 15.0
CARBS : 75.0

INGREDIENTS :

- 120G WHOLE GRAIN BREAD (2 SLICES)
- 120G COTTAGE CHEESE
- 1 BANANA
- 100G STRAWBERRIES
- 10G HONEY
- 10G ALMOND FLAKES

INSTRUCTIONS :

TOAST THE WHOLE-GRAIN BREAD SLICES UNTIL GOLDEN BROWN. SPREAD COTTAGE CHEESE EVENLY OVER EACH SLICE OF BREAD. SLICE THE BANANA AND STRAWBERRIES AND ARRANGE THEM ON TOP OF THE COTTAGE CHEESE. DRIZZLE HONEY OVER THE TOAST AND SPRINKLE WITH ALMOND FLAKES.



LUNCH

MEDITERRANEAN CHICKPEA & AVOCADO SALAD

CALORIES : 400
PROTEIN : 12.4
FATS : 20.7
CARBS : 40.1

INGREDIENTS :

- 100G CHICKPEAS (COOKED)
- 80G AVOCADO
- 100G CHERRY TOMATOES
- 40G RED ONION
- 10G OLIVES
- 5G OLIVE OIL
- 5G LEMON JUICE
- SALT, BLACK PEPPER, AND DRIED OREGANO TO TASTE

INSTRUCTIONS :

IN A BOWL, COMBINE COOKED CHICKPEAS, CHERRY TOMATOES, CUCUMBER, RED ONION, AND OLIVES. DICE THE AVOCADO AND GENTLY MIX IT INTO THE SALAD. DRIZZLE WITH OLIVE OIL AND LEMON JUICE, THEN SEASON WITH SALT, PEPPER, AND OREGANO. TOSS EVERYTHING TOGETHER AND SERVE IMMEDIATELY.



DINNER

BAKED SALMON WITH SWEET POTATO & ASPARAGUS

CALORIES : 390
PROTEIN : 35.0
FATS : 10.0
CARBS : 45.0

INGREDIENTS :

- 100G SALMON FILLET
- 150G ASPARAGUS
- 180G SWEET POTATO
- 5G OLIVE OIL
- SALT, PEPPER, AND FAVORITE SEASONINGS
- (GARLIC POWDER, PAPRIKA, OR HERBS)

INSTRUCTIONS :

PREHEAT THE OVEN TO 180°C. PLACE THE SALMON FILLET IN A BAKING DISH. ARRANGE THE ASPARAGUS AND CHOPPED SWEET POTATOES NEXT TO IT. DRIZZLE THE VEGETABLES WITH OLIVE OIL AND SEASON EVERYTHING TO TASTE. BAKE FOR 20–30 MINUTES, UNTIL THE SALMON IS COOKED THROUGH, AND THE SWEET POTATOES ARE TENDER.



BREAKFAST

CHOCOLATE OATMEAL WITH CHERRIES

CALORIES : 488
PROTEIN : 15.0
FATS : 15.4
CARBS : 70.1

INGREDIENTS :

- 50G WHOLE GRAIN OATS
- 10G UNSWEETENED COCOA POWDER
- 1 BANANA
- 100G FROZEN CHERRIES
- 20G ALMONDS
- SWEETENER TO TASTE

INSTRUCTIONS :

COOK THE OATS AND MIX THEM WITH COCOA POWDER AND SWEETENER, IF DESIRED. SERVE WITH CHERRIES, SLICED BANANA, AND CRUMBLED ALMONDS ON TOP.



LUNCH

CHICKEN & QUINOA BOWL WITH FETA CHEESE

CALORIES : 500
PROTEIN : 50.0
FATS : 16.0
CARBS : 45.0

INGREDIENTS :

- 100G CHICKEN BREAST
- 50G QUINOA
- 80G CUCUMBER
- 80G CHERRY TOMATOES
- 30G FETA CHEESE
- 5G OLIVE OIL
- LEMON JUICE, SALT, AND OREGANO FOR SEASONING

INSTRUCTIONS :

COOK QUINOA AS PER THE PACKAGE INSTRUCTIONS. DICE CUCUMBERS, CHERRY TOMATOES, AND FETA CHEESE. GRILL THE CHICKEN WITH OLIVE OIL AND SEASONING. MIX ALL INGREDIENTS AND DRIZZLE WITH LEMON JUICE BEFORE SERVING.



DINNER

SPICY TOFU STIR-FRY WITH BROWN RICE

CALORIES : 650
PROTEIN : 35.0
FATS : 22.0
CARBS : 70.0

INGREDIENTS :

- 120G FIRM TOFU
- 60G BROWN RICE
- 70G BELL PEPPER
- 50G ZUCCHINI
- 5G SEZAM OIL
- 10G SOY SAUCE
- 1 CLOVE GARLIC
- ½ TSP CHILLI FLAKES (OPTIONAL)

INSTRUCTIONS :

COOK BROWN RICE AS PER THE INSTRUCTIONS. CUT TOFU INTO CUBES AND PAN-FRY WITH SESAME OIL. ADD CHOPPED BELL PEPPER, ZUCCHINI, GARLIC, SOY SAUCE, AND CHILLI FLAKES. SERVE OVER BROWN RICE.



BREAKFAST APPLE PIE PANCAKES

CALORIES : 500
PROTEIN : 18.0
FATS : 18.0
CARBS : 65.0

INGREDIENTS :

- 50G OAT FLOUR
- 1 EGG
- 100ML ALMOND MILK (UNSWEETENED)
- 100G APPLE
- 10G HONEY
- 5G CINNAMON
- 5G COCONUT OIL
- 10G WALNUTS

INSTRUCTIONS :

MIX OAT FLOUR, EGG, ALMOND MILK, GRATED APPLE, CINNAMON, AND HONEY. HEAT COCONUT OIL IN A PAN AND COOK SMALL PANCAKES ON MEDIUM HEAT UNTIL GOLDEN BROWN. STACK PANCAKES, DRIZZLE WITH EXTRA HONEY, AND SPRINKLE WITH WALNUTS.



LUNCH

PRAWN & AVOCADO RICE BOWL

CALORIES : 550
PROTEIN : 45.0
FATS : 19.0
CARBS : 60.0

INGREDIENTS :

- 100G PRAWNS
- 60ML BROWN RICE
- 70G AVOCADO
- 100G CUCUMBER
- 50G CHERRY TOMATOES
- 10G SOY SAUCE
- 5G OLIVE OIL
- LEMON JUICE, GARLIC POWDER, CHILI FLAKES

INSTRUCTIONS :

COOK BROWN RICE ACCORDING TO PACKAGE INSTRUCTIONS. SAUTÉ PRAWNS WITH OLIVE OIL, GARLIC POWDER, AND CHILI FLAKES. CHOP AVOCADO, CUCUMBER, AND CHERRY TOMATOES. ASSEMBLE EVERYTHING IN A BOWL, DRIZZLE WITH SOY SAUCE AND LEMON JUICE, AND TOP WITH SESAME SEEDS.

**DINNER****BAKED TOFU WITH
ROASTED VEGGIES &
HUMMUS**

CALORIES : 600
PROTEIN : 45.0
FATS : 18.0
CARBS : 70.0

INGREDIENTS :

- 120G FIRM TOFU
- 150G SWEET POTATO
- 100G COURGETTE
- 100G RED BELL PEPPER
- 10G OLIVE OIL
- 10G HUMMUS
- 5G SESAME SEEDS
- SALT, PEPPER, SMOKED PAPRIKA

INSTRUCTIONS :

PREHEAT OVEN TO 180°C. CHOP TOFU AND MARINATE WITH OLIVE OIL, SMOKED PAPRIKA, SALT, AND PEPPER. CUT SWEET POTATO, COURGETTE, AND BELL PEPPER INTO CHUNKS AND PLACE THEM ON A BAKING TRAY. BAKE EVERYTHING FOR 25 MINUTES UNTIL GOLDEN BROWN. SERVE WITH HUMMUS AND SPRINKLE WITH SESAME SEEDS.



BREAKFAST

PEANUT BUTTER & BERRY PANCAKES

CALORIES : 510
PROTEIN : 25.0
FATS : 20.0
CARBS : 55.0

INGREDIENTS :

- 50G OAT FLOUR
- 1 EGG
- 100ML ALMOND MILK (UNSWEETENED)
- 10G PEANUT BUTTER
- 5G HONEY
- 50G MIXED BERRIES
- 5G COCONUT OIL
- ½ TSP BAKING POWDER

INSTRUCTIONS :

MIX OAT FLOUR, EGG, ALMOND MILK, AND BAKING POWDER INTO A BATTER. HEAT COCONUT OIL IN A PAN AND COOK PANCAKES ON LOW HEAT. TOP WITH PEANUT BUTTER, HONEY, AND BERRIES.



LUNCH

CHICKEN & BULGUR BOWL

CALORIES : 560
PROTEIN : 50.0
FATS : 15.0
CARBS : 65.0

INGREDIENTS :

- 70G BULGUR
- 120G CHICKEN BREAST
- 80G CUCUMBER
- 100G CHERRY TOMATOES
- 50G RED ONION
- 5G OLIVE OIL
- 10G FETA CHEESE
- 5G LEMON JUICE
- FRESH PARSLEY, SALT, AND PEPPER

INSTRUCTIONS :

COOK BULGUR ACCORDING TO PACKAGE INSTRUCTIONS. GRILL CHICKEN AND SLICE IT. DICE CUCUMBER, TOMATOES, AND ONION. TOSS EVERYTHING IN A BOWL WITH OLIVE OIL, LEMON JUICE, AND SEASONING. SPRINKLE FETA AND FRESH PARSLEY BEFORE SERVING.



DINNER

TERIYAKI SALMON & ROASTED VEGGIES

CALORIES : 560
PROTEIN : 50.0
FATS : 15.0
CARBS : 65.0

INGREDIENTS :

- 120G SALMON
- 150G BROCCOLI
- 100G RED BELL PEPPER
- 100G CARROTS
- 10G SOY SAUCE
- 5G SESAME OIL
- 5G SESAME SEEDS
- 10G HONEY
- GARLIC POWDER, BLACK PEPPER

INSTRUCTIONS :

PREHEAT OVEN TO 180°C. MARINATE SALMON IN SOY SAUCE, HONEY, SESAME OIL, AND GARLIC POWDER FOR 15 MINUTES. ROAST SALMON AND CHOPPED VEGGIES ON A BAKING TRAY FOR 20-25 MINUTES. SPRINKLE WITH SESAME SEEDS BEFORE SERVING.



BREAKFAST

BACON AND EGG MUFFIN CUPS

CALORIES : 625
PROTEIN : 38.0
FATS : 36.0
CARBS : 45.0

INGREDIENTS :

- 2 EGGS
- 2 SLICES TURKEY BACON (OR REGULAR BACON)
- 50G SPINACH
- 30G SHREDDED CHEDDAR CHEESE
- 1 SLICE WHOLE GRAIN BREAD
- SALT AND PEPPER TO TASTE

INSTRUCTIONS :

PREHEAT THE OVEN TO 180°C (350°F) AND GREASE A MUFFIN TIN. PLACE BREAD CUBES IN EACH CUP. COOK BACON UNTIL CRISPY, CHOP, THEN SAUTÉ WITH SPINACH. WHISK EGGS AND POUR OVER THE BREAD, THEN ADD THE BACON-SPINACH MIX AND TOP WITH CHEESE. BAKE FOR 15-20 MINUTES UNTIL SET. SEASON TO TASTE.

**LUNCH****WARM
BEEF SALAD**

CALORIES : 500
PROTEIN : 40.0
FATS : 25.0
CARBS : 45.0

INGREDIENTS :

- 120G LEAN BEEF STEAK
- 100G MIXED GREENS (SPINACH, ARUGULA, ROCKET)
- 1/2 MEDIUM TOMATO
- 1/2 CUCUMBER
- 80G RED BELL PEPPER
- 1TSP OLIVE OIL
- 1TBSP BALSAMIC VINEGAR
- 1TSP DIJON MUSTARD
- SALT AND PEPPER TO TASTE
- FRESH HERBS (PARSLEY OR BASIL) FOR GARNISH

INSTRUCTIONS :

HEAT OLIVE OIL IN A PAN, SEASON THE STEAK, AND COOK FOR 3-4 MINUTES PER SIDE. LET IT REST, THEN SLICE THINLY. TOSS GREENS, TOMATO, CUCUMBER, AND BELL PEPPER IN A BOWL. WHISK BALSAMIC VINEGAR, MUSTARD, SALT, AND PEPPER FOR DRESSING. TOP SALAD WITH BEEF, DRIZZLE WITH DRESSING, AND GARNISH WITH HERBS. SERVE WARM.



DINNER

BAKED SALMON WITH SWEET POTATO & STEAMED BROCCOLI

CALORIES : 550
PROTEIN : 35.0
FATS : 25
CARBS : 40.0

INGREDIENTS :

- 150G SALMON FILLET
- 200G SWEET POTATO
- 150G BROCCOLI FLORET
- 1TSP OLIVE OIL
- 1TSP LEMON JUICE
- 1TSP GARLIC POWDER
- SALT & PEPPER TO TASTE
- FRESH PARSLEY OR DILL FOR GARNISH

INSTRUCTIONS :

PREHEAT OVEN TO 200°C. TOSS CUBED SWEET POTATO WITH OLIVE OIL, SALT, PEPPER, AND GARLIC POWDER, THEN ROAST FOR 20–25 MINUTES. SEASON SALMON WITH SALT, PEPPER, AND LEMON JUICE, THEN BAKE FOR 12–15 MINUTES. STEAM BROCCOLI FOR 5–7 MINUTES. SERVE EVERYTHING TOGETHER, GARNISHED WITH PARSLEY OR DILL.



BREAKFAST

PEANUT BUTTER & BANANA CHIA PUDDING

CALORIES : 570
PROTEIN : 20.1
FATS : 27.0
CARBS : 65.0

INGREDIENTS :

- 250ML ALMOND MILK (UNSWEETENED)
- 30G CHIA SEEDS
- 1 BANANA
- 10G PEANUT BUTTER
- 5G HONEY
- 1TSP CINNAMON

INSTRUCTIONS :

MIX ALL INGREDIENTS IN A JAR AND REFRIGERATE OVERNIGHT. STIR BEFORE SERVING.



LUNCH

TURKEY & ROASTED VEG WRAP

CALORIES : 590
PROTEIN : 50.0
FATS : 15.0
CARBS : 70.5

INGREDIENTS :

- 100G COOKED TURKEY BREAST
- 50G SWEET POTATO
- 1 WHOLE GRAIN WRAP
- 30G HUMMUS
- 10G FETA CHEESE
- 1TSP PAPRIKA

INSTRUCTIONS :

SLICE AND ROAST VEGETABLES. SPREAD HUMMUS ON THE WRAP, ADD TURKEY, ROASTED VEG, AND FETA. SPRINKLE PAPRIKA AND ROLL UP.



DINNER

SPICY SHRIMP & RICE BOWL

CALORIES : 560
PROTEIN : 45.0
FATS : 18.0
CARBS : 65.0

INGREDIENTS :

- 120G SHRIMP
- 60G BASMATI RICE
- 50G CHERRY TOMATOES
- 50G SPINACH
- 5G OLIVE OIL
- 1TSP SOY SAUCE
- 1/2TSP CHILLY FLAKES
- 1TSP LIME JUICE

INSTRUCTIONS :

COOK RICE. SAUTÉ SHRIMP WITH OLIVE OIL, SOY SAUCE, AND CHILLI FLAKES. STIR IN SPINACH UNTIL WILTED. SERVE OVER RICE WITH TOMATOES AND LIME JUICE.



BREAKFAST

AVOCADO TOAST WITH ROASTED TOMATOES

CALORIES : 504
PROTEIN : 15.1
FATS : 23.0
CARBS : 53.3

INGREDIENTS :

- 60G SLICES TOASTED WHOLE BREAD
- 100G AVOCADO
- 3TBSP CREAM CHEESE
- 100G CHERRY TOMATOES
- 50G RED ONION

INSTRUCTIONS :

SPREAD CREAM CHEESE EVENLY OVER TOASTED BREAD. MASH AVOCADO AND LAYER IT ON TOP OF THE CREAM CHEESE. IN A PAN, ROAST CHERRIES WITH RED ONION UNTIL SOFT AND CARAMELIZED. ADD THE ROASTED CHERRIES AND ONIONS ON TOP OF THE AVOCADO TOAST. SEASON WITH SALT, PEPPER, OR YOUR FAVOURITE SPICES TO TASTE.



LUNCH

GRILLED CHICKEN QUINOA SALAD

CALORIES : 500
PROTEIN : 50.0
FATS : 18.0
CARBS : 60.0

INGREDIENTS :

- 2 EGGS
- 1 SLICE WHOLE GRAIN BREAD
- 40G AVOCADO
- 100G GRILLED CHICKEN
- 60G COOKED QUINOA
- 50G DICED CUCUMBER
- 5G OLIVE OIL
- 1TSP LEMON JUICE
- SALT & PEPPER TO TASTE

INSTRUCTIONS :

MIX COOKED QUINOA, VEGGIES, AND AVOCADO. ADD GRILLED CHICKEN, DRIZZLE WITH OLIVE OIL AND LEMON JUICE.



LUNCH

TOFU & STIR-FRY VEG WITH BROWN RICE

CALORIES : 540
PROTEIN : 35.0
FATS : 18.0
CARBS : 75.0

INGREDIENTS :

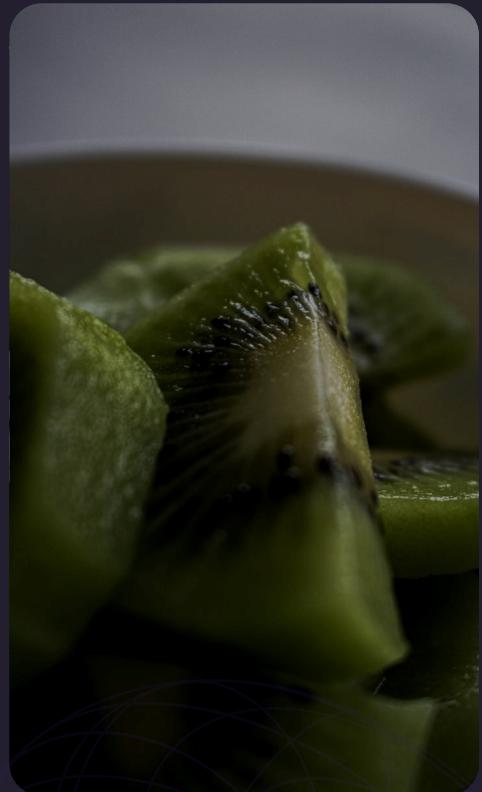
- 100G TOFU, CUBED
- 60G BROWN RICE
- 50G BELL PEPPERS, SLICED
- 50G BROCCOLI
- 5G SESAM OIL
- 1TSP SOY SAUCE
- 1TSP GARLIC POWDER
- SALT & PEPPER TO TASTE

INSTRUCTIONS :

COOK RICE. SAUTÉ TOFU IN SESAME OIL, ADD VEGGIES, SOY SAUCE, AND GARLIC POWDER. SERVE OVER RICE.

14-DAY BALANCED MEAL PLAN

KAIZEN



**THANK YOU FOR EXPLORING 14-DAY BALANCED
MEAL PLAN! IF YOU ENJOYED THESE RECIPES,
LET'S STAY CONNECTED!**

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TOGETHER!