



Diet & Nutrition

Summary Report

REPORT CATEGORY —



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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

Our Health Reports analyze how your DNA influences your health. We then use this analysis to give you personalized risk estimates and recommendations.



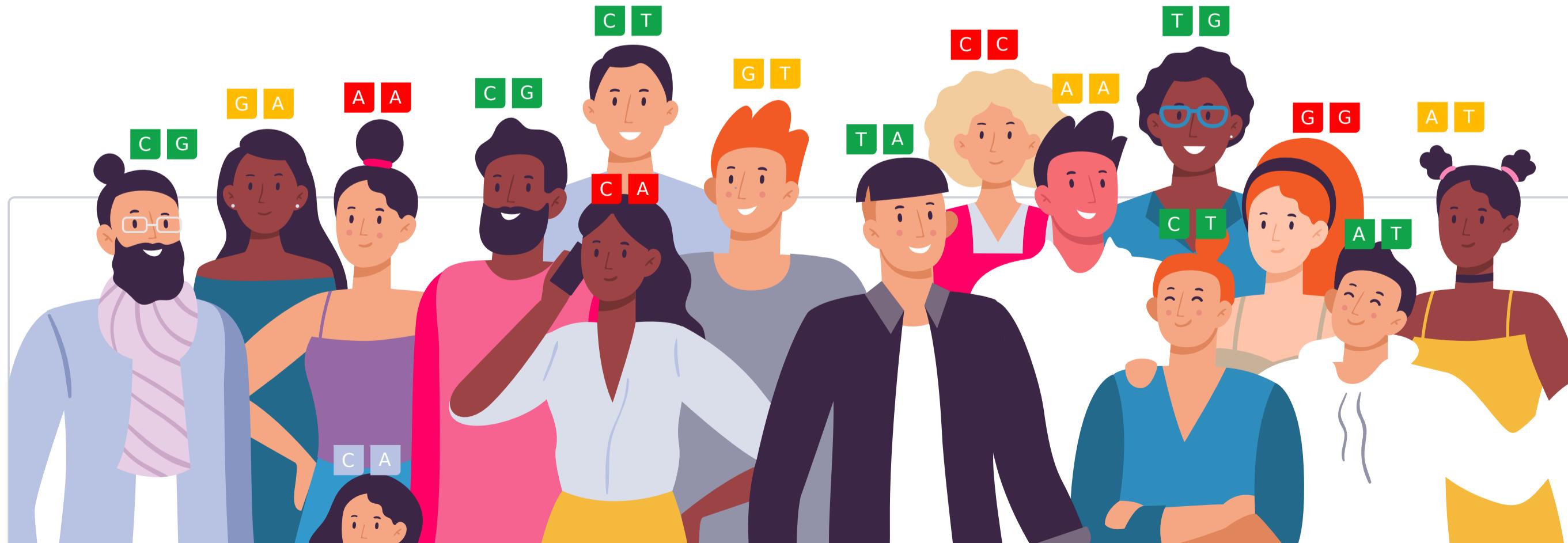
Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information. You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.

In total, we analyze up to 83M genetic variants.

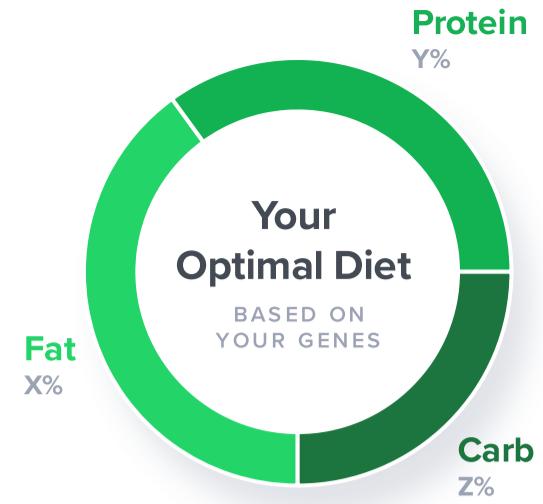
We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.



Summary

The gauge shows you the ratio of three main macronutrients—fat, carbs, and protein—in your optimal diet.

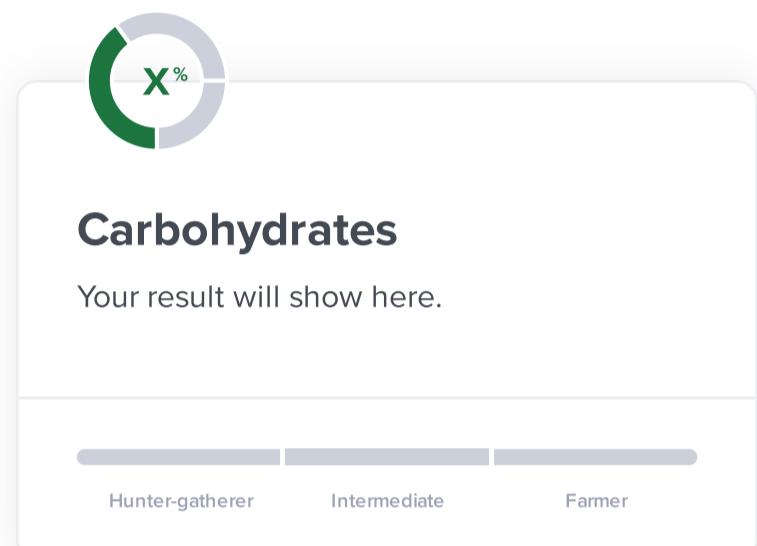
The percentage means how much of your energy needs you should meet with that nutrient. For example, 40% for fat means that 40% of your energy should come from fat. On a typical 2,000-calorie diet, that's 800 calories from fat or about 89 g of fat per day (1 g of fat provides 9 calories).



Macronutrients

The bar for each macronutrient tells you how well you respond to it. Each bar has up to three segments, corresponding to a worse, typical, and better response to that macronutrient.

The gauge for each macronutrient displays a percentage of your daily energy needs you should meet with that nutrient. For example, 40% for carbs means that 40% of your energy should come from carbs. On a typical 2,000-calorie diet, that's 800 calories or 200 grams of carbs per day (1 gram of carbs provides 4 calories).



Gluten Sensitivity

Your result will show here.

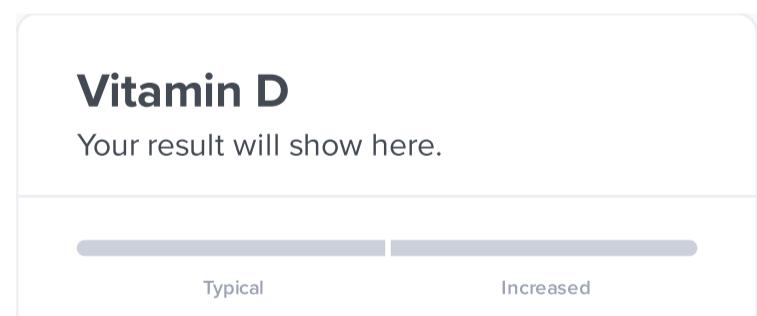


Food sensitivities

For food sensitivities, the bar tells you how likely you are to be sensitive to a particular nutrient or food component. Each bar has two segments, corresponding to lower (typical) and higher sensitivity.

Vitamins, Minerals & Omega-3s

For vitamins, minerals, and omega-3s, the bar tells you about your needs for a particular nutrient. Each bar has two segments, corresponding to typical and increased needs. People with increased needs for a certain nutrient may benefit from getting more of that nutrient from their diets.



Tendency to Overeat

Your result will show here.

Less Likely

More Likely

Eating Habits

For eating habits, the bar tells you how likely you are to have a particular food habit. Each bar has two segments, corresponding to lower and higher likelihood of having a particular habit.

Some things to keep in mind:

- The scores/gauges use the latest scientific studies. But they are not perfect and will change as the models improve.
- Not everyone with risk variants will develop a health condition.
- Genetics is not the whole story. Your health is most often a combination of genetics, lifestyle, and environmental factors. Great news, as this means that you can often change your lifestyle to lower your risk.
- Results might be more accurate for some ethnic groups than others. This depends on the studies used in each report.
- People without risk variants can also develop health conditions.
- It's important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

Summary

Have you ever lost weight, only to gain it right back? Or tried a diet that worked great for your friend but didn't seem to make a difference for you? It isn't your fault! There is no such thing as a one-size-fits-all diet.

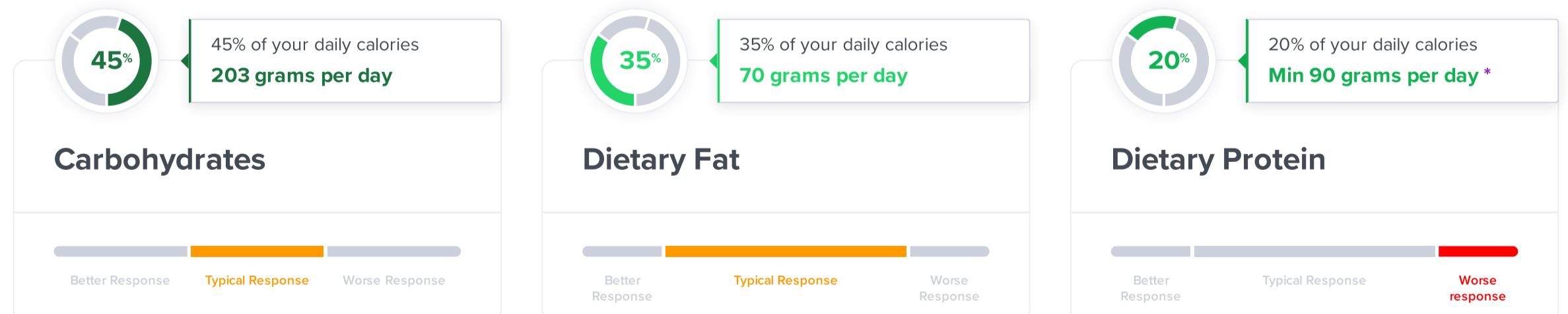
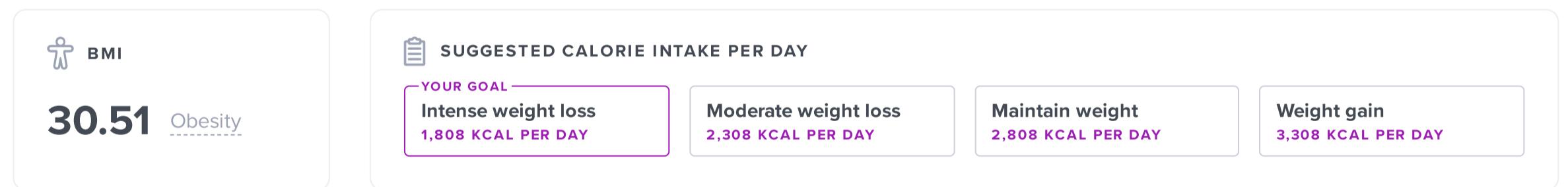
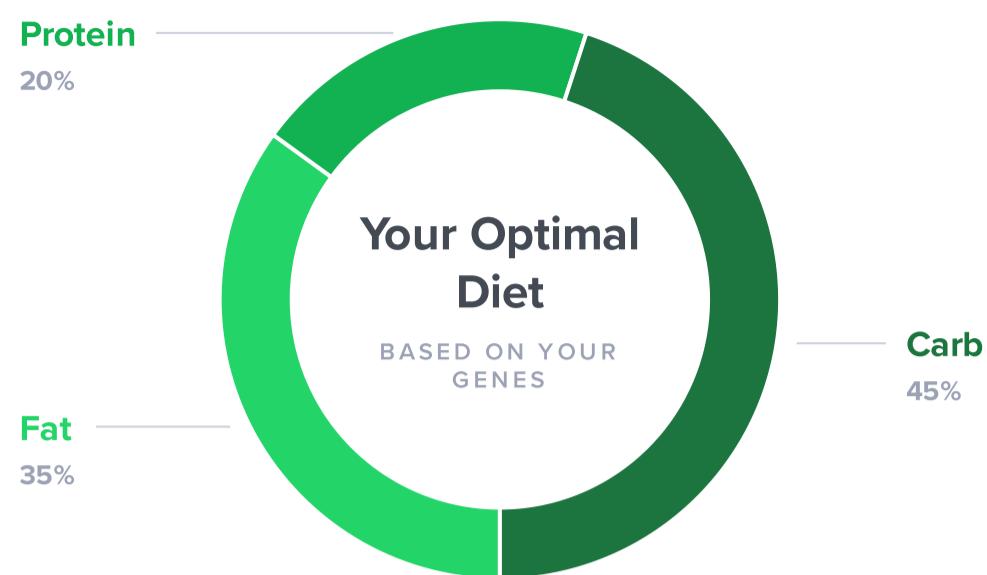
Diets plans often focus on controlling the amount of macronutrients you eat: carbohydrates, fats, and protein. However, they don't account for a major factor: genetics!

Depending on your genes, you may need to adjust your macros based on your ability to process them. Taking this personalized approach to your nutrition is how you can build a diet plan that will help you feel your best!

This report shows you how you process each macronutrient, helping you choose a diet that makes sense for you and your genes! The chart on the right shows your optimal macronutrient ratio. The percentages show you how much of your daily energy intake should come from each macro.

We also check your genes and give you personalized, actionable advice for:

- Choosing the right types of dietary fat
- Getting enough vitamins and minerals
- Addressing food sensitivities
- Improving your eating habits



* FRIENDLY TIP

If you're struggling to reach your macros, just make sure you prioritize your **protein intake** and consume your minimum amount per day.

Your Optimal Diet

The following is your optimal diet based on your genetic results



Mediterranean

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions such as Greece, Spain, southern Italy, and southern France. It gained popularity when researchers noticed significantly **lower heart disease rates** and higher life expectancy among Mediterranean folks [R, R].

This diet doesn't actually represent the way people eat in the Mediterranean regions today, given the growing influence of Western dietary habits. A proper Mediterranean diet abounds in [R, R]:

- Vegetables
- Fruits
- Whole grains
- [Olive oil](#)

The following foods are eaten in moderation [R, R]:

- Fish and seafood
- Eggs and poultry
- Dairy

Red meat and sweets are eaten sparingly [R, R].

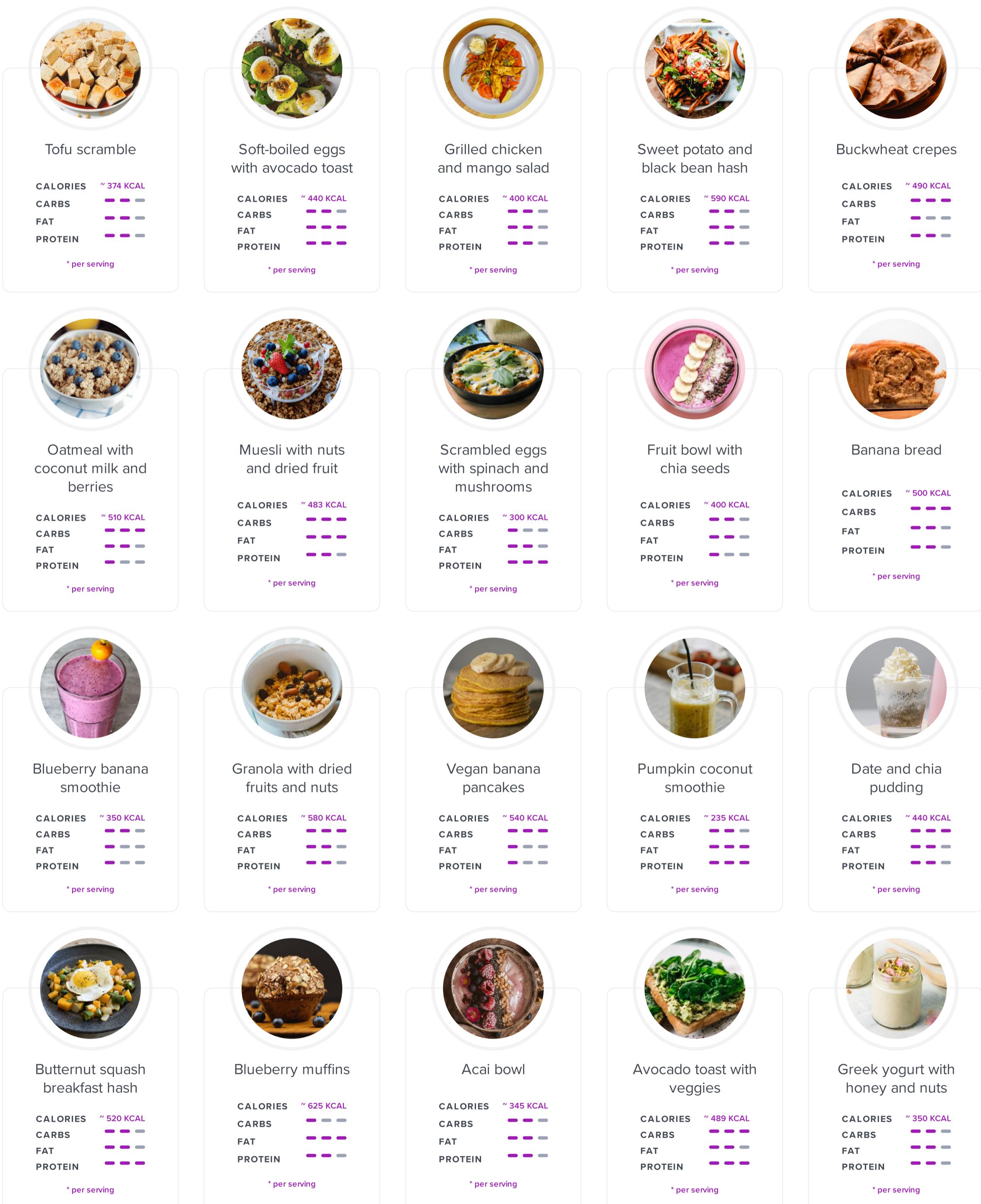
The Mediterranean diet provides a balanced ratio of carbs, fat, and protein. It's one of the healthiest diets due to a diversity of **whole foods** that deliver essential nutrients such as [R]:

- Vitamins and minerals
- Polyphenols and other antioxidants
- Healthy unsaturated fats
- Dietary fiber

Your Mediterranean Diet Meal Plan

The following meals are suggested taking into consideration your goals, genetic results and self-reported conditions.

Breakfast





Zucchini and
tomato frittata

CALORIES ~ 360 KCAL

CARBS

FAT

PROTEIN

* per serving



Polenta with
sautéed
mushrooms and
spinach

CALORIES ~ 450 KCAL

CARBS

FAT

PROTEIN

* per serving



Chickpea and
vegetable bowl

CALORIES ~ 330 KCAL

CARBS

FAT

PROTEIN

* per serving



Smoothie bowl
with hemp seeds

CALORIES ~ 450 KCAL

CARBS

FAT

PROTEIN

* per serving



Quinoa breakfast
bowl

CALORIES ~ 350 KCAL

CARBS

FAT

PROTEIN

* per serving



Buckwheat
pancakes with
strawberry jam

CALORIES ~ 500 KCAL

CARBS

FAT

PROTEIN

* per serving



Veggie breakfast
burrito

CALORIES ~ 290 KCAL

CARBS

FAT

PROTEIN

* per serving



Almond-honey
breakfast bar

CALORIES ~ 450 KCAL

CARBS

FAT

PROTEIN

* per serving



Veggie breakfast
bowl

CALORIES ~ 500 KCAL

CARBS

FAT

PROTEIN

* per serving



Zucchini tortilla
with vegetables

CALORIES ~ 440 KCAL

CARBS

FAT

PROTEIN

* per serving



Shakshuka

CALORIES ~ 600 KCAL

CARBS

FAT

PROTEIN

* per serving



Fig and ricotta
toast

CALORIES ~ 475 KCAL

CARBS

FAT

PROTEIN

* per serving

Lunch



Hummus veggie wrap

CALORIES ~ 390 KCAL
CARBS
FAT
PROTEIN

* per serving



Spaghetti squash with tomato-basil sauce

CALORIES ~ 330 KCAL
CARBS
FAT
PROTEIN

* per serving



Spicy shrimp and avocado salad

CALORIES ~ 350 KCAL
CARBS
FAT
PROTEIN

* per serving



Roasted vegetables with quinoa and hummus

CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving



Tuna poke bowl

CALORIES ~ 620 KCAL
CARBS
FAT
PROTEIN

* per serving



Vegetable and bean soup with quinoa

CALORIES ~ 390 KCAL
CARBS
FAT
PROTEIN

* per serving



Black bean and corn salad

CALORIES ~ 357 KCAL
CARBS
FAT
PROTEIN

* per serving



Ceviche

CALORIES ~ 432 KCAL
CARBS
FAT
PROTEIN

* per serving



Calçots with romesco sauce

CALORIES ~ 545 KCAL
CARBS
FAT
PROTEIN

* per serving



Curry lentil soup

CALORIES ~ 455 KCAL
CARBS
FAT
PROTEIN

* per serving



Andalusian-style spinach and chickpeas

CALORIES ~ 519 KCAL
CARBS
FAT
PROTEIN

* per serving



Greek salad

CALORIES ~ 349 KCAL
CARBS
FAT
PROTEIN

* per serving



Tacos with tofu

CALORIES ~ 400 KCAL
CARBS
FAT
PROTEIN

* per serving



Falafel

CALORIES ~ 480 KCAL
CARBS
FAT
PROTEIN

* per serving



Eggplant lasagna

CALORIES ~ 574 KCAL
CARBS
FAT
PROTEIN

* per serving



Zucchini noodles with grilled turkey

CALORIES ~ 424 KCAL
CARBS
FAT
PROTEIN

* per serving



Sweet potato and kale salad

CALORIES ~ 540 KCAL
CARBS
FAT
PROTEIN

* per serving



Fried cauliflower with mushrooms

CALORIES ~ 325 KCAL
CARBS
FAT
PROTEIN

* per serving



Creamy broccoli soup

CALORIES ~ 253 KCAL
CARBS
FAT
PROTEIN

* per serving



Shrimp and beet winter salad

CALORIES ~ 380 KCAL
CARBS
FAT
PROTEIN

* per serving



Harissa baby
potato salad

CALORIES ~ 410 KCAL

CARBS

FAT

PROTEIN

* per serving



Beef and broccoli
stir-fry

CALORIES ~ 620 KCAL

CARBS

FAT

PROTEIN

* per serving

Dinner



Lentil and vegetable curry with brown rice

CALORIES ~ 579 KCAL
CARBS
FAT
PROTEIN

* per serving



Grilled portobello mushrooms with vegetables

CALORIES ~ 384 KCAL
CARBS
FAT
PROTEIN

* per serving



Vegetable and brown rice stir-fry

CALORIES ~ 348 KCAL
CARBS
FAT
PROTEIN

* per serving



Black bean and quinoa salad

CALORIES ~ 640 KCAL
CARBS
FAT
PROTEIN

* per serving



Chickpea and vegetable tagine

CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving



Grilled salmon with sweet potatoes

CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving



Barley risotto with mushrooms

CALORIES ~ 570 KCAL
CARBS
FAT
PROTEIN

* per serving



Chicken tagine

CALORIES ~ 484 KCAL
CARBS
FAT
PROTEIN

* per serving



Tofu and vegetable stir-fry

CALORIES ~ 432 KCAL
CARBS
FAT
PROTEIN

* per serving



Pizza all'ortolana

CALORIES ~ 675 KCAL
CARBS
FAT
PROTEIN

* per serving



Veggie burger

CALORIES ~ 407 KCAL
CARBS
FAT
PROTEIN

* per serving



Chicken and vegetable COUSCOUS

CALORIES ~ 544 KCAL
CARBS
FAT
PROTEIN

* per serving



Zucca ripiena

CALORIES ~ 584 KCAL
CARBS
FAT
PROTEIN

* per serving



Chili sin carne

CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving



Roasted vegetable lasagna

CALORIES ~ 559 KCAL
CARBS
FAT
PROTEIN

* per serving



Tuna salad

CALORIES ~ 413 KCAL
CARBS
FAT
PROTEIN

* per serving



Eggplant rollatini

CALORIES ~ 650 KCAL
CARBS
FAT
PROTEIN

* per serving



Roasted chicken with vegetables

CALORIES ~ 420 KCAL
CARBS
FAT
PROTEIN

* per serving



Quiche with a sweet potato crust

CALORIES ~ 580 KCAL
CARBS
FAT
PROTEIN

* per serving



Soybean noodles with walnut pesto

CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving



Ratatouille with
goat cheese

CALORIES ~ 370 KCAL

CARBS ——————

FAT ——————

PROTEIN ——————

* per serving



Grilled sea bass
with olive tomato
salsa

CALORIES ~ 350 KCAL

CARBS ——————

FAT ——————

PROTEIN ——————

* per serving



Mushroom
Stroganoff

CALORIES ~ 390 KCAL

CARBS ——————

FAT ——————

PROTEIN ——————

* per serving

Snacks & Appetizers



Apple slices with honey and cinnamon

CALORIES ~ 135 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Roasted chickpeas with chili and lime

CALORIES ~ 290 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Grilled turkey roll-ups

CALORIES ~ 220 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Cilantro lime shrimps

CALORIES ~ 255 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Carrot sticks with guacamole

CALORIES ~ 252 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Fresh fruit salad with honey and mint

CALORIES ~ 157 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Oat and raisin cookies

CALORIES ~ 420 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Baked vegetable chips

CALORIES ~ 310 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Caprese skewers

CALORIES ~ 299 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Vietnamese summer rolls

CALORIES ~ 235 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Tzatziki with sliced vegetables

CALORIES ~ 280 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Roasted nuts

CALORIES ~ 394 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Muhammara

CALORIES ~ 300 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Cauliflower popcorn

CALORIES ~ 248 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Hummus with vegetables

CALORIES ~ 364 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Dark chocolate with hazelnuts

CALORIES ~ 368 KCAL
CARBS -----
FAT -----
PROTEIN -----

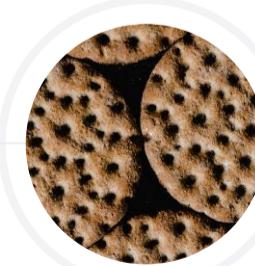
* per serving



Artichoke hearts

CALORIES ~ 240 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving



Almond flour crackers

CALORIES ~ 455 KCAL
CARBS -----
FAT -----
PROTEIN -----

* per serving

Overview of Your Results

Macronutrients

Carbohydrates

Some carbs may spike your blood sugar



Dietary Fat

Likely typical response to dietary fat



Dietary Protein

Likely worse response to dietary protein



Fats Breakdown

Saturated Fat

Likely typical response to saturated fat



Unsaturated Fat

Likely typical response to unsaturated fat



Omega-3

Likely typical need for omega-3s



Sensitivities

Food Allergies

Typical likelihood of food allergies



Lactose Intolerance

Likely lactose intolerant



Alcohol Sensitivity

Likely higher sensitivity to alcohol



Histamine Intolerance

More likely to be histamine intolerant



Gluten Sensitivity (Non-Celiac)

Likely typical gluten sensitivity



Salt Sensitivity

Likely higher sensitivity to salt



Caffeine Sensitivity

Likely higher caffeine sensitivity



Vitamins

Vitamin D

Likely typical need for vitamin D



Vitamin B12

Likely typical need for vitamin B12



Folate (Vitamin B9)

Likely typical need for folate



Riboflavin (Vitamin B2)

Likely typical need for riboflavin



Vitamin C

Likely typical need for vitamin C



Vitamin A

Likely increased need for vitamin A



Vitamin B6

Likely typical need for vitamin B6



Vitamin E

Likely typical need for vitamin E



Vitamin K

Likely typical vitamin K need



Minerals

Iron

Likely increased need for iron



Calcium

Likely typical need for calcium



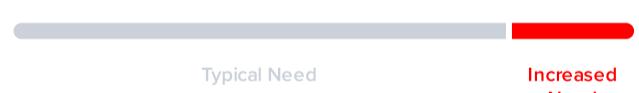
Magnesium

Likely typical need for magnesium



Zinc

Likely increased need for zinc



Potassium

Likely typical need for potassium



Selenium

Likely typical need for selenium



Eating Habits

Tendency to Overeat

Likely lower tendency to overeat



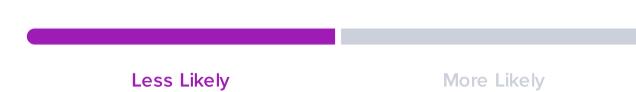
Sweet Tooth

More likely to have a sweet tooth



Snacking

Less likely to snack

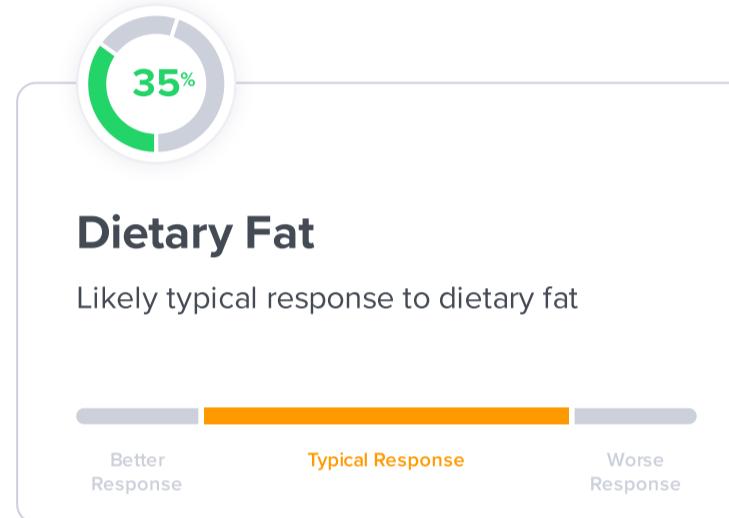
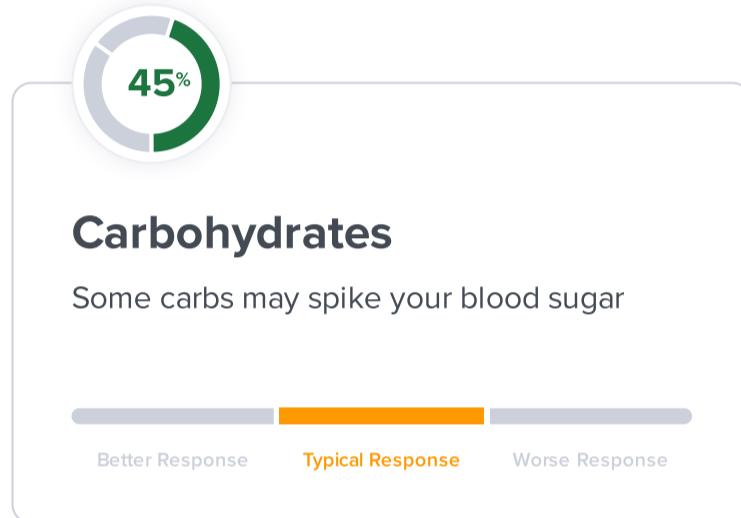


Your Results in Details



Macronutrients

Macronutrients are nutrients your body needs in large amounts. Many diet plans focus on controlling the amount of macronutrients you eat: carbohydrates, fats, and protein. Research shows that people have different abilities to process macronutrients. Find out how you process each macronutrient below. Adjusting your macros based on your genes may help improve your weight, blood sugar, cholesterol levels, and more!



Carbohydrates

Carbohydrates are the main source of energy in our modern diets. Carbs include simple carbs like candy, honey, and fruit juice, and healthier complex carbs like whole grains and vegetables [R].



Your Result

Better Response Typical Response Worse Response



PERSONALIZED TO YOUR GENES

You may have a typical response to carbs. You carry one "farmer" and one "hunter-gatherer" variant. **Carb-rich foods such as grains may raise your blood sugar.** These break down into sugars, which you don't metabolize that well [R, R, R, R].

You may thrive on a diet with moderate amounts of carbs. Take special care to limit your intake of sugary foods and try to choose high-fiber foods with fewer digestible carbs such as:

- Legumes (soy, peas, beans)
- Berries
- Apples
- Avocados
- Non-starchy vegetables (cauliflower, squash, celery)
- Leafy greens (spinach, chard, lettuce)

Healthy carbs food sources

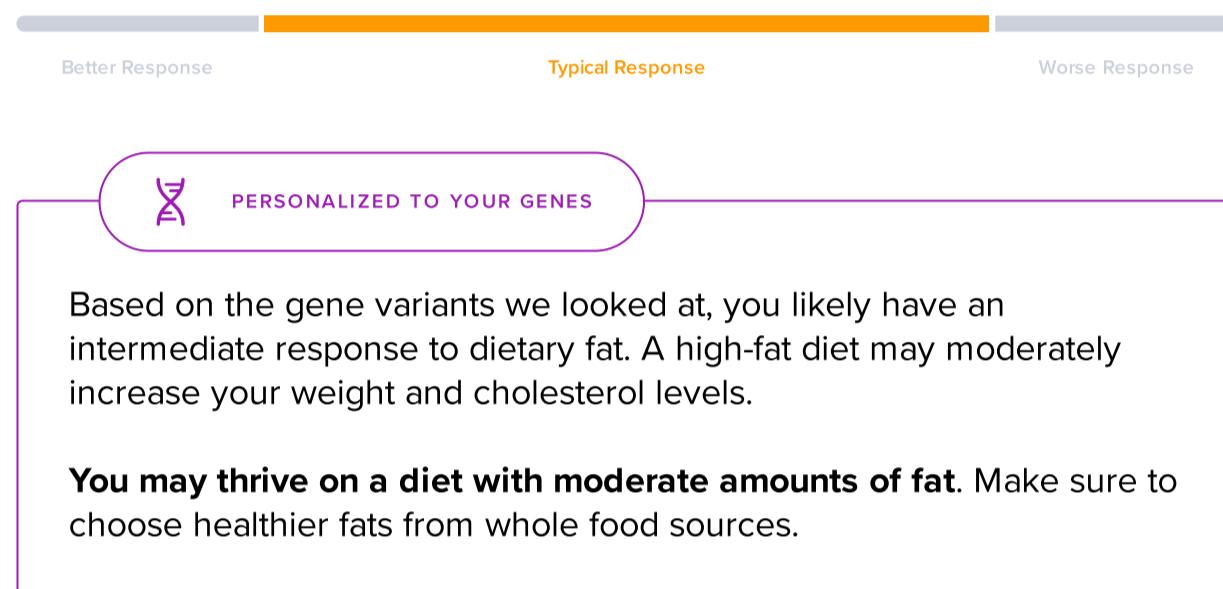
- Root vegetables (sweet potatoes, carrots, beets, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Whole grains (brown rice, wheat, barley, oats, rye, etc.)
- Pseudo-grains (quinoa, amaranth, buckwheat, etc.)
- Fruits and vegetables

Dietary Fat

Fats are an important source of energy. Fats are divided into saturated and unsaturated fats. Unsaturated fats, including olive oil and omega-3 fatty acids, are considered healthier [R, R].



Your Result



Healthy fats food sources

- Avocado
- Olive Oil
- Fatty fish (salmon, sardines, herring, etc.)
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)

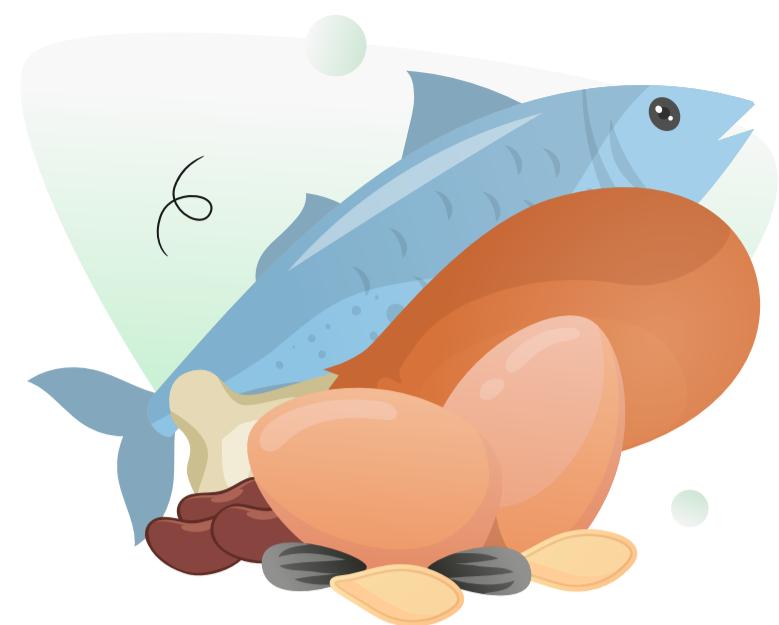
Your Gene Table

We tested several genetic variants because they affect how your body uses fat. Some people carry variants that cause them to gain more weight on high-fat diets [R, R].

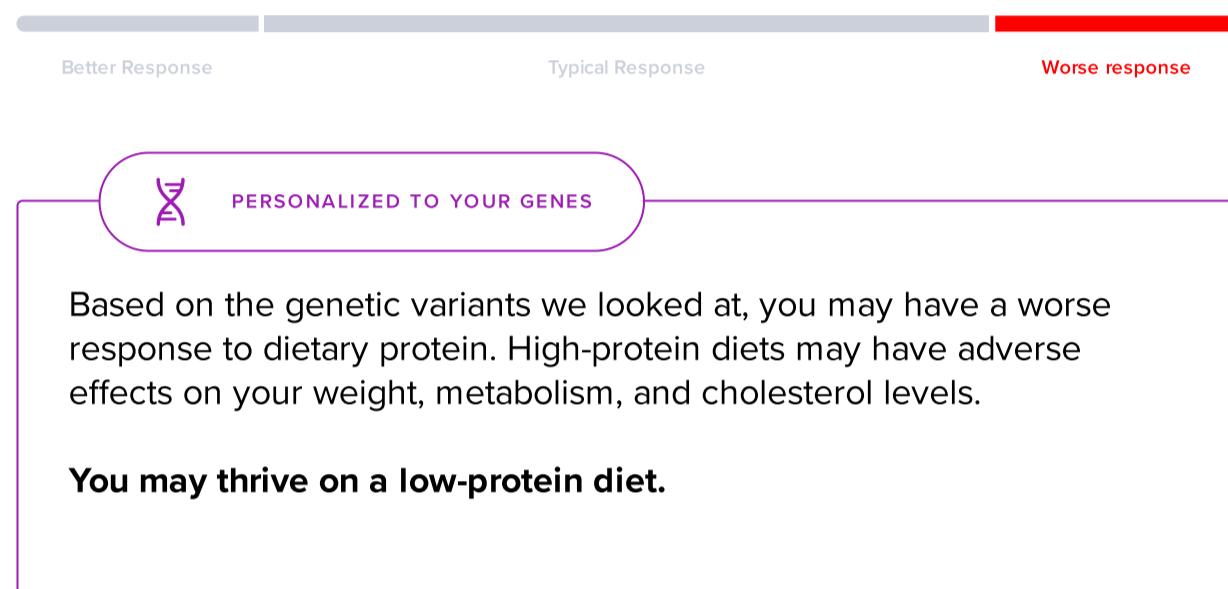
GENE	VARIANT	GENOTYPE
PPARG	rs1801282	CG
TCF7L2	rs7903146	TC
STAT3	rs8069645	GG
STAT3	rs744166	GG
STAT3	rs2293152	CC
CD36	rs1984112	AA
NSMAF	rs3808607	GG
CLOCK	rs1801260	AA
APOC1	rs405509	TG
NLRP5	rs708272	GA
MICB	rs1800629	GA
AHSG	rs4917	TC
PPARA	rs135549	CT
SIDT2	rs964184	GC
APOB	rs693	AG
APOA1	rs670	TC
ABCA1	rs2230806	TC
FCER1G	rs5082	AA
FTO	rs9939609	TT
FABP2	rs1799883	CC

Dietary Protein

Proteins are essential building blocks that help make muscles, hormones, and more. They can also be used for energy. Healthy protein sources include poultry, fish, eggs, legumes, whole grains, and dairy [R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect how your body uses proteins. Some people carry variants that may cause more weight loss on a high-protein diet [R, R, R, R].

GENE	VARIANT	GENOTYPE
FTO	rs1558902	TT
GLP1R	rs6923761	GG
CNDP1	rs7244647	CC
CNDP2	rs4891558	TT
CLOCK	rs3749474	CC
ST6GAL1	rs1501299	GT
TFAP2B	rs987237	GA
NTN5	rs838147	GA
MTNR1B	rs10830963	CC
ADRB3	rs4994	AA
FABP2	rs1799883	CC
MICB	rs1800629	GA

Healthy protein food sources

- Eggs
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Lean meat (chicken, turkey)
- Fish
- Soy products (soybeans, tofu, tempeh, etc.)



🔥 Fats Breakdown

Fats in our diet are divided into two major groups: saturated and unsaturated fat. Omega-3 fatty acids are one of the healthiest unsaturated fats. We all have different abilities to break down and use these fats! For some people, adjusting the amount of certain types of dietary fats may help them feel better and experience better health.

Saturated Fat

Likely typical response to saturated fat



Unsaturated Fat

Likely typical response to unsaturated fat



Omega-3

Likely typical need for omega-3s

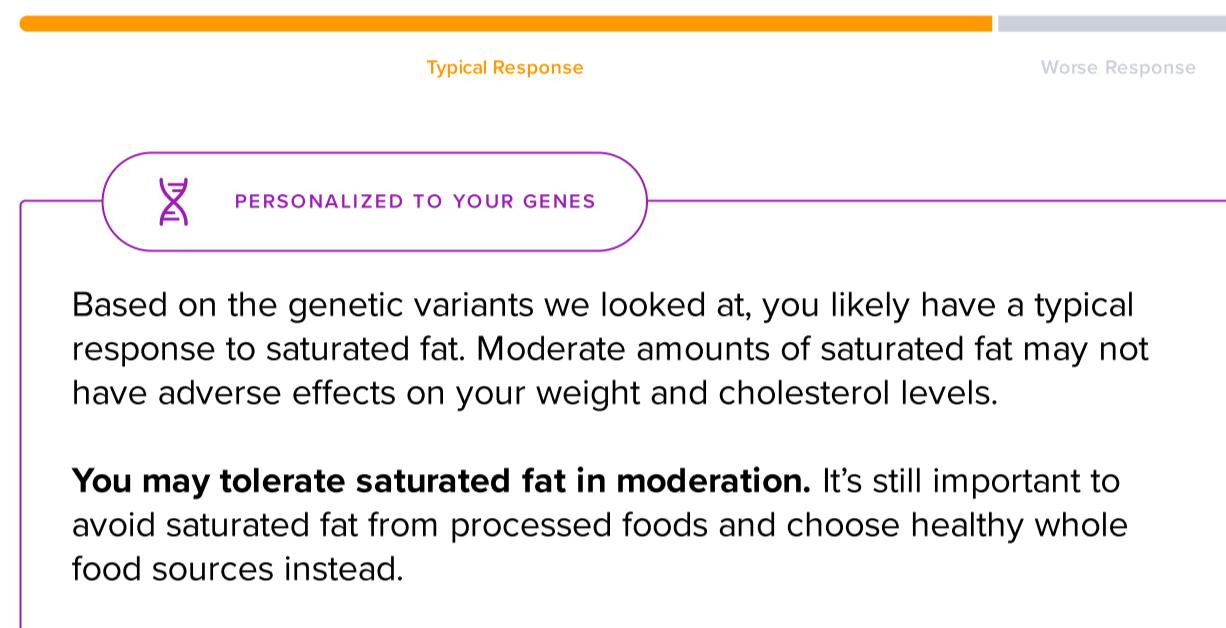


Saturated Fat

The main sources of saturated fat in our diet are meat and dairy. Increased intake of saturated fat has been linked to heart disease and high cholesterol [R].



Your Result



Your Gene Table

We tested several genetic variants because they affect how your body uses saturated fat. Some people carry variants that cause them to gain weight when eating more saturated fat [R, R, R].

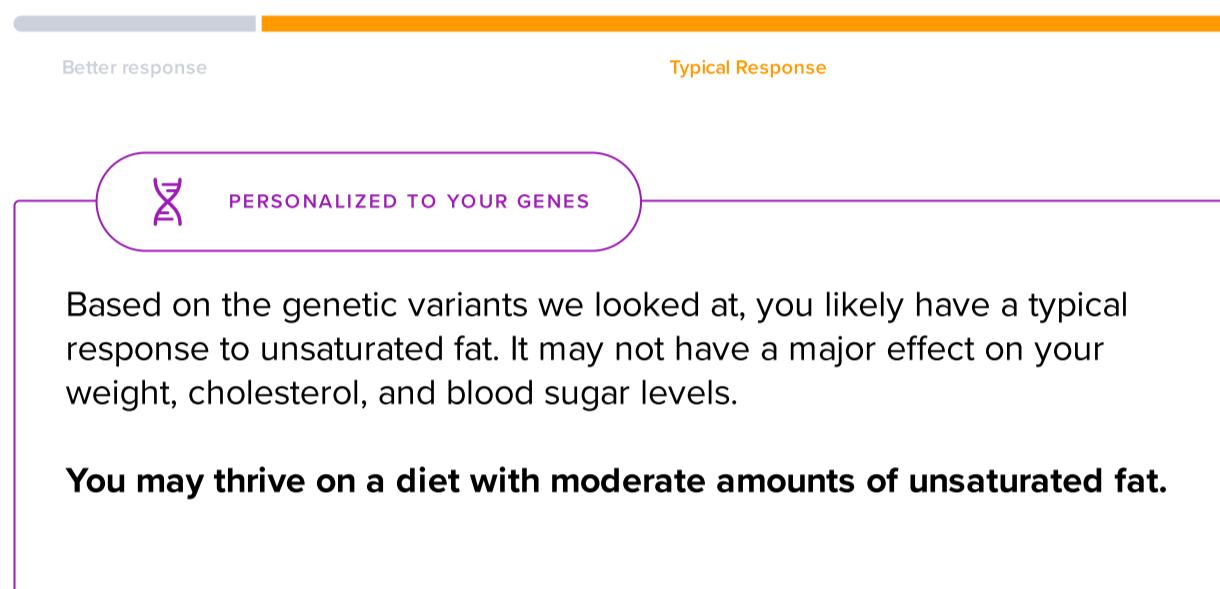
GENE	VARIANT	GENOTYPE
PPARG	rs1801282	CG
TCF7L2	rs7903146	TC
STAT3	rs8069645	GG
STAT3	rs744166	GG
STAT3	rs2293152	CC
LPL	rs328	CC
LPL	rs1121923	GG
CD36	rs1984112	AA
CLOCK	rs1801260	AA
TLR4	rs5030728	GA
PPARA	rs135549	CT
APOC1	rs405509	TG
APOB	rs693	AG
APOA1	rs670	TC
ABCA1	rs2230806	TC
LPL	rs13702	CT
AHSG	rs4917	TC
SIDT2	rs964184	GC
SIDT2	rs5070	AG
FCER1G	rs5082	AA

Unsaturated Fat

Unsaturated dietary fat is considered healthier than saturated fat. Good sources of unsaturated fats include olive oil, nuts and seeds, fatty fish, and avocados [R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect how your body uses unsaturated fat. Some people carry variants linked to a lower weight when consuming unsaturated fat [R, R, R, R, R].

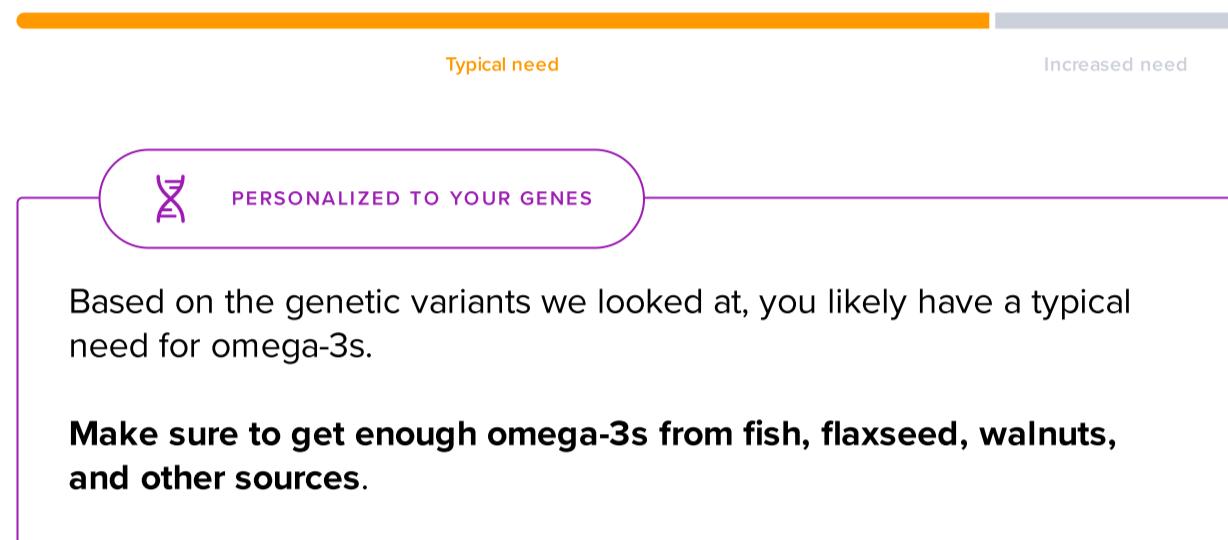
GENE	VARIANT	GENOTYPE
FADS2	rs174550	TT
RFC4	rs17300539	GG
PPARG	rs1801282	CG
RFC4	rs266729	CC
PPARA	rs1800206	CC
FABP2	rs1799883	CC
ABTB1	rs549662	AA
PODXL2	rs3773155	AA
MGLL	rs9877819	GA
ABTB1	rs782444	TC
ABTB1	rs6787155	AC
PON1	rs662	TC
ABTB1	rs555183	GA
IQCJ	rs2044704	CG
ABTB1	rs1466571	GA
ABTB1	rs13076593	CG
PNPLA3	rs738409	CG
ABTB1	rs6776142	CT
MTHFR	rs1801131	TG
MICB	rs1800629	GA

Omega-3

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Good sources of omega-3s include fatty fish, flaxseed, chia seeds, and walnuts [R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect how your body uses omega-3 fatty acids. Some people carry variants that are linked to lower omega-3 levels [R].

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
COL11A1	rs11164689	GG
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
FADS2	rs174579	CC
MYOM1	rs949306	GG
ADRA1A	rs558455	GG
/	rs6553050	CT
MAP7	rs13191834	CT
WSB1	rs17703271	CT
TSPAN31	rs2277324	AG
PRR11	rs2291193	GA
SYCP2L	rs953413	GA
/	rs2129588	CT
/	rs11235247	GG
MACROD2	rs12481689	AA



Sensitivities

Have you ever felt that certain foods like wheat or dairy make you feel sick? If so, you're not alone! Many people suffer from food sensitivities, and there's a genetic basis for many of them. For some people with a food sensitivity, changing the diet can make an incredible impact! We tested your genes for some of the most common food sensitivities. Read below to find out more about your results.

Food Allergies

Typical likelihood of food allergies



Lactose Intolerance

Likely lactose intolerant



Alcohol Sensitivity

Likely higher sensitivity to alcohol



Histamine Intolerance

More likely to be histamine intolerant



Gluten Sensitivity (Non-Celiac)

Likely typical gluten sensitivity



Salt Sensitivity

Likely higher sensitivity to salt



Caffeine Sensitivity

Likely higher caffeine sensitivity

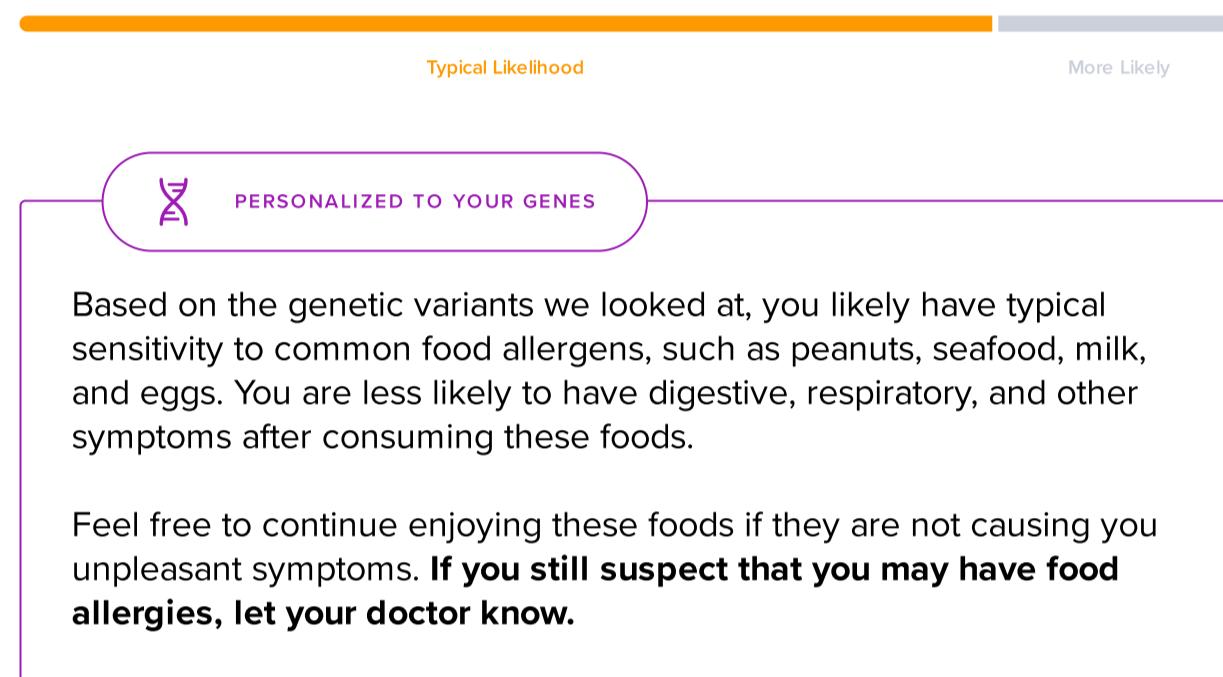


Food Allergies

Food allergies are reactions that occur when eating a food that is normally harmless. Reactions can range from annoying to life-threatening. Common reactions include flushing, itching, and stomach upset. Common food allergies are allergies to peanuts, seafood, milk, and eggs [R, R].



Your Result



Your Gene Table

We tested several genetic variants to determine your risk for food allergies. Up to 80% of differences in people's chances of having food allergies may be due to genetics [R].

GENE	VARIANT	GENOTYPE
RBFOX1	rs59325236	AA
LRRC32	rs7936434	CC
SERPINB10	rs1243064	TA
LRRC32	rs2212434	TC
TLR1	rs2101521	AG
FHIT	rs142617341	CC
GSTP1	rs1871042	CC
MS4A2	rs556917	AA
IQCE	rs1036504	TC
FLG	rs1933064	AG
IL10	rs1800872	TG
STAT6	rs4759044	CT
HLA-DPA1	rs9277630	CC
SPINK6	rs9325071	AA
LINGO4	rs12123821	CC
HLA-DQA2	rs9271588	CC
KIZ	rs17664036	TT
SERPINB10	rs12964116	AA
HLA-DQA2	rs9275596	TT
HLA-DRA	rs7192	GG

Lactose Intolerance

Lactose intolerance means a person cannot digest lactose, a sugar found in dairy. To be able to digest lactose, you need an enzyme called lactase. We produce less and less of this enzyme as we age. Lactase production also depends on genetics [R, R].



Your Result

Likely Tolerant

Likely Intolerant



PERSONALIZED TO YOUR GENES

Based on the variant we looked at, your lactase gene may be “turned off.” This makes you likely to be lactose intolerant as an adult. You may be more likely to have digestive symptoms after consuming lactose, commonly found in dairy products.

Consider a lactose-free diet if lactose is causing you digestive issues. In general, there's no need to stop eating dairy if you don't have any symptoms. A lot of people with low lactase are able to eat dairy products without any issues [R].

If you're avoiding dairy, make sure you're getting plenty of calcium from other foods [R].

Alcohol Sensitivity

In people who are sensitive to alcohol, alcohol breakdown is inefficient and causes the buildup of a toxic compound called acetaldehyde. Symptoms of alcohol sensitivity include flushing, nausea, headache, and fast heart rate [R, R].



Your Result

Typical

Higher



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have increased sensitivity to alcohol. This means you may experience unpleasant symptoms even after having a single drink.

Consider avoiding alcohol if it's causing you unpleasant symptoms.

Histamine Intolerance

Histamine-rich foods include certain fish, fermented foods, processed meats, and some fruits and vegetables. Frying food increases its histamine levels. People with histamine intolerance may have digestive issues and other uncomfortable symptoms after eating foods containing histamine [R, R, R].



Your Result

Typical likelihood

More likely

Your Gene Table

We tested several genetic variants because they affect the way your body processes histamine [R, R, R].

GENE	VARIANT	GENOTYPE
AOC1	rs10156191	TT
AOC1	rs2268999	TT
AOC1	rs2052129	TT
TMEM176A	rs1049748	TT
AOC1	rs2071517	GG
AOC1	rs2071514	GG
HNMT	rs11558538	CT
HNMT	rs2071048	TC
AOC1	rs1049793	CC
AOC1	rs1049742	CC
HNMT	rs1050891	GG

Gluten Sensitivity (Non-Celiac)

Gluten is a protein found in some common grains and their products like wheat, rye, and barley. Common foods with gluten include pasta, flour, crackers, pastries, and bread. In people with gluten sensitivity, gluten consumption causes digestive issues and other adverse effects. They may need to follow a strict gluten-free diet [R, R].



Your Result

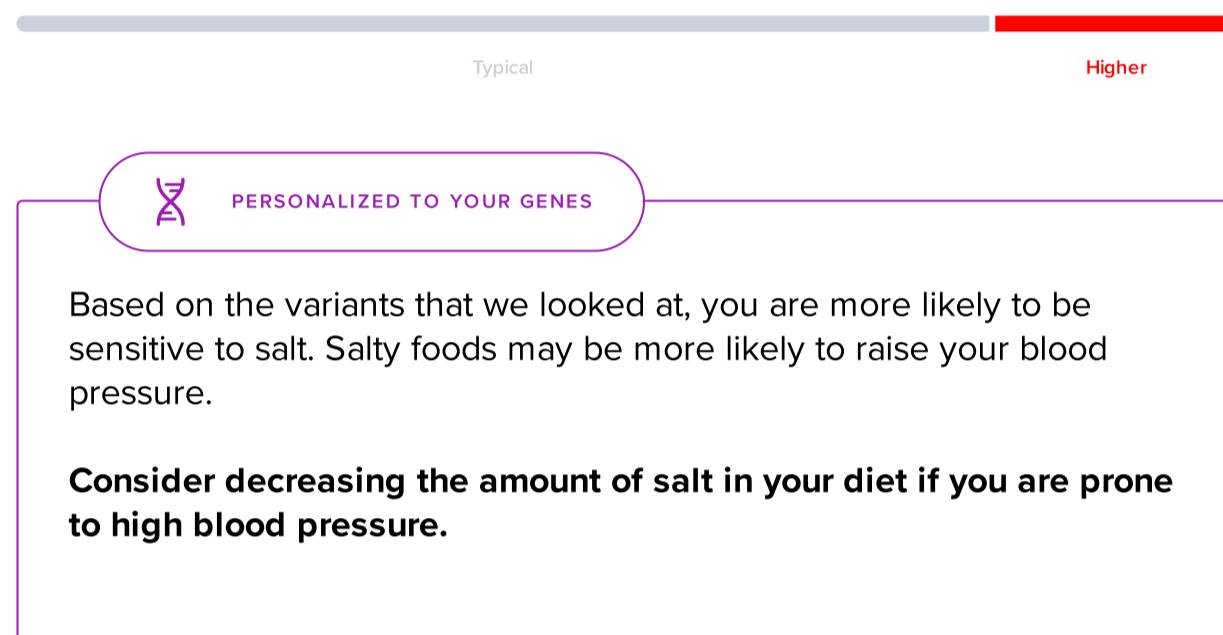


Salt Sensitivity

People who are salt sensitive will experience a bump in blood pressure when they eat salty foods. This happens because their kidneys function a bit differently. It is partially due to genetics, but can also be linked to other factors, such as age, diet, and chronic health conditions [R, R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect the way your body handles sodium from salt [R].

GENE	VARIANT	GENOTYPE
PRKG1	rs7905063	TT
PRKG1	rs7897633	AA
FGF5	rs16998073	AA
BCAT1	rs7961152	CA
ACE	rs4343	AG
SLC4A4	rs10022637	TC
SLC8A1	rs11893826	GA
SCNN1G	rs4299163	GG
MTHFD2	rs10177833	AC
SCNN1A	rs4764586	AC
SCNN1G	rs4073930	TC
SCNN1G	rs4073291	AC
SCNN1G	rs7404408	CT
SCNN1G	rs5735	TC
TNFRSF1A	rs11614164	AG
SCNN1A	rs3741914	CT
POC1B	rs2681472	AA
SCNN1G	rs4499238	CC

Caffeine Sensitivity

Some people can't break down caffeine well. They may experience increases in blood pressure or unpleasant symptoms after drinking coffee. These symptoms can include feeling jittery, difficulty sleeping, headaches, and muscle twitches [R, R].



Your Result



PERSONALIZED TO YOUR GENES

Based on the variants we looked at, you may be a slow metabolizer of caffeine. Slow metabolizers break down caffeine more slowly. Thus, caffeine has a stronger effect on them.

If caffeine is causing you high blood pressure, sleep problems, or other unpleasant symptoms, consider cutting back on it.



Vitamins

Vitamins are a group of nutrients that your body needs in relatively small amounts to maintain health. Vitamins are essential nutrients, meaning that we can't make them in our bodies in sufficient amounts. Thus, we need to get all the vitamins from our diet. Some people are genetically inclined to need a little more of a certain vitamin than others—that's why we created this section! Read below to learn how your genes may be affecting your vitamin needs.

Vitamin D

Likely typical need for vitamin D



Vitamin B12

Likely typical need for vitamin B12



Folate (Vitamin B9)

Likely typical need for folate



Riboflavin (Vitamin B2)

Likely typical need for riboflavin



Vitamin C

Likely typical need for vitamin C



Vitamin A

Likely increased need for vitamin A



Vitamin B6

Likely typical need for vitamin B6



Vitamin E

Likely typical need for vitamin E



Vitamin K

Likely typical vitamin K need

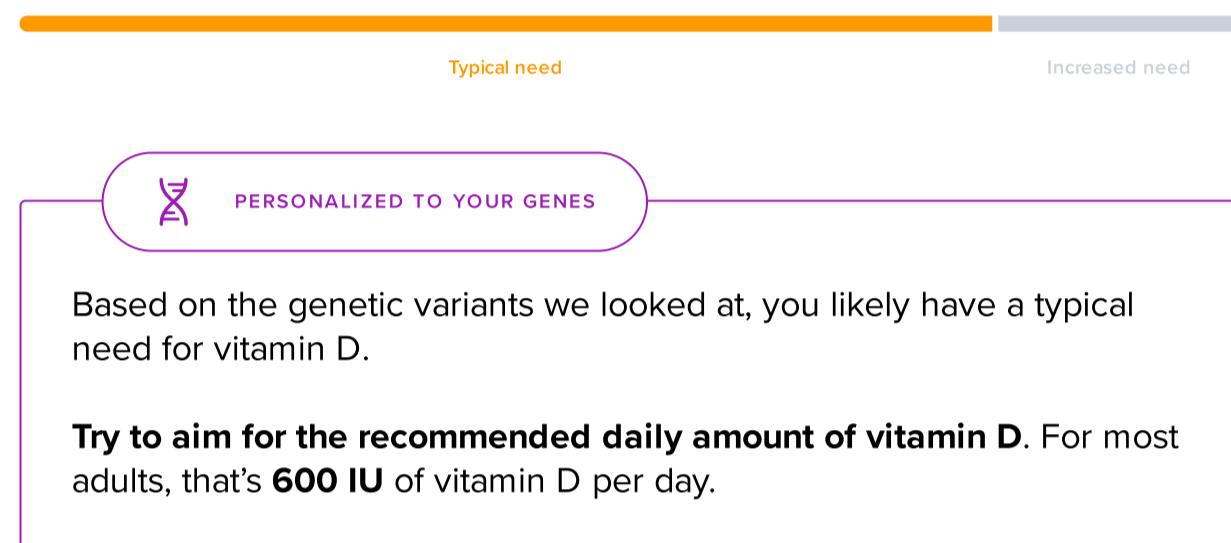


Vitamin D

You get vitamin D by absorbing sunlight through your skin and by eating foods rich in vitamin D. Vitamin D is important for strong bones, mood, immunity, and heart health [R].



Your Result



Your Gene Table

We tested several genetic variants related to vitamin D to determine your need for it [R].

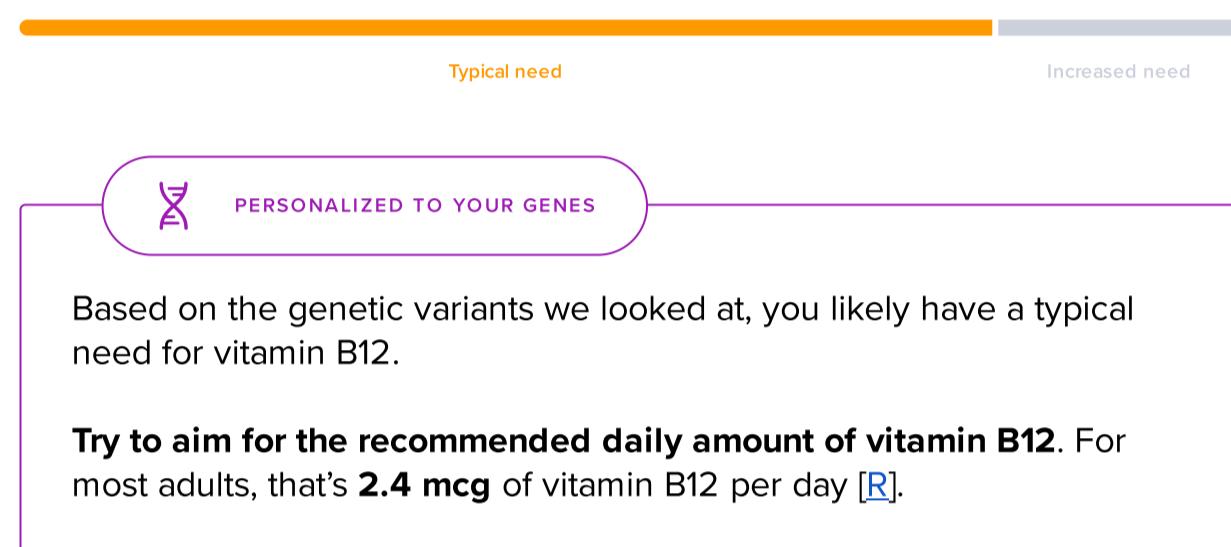
GENE	VARIANT	GENOTYPE
GC	rs7041	AA
GC	rs2282679	TG
/	rs558560635	GG
/	rs189918701	GG
/	rs375984409	GG
/	rs201561609	TT
GC	rs11723621	GA
PDE3B	rs201501563	TC
ADH1B	rs1229984	CT
RRAS2	rs117206369	TT
COPB1	rs148514005	CC
/	rs561089663	GG
PSMA1	rs577185477	TT
/	rs557657187	GG
COPB1	rs117913124	GG
PDE3B	rs188480917	CC
GC	rs565277381	TT
/	rs567415847	GG
/	rs529640451	CC
GC	rs113938679	GG

Vitamin B12

Vitamin B12, or cobalamin, is a nutrient that helps make energy, support nerve function, build DNA, and form red blood cells. Vitamin B12 is plentiful in animal products like meat, fish, eggs, and dairy. Vegetarians and vegans sometimes have difficulty getting enough vitamin B12 [R,R].



Your Result



Your Gene Table

We tested several genetic variants related to vitamin B12 to determine your need for it. Some people have variants that make it harder to absorb vitamin B12 from food [R].

GENE	VARIANT	GENOTYPE
FUT2	rs602662	GA
FUT5	rs3760775	GG
/	rs1990193	AA
/	rs1513859	AA
RGS7	rs7544372	TT
SLC25A2	rs3749779	AA
FOXK1	rs314590	AA
CFAP299	rs1385890	AA
LAMA4	rs76190642	GG
CHODL	rs34988353	AA
ARAP2	rs142554771	TT
LAMA4	rs144505878	GG
C1QL3	rs79770840	GG
RGS18	rs114973754	CC
ADGRL3	rs545255284	TT
C16ORF82	rs139645308	CC
KCNK2	rs72761546	TT
KCNK2	rs189754522	AA
PCSK2	rs141477158	GG
TMEM179	rs79885401	CC

Folate (Vitamin B9)

Vitamin B9, also known as folate or folic acid, is an essential nutrient. It helps protect DNA from damage, support heart and brain health, and make red blood cells. Folate is vital for a healthy pregnancy [R, R].



Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for folate.

Try to get the recommended daily amount of folate. For most adults, that's **400 mcg** of folate per day. You can get enough of this vitamin by eating a variety of fruits and vegetables.

Riboflavin (Vitamin B2)

Riboflavin (vitamin B2) helps our cells create energy. It's also important for growth and development, nervous system function, and skin and eye health [R, R].



Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for riboflavin.

Try to aim for the recommended daily amount of riboflavin. For most adults, that's 1.3 mg of riboflavin per day [R].

Vitamin C

Vitamin C, or ascorbic acid, is an antioxidant that helps reduce oxidative stress. It also helps make collagen, a protein that builds connective tissue. Vitamin C is important for immune function, heart and lung health, and wound healing [R, R].



Your Result

Typical need

Increased need



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin C.

Try to aim for the recommended daily amount of vitamin C. For most adults, that's **90 mg** of vitamin C per day (125 mg/day for smokers) [R].

Vitamin A

Vitamin A is a nutrient important for vision, immunity, gut health, and skin health. Animal foods like beef liver, fish, and cheese contain active vitamin A. Plant foods like sweet potatoes, pumpkin, and carrots contain provitamin A, which our bodies turn into vitamin A [R, R].



Your Result

Typical Need

Increased Need



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for vitamin A.

You may benefit from eating more foods rich in vitamin A or monitoring your vitamin A levels. Try to get at least the recommended daily amount of vitamin A (900 mcg) [R].

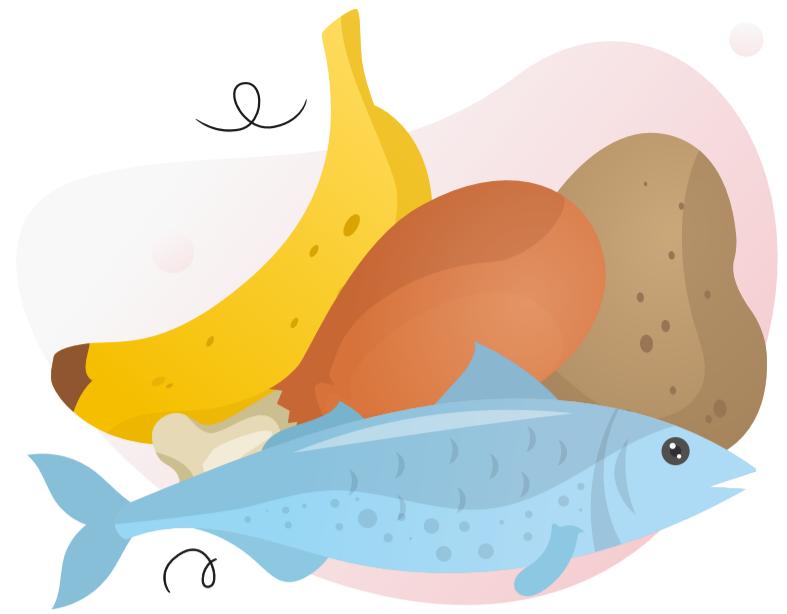
Your Gene Table

We tested several genetic variants because they affect your vitamin A levels [R, R].

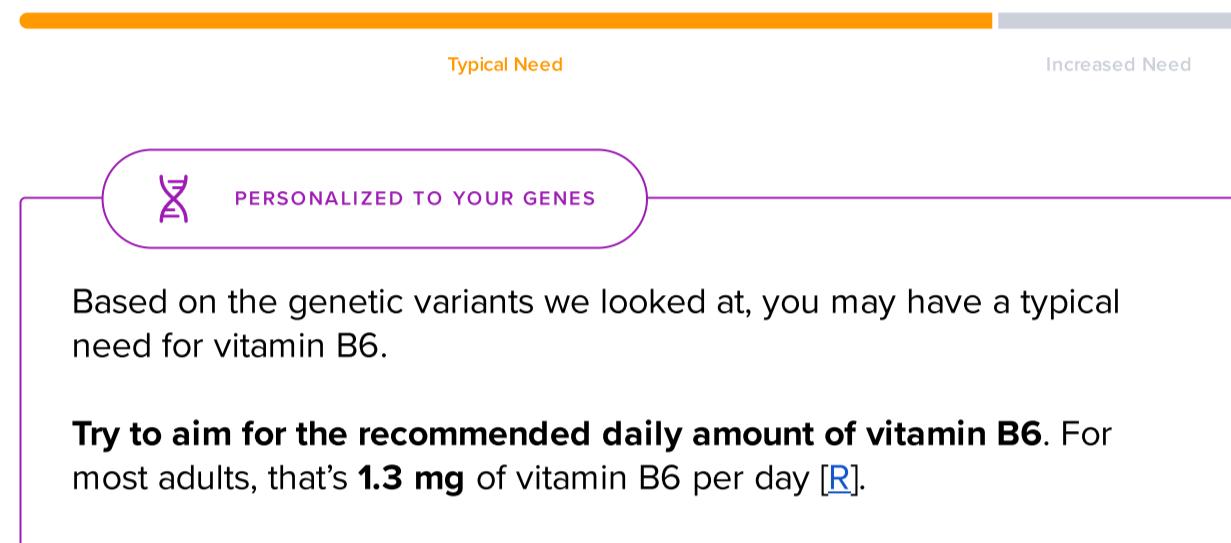
GENE	VARIANT	GENOTYPE
BCO1	rs12934922	AT
FFAR4	rs10882272	TC
BCO1	rs7501331	CC

Vitamin B6

Vitamin B6, or pyridoxine, is important for nervous and immune system health. It also supports brain development. Vitamin B6 is found in a variety of foods, and deficiency is uncommon [R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect your vitamin B6 levels [R, R, R].

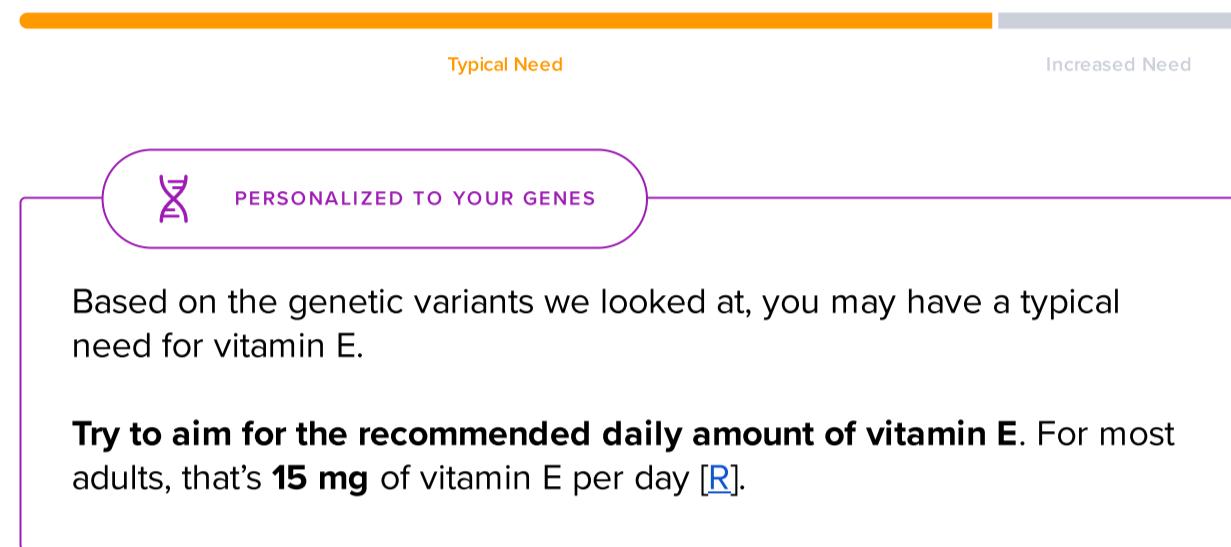
GENE	VARIANT	GENOTYPE
NBPF3	rs4654748	CC
NBPF3	rs1697421	TC
ALPL	rs1256341	TC
ALPL	rs1772719	CA
ALPL	rs1256335	AA

Vitamin E

Vitamin E is the name given to a group of antioxidant nutrients. There are eight forms of vitamin E. This vitamin is a crucial antioxidant and helps with immune function [R].



Your Result



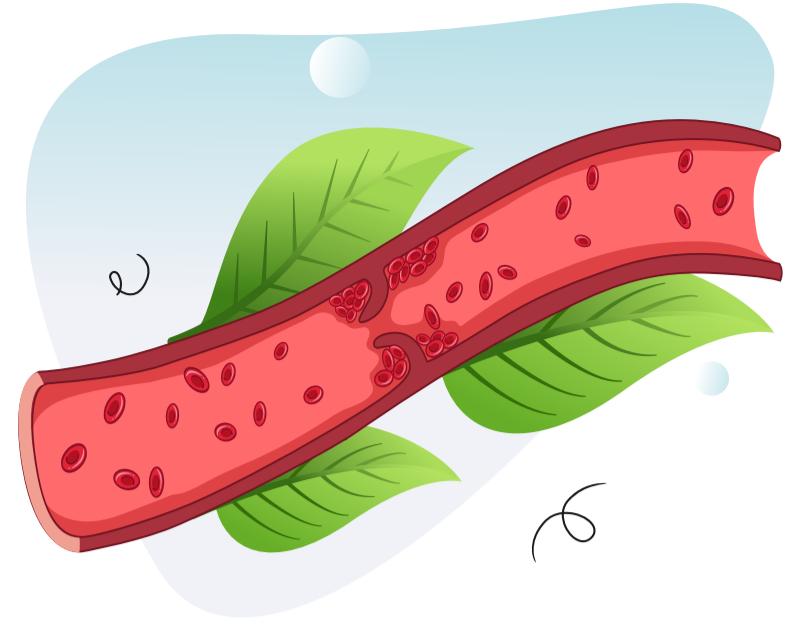
Your Gene Table

We tested several genetic variants because they affect your vitamin E levels [R].

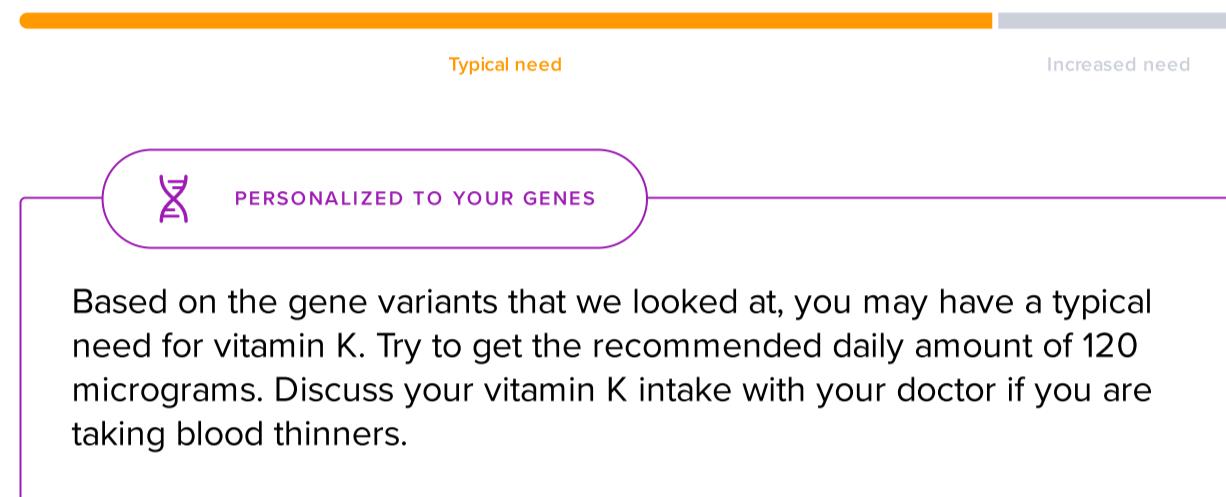
GENE	VARIANT	GENOTYPE
PAFAH1B2	rs12272004	AC
SIDT2	rs964184	GC
SCARB1	rs11057830	AG
CYP4F2	rs2108622	TC

Vitamin K

Vitamin K is essential for **blood clotting** and **bone health**. Good sources of vitamin K include leafy greens, soy products, carrots, and pumpkin. People on certain blood thinners (warfarin) should maintain a steady vitamin K intake due to potential interactions [R]



Your Result



Your Gene Table

We tested several gene variants that influence vitamin K levels. They may play a role in vitamin K breakdown, fat metabolism, and more [R, R, R].

GENE	VARIANT	GENOTYPE
/	rs2192574	TT
CTNNA2	rs4852146	TT
SIDT2	rs964184	GC
CYP4F2	rs2108622	TC
AP3S1	rs6862909	GG
AP3S1	rs6862071	AA
AP3S1	rs4122275	GG
KCNK9	rs4645543	CC
KCNK9	rs2199565	GG
KCNK9	rs7018214	TT
CYP4F11	rs12609820	CC



Minerals

Minerals are elements that our bodies need to survive and thrive. Minerals are essential nutrients, which means we must get them from our diet. However, people may have higher needs for certain minerals based on their genes. The four most important minerals that humans need are listed below. Some people may need more of a certain mineral due to genetics. In such cases, getting more of that mineral may help!

Iron

Likely increased need for iron



Calcium

Likely typical need for calcium



Magnesium

Likely typical need for magnesium



Zinc

Likely increased need for zinc



Potassium

Likely typical need for potassium



Selenium

Likely typical need for selenium

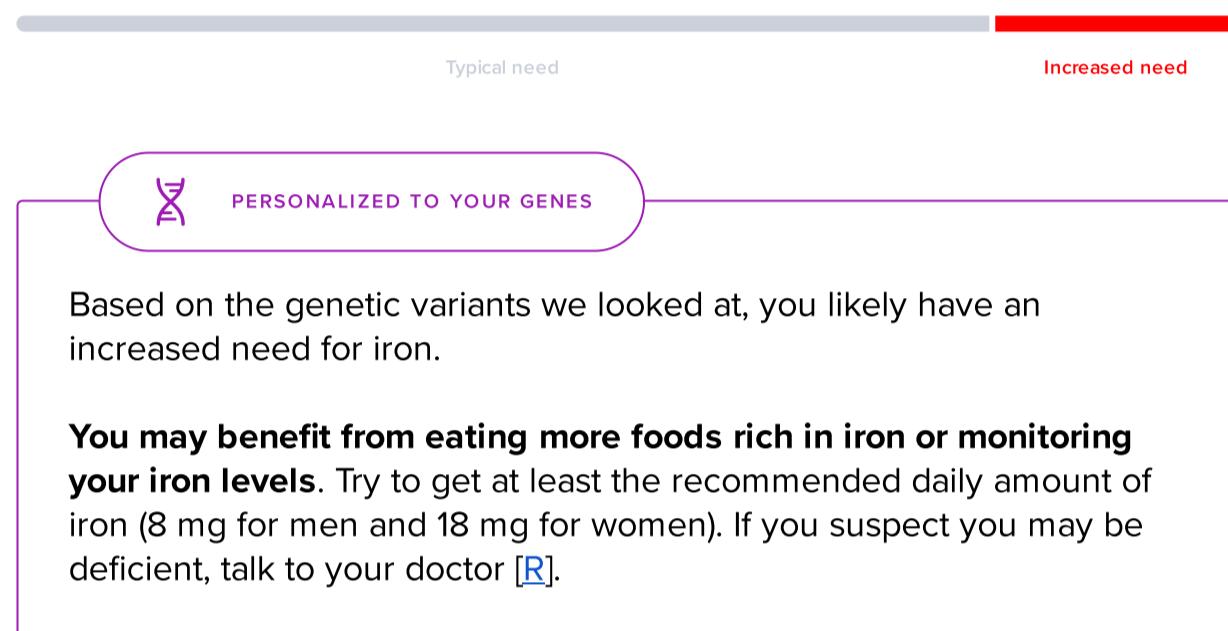


Iron

Iron is an essential mineral. It helps make hemoglobin, a protein that red blood cells need to carry oxygen throughout the body. In this way, iron supports energy production and fights fatigue [R, R, R].



Your Result



Your Gene Table

We tested several genetic variants related to iron to determine your need for it. Some people have variants that make it harder to absorb iron from food [R].

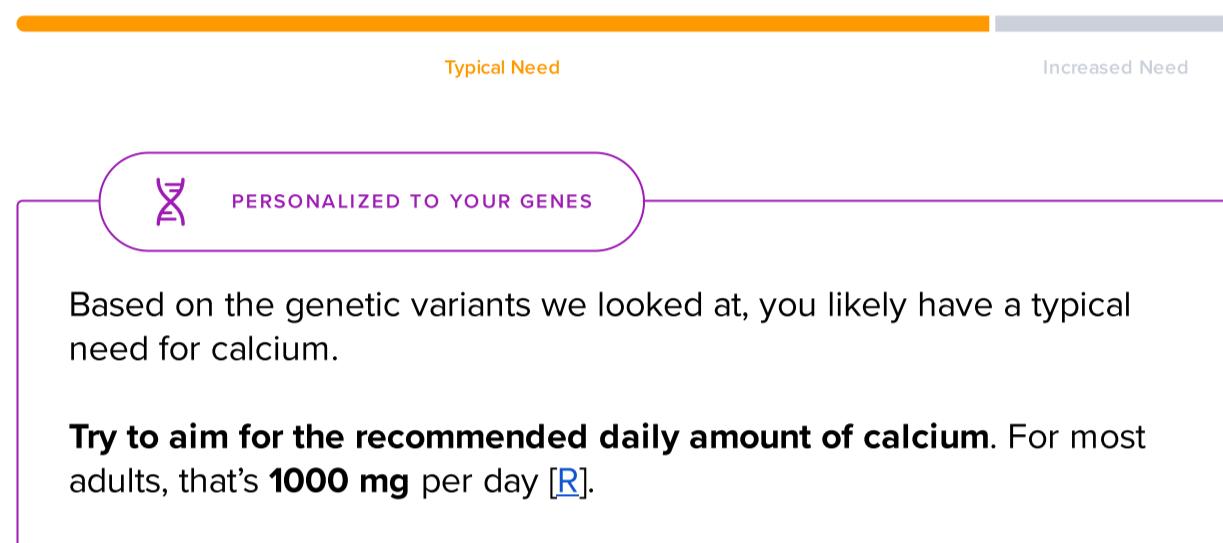
GENE	VARIANT	GENOTYPE
TMPRSS6	rs228916	TT
MAPRE1	rs146680938	CC
TMC5	rs4780797	AA
CDH19	rs181670562	CC
CNTN5	rs1398168	AA
CLDN11	rs113286612	GG
DTWD2	rs2442120	CC
SLC24A2	rs142401741	GG
ERG	rs117910189	TT
ZFAT	rs2315834	CC
HFE	rs1799945	CC
SCGN	rs115809796	AA
PLCG2	rs9934030	GG
NOTCH4	rs41270472	AA
CARMIL1	rs111722075	CC
H3C6	rs113507773	GG
PLAAT1	rs9849045	TT
NCKAP5	rs7588567	TC
TST	rs4820268	AA
TMPRSS6	rs855791	GG

Calcium

Calcium is the main component of your teeth and bones. It's also important for muscle and nerve function. Dairy products are an important source of calcium [R, R, R].



Your Result



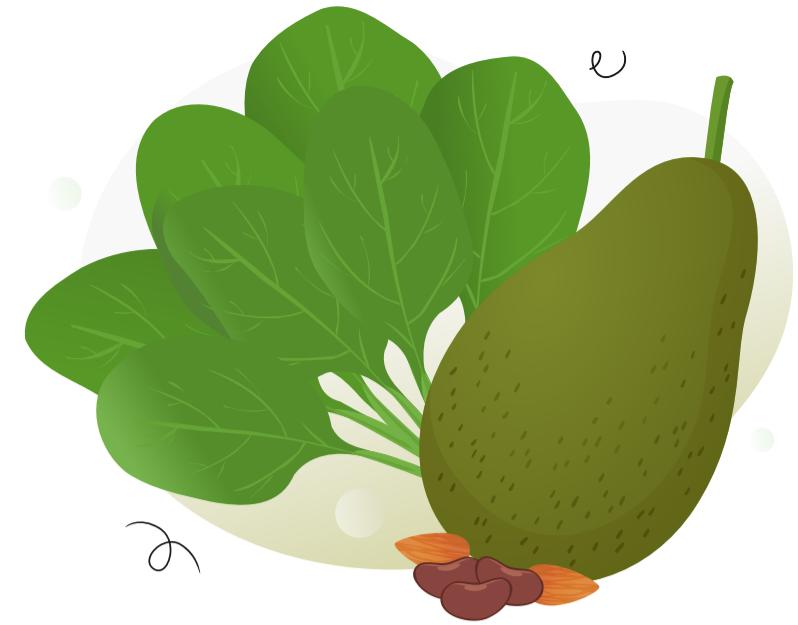
Your Gene Table

We tested several genetic variants related to calcium to determine your need for it. Some people have variants that make it harder to absorb calcium from food [R, R, R].

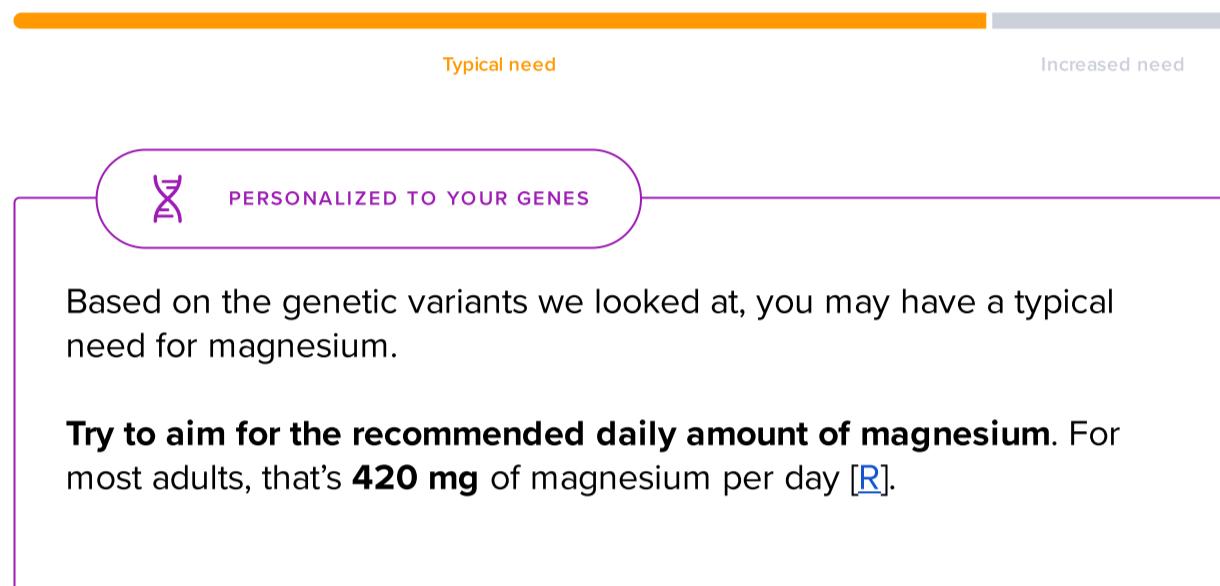
GENE	VARIANT	GENOTYPE
AMT	rs34240317	AA
PPP6R3	rs880610	GG
SEM1	rs4448201	CC
MECOM	rs784288	GA
HBZ	rs10794639	AA
RSPO3	rs9482772	CC
GALNT3	rs10204976	GG
SMOC1	rs3742909	GG
CPED1	rs10242100	AA
TNFRSF11B	rs2062375	CC
ZBTB40	rs34414754	CA
CDC42SE1	rs2864700	CT
CTNNB1	rs389264	TC
CCDC170	rs4869744	TC
ARL4C	rs12151790	GA
DOK6	rs17184557	AT
STK39	rs578031265	CC
EN1	rs115242848	CC
ALDH7A1	rs13182402	AA
PRSS3	rs10814041	GG

Magnesium

Magnesium is required for DNA and protein production, muscle and heart function, and immune function. Foods rich in magnesium include leafy greens, nuts, and seeds [R, R, R].



Your Result



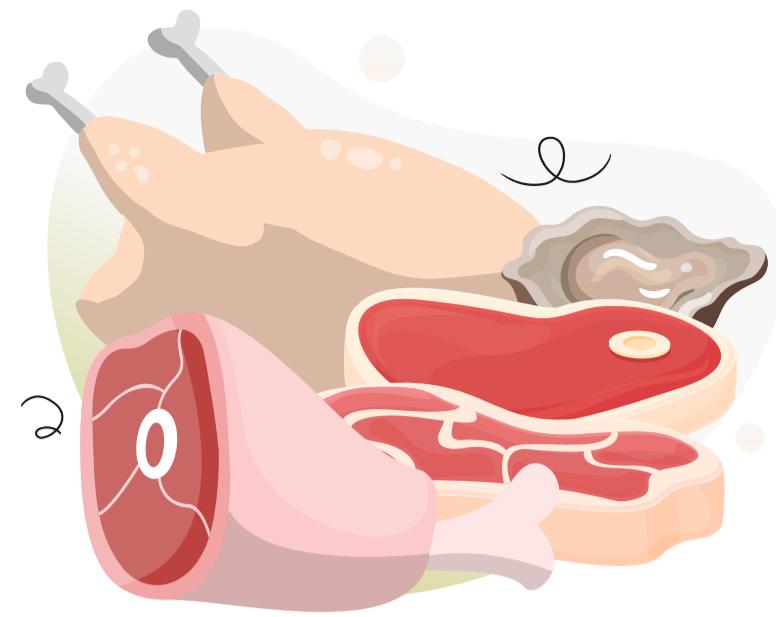
Your Gene Table

We tested several genetic variants because they affect your magnesium levels [R, R].

GENE	VARIANT	GENOTYPE
MTMR7	rs3764796	TT
VIPR1	rs11718502	CC
CSTA	rs1801725	GG
FGFR2	rs1219515	GG
DLK1	rs4905994	TT
THBS3	rs4971100	GG
PAPSS2	rs791888	GG
RALGDS	rs7032317	TC
CDKL2	rs6838240	TC
ALPK1	rs2074379	GA
PHACTR2	rs2073214	CT
CDKL2	rs6852678	CT
TRPM6	rs113607577	GG
TRPM6	rs11144134	TT
SHROOM3	rs9993810	AA
HDHD2	rs117060920	GG
THBS3	rs4072037	TC
SHROOM3	rs13146355	GG
PRMT7	rs7197653	CG
MECOM	rs448378	GG

Zinc

Zinc is an essential mineral. Your body uses it to defend against disease, protect DNA from damage, heal wounds, and control blood sugar. Some of the best sources of zinc include shellfish, pork, beef, and beans [R, R].



Your Result

Typical Need

Increased Need



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for zinc.

You may benefit from eating more foods rich in zinc or monitoring your zinc levels. Try to get at least the recommended daily amount of zinc (11 mg) [R].

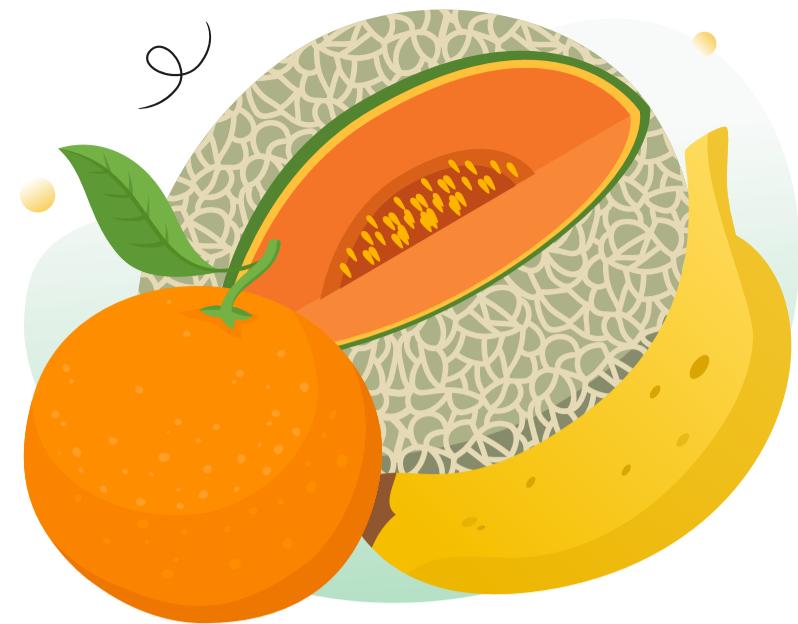
Your Gene Table

We tested several genetic variants because they affect your zinc levels [R, R, R].

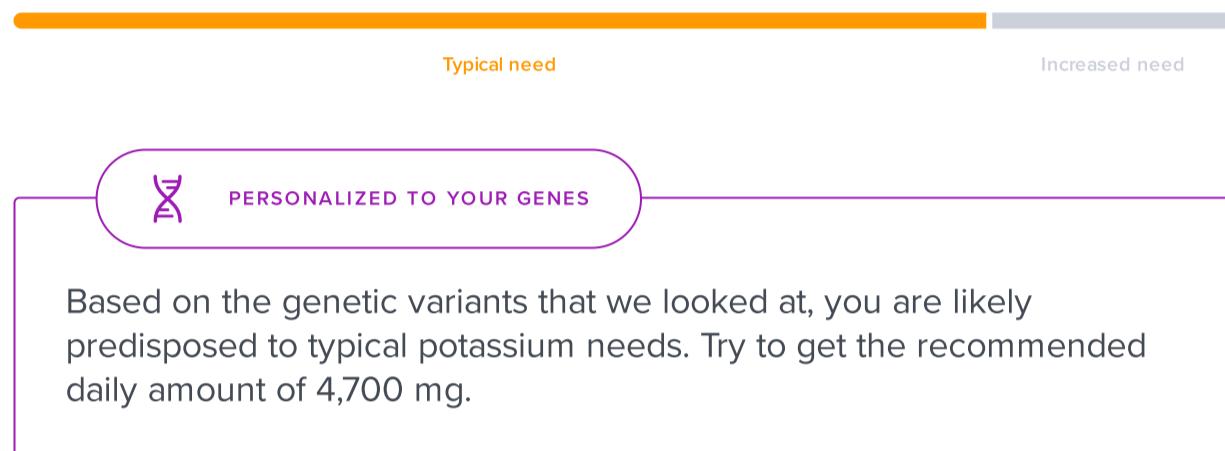
GENE	VARIANT	GENOTYPE
CA2	rs1532423	GG
SORBS3	rs4872479	GG
NBDY	rs4826508	CC
SLC5A6	rs11126936	GG
SCAMP5	rs2120019	CT

Potassium

Potassium is an essential mineral. It supports our heart, kidneys, muscles, and more. The recommended potassium intake is 4,700 mg/day. Foods rich in this mineral include vegetables, potatoes, legumes, and dried fruits [R, R, R].



Your Result



Your Gene Table

We tested a lot of gene variants that affect potassium levels. They may play a role in potassium transport, kidney function, and more [R, R, R].

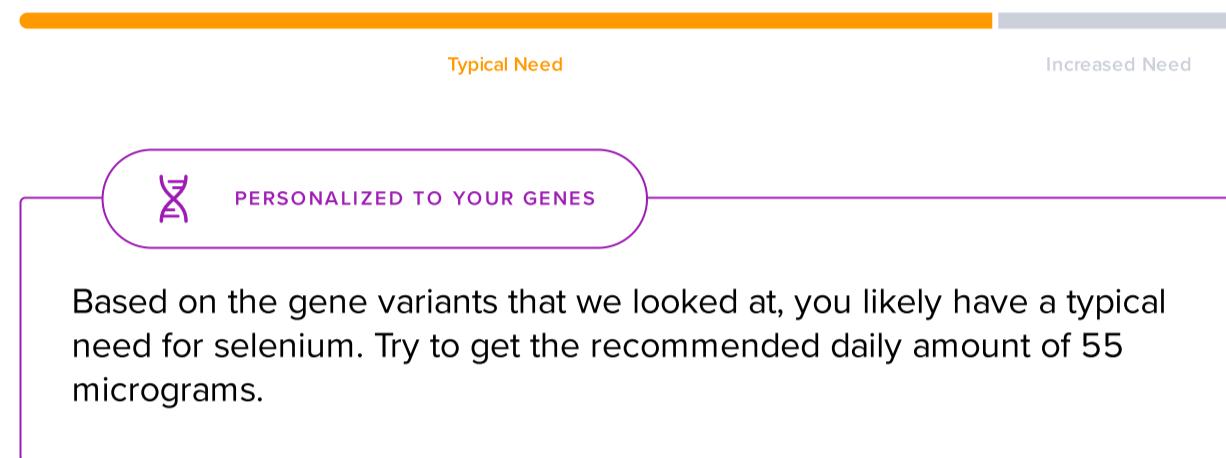
GENE	VARIANT	GENOTYPE
RGS7	rs183294212	CC
LURAP1	rs111512785	AA
PRG4	rs141261421	GG
NVL	rs78473436	AA
HMCN1	rs138057810	AA
CASQ2	rs117999962	GG
FMO2	rs184768578	AA
SSBP3	rs182561930	CC
PTPRC	rs141793725	TT
ETV3	rs75349367	GG
OLFM3	rs140864890	AA
GALNT2	rs80258856	CC
SPATA6	rs139642127	GG
FYB2	rs143507390	GG
SSBP3	rs117932658	TT
RRAGC	rs144130357	CC
FAAH	rs78451089	GG
/	rs80302144	CC
/	rs7548119	GG
RGS13	rs12071444	GG

Selenium

Selenium is a mineral that supports reproduction, thyroid health, antioxidant protection, and more. Adults should be getting **55 micrograms** of selenium per day. Good sources include **Brazil nuts, meat, fish, and eggs** [R].



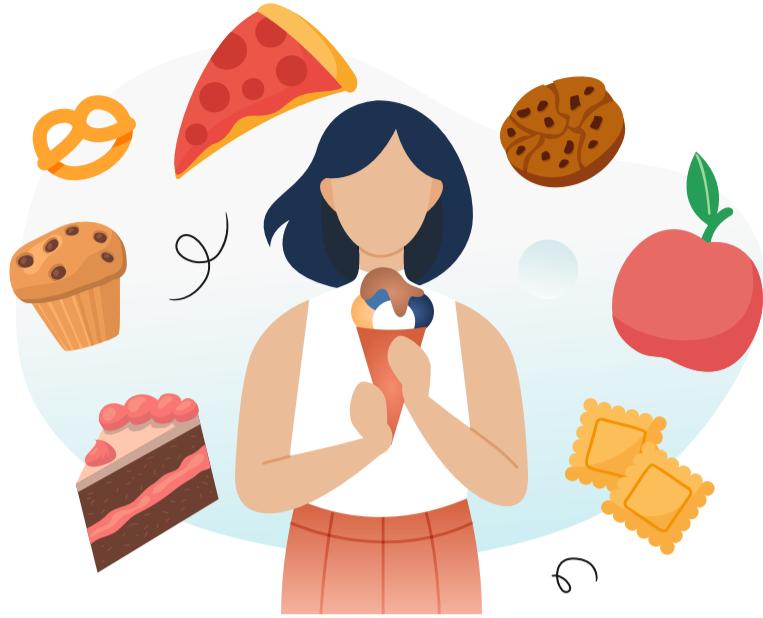
Your Result



Your Gene Table

We tested several gene variants that influence selenium levels. They may play a role in selenium transport, storage, and metabolism [R, R].

GENE	VARIANT	GENOTYPE
ARSB	rs921943	CT
AGA	rs1395479	CC
BHMT	rs11960388	AT
COG1	rs891684	GG



Eating Habits

You may be surprised to learn that some of the eating habits you have are affected by your genes! Eating is a complex behavior, but scientists have been able to link eating habits with certain genes. Read below to learn more about what your genes may be influencing!

Tendency to Overeat

Likely lower tendency to overeat



Sweet Tooth

More likely to have a sweet tooth



Snacking

Less likely to snack

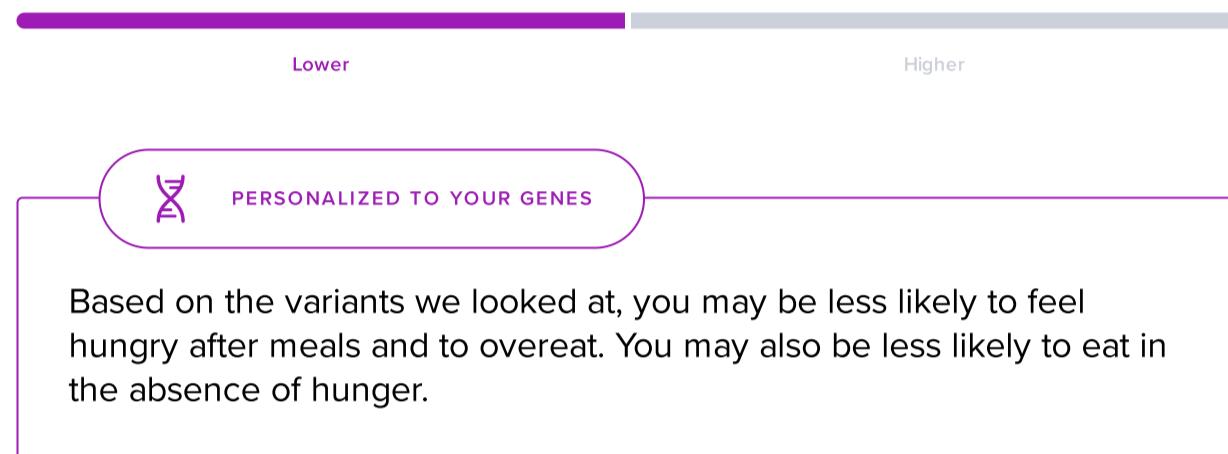


Tendency To Overeat

Hunger is the body's signal to eat. When we eat, we experience satiety - the feeling of fullness between meals. However, some people tend to overeat and feel hungry more often. Genetics may play a role in this.



Your Result



Your Gene Table

We tested one *FTO* gene variant to determine whether or not you have a tendency to overeat. Some people have a variant linked to an increased appetite and higher food intake.

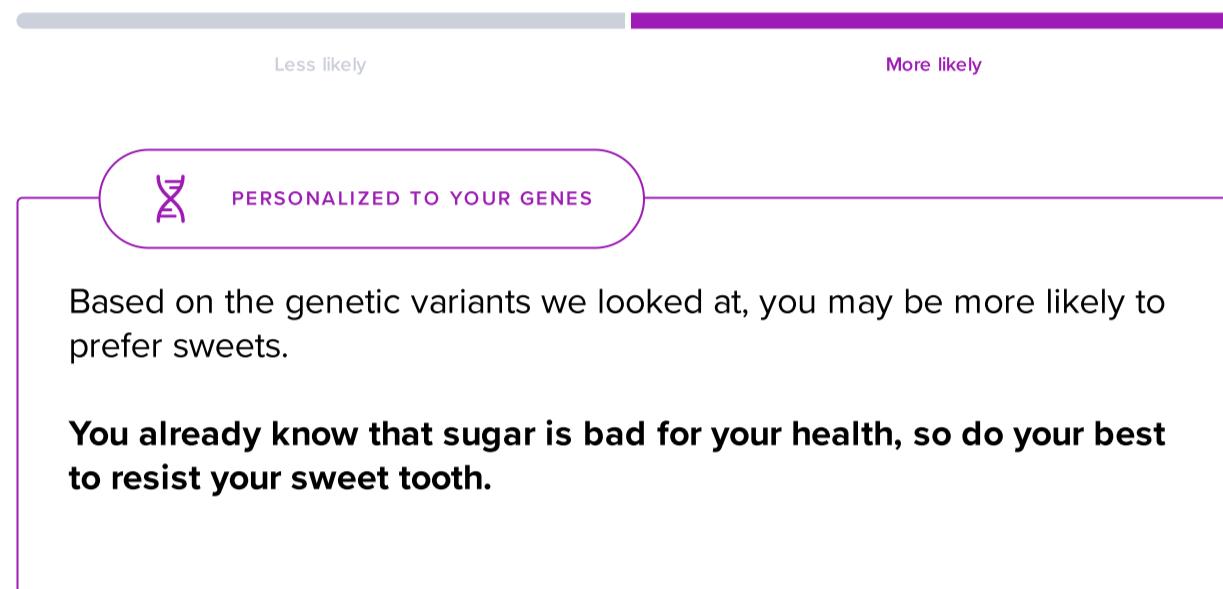
GENE	VARIANT	GENOTYPE
FTO	rs9939609	TT

Sweet Tooth

Do you have a sweet tooth? Or do you find some foods unpleasantly sweet? Differences in the genes that code for our taste receptors may affect our preference for sweets. People who have less sensitive sweet receptors may have a “sweet tooth”. They may prefer sweet foods and eat more of them [R, R].



Your Result



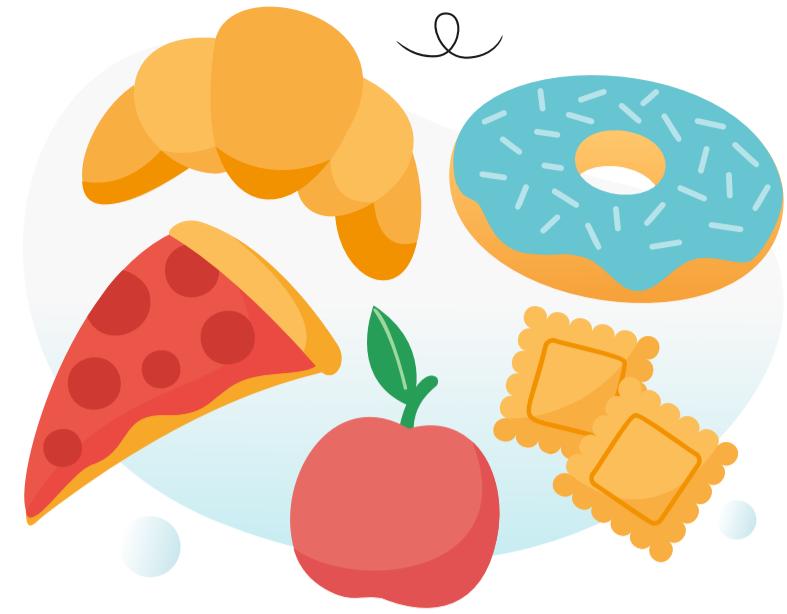
Your Gene Table

We tested several genetic variants to determine how likely you are to have a sweet tooth. People with a sweet tooth may have less sensitive sweet taste receptors on their tongues [R, R, R]!

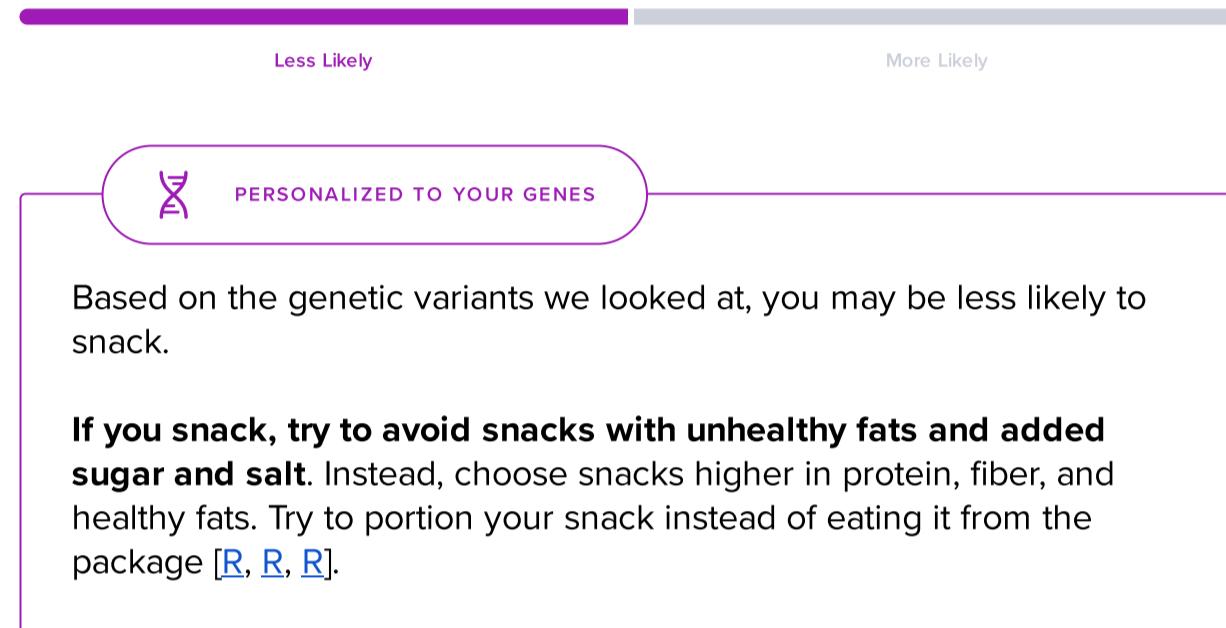
GENE	VARIANT	GENOTYPE
FUT2	rs838133	GA
/	rs13347339	TT
ATP10B	rs4552669	AA
ATP10B	rs10037124	TT
GOLGA8B	rs2433267	AA
WSCD1	rs35253088	TT
/	rs2815675	CC
FSCB	rs537022264	AA
AGMO	rs12699747	CT
KISS1R	rs350132	TA
/	rs13182470	TC
SERPINA1	rs11568814	TC
ORC5	rs10953405	AG
DNAJA4	rs4887033	TG
SLC2A2	rs5400	GG
ALDH2	rs671	GG
ITGA4	rs13029040	CC
TMEM63C	rs74340145	GG
DCC	rs55940710	CC
PNLIPRP3	rs2033397	CC

Snacking

Snacking is eating or drinking something between meals. Some people may snack more than others. This may partly be due to genetics. Genes involved with snacking may influence hormones linked to appetite and hunger [R, R, R].



Your Result



Your Gene Table

We tested several genetic variants because they affect your appetite and tendency to snack [R, R, R, R, R].

GENE	VARIANT	GENOTYPE
HES6	rs2304672	GG
LEP	rs791607	AA
SH2B1	rs7498665	GA
MC4R	rs17782313	TT
LRRC4	rs4577902	AA
LEPR	rs2025804	AA
LIN7C	rs925946	GG

Your Meal Plan Recipes



CALORIES ~ 374 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Tofu scramble

1 SERVING

Ingredients

- 2/3 cups tofu
- 1 tbsp olive oil
- 1 pinch powdered turmeric
- 2 slices gluten-free bread

Instructions

1. Heat olive oil in a non-stick pan over medium heat.
2. Add crumbled tofu to the pan and stir gently.
3. Add turmeric powder to the pan and continue to stir until the tofu is evenly coated.
4. Cook the tofu for 5-7 minutes, stirring occasionally, until it is slightly browned and crispy.
5. Season with salt and pepper, to taste.
6. Serve with gluten-free bread or other whole-grain bread of your choice



CALORIES ~ 440 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in histamine

This meal contains eggs

Soft-boiled eggs with avocado toast

1 SERVING

Ingredients

- 2 large eggs
- 1/2 an avocado
- 2 slices, gluten-free bread

Instructions

1. Bring a small pot of water to a rolling boil over high heat.
2. Gently add the eggs to the boiling water and cook for 5 minutes for a soft-boiled egg.
3. While the eggs are cooking, toast 2 slices of gluten-free bread (or a whole-grain bread of your choice) in a toaster or on a skillet until crispy.
4. Cut the avocado in half and remove the pit. Scoop out the flesh into a small bowl and mash it with a fork until it reaches your desired consistency.
5. Once the eggs are cooked, remove them from the boiling water using a slotted spoon and place them in an egg cup or small bowl. Use a spoon to gently crack the top of the eggshell and remove it.
6. Place the soft-boiled eggs on a plate with the toasted bread.
7. Spread the mashed avocado on the toast slices, and sprinkle with salt and pepper to taste.
8. Dip the toast into the soft-boiled egg yolk and enjoy!

Allergens: eggs



CALORIES ~ 400 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of zinc

Grilled chicken and mango salad

1 SERVING

Ingredients

- 1 small tomato
- 4-oz raw chicken breast
- 1 tbsp olive oil
- 1 medium red onion
- 1/2 mango, diced

Instructions

Dice the mango, onion, and tomato into small chunks. Grill the chicken in a grill pan (or sear in a standard pan) over medium high heat about 4 minutes per side. Dice chicken into chunks of similar size and toss with other ingredients along with olive oil. Season to taste with salt and pepper.



CALORIES ~ 590 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal may be high in
histamine

This meal contains eggs

Sweet potato and black bean hash

1 SERVING

Ingredients

- 1 small sweet potato
- 1/2 cup canned pinto beans
- 1 medium avocado
- 1 red bell pepper
- 1/2 onion, diced
- 1 egg
- 1 garlic clove
- 1 tbsp olive oil

Instructions

Dice the sweet potato into small cubes (1 cm), peeled or unpeeled. Drained or cooked pinto beans (about 1/4 can). Dice onion and red bell pepper. Mince one clove of garlic. Slice avocado (half) into thin wedges.

Sauté garlic, onion and red bell pepper until onion is just turning translucent with olive oil in skillet over medium-high heat. Feel free to add other seasonings as you see fit. Add sweet potato and cook until just starting to brown or fork tender. Stir in beans and add salt/pepper to taste. Create well in middle for egg, add egg, and cover until the egg is done to your liking.

Allergens: eggs



CALORIES ~ 490 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of zinc

This meal contains eggs

Buckwheat crepes

1 SERVING

Ingredients

- 1/2 cup buckwheat flour
- 1 large egg
- 1/2 tbsp butter
- 1/4 cup grilled turkey breast, diced

Instructions

Mix flour, 200 ml of water, egg, melted butter, and pinch of salt (if using unsalted butter) in blender or mixing bowl until smooth. Let batter rest for at least 1 hour (up to overnight). Note, for one serving this is only using half of an egg. Doubling other ingredients to utilize whole egg will yield about 6 crepes instead of 3.

Heat non-stick skillet or crepe pan over medium-high heat with small amount of butter. Add 1/3 of batter to pan and tilt/swirl pan to coat bottom with batter. Cook until batter sets and is browned around edges or about 2 minutes. Carefully use rubber spatula to flip and cook an additional 30 seconds. Add more butter (or oil) to pan as needed to cook rest of crepes.

Chop turkey breast into small chunks, divide into thirds and roll it into each crepe.

Allergens: eggs



CALORIES ~ 510 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Oatmeal with coconut milk and berries

1 SERVING

Ingredients

- 1/2 cup rolled oats
- 1/2 cup coconut milk
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 tbsp chia seeds

Instructions

Bring 120 ml coconut milk just to a boil and add oats. Reduce heat to medium and simmer until liquid absorbed and place in bowl. Rinse fruit and add to bowl. Sprinkle chia seeds on top. Add dash of coconut milk Optional: add butter and/or honey to taste.



CALORIES ~ 483 KCAL
 CARBS ██████████
 FAT ██████████
 PROTEIN ████████
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Muesli with nuts and dried fruit

1 SERVING

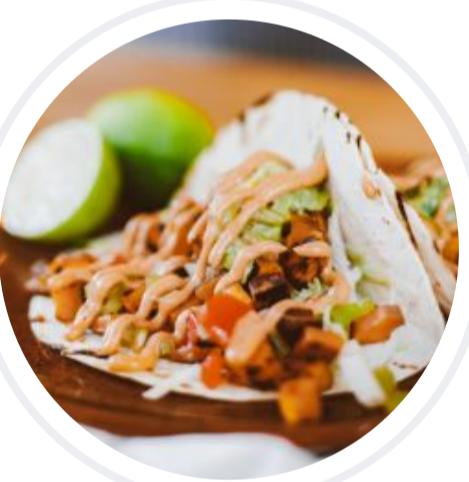
Ingredients

- 1/2 cup rolled oats
- 1 tbsp almonds
- 1 tbsp walnuts
- 1 tbsp dried cranberries
- 1 tbsp raisins
- 1/2 tbsp honey or maple syrup
- 1 cup almond milk

Instructions

1. Preheat the oven to 350°F (180°C).
2. Spread the rolled oats, almonds, and walnuts in a single layer on a baking sheet.
3. Bake the oats, almonds, and walnuts for 5-7 minutes or until they are lightly toasted and fragrant.
4. Remove the baking sheet from the oven and let the oats, almonds, and walnuts cool.
5. In a large mixing bowl, combine the toasted oats, almonds, walnuts, dried cranberries, and raisins.
6. Drizzle the honey over the mixture and stir until everything is well coated.
7. Serve the muesli with almond milk (or any milk or yogurt of your choice) and enjoy!

Allergens: nuts



CALORIES ~ 390 KCAL
 CARBS ██████████
 FAT ██████████
 PROTEIN ████████
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

This meal is a source of vitamin A

Hummus veggie wrap

1 SERVING

Ingredients

- 1/2 avocado, sliced
- 1 medium carrot
- 1/2 red bell pepper, sliced
- 1/2 cucumber, sliced
- 1 small wheat tortilla
- 3 tbsp hummus
- 1 cup lettuce, shredded

Instructions

1. Spread the hummus on the tortilla. Note: look up the recipe for hummus if you prefer making your own. It's easy!
2. Layer the avocado, carrots, red pepper, cucumber, and lettuce on top of the hummus.
3. Roll the tortilla tightly and slice it in half diagonally.
4. Serve immediately.



CALORIES ~ 300 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

This meal may be high in cholesterol

This meal contains eggs

Scrambled eggs with spinach and mushrooms

1 SERVING

Ingredients

- 2 large eggs
- 2 cups fresh spinach leaves
- 1 cup mushrooms, sliced
- 2 tbsp chopped chives
- 1 tbsp olive oil

Instructions

1. Heat the olive oil in a non-stick pan over medium heat.
2. Add the sliced mushrooms to the pan and sauté them for 2-3 minutes until they are soft and slightly browned.
3. Add the spinach leaves to the pan and cook for an additional 1-2 minutes until they have wilted.
4. Crack the eggs into the pan and scramble them with a spatula.
5. Cook the eggs until they are set to your desired level of doneness.
6. Season with salt and pepper to taste.
7. Sprinkle the chopped chives on top of the scrambled eggs.

Allergens: eggs



CALORIES ~ 400 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of zinc

Fruit bowl with chia seeds

1 SERVING

Ingredients

- 1 tbsp chia seeds
- 1/4 cup Blueberries
- 1/4 cup raspberries
- 1 tbsp coconut flakes
- 1/2 cup coconut milk

Instructions

1. In a bowl, mix the chia seeds and coconut milk together. Stir well to combine.
2. Let the mixture sit for 10 minutes, stirring occasionally, until the chia seeds have absorbed most of the liquid and formed a gel-like consistency.
3. Add the blueberries and raspberries on top of the chia seed mixture.
4. Sprinkle the coconut flakes on top of the fruit.
5. Enjoy your delicious and healthy chia seed and fruit bowl!



CALORIES ~ 330 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin A

Spaghetti squash with tomato-basil sauce

1 SERVING

Ingredients

- 1 lb spaghetti squash
- 1 small tomato
- 10 basil leaves
- 1 garlic clove
- 1 tbsp olive oil

Instructions

1. Preheat the oven to 375°F (190°C).
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
3. Brush the flesh of the spaghetti squash with 7.5ml of olive oil and season with salt and pepper.
4. Place the spaghetti squash halves cut-side down on a baking sheet and roast in the oven for 30-40 minutes or until the flesh is tender and can be easily scraped out with a fork.
5. While the spaghetti squash is cooking, prepare the tomato-basil sauce.
6. Dice the tomato and finely chop the garlic.
7. Heat the remaining 7.5ml of olive oil in a saucepan over medium heat.
8. Add the garlic and sauté for 1-2 minutes or until fragrant.
9. Add the diced tomato to the saucepan and cook for 5-7 minutes or until the tomato has broken down and become saucy.
10. Add the fresh basil leaves to the sauce and stir to combine.
11. Once the spaghetti squash is cooked, scrape out the flesh with a fork to create spaghetti-like strands.
12. Serve the spaghetti squash topped with the tomato-basil sauce.



CALORIES ~ 350 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may be high in histamine

Spicy shrimp and avocado salad

1 SERVING

Ingredients

- Juice of one lime
- 2 tbsp fresh cilantro, chopped
- 1 tbsp olive oil
- 8 large shrimp, peeled and deveined
- 1/2 medium avocado, diced
- 1/2 medium red onion , thin sliced
- 1/2 medium tomato, diced
- 1/2 medium cucumber, diced

Instructions

1. Heat a non-stick pan over medium heat. Add the shrimp and cook for 2-3 minutes on each side, or until they are pink and cooked through. Remove from heat and set aside.
2. In a large bowl, combine the avocado, tomato, cucumber, and red onion.
3. In a small bowl, whisk together the lime juice, cilantro, olive oil, salt, pepper, and cayenne pepper (if using).
4. Pour the dressing over the vegetables and toss gently to combine.
5. Add the cooked shrimp to the bowl and gently toss everything together.
6. Serve immediately.



CALORIES ~ 579 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Lentil and vegetable curry with brown rice

1 SERVING

Ingredients

- 1/2 cup brown rice
- 1/2 cup lentils
- 1/4 medium yellow onion
- 1/2 medium red bell pepper
- 1 small carrot
- 1 garlic clove
- 1/2-inch piece ginger
- 1 small tomato
- 1 tbsp green curry paste
- 1/2 cup coconut milk
- 1 tbsp olive oil

Instructions

1. Rinse the brown rice and cook it according to package instructions. Set aside.
2. Rinse the dry lentils and place them in a large pot with 2 cups (500ml) of water. Bring the lentils to a boil and then reduce the heat to low and let them simmer for 20-25 minutes or until they are tender. Drain any excess water and set aside.
3. In a large pan, heat the olive oil over medium heat.
4. Add the chopped onion, red bell pepper, carrot, garlic, and grated ginger to the pan and sauté for 5-7 minutes or until the vegetables are soft.
5. Add the chopped tomato and green curry paste to the pan and stir to combine.
6. Add the cooked lentils and coconut milk to the pan and stir to combine.
7. Cook for an additional 5-10 minutes or until the sauce has thickened and the flavors have melded together.
8. Season the curry with salt and pepper to taste.
9. Serve the lentil and vegetable curry over the cooked brown rice.



CALORIES ~ 600 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Roasted vegetables with quinoa and hummus

1 SERVING

Ingredients

- 1/4 cup quinoa
- 1 small carrot
- 1 small beetroot
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1/4 cup sweet potato
- 1 garlic clove
- 1 tbsp lemon juice
- 1/4 cup canned chickpeas
- 1 tbsp tahini

Instructions

1. Rinse the quinoa and cook it according to package instructions. Set aside.
2. Preheat the oven to 400°F (200°C).
3. In a large bowl, toss the cubed sweet potato, sliced carrot, cubed beet, and broccoli florets with the olive oil to coat.
4. Spread the vegetables out in a single layer on a baking sheet.
5. Roast the vegetables in the preheated oven for 20-25 minutes, stirring halfway through, until they are tender and slightly caramelized.
6. In a food processor or blender, combine the chickpeas, lemon juice, tahini, minced garlic, salt, and pepper.
7. Blend the ingredients until smooth.
8. If the hummus is too thick, add water a tablespoon at a time until it reaches the desired consistency.
9. Taste the hummus and adjust the seasoning with salt, pepper, or lemon juice as needed.
10. To assemble the dish, place the cooked quinoa in a bowl and top with the roasted vegetables.
11. Add dollops of hummus on top of the vegetables.
12. Serve warm.



CALORIES ~ 620 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of zinc

This meal may be high in histamine

Tuna poke bowl

1 SERVING

Ingredients

- 1 small can of tuna in water, drained and flaked
- 1 medium avocado, diced
- 1/2 medium cucumber, peeled and diced
- 1 small green onion, thinly sliced
- 1 tbsp sesame seeds
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1/2 tbsp honey or maple syrup
- 1 tbsp sesame oil
- 1/2 cup uncooked sushi rice
- 1 garlic clove, minced

Instructions

1. Rinse the sushi rice several times until the water runs clear, then drain.
2. Combine the rice and water in a medium saucepan and bring to a boil over high heat.
3. Reduce the heat to low, cover the pan, and simmer for 15-20 minutes until the water is fully absorbed and the rice is tender.
4. Remove the pan from the heat and let the rice rest, covered, for 10 minutes.
5. In a small bowl, whisk together the ingredients for the marinade: soy sauce, rice vinegar, honey, sesame oil, and garlic.
6. In a bowl, combine the drained tuna, diced avocado, diced cucumber, and thinly sliced green onions.
7. Pour the marinade over the tuna mixture and toss to combine.
8. Top the rice with the marinated tuna mixture.
9. Sprinkle the bowl with 1 tablespoon of sesame seeds.
10. Serve and enjoy!

Allergens: fish



CALORIES ~ 390 KCAL

CARBS

FAT

PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin A

Vegetable and bean soup with quinoa

1 SERVING

Ingredients

- 1/4 cup quinoa
- 1/4 cup canned red kidney beans
- 1/4 medium yellow onion
- 1/2 medium carrot, sliced
- 1 garlic clove
- 1/2 half stalk celery
- 1 small tomato
- 1 tbsp lemon juice
- 1 cup fresh spinach leaves
- 1 tbsp olive oil
- 1 tbsp oregano
- 6 basil leaves

Instructions

1. Rinse the quinoa and cook it according to package instructions. Set aside.
2. In a large pot, heat the olive oil over medium heat.
3. Add the chopped onion, carrot, garlic, and celery to the pot and sauté for 5-7 minutes or until the vegetables are soft and fragrant.
4. Add the chopped tomato to the pot and cook for an additional 5 minutes or until the tomato has broken down and become saucy.
5. Add the cooked red kidney beans, dried oregano, and chopped basil to the pot and stir to combine.
6. Add 1 1/2 cups (375ml) of water to the pot and bring the soup to a boil.
7. Reduce the heat to low and simmer the soup for 10-15 minutes or until the vegetables are tender and the flavors have melded together.
8. Add the cooked quinoa and spinach to the pot and stir to combine.
9. Cook for an additional 3-5 minutes or until the spinach has wilted and the soup is heated through.
10. Season the soup with salt and pepper to taste and squeeze in the juice of half a lemon before serving.



CALORIES ~ 357 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

Black bean and corn salad

1 SERVING

Ingredients

- 1/2 cup canned black beans
- 1/2 medium avocado
- 1 tbsp lime juice
- 4-5 cherry tomatoes
- 1/4 medium red bell pepper
- 1 tbsp fresh cilantro, chopped
- 1/2 cup cooked corn
- 1 tbsp pumpkin seeds
- 2 large lettuce leaves

Instructions

1. In a large bowl, combine the black beans, yellow corn, cherry tomatoes, red pepper, cilantro, and pumpkin seeds.
2. In a separate small bowl, mash the avocado with a fork until smooth.
3. Add the lime juice to the mashed avocado and stir until combined.
4. Pour the avocado dressing over the bean and corn mixture and toss to coat evenly.
5. Serve the salad on a bed of chopped lettuce.



CALORIES ~ 384 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

Grilled portobello mushrooms with vegetables

1 SERVING

Ingredients

- 4 portobello mushroom caps
- 2 stalks green onion
- 2/3 cup cherry tomatoes
- 1 medium green bell pepper, diced
- 7 spears trimmed asparagus
- 2 tbsp olive oil

Instructions

1. Preheat the grill or a grill pan to medium-high heat.
2. Brush the portobello mushroom caps with 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.
3. Grill the portobello mushrooms for 3-4 minutes on each side or until tender and lightly charred.
4. While the mushrooms are grilling, prepare the roasted vegetables.
5. Preheat the oven to 400°F (200°C).
6. Slice the green onion into 1-inch pieces and halve the cherry tomatoes.
7. Toss the sliced bell pepper, asparagus spears, green onion, and cherry tomatoes with the remaining 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.
8. Arrange the vegetables in a single layer on a baking sheet and roast in the oven for 15-20 minutes or until tender and lightly caramelized.
9. Serve the grilled portobello mushrooms with the roasted vegetables on the side.



CALORIES ~ 348 KCAL
 CARBS —————
 FAT ——————
 PROTEIN ——————
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Vegetable and brown rice stir-fry

1 SERVING

Ingredients

- 1/2 cup brown rice
- 1 cup broccoli florets
- 1/2 medium Green bell pepper
- 1 garlic clove
- 1/4 medium yellow onion
- 1/2 medium zucchini
- 1 tbsp olive oil
- 1 tbsp fresh parsley

Instructions

1. Heat the olive oil in a large skillet or wok over medium-high heat.
2. Add the broccoli florets, sliced bell pepper, sliced onion, and sliced zucchini to the skillet.
3. Stir-fry the vegetables for 4-5 minutes until they are tender but still crisp.
4. Add the minced garlic to the skillet and stir-fry for another 30 seconds.
5. Add the cooked brown rice to the skillet and stir-fry for 2-3 minutes until the rice is heated through.
6. Season the stir-fry with salt and pepper to taste.
7. Transfer the stir-fry to a bowl and sprinkle with chopped fresh parsley.



CALORIES ~ 640 KCAL
 CARBS —————
 FAT ——————
 PROTEIN ——————
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may be high in histamine

Black bean and quinoa salad

1 SERVING

Ingredients

- 1/2 cup quinoa
- 1/2 cup canned pinto beans
- 1/2 medium avocado
- 2 tbsp cilantro
- 1/4 medium red onion, diced
- 1 tbsp lime juice
- 1 garlic clove, minced

Instructions

1. Rinse the quinoa and drain well. In a medium saucepan, bring 1 cup (240ml) of water to a boil. Add the quinoa and a pinch of salt. Reduce the heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is tender and the water is absorbed.
2. In a small bowl, whisk together the olive oil, minced garlic, fresh lime juice, and a pinch of salt and pepper.
3. In a large mixing bowl, combine the cooked quinoa, rinsed pinto beans, diced avocado, chopped cilantro, and diced red onion. Pour the lime dressing over the top and toss to combine.
4. Season the salad with additional salt and pepper to taste. Serve immediately or chill in the refrigerator until ready to serve.



CALORIES ~ 600 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Chickpea and vegetable tagine

1 SERVING

Ingredients

- 1/3 cup buckwheat
- 1/2 cup canned chickpeas
- 1 medium carrot
- 1/4 medium yellow onion
- 1/2 medium zucchini
- 1 garlic clove
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp parsley
- 1 tbsp rice flour

Instructions

1. Rinse the buckwheat and cook it according to package instructions. Set aside.
2. In a large pan or tagine, heat the olive oil over medium heat.
3. Add the chopped onion and minced garlic to the pan and sauté for 2-3 minutes or until the onion is translucent.
4. Add the chopped carrot, zucchini, and tagine seasoning blend to the pan and sauté for 5-7 minutes or until the vegetables are tender.
5. Add the chickpeas to the pan and stir to combine.
6. In a small bowl, whisk together the rice flour and water to make a slurry. Pour the slurry over the vegetables and chickpeas and stir to combine.
7. Add the lemon juice to the pan and stir to combine.
8. Cook for an additional 2-3 minutes or until the sauce has thickened.
9. Season the tagine with salt and pepper to taste.
10. Serve the chickpea and vegetable tagine over the cooked buckwheat and sprinkle with chopped parsley.



CALORIES ~ 600 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Grilled salmon with sweet potatoes

1 SERVING

Ingredients

- 5-oz salmon fillet
- 1 medium sweet potato
- 10 trimmed asparagus spears
- 1 tbsp olive oil

Instructions

Peel the sweet potatoes and cut in wedges. Drizzle with olive oil, season with salt and pepper, and bake in the oven for 15-25 minutes. Bring a pot of water to boil and blanch the asparagus for 10 seconds. Sauté in olive oil and set aside. Season the salmon with olive oil, salt, and pepper, and grill for 10-12 minutes (5-6 on each side).

Allergens: fish



CALORIES ~ 570 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

Barley risotto with mushrooms

1 SERVING

Ingredients

- 4-5 spears trimmed asparagus
- 1/2 cup pearl barley
- 1 cup vegetable broth
- 1 cup portobello mushrooms
- 1/4 cup grated Parmesan cheese
- 1 tbsp butter
- 1 tbsp olive oil

Instructions

1. Rinse the pearl barley in cold water and drain.
2. Heat 15ml of olive oil in a saucepan over medium heat. Add the sliced mushrooms and sauté for 3-4 minutes, until tender and slightly browned.
3. Add the rinsed pearl barley to the pan, and stir for 1-2 minutes until lightly toasted.
4. Gradually add vegetable broth to the pan, stirring constantly. Once the liquid has been absorbed, add more broth and repeat until the barley is cooked and the risotto is creamy. This should take approximately 30-35 minutes.
5. Meanwhile, blanch the asparagus in boiling water for 2-3 minutes, then drain and set aside.
6. Once the barley is cooked, stir in 1 tablespoon of butter and 20g of grated Parmesan cheese.
7. Serve the barley risotto in a bowl, and top with sautéed mushrooms and asparagus pieces.



CALORIES ~ 432 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

This meal may be high in histamine

Ceviche

1 SERVING

Ingredients

- 8 ounces red snapper, cut into small pieces
- Juice of 4 limes
- 2 medium tomatoes, diced
- 1 medium cucumber, diced
- 1 medium avocado, diced
- 2 tbsp fresh cilantro, chopped
- 1/2 cup cooked corn
- 1/2 medium red onion, diced

Instructions

1. In a medium bowl, combine the snapper and lime juice. Make sure the fish is fully covered by the juice. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or until the fish is opaque and has a slightly firm texture.
2. After the fish is marinated, drain off the excess lime juice.
3. Add the tomato, cucumber, avocado, red onion, and cilantro to the bowl with the snapper.
4. Toss everything gently to combine.
5. Add salt and pepper to taste.
6. Serve in a bowl with the corn on top.

Allergens: fish



CALORIES ~ 484 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of zinc

This meal is a source of vitamin A

Chicken tagine

1 SERVING

Ingredients

- 1/4 medium onion, chopped
- 1/2 cup diced carrot
- 4-5 green olives
- 1 garlic clove
- 5-oz raw chicken breast, skinless and chopped
- 1 tbsp olive oil
- 1 tbsp fresh parsley
- 2 tsp honey or maple syrup
- 1 tbsp whole-wheat flour
- 1 tbsp tagine seasoning
- 1/4 medium lemon

Instructions

1. In a bowl, mix together the chicken pieces, whole-wheat flour, and tagine seasoning blend until the chicken is coated.
2. Heat the olive oil in a tagine or a heavy-bottomed pot over medium heat.
3. Add the chicken and cook until browned on all sides, about 5 minutes.
4. Add the onion, garlic, and sliced carrots, and cook until the vegetables are tender, about 5-7 minutes.
5. Pour in 150 ml water and bring to a boil. Reduce the heat and let the mixture simmer for 15-20 minutes or until the chicken is cooked through.
6. Add the green olives, sliced lemon, honey, and chopped parsley. Cook for an additional 5 minutes.
7. Serve hot with a side of couscous or bread.



CALORIES ~ 135 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

Apple slices with honey and cinnamon

1 SERVING

Ingredients

- 1 small apple
- 1 tsp honey or maple syrup
- 1 tsp cinnamon

Instructions

1. Rinse the apple under running water and pat it dry with a clean towel. Core the apple and slice it into thin wedges.
2. In a small bowl, mix the honey and cinnamon until well combined.
3. Dip the apple slices into the honey and cinnamon mixture, making sure to coat each slice evenly.
4. Arrange the apple slices on a plate and sprinkle any remaining cinnamon and honey mixture on top.
5. Serve and enjoy!



CALORIES ~ 290 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Roasted chickpeas with chili and lime

1 SERVING

Ingredients

- 1/2 cup raw chickpeas
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 lime, juiced

Instructions

1. Preheat the oven to 200°C.
2. Spread the chickpeas out on a baking sheet and drizzle with olive oil.
3. Sprinkle the chili powder over the chickpeas and toss to coat evenly.
4. Roast in the oven for 20-25 minutes, or until crispy and golden brown.
5. Remove from the oven and drizzle with lime juice.
6. Serve hot or at room temperature.



CALORIES ~ 220 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of iron

This meal is a source of zinc

This meal may be high in salt

Grilled turkey roll-ups

1 SERVING

Ingredients

- 1 small wheat tortilla
- 1/4 green onion, chopped
- 1/4 green bell pepper, thinly sliced
- 1 tbsp cream cheese
- 2-3 slices grilled turkey breast

Instructions

1. Spread cream cheese on each tortilla.
2. Layer 3 slices of grilled turkey on each tortilla.
3. Sprinkle the chopped green onion and thinly sliced bell pepper on top of the turkey.
4. Roll up the tortillas tightly.
5. Cut the roll-ups into slices and serve.



CALORIES ~ 255 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

Cilantro lime shrimps

1 SERVING

Ingredients

- Juice of 1 lime
- 2 garlic cloves, minced
- 1 tbsp fresh cilantro leaves, chopped
- 1 tbsp olive oil
- 1/2 cup raw shrimp, peeled and deveined

Instructions

1. In a small bowl, whisk together the lime juice, minced garlic, cilantro leaves, and olive oil.
2. Place the shrimp in a separate bowl and pour the lime-cilantro marinade over the shrimp, making sure each piece is coated. Let the shrimp marinate in the fridge for at least 10 minutes.
3. Heat a non-stick skillet over medium-high heat. Once hot, add the marinated shrimp and cook for 2-3 minutes per side or until the shrimp turns pink and is fully cooked.
4. Serve the shrimp hot with your favorite side dish, such as rice, quinoa, or a salad.

Allergens: shellfish



CALORIES ~ 252 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may be high in histamine

This meal is a source of vitamin A

Carrot sticks with guacamole

1 SERVING

Ingredients

- 3 medium carrots
- 1 medium avocado
- 1/4 medium red onion
- 1/2 medium tomato
- 1 tbsp cilantro
- 1 tbsp lime juice

Instructions

1. Cut the avocado in half and remove the pit. Scoop out the flesh into a bowl.
 2. Mash the avocado with a fork until it reaches your desired consistency.
 3. Finely chop the red onion, tomato, and cilantro leaves.
 4. Add the chopped onion, tomato, cilantro leaves, and lime juice to the bowl with the mashed avocado.
 5. Season with salt and pepper to taste, then mix everything together until well combined.
- For the carrot sticks:
1. Peel and cut the carrots into sticks.
 2. Serve the carrot sticks with the guacamole on the side.



CALORIES ~ 157 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Fresh fruit salad with honey and mint

1 SERVING

Ingredients

- 1/2 cup strawberries, halved
- 1/2 cup peaches, sliced
- 1/2 cup watermelon, cubed
- 1/2 cup green grapes
- 4-5 leaves peppermint
- 2 tsp honey or maple syrup

Instructions

1. Rinse the peach, strawberries (2-3 large berries), and grapes
2. Dice the peaches, strawberries, and watermelon into small, bite-sized chunks.
3. Finely chop the peppermint (about 3-4 leaves) and toss lightly with fruit in a bowl.
4. Drizzle with honey to taste.



CALORIES ~ 420 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of iron

This meal is a source of zinc

This meal contains eggs

Oat and raisin cookies

2 SERVINGS

Ingredients

- 1/4 cup whole-wheat flour
- 1/4 cup rolled oats
- 2 tbsp raisins
- 1/4 tsp cinnamon
- 1 tbsp butter
- 1 tbsp brown sugar
- 1/4 large egg

Instructions

1. Preheat the oven to 180°C/350°F.
2. In a mixing bowl, combine the whole-wheat flour, rolled oats, raisins, and cinnamon.
3. In a separate bowl, cream together the softened butter and brown sugar until light and fluffy.
4. Add the beaten egg to the butter and sugar mixture and stir until well combined.
5. Add the dry ingredients to the wet ingredients and mix until just combined.
6. Roll the dough into 6-8 balls and place them on a lined baking sheet.
7. Bake for 10-12 minutes, or until golden brown.
8. Remove the cookies from the oven and allow them to cool on a wire rack.
9. Enjoy your delicious oat and raisin cookies!

Allergens: eggs



CALORIES ~ 545 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

Calçots with romesco sauce

1 SERVING

Ingredients

- 10-12 spring onions
- 2 roasted red bell pepper
- 3 tbsp almonds
- 2 sun-dried tomatoes
- 1 garlic clove, minced
- 1 tbsp red wine vinegar
- 1/4 tbsp cayenne pepper
- 2 tbsp olive oil

Instructions

1. Preheat the grill to high heat.
2. Wash the spring onions and trim the roots. Grill the spring onions until charred and tender, about 10-15 minutes.
3. While the spring onions are grilling, make the romesco sauce. In a blender or food processor, combine the roasted red pepper, almonds, sun-dried tomatoes, garlic, red wine vinegar, and cayenne pepper. Pulse until coarsely chopped.
4. With the blender running, slowly pour in the olive oil until the sauce is smooth and creamy.
5. Serve the grilled spring onions with the romesco sauce on the side for dipping. Enjoy!

Allergens: nuts



CALORIES ~ 310 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Baked vegetable chips

1 SERVING

Ingredients

- 1 medium beetroot, sliced
- 1 medium zucchini, sliced
- 1 small parsnip, sliced
- 1 small sweet potato, sliced
- 1 tbsp olive oil

Instructions

1. Preheat the oven to 375°F (190°C).
2. Slice the vegetables thinly using a mandoline or a sharp knife.
3. In a large bowl, toss the vegetable slices with olive oil to coat evenly.
4. Arrange the vegetable slices in a single layer on a baking sheet lined with parchment paper.
5. Bake for 15-20 minutes or until the edges are golden brown and crispy.
6. Remove from the oven and let cool for a few minutes before serving.
7. Salt and pepper to taste.



CALORIES ~ 455 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Curry lentil soup

1 SERVING

Ingredients

- 1/3 cups lentils
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 small carrot, chopped
- 4 garlic cloves
- 1 tbsp grated ginger
- 1/2 medium tomato, chopped
- 1 tbsp olive oil
- 1 tbsp green curry paste
- 1/2 cup coconut milk

Instructions

1. Rinse lentils and soak them in water for at least 1 hour.
2. In a medium pot, heat olive oil over medium heat. Add onion, red pepper, carrots, garlic, and ginger. Sauté for 5-7 minutes, or until the vegetables are tender.
3. Add chopped tomato and sauté for another 2-3 minutes.
4. Add drained lentils, green curry paste, water, and coconut milk. Stir well to combine.
5. Bring the soup to a boil, then reduce heat to low and simmer for about 20-25 minutes, or until the lentils are tender.
6. Season with salt and pepper to taste.
7. Serve hot and enjoy!



CALORIES ~ 432 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal is a source of vitamin A

Tofu and vegetable stir-fry

1 SERVING

Ingredients

- 1 tbsp canola oil
- 3/4 cups extra firm tofu, drained and pressed
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1/2 medium onion
- 2 small carrots, sliced
- 1 cup broccoli florets
- 2 cups Chinese cabbage, chopped

Instructions

1. Cut the tofu into bite-sized pieces.
2. Heat a wok or large frying pan over medium-high heat and add the canola oil.
3. Add the tofu and stir-fry for 2-3 minutes until lightly browned. Remove from the pan and set aside.
4. Add the onion and carrots to the pan and stir-fry for 2-3 minutes until they start to soften.
5. Add the broccoli florets, red and yellow bell pepper and stir-fry for another 2-3 minutes.
6. Finally, add the Chinese cabbage and stir-fry for another 1-2 minutes until it wilts.
7. Return the tofu to the pan and stir everything together for a final minute.
8. Salt and pepper to taste or sprinkle with soy sauce.



CALORIES ~ 675 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal may contain lactose

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

Pizza all'ortolana

1 SERVING

Ingredients

- 3/4 cups whole-wheat flour
- 1/2 tsp yeast
- 1/2 cup tomato sauce
- 1/2 cups mozzarella cheese, sliced
- 1 tbsp olive oil
- 10 basil leaves
- 1 small eggplant, sliced
- 1/2 medium zucchini, sliced
- 1/2 medium red bell pepper

Instructions

1. Preheat oven to 200°C.
2. In a large mixing bowl, combine the whole-wheat flour and yeast. Gradually add 50ml of water and mix until a dough forms.
3. Knead the dough for about 5 minutes, then roll it out into a thin crust.
4. Spread the tomato sauce over the crust, leaving a 1cm border around the edge.
5. Place the sliced mozzarella over the tomato sauce.
6. Arrange the sliced eggplant, zucchini, and red pepper on top of the mozzarella.
7. Drizzle with olive oil and sprinkle with torn basil leaves.
8. Bake the pizza for 15-20 minutes, or until the crust is crispy and the cheese is melted and bubbly.
9. Slice and serve hot.



CALORIES ~ 500 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of iron

This meal contains eggs

Banana bread

1 SERVING

Ingredients

- 1 ripe banana
- 1/2 cup whole-wheat flour
- 2 tsp butter
- 2 tsp brown sugar
- 1 medium egg

Instructions

1. Preheat the oven to 350°F (175°C).
2. Mash the banana in a mixing bowl.
3. Add the melted butter and brown sugar to the mashed banana and stir to combine.
4. Beat the egg and add it to the bowl, mixing well.
5. Add the whole-wheat flour to the bowl and stir until just combined.
6. Pour the batter into a greased loaf pan.
7. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the banana bread cool for a few minutes in the pan before removing it and slicing it.

Allergens: eggs



CALORIES ~ 407 KCAL
 CARBS —————
 FAT ——————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

This meal is a source of zinc

Veggie burger

1 SERVING

Ingredients

- 1 large portobello mushroom cap
- 1 garlic clove, minced
- 1 small shallot
- 1/2 cup walnuts
- 1/2 medium or 1 small tomato
- 1 lettuce leaf
- 2 small pickles
- 1 small whole-wheat bun

Instructions

1. Preheat the oven to 375°F (190°C).
2. Remove the stem from the portobello mushroom and scrape out the gills with a spoon.
3. Finely chop the garlic and shallot.
4. Toast the walnuts in a dry pan over medium heat for 5-7 minutes, stirring occasionally, until fragrant and lightly browned.
5. In a food processor, combine the mushroom, garlic, shallot, and walnuts. Pulse until the mixture is finely chopped and well combined.
6. Form the mixture into a patty and place it on a baking sheet lined with parchment paper.
7. Bake for 20-25 minutes, until the patty is firm and lightly browned.
8. Slice the tomato and pickles.
9. Toast the burger bun.
10. Assemble the burger with the patty, tomato, lettuce, and pickles.

Allergens: nuts



CALORIES ~ 519 KCAL
 CARBS —————
 FAT ——————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal is a source of vitamin A

Andalusian-style spinach and chickpeas

1 SERVING

Ingredients

- 4 cups fresh spinach
- 1/2 cup canned chickpeas
- 2 garlic cloves
- 1 tsp cumin
- 1 tsp paprika
- 1 slice whole-wheat bread
- 2 tbsp olive oil

Instructions

1. Wash the spinach and drain it well.
2. Heat 1 tablespoon of olive oil in a pan over medium heat. Add the minced garlic, ground cumin, and paprika. Cook for about 1-2 minutes, stirring frequently, until fragrant.
3. Add the chickpeas to the pan and stir to coat them in the spice mixture. Cook for another 2-3 minutes.
4. Add the spinach to the pan and stir to combine with the chickpeas. Cook for another 3-5 minutes until the spinach is wilted and cooked through.



CALORIES ~ 349 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of iron

Greek salad

1 SERVING

Ingredients

- 1 large tomato
- 1 medium cucumber
- 1/4 medium red onion
- 1/4 cup feta cheese, crumbled
- 2 tbsp black olives
- 1 tbsp olive oil

Instructions

1. Wash and chop the tomato into bite-sized pieces.
2. Wash and chop the cucumber into bite-sized pieces.
3. Peel and thinly slice the red onion.
4. Crumble the feta cheese.
5. Add the tomato, cucumber, red onion, and black olives to a salad bowl.
6. Drizzle with olive oil.
7. Toss the salad ingredients together.
8. Add the crumbled feta cheese on top.
9. Serve immediately.



CALORIES ~ 544 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal is a source of vitamin A

Chicken and vegetable couscous

1 SERVING

Ingredients

- 1/3 cup couscous
- 1 medium zucchini, diced
- 2 small carrots, diced
- 1 medium sweet potato, diced
- 1/2 medium onion, diced
- 1 tbsp olive oil
- 1 raw chicken thigh

Instructions

1. Preheat the oven to 200°C.
2. In a small pot, bring 75ml of water to a boil. Once boiling, remove from heat and add the couscous, stirring once. Cover the pot and let it sit for 5 minutes.
3. In the meantime, place the diced zucchini, carrots, sweet potato, onion, and chicken on a baking sheet. Drizzle with olive oil and toss to coat.
4. Bake the vegetables and chicken in the preheated oven for 20-25 minutes, until the vegetables are tender and the chicken is cooked through.
5. Fluff the couscous with a fork and transfer it to a large mixing bowl. Add the roasted vegetables and chicken, and mix well.
6. Serve immediately or chill in the refrigerator for later.



CALORIES ~ 350 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

Blueberry banana smoothie

1 SERVING

Ingredients

- 1 large, ripe banana
- 1/2 cup blueberries
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds

Instructions

1. Peel the banana and place it in a blender.
2. Add the blueberries, almond milk, and chia seeds to the blender.
3. Blend the ingredients until smooth and creamy, adding more almond milk if needed to reach your desired consistency.
4. Pour the smoothie into a glass and enjoy!

Allergens: nuts



CALORIES ~ 584 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Zucca ripiena

1 SERVING

Ingredients

- 1 tsp rosemary
- 1 small pumpkin
- 2 tbsp black olives
- 1/4 cup canned white beans
- 3/4 cups cherry tomatoes, halved
- 1/4 cup canned chickpeas
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp thyme
- 1 tsp oregano

Instructions

1. Preheat your oven to 180°C.
2. Cut off the top of the pumpkin and scoop out the seeds and fibrous flesh from the inside.
3. In a mixing bowl, combine the black olives, small white beans, cherry tomatoes, chickpeas, minced garlic, olive oil, thyme, oregano, and rosemary. Mix well.
4. Fill the pumpkin with the mixture and cover with the pumpkin top.
5. Place the pumpkin on a baking dish and bake in the oven for about 1 hour or until the pumpkin is soft when pierced with a fork.
6. Remove from the oven and let it cool for a few minutes before serving. Cut into slices and enjoy!



CALORIES ~ 580 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Granola with dried fruits and nuts

1 SERVING

Ingredients

- 1/2 cup rolled oats
- 2 tbsp dried cranberries
- 2 tbsp raisins
- 2 tbsp coconut flakes
- 1/2 tbsp honey or maple syrup
- 1 tbsp almonds
- 1 tbsp cashews

Instructions

1. Preheat the oven to 160°C.
2. In a bowl, mix together the rolled oats, dried cranberries, raisins, coconut flakes, honey, almonds, and cashews.
3. Spread the mixture on a baking sheet lined with parchment paper.
4. Bake in the oven for 20-25 minutes, stirring occasionally, until the granola is golden brown.
5. Let the granola cool completely, then store in an airtight container.

Allergens: nuts



CALORIES ~ 500 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

This meal is a source of zinc

This meal is a source of vitamin A

Chili sin carne

1 SERVING

Ingredients

- 1/2 medium onion, chopped
- 2 garlic cloves, minced
- 1 cup sweet potatoes, diced
- 1/2 medium red bell pepper, diced
- 1/2 medium green bell pepper, diced
- 1 medium tomato
- 1/2 cup canned pinto beans
- 1/2 cup canned red kidney beans
- 1 tbsp oregano
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 tsp cumin
- 1/2 tsp paprika

Instructions

1. Heat a non-stick pan over medium-high heat. Add the onion and garlic, and cook until the onion is translucent, about 2-3 minutes.
2. Add the sweet potato, red and green pepper, and cook for about 5 minutes or until the vegetables are slightly tender.
3. Add the tomato, pinto beans, and red kidney beans, along with cumin, oregano, and paprika. Cook for another 5 minutes.
4. Add the parsley and cilantro, and cook for an additional 2-3 minutes.
5. Serve hot and top with crushed tortilla chips or potatoe chips (**optional**).



CALORIES ~ 540 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Vegan banana pancakes

1 SERVING

Ingredients

- 1 ripe banana
- 1/2 cup unsweetened almond milk
- 1/2 cup oat flour
- 1 tbsp olive oil
- 1 tbsp maple syrup

Instructions

1. In a mixing bowl, mash the banana with a fork until it has a smooth consistency.
2. Add the almond milk and maple syrup and mix until well combined.
3. Add the oat flour and mix until you have a smooth batter.
4. Heat a non-stick pan over medium heat and spray with cooking spray or oil.
5. Pour the batter onto the pan, about 1/4 cup at a time, and cook until the edges start to dry and the surface is bubbly.
6. Flip the pancake and cook for another minute or until lightly browned on both sides.
7. Repeat with the remaining batter, adjusting the heat as necessary.
8. Serve the pancakes warm with your favorite toppings.

Allergens: nuts



CALORIES ~ 400 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

Tacos with tofu

1 SERVING

Ingredients

- 2 wheat tortillas
- 1/4 medium avocado
- 1/4 medium red bell pepper
- 1/4 medium green bell pepper
- 1/2 medium onion
- 1 tbsp fresh cilantro, chopped
- 3 oz extra firm tofu

Instructions

1. Cut the tofu into small cubes and season with salt and pepper to taste.
2. Heat a non-stick skillet over medium-high heat and add the tofu cubes. Cook for 5-7 minutes or until crispy, stirring occasionally.
3. While the tofu is cooking, thinly slice the red pepper, green pepper, and onion.
4. Warm the tortillas in the microwave for 15-20 seconds or in a dry skillet over medium-high heat for 10-15 seconds on each side.
5. Assemble the tacos by dividing the crispy tofu, sliced red pepper, green pepper, and onion evenly between the two tortillas.
6. Top each taco with slices of avocado and a few cilantro leaves.



CALORIES ~ 559 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

Roasted vegetable lasagna

1 SERVING

Ingredients

- 1 medium eggplant
- 1 medium tomato
- 1 small carrot, shredded
- 1 small onion
- 1/2 cups tomato sauce
- 1/4 cups mozzarella cheese, grated
- 1 medium zucchini
- 1/4 head cauliflower
- 1 garlic clove
- 1 stalk celery
- 2 lasagna sheets

Instructions

1. Preheat the oven to 200°C (400°F).
2. Cut the zucchini, eggplant, cauliflower, tomato, and carrot into thin slices.
3. Finely chop the onion, garlic, and celery.
4. Toss the vegetables in olive oil and spread them out on a baking sheet. Sprinkle with dried oregano.
5. Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly browned.
6. Cook the lasagna sheets in boiling water according to package instructions, then drain.
7. Assemble the lasagna by placing a layer of roasted vegetables in the bottom of an oven-safe dish. Top with a layer of cooked lasagna sheets, followed by a layer of tomato sauce.
8. Repeat the layers, finishing with a layer of tomato sauce on top. Sprinkle with grated mozzarella cheese.
9. Bake in the oven for 25-30 minutes, until the cheese is melted and golden brown.
10. Let cool for a few minutes before serving.



CALORIES ~ 299 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of vitamin A

Caprese skewers

1 SERVING

Ingredients

- 2/3 cups cherry tomatoes
- 2/3 cups mozzarella cheese, cubed
- 10 basil leaves

Instructions

1. Cut the mozzarella into small cubes.
2. Wash the cherry tomatoes and pat them dry with a paper towel.
3. Wash the basil leaves and set them aside.
4. Thread the cherry tomatoes, mozzarella cubes, and basil leaves onto skewers in any order you prefer.
5. Optional: drizzle with olive oil
6. Serve immediately.



CALORIES ~ 480 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Falafel

1 SERVING

Ingredients

- 1 tsp cumin, ground
- 1/2 tbsp sesame seeds
- 2 tsp olive oil
- 1/2 cups chickpea flour
- 1 tbsp parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp fresh dill, chopped
- 1 garlic clove, minced

Instructions

1. In a mixing bowl, combine the chickpea flour, parsley, cilantro, dill, garlic, cumin, sesame seeds, salt, and pepper.
2. Add enough water to the bowl and mix until you have a thick and sticky batter.
3. Let the batter rest in the refrigerator for at least 30 minutes.
4. Using a small cookie scoop or spoon, form small balls of the mixture.
5. Heat some vegetable oil in a frying pan over medium-high heat.
6. Fry the falafel balls in the hot oil until they are crispy and golden brown, about 2-3 minutes per side.
7. Remove the falafel from the pan and place them on a paper towel to remove excess oil.
8. Serve the falafel hot, as a snack or in a pita bread with some tzatziki or hummus.



CALORIES ~ 235 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

Vietnamese summer rolls

1 SERVING

Ingredients

- 1 small carrot, sliced
- 1 cup lettuce, shredded
- 2 rice paper wrappers
- 1/8 cup soybean noodles
- 10 basil leaves, chopped
- 1/4 cups fresh cilantro, chopped
- 1/4 cups peppermint leaves, chopped
- 1/2 matchstick cucumber, sliced
- Juice of 1 lime

Instructions

1. Cook the soybean noodles according to the package instructions, and set them aside to cool.
2. Prepare the vegetables: wash and chop the basil, cilantro, peppermint, cucumber, carrot, and lettuce.
3. Fill a shallow dish with warm water. Dip one rice paper wrapper in the water for about 10-15 seconds until it softens.
4. Carefully transfer the rice paper wrapper to a plate. Place some of the cooked soybean noodles on the lower third of the wrapper, leaving about an inch of space on both sides.
5. Add some of the vegetables on top of the noodles: cucumber, carrot, lettuce, basil, cilantro, and peppermint.



CALORIES ~ 280 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

This meal is a source of vitamin A

Tzatziki with sliced vegetables

1 SERVING

Ingredients

- 1 tsp lemon juice
- 1/2 medium green bell pepper
- 1 small carrot
- 1 small cucumber
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp dried dill
- 1 tbsp peppermint leaves, chopped
- 1/2 cup low-fat Greek yogurt

Instructions

1. In a bowl, mix together the Greek yogurt, minced garlic, olive oil, dill, peppermint leaves, and lemon juice.
2. Stir well and refrigerate for 30 minutes to allow the flavors to blend.
3. While the Tzatziki is chilling, prepare the sliced vegetables by washing and slicing the bell peppers, carrots, and cucumber.
4. Once the Tzatziki is ready, serve it in a small bowl and add the sliced vegetables on a plate alongside it.



CALORIES ~ 394 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Roasted nuts

1 SERVING

Ingredients

- 1/8 cups almonds
- 1/8 cups walnuts
- 1/8 cups pecans
- 2 tbsp hazelnuts

Instructions

1. Preheat the oven to 350°F (180°C).
2. Spread the almonds, walnuts, pecans, and hazelnuts in a single layer on a baking sheet.
3. Roast the nuts in the preheated oven for 8-10 minutes or until they are lightly browned and fragrant. Be careful not to over-roast them as they can burn quickly.
4. Once roasted, remove the baking sheet from the oven and let the nuts cool for a few minutes.
5. Serve the nuts as a healthy snack or add them to salads, oatmeal, or yogurt bowls for added crunch.

Allergens: nuts



CALORIES ~ 300 KCAL
CARBS —
FAT —
PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Muhammara

1 SERVING

Ingredients

- 1/2 medium red bell pepper
- 1/4 cup walnuts
- 1 tbsp olive oil
- 1/2 tbsp pomegranate molasses
- 1/8 cup bread crumbs

Instructions

1. Preheat the oven to 200°C (400°F). Cut the red pepper in half, remove the stem and seeds, and place it cut-side down on a baking sheet. Roast the pepper for 15-20 minutes until the skin is charred and the flesh is soft.
2. Once the pepper is done, remove it from the oven and let it cool for a few minutes.
3. In a food processor, pulse the walnuts until they are coarsely ground.
4. Add the roasted red pepper, olive oil, and pomegranate molasses to the food processor, and pulse until everything is combined and the mixture is smooth.
5. Add the breadcrumbs and pulse again until they are fully incorporated.
6. Taste the muhammara and adjust the seasoning as needed. You can add a pinch of salt, more olive oil, or more pomegranate molasses to taste.
7. Serve the muhammara with pita bread, crackers, or fresh vegetables.

Allergens: nuts



CALORIES ~ 248 KCAL
CARBS —
FAT —
PROTEIN —

* per serving

Cauliflower popcorn

1 SERVING

Ingredients

- 2 cups cauliflower
- 1.5 tbsp coconut oil

Instructions

1. Preheat the oven to 200°C.
2. Cut the cauliflower into small bite-sized pieces
3. Toss the cauliflower pieces with the coconut oil in a mixing bowl until they are coated evenly.
4. Spread the cauliflower pieces in a single layer on a baking sheet lined with parchment paper.
5. Roast in the oven for 15-20 minutes, or until the cauliflower is tender and slightly browned.
6. Serve hot as a healthy snack or a side dish.



CALORIES ~ 574 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

This meal is a source of vitamin A

Eggplant lasagna

1 SERVING

Ingredients

- 1 tbsp olive oil
- 1 small carrot
- 1 stalk celery
- 1 garlic clove
- 1 small eggplant
- 1/2 medium onion
- 2 medium tomatoes, crushed
- 1/2 cup ground beef

Instructions

Stir-fry the onion and garlic for 5 minutes. Add the carrot and celery, and stir-fry for 5 more minutes. Add the ground beef, season with salt, pepper, and oregano, and stir-fry for 6-8 minutes. Add the crushed tomato and cook for 1 hour. In the meantime, cut the eggplant in slices, drizzle with olive oil, sprinkle with salt, and bake on an oven tray for 25 minutes. Lay eggplant slices, cover with the beef and tomato sauce, and add another layer of eggplant slices on top. Bake in the oven for 25-30 minutes.



CALORIES ~ 424 KCAL
 CARBS —
 FAT —
 PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Zucchini noodles with grilled turkey

1 SERVING

Ingredients

- 1 medium zucchini, spiralized
- 3-oz grilled turkey breast, sliced
- 1/2 cup fresh basil leaves
- 1 garlic clove, minced
- 1 tsp pine nuts
- 2 tsp olive oil

Instructions

For the pesto:

1. In a food processor, combine the basil leaves, garlic, pine nuts, and olive oil.
2. Pulse until a thick paste forms. Season with salt and pepper to taste.

For the zucchini noodles:

1. Heat a tablespoon of olive oil in a large pan over medium-high heat.
2. Add the zucchini noodles and cook for 3-5 minutes until tender.
3. Once the noodles are cooked, add the grilled turkey breast and stir to combine.
4. Add the pesto to the pan and stir to coat the noodles and turkey evenly.
5. Cook for an additional 1-2 minutes until everything is heated through.
6. Serve hot.



CALORIES ~ 364 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Hummus with vegetables

1 SERVING

Ingredients

- 1/2 medium red bell pepper
- 1 stalk celery
- 1 small carrot
- 1/2 cup canned chickpeas
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp tahini

Instructions

1. Drain and rinse the chickpeas, then place them in a food processor or blender.
2. Add lemon juice, minced garlic, and tahini to the chickpeas.
3. Blend the ingredients until smooth and creamy.
4. If the hummus is too thick, add a tablespoon of water at a time until you reach your desired consistency.
5. Transfer the hummus to a serving bowl and garnish with a drizzle of olive oil, a sprinkle of paprika, or chopped fresh herbs, if desired.
6. Prepare the vegetables by washing and cutting them into sticks.
7. Arrange the vegetable sticks around the bowl of hummus and serve immediately.



CALORIES ~ 368 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain trace amounts of peanuts

This meal is a source of iron

This meal is a source of zinc

Dark chocolate with hazelnuts

1 SERVING

Ingredients

- 1.5 oz dark chocolate, chopped
- 1/4 cup roasted hazelnuts

Instructions

1. Line a small baking sheet or plate with parchment paper.
2. In a heatproof bowl set over a saucepan of simmering water, melt the chopped dark chocolate, stirring frequently, until smooth.
3. Remove the bowl from the heat and let it cool for a few minutes.
4. Stir in the chopped hazelnuts, reserving a small amount for garnish if desired.
5. Pour the chocolate and hazelnut mixture onto the prepared baking sheet or plate, using a spatula to spread it out into an even layer.
6. Sprinkle the reserved chopped hazelnuts over the top, if desired.
7. Let the chocolate cool and harden at room temperature for at least 30 minutes.
8. Once the chocolate has hardened, break it into pieces or cut it into squares and serve.

Allergens: nuts



CALORIES ~ 240 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of iron

Artichoke hearts

1 SERVING

Ingredients

- 1/2 can artichoke hearts, drained and rinsed
- 1 tbsp olive oil
- 1/2 tbsp lemon juice

Instructions

1. Rinse and drain the artichoke hearts and pat them dry with a paper towel.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the dressing.
3. Add the artichoke hearts to the bowl and toss to coat them evenly in the dressing.
4. Serve the artichoke hearts immediately, garnished with a slice of lemon or chopped fresh herbs if desired.



CALORIES ~ 235 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin A

Pumpkin coconut smoothie

1 SERVING

Ingredients

- 1/2 cup coconut milk
- 1/4 cup pumpkin puree
- 1/2 medium banana

Instructions

Add the coconut milk, pumpkin puree, frozen banana, pumpkin pie spices, and 1 cup of ice to the blender. Blend until smooth.



CALORIES ~ 440 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Date and chia pudding

1 SERVING

Ingredients

- 1 cup almond milk
- 2 tsp honey or maple syrup
- 1 date
- 1/4 cup blueberries
- 1/4 cup chia seeds

Instructions

Mix all the ingredients except the dates in a bowl. Quarter the dates and stir them into the mixture until well combined. Cover and chill for at least 4 hours. Stir once or twice to loosen any seeds that may have clumped together. Divide into bowls and top with the blueberries.

Allergens: nuts



CALORIES ~ 520 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of zinc

This meal contains eggs

This meal is a source of vitamin A

Butternut squash breakfast hash

1 SERVING

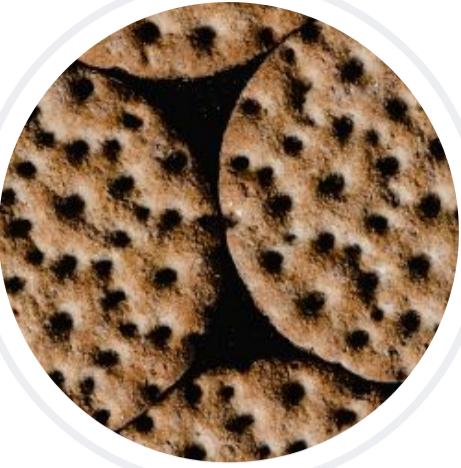
Ingredients

- 1 small butternut squash
- 1 medium onion
- 1 garlic clove
- 3 cups fresh spinach
- 2 eggs
- 1 tbsp olive oil
- 3.5 ounces of ground turkey sausage

Instructions

Cut the butternut squash in cubes and sauté for 5 minutes. Add the onion and sauté for 5 more minutes. Add in the sausage, garlic, and thyme, and let cook for 1-2 minutes. Add the spinach and let cook for 3-5 minutes. Create divets in the squash hash, pour in the eggs and cook for 15-20 minutes. Remove from heat and season with salt and pepper to taste.

Allergens: eggs



CALORIES ~ 455 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

Almond flour crackers

1 SERVING

Ingredients

- 1/2 cup almond flour
- 1 tbsp ground flaxseed
- 1/8 tsp sea salt
- 1/2 tbsp olive oil

Instructions

1. Preheat the oven to 170°C.
2. Mix the almond flour, ground flaxseed, and sea salt in a mixing bowl.
3. Add water and olive oil to the mixture, and stir until the mixture becomes a dough.
4. Place the dough between two pieces of parchment paper and roll it out until it's about 1/8 inch thick.
5. Cut the dough into small crackers with a pizza cutter or a sharp knife.
6. Transfer the crackers onto a baking sheet lined with parchment paper.
7. Bake for 10-12 minutes or until the crackers are golden brown.
8. Allow the crackers to cool for a few minutes before serving.

Allergens: nuts



CALORIES ~ 625 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of zinc

This meal contains eggs

Blueberry muffins

2 SERVINGS

Ingredients

- 1/4 cup blueberries
- 1/4 cup almond milk
- 1/2 cup almond flour
- 1.5 tbsp coconut oil
- 1 medium egg
- 1/2 tsp baking soda
- 1 tsp vanilla extract

Instructions

Stir the almond flour with baking powder and salt in a bowl. Add the coconut oil, almond milk, eggs, vanilla extract, and blueberries. Transfer the batter to a lined muffin tin and bake for 10-12 minutes until the tops are golden. Let them cool down on a rack.

Allergens: eggs and nuts



CALORIES ~ 345 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

This meal is a source of vitamin A

Acai bowl

1 SERVING

Ingredients

- 1/2 cup açai puree
- 1/5 cup blueberries
- 1/4 cup strawberries,
- 1 small banana, sliced
- 1 cup almond milk
- 1/4 cup walnuts

Instructions

Slice the banana and put it in a freezing bag. Add the strawberries and blueberries and keep in the freezer until completely frozen. Transfer to a bowl, add the almond milk and açai puree, and blend until smooth. Serve and top with walnuts.

Allergens: nuts



CALORIES ~ 413 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in salt

This meal is a source of iron

This meal is a source of zinc

This meal may be high in histamine

Tuna salad

1 SERVING

Ingredients

- 1/2 cup lettuce, shredded
- 1 can tuna
- 1 stalk celery, chopped
- 1/4 medium red onion
- 1/2 medium avocado
- 2 tsp capers
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp Dijon mustard

Instructions

Make the dressing by combining the olive oil, parsley, dill, Dijon mustard, red wine vinegar, and salt. Chop the onion, celery, and avocado. In a bowl, mix the lettuce, tuna, chopped vegetables, and capers. Season with the dressing.

Allergens: fish



CALORIES ~ 489 KCAL

CARBS

FAT

PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in histamine

Avocado toast with veggies

1 SERVING

Ingredients

- 1 large avocado
- 1 stalk green onion
- 1 small jalapeño pepper
- 1 small radish, sliced
- 2 slices gluten-free bread

Instructions

1. Toast 2 slices of gluten-free bread to preferred darkness.
2. Mash an avocado in a bowl until smooth (or just use slices).
3. Optionally, slice 1 green onion stalk, 1 medium radish, and/or 1 small jalapeño pepper to add on top.
4. Salt and pepper to taste.



CALORIES ~ 350 KCAL

CARBS

FAT

PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may contain lactose

Greek yogurt with honey and nuts

1 SERVING

Ingredients

- 2 tbsp walnuts
- 2 tsp honey or maple syrup
- 1 cup Greek yogurt
- 2 tbsp almonds

Instructions

1. Place the low-fat Greek yogurt in a serving bowl.
2. Drizzle honey over the top of the yogurt.
3. Roughly chop the almonds and walnuts and sprinkle over the yogurt.
4. Serve and enjoy!

Allergens: nuts



CALORIES ~ 360 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal contains eggs

Zucchini and tomato frittata

1 SERVING

Ingredients

- 1 medium zucchini, sliced
- 1/2 tomato, chopped
- 1 tbsp olive oil
- 1 tsp oregano
- 3 large eggs
- 2 tbsp almond milk

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the eggs, almond milk, dried oregano, salt, and pepper.
3. In an oven-safe skillet, heat the olive oil over medium heat. Add the sliced zucchini and sauté for 3-4 minutes, until slightly softened.
4. Add the chopped tomato to the skillet and stir for another minute.
5. Pour the egg mixture into the skillet and gently stir to combine with the vegetables.
6. Transfer the skillet to the preheated oven and bake for 15-20 minutes, until the frittata is cooked through and slightly golden on top.
7. Let the frittata cool for a few minutes before slicing and serving.

Allergens: eggs and nuts



CALORIES ~ 650 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal may contain lactose

This meal may be high in histamine

This meal contains eggs

Eggplant rollatini

1 SERVING

Ingredients

- 1/2 medium eggplant
- 1/4 cup almond flour
- 1/8 cup coconut flour
- 1 egg, whisked
- 1/2 cup marinara sauce
- 1/4 cup ricotta cheese
- 1/4 cup mozzarella cheese, grated
- 1 tbsp olive oil

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a shallow dish, mix together the almond flour and coconut flour.
3. Dip the eggplant slices in the whisked egg and then coat them in the flour mixture.
4. In a large skillet, heat the olive oil over medium heat. Add the eggplant slices and sauté for 2-3 minutes on each side until slightly browned.
5. Spread a spoonful of marinara sauce on each eggplant slice and top with a dollop of ricotta cheese.
6. Roll up the eggplant slices and place them in a baking dish.
7. Pour the remaining marinara sauce over the rolls and top with shredded mozzarella cheese.
8. Bake in the preheated oven for 20-25 minutes until the cheese is melted and bubbly.



CALORIES ~ 540 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin A

Sweet potato and kale salad

1 SERVING

Ingredients

- 1 cup sweet potato, cubed
- 2 cups kale, chopped
- 1/4 cup sliced almonds
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard

Instructions

1. Preheat the oven to 400°F (200°C). Spread the sweet potato cubes out on a baking sheet and drizzle with 1 tbsp olive oil. Roast for 20-25 minutes or until tender and golden.
2. In a large bowl, combine the kale and almonds.
3. In a small bowl, whisk together the remaining 1 tbsp olive oil, apple cider vinegar, Dijon mustard, salt, and pepper to make the dressing.
4. Add the roasted sweet potato cubes to the bowl with the kale and almonds. Drizzle the dressing over the top and toss well to coat.
5. Serve immediately.

Allergens: nuts



CALORIES ~ 325 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Fried cauliflower with mushrooms

1 SERVING

Ingredients

- 1.5 cups cauliflower, grated
- 1/2 cups mushrooms, sliced
- 1 medium green bell pepper, sliced
- 2 tbsp coconut oil
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1 medium onion, chopped

Instructions

1. In a large pan, heat coconut oil over medium-high heat.
2. Add the onion and cook until soft.
3. Add the mushrooms, bell pepper, garlic powder, ginger, salt, and pepper, and stir-fry until tender.
4. Add the grated cauliflower and continue to stir-fry until the cauliflower is cooked through.
5. Serve hot.



CALORIES ~ 253 KCAL

CARBS

FAT

PROTEIN

* per serving

Creamy broccoli soup

1 SERVING

Ingredients

- 1 cup broccoli florets
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tbsp coconut oil
- 1/2 cups vegetable broth
- 1/4 cups coconut milk

Instructions

1. In a large saucepan, heat the coconut oil over medium heat. Add the chopped onion and sauté for 2-3 minutes until softened.
2. Add the minced garlic and chopped broccoli to the saucepan and stir for another minute.
3. Pour in the vegetable broth and bring to a boil. Reduce the heat and let simmer for 10-15 minutes until the broccoli is tender.
4. Using an immersion blender or a regular blender, puree the soup until smooth.
5. Stir in the coconut milk and season with salt and pepper to taste.
6. Serve hot.



CALORIES ~ 450 KCAL

CARBS

FAT

PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal may be high in
histamine

Polenta with sautéed mushrooms and spinach

1 SERVING

Ingredients

- 1/2 cup cornmeal
- 1/2 tsp sea salt
- 1/2 cup sliced mushrooms
- 1/2 cup fresh spinach
- 1 tbsp olive oil

Instructions

1. In a medium saucepan, bring 2 cups of water to a boil. Add salt and slowly pour in 1/2 cup of cornmeal, whisking constantly to prevent lumps.
2. Reduce heat to low and continue to whisk for 5-10 minutes, until the mixture thickens and pulls away from the sides of the pan.
3. Remove from heat and let it rest for 2-3 minutes.
4. In a skillet, heat olive oil over medium-high heat. Add sliced mushrooms and cook until browned, stirring occasionally.
5. Add fresh spinach to the skillet and cook until wilted.
6. Serve polenta with the sautéed mushrooms and spinach on top.



CALORIES ~ 330 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

Chickpea and vegetable bowl

1 SERVING

Ingredients

- 1/2 cup canned chickpeas
- 1/2 cup sweet potato, diced
- 1/2 cup zucchini, sliced
- 1/4 onion, chopped
- 1 tbsp olive oil

Instructions

1. Heat olive oil in a skillet over medium-high heat.
2. Add sweet potato, zucchini, and onion and cook until tender, stirring occasionally.
3. Add chickpeas and cook until heated through.



CALORIES ~ 450 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of zinc

Smoothie bowl with hemp seeds

1 SERVING

Ingredients

- 1 cup frozen mixed berries
- 1 banana
- 1/2 cup coconut milk
- 2 tbsp hemp seeds

Instructions

1. Blend the frozen berries, banana, and coconut milk until smooth.
2. Pour into a bowl and top with hemp seeds.



CALORIES ~ 350 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of iron

Quinoa breakfast bowl

1 SERVING

Ingredients

- 1/4 cup quinoa
- 3/4 cup fortified soy milk
- 1/4 cup blueberries
- 2 tbsp flaxseed
- 2 tsp honey or maple syrup

Instructions

1. Cook the quinoa in a double amount of water
2. Mix the cooked quinoa, flaxseed, and soy milk in a bowl.
3. Top with blueberries.



CALORIES ~ 500 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Buckwheat pancakes with strawberry jam

1 SERVING

Ingredients

- 1/2 cup buckwheat flour
- 1/2 cup coconut milk
- 1 tbsp strawberry jam

Instructions

1. Mix the buckwheat flour and coconut milk in a bowl.
2. Optionally, add water for a desired consistency.
3. Heat a skillet over medium heat and pour the batter into the skillet, cooking until both sides are browned.
4. Top with strawberry jam.



CALORIES ~ 290 KCAL
CARBS -----
FAT -----
PROTEIN -----
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may be high in histamine

Veggie breakfast burrito

1 SERVING

Ingredients

- 1/2 avocado, sliced
- 1/4 cup canned black beans
- 1/4 cup salsa
- 1 large lettuce leaf
- 1 corn tortilla

Instructions

1. Warm the tortilla, and spread avocado on top.
2. Add lettuce, black beans, and salsa.
3. Fold the tortilla into a burrito.



CALORIES ~ 420 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Roasted chicken with vegetables

1 SERVING

Ingredients

- 6-oz raw chicken breast
- 1/2 small zucchini
- 1 red bell pepper
- 1/2 onion
- 1/2 tomato, diced
- 2 tbsp olive oil

Instructions

1. Chop the vegetables and place them on an oven tray with olive oil.
2. Season the chicken with olive oil, salt, pepper, and tarragon, and put on top of the vegetables.
3. Roast in the oven for 1 hour (half an hour on each side).



CALORIES ~ 380 KCAL
 CARBS —
 FAT —
 PROTEIN —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of zinc

Shrimp and beet winter salad

1 SERVING

Ingredients

- 1 cup cooked shrimp, peeled and deveined
- 1 medium beetroot, sliced
- 1.5 cups mixed salad greens
- 1/8 cup walnuts, chopped and toasted
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard

Instructions

1. Preheat oven to 375°F.
2. Wash beets under cold water and cut off the top and bottom.
3. Cut the beet in slices and roast for 30-40 mins or until they are tender when poked with a fork.
4. In a large mixing bowl, add the mixed salad greens, cooked shrimp, and roasted beets. Toss to combine.
5. In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper until well combined.
6. Pour the dressing over the salad and toss to coat.
7. Top the salad with chopped and toasted walnuts.

Allergens: shellfish and nuts



CALORIES ~ 580 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal may contain lactose

This meal is a source of zinc

This meal may be high in histamine

This meal contains eggs

This meal is a source of vitamin A

Quiche with a sweet potato crust

1 SERVING

Ingredients

- 1.5 cups sweet potato, peeled and grated
- 2 large eggs
- 1 tbsp olive oil
- 50 g onion, diced
- 1 cup spinach, chopped
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 3 tbsp milk
- 1/4 cup crumbled feta cheese

Instructions

1. Preheat the oven to 180°C.
2. Mix together the grated sweet potato and egg in a bowl. Season with salt and pepper.
3. Grease a 20cm quiche dish with the olive oil and press the sweet potato mixture into the dish, forming a crust. Bake for 10 minutes.
4. In a pan, sauté the onion and garlic in olive oil until softened. Add the spinach and red pepper and cook for a few more minutes until the spinach is wilted. Season with salt and pepper.
5. In a separate bowl, whisk together one egg yolk, milk, and crumbled feta cheese.
6. Spread the vegetable mixture over the sweet potato crust, then pour the egg and milk mixture over the top.
7. Bake for 25-30 minutes, until the quiche is set and golden on top.
8. Let cool for a few minutes before slicing and serving.



CALORIES ~ 450 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Almond-honey breakfast bar

1 SERVING

Ingredients

- 1/4 cup almond flour
- 1/4 cup almonds, chopped
- 1/8 cup unsweetened shredded coconut
- 1/2 tbsp honey or maple syrup
- 1 tbsp coconut oil, melted
- 1/2 tsp vanilla extract

Instructions

1. Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper.
2. In a mixing bowl, stir together the almond flour, chopped almonds, and shredded coconut.
3. Add the honey, melted coconut oil, and vanilla extract to the bowl. Stir until all ingredients are well combined.
4. Press the mixture into the prepared baking dish, using a spatula or the back of a spoon to make it even.
5. Bake the power bar for 10-12 minutes, until it is lightly golden brown on top.
6. Let the power bar cool completely before slicing it into portions.

Allergens: nuts



CALORIES ~ 500 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal may be high in histamine

This meal contains eggs

Veggie breakfast bowl

1 SERVING

Ingredients

- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- 1 cup red bell pepper, chopped
- 2 tbsp olive oil
- 2 large eggs
- 1/2 avocado, diced

Instructions

1. Preheat the oven to 200°C (400°F).
2. Toss the chopped cauliflower, zucchini, and red bell pepper with olive oil, salt, and pepper on a baking sheet.
3. Roast the vegetables for 20-25 minutes until they are tender and slightly charred.
4. While the vegetables are roasting, heat a non-stick pan over medium heat.
5. Crack the eggs into the pan and cook until the white is set and the yolk is still runny.
6. Once the vegetables are roasted, transfer them to a bowl.
7. Top the vegetables with the fried eggs and diced avocado.
8. Serve hot.

Allergens: eggs



CALORIES ~ 500 KCAL
 CARBS -----
 FAT -----
 PROTEIN -----

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may contain lactose

This meal is a source of zinc

Soybean noodles with walnut pesto

1 SERVING

Ingredients

- 1/2 cup soybean noodles
- 1 cup cauliflower florets
- 1/4 cup roasted red peppers
- 1.5 tbsp walnuts
- 1 garlic clove
- 1/4 cup grated parmesan cheese
- 1 tbsp olive oil

Instructions

1. Preheat your oven to 200°C.
2. Cook the pasta according to package instructions until al dente. Reserve 1/4 cup of the pasta cooking water before draining the pasta.
3. While the pasta is cooking, place the cauliflower florets on a baking sheet and roast for 15-20 minutes, until tender and slightly browned.
4. In a food processor, pulse together the roasted red peppers, walnuts, garlic, parmesan cheese, and olive oil until smooth.
5. In a large bowl, toss the cooked pasta with the roasted cauliflower and the walnut pesto, adding the reserved pasta cooking water as needed to loosen the sauce. Season with salt and pepper to taste.
6. Serve immediately, garnished with additional parmesan cheese and chopped walnuts if desired.

Allergens: nuts



CALORIES ~ 370 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may contain lactose

This meal may be high in histamine

Ratatouille with goat cheese

1 SERVING

Ingredients

- 1 cup chopped eggplant
- 1 cup chopped zucchini
- 1 cup chopped red bell pepper
- 3 tbsp chopped onion
- 3.5 tbsp crumbled goat cheese
- 1 garlic clove, minced
- 1 tsp oregano

Instructions

1. Heat the olive oil in a large pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until softened.
2. Add the eggplant, zucchini, and red bell pepper to the pan and sauté for 5-7 minutes until they begin to soften.
3. Add the canned chopped tomatoes, oregano, salt, and pepper to the pan and stir to combine. Reduce the heat to low and let the ratatouille simmer for 10-15 minutes until the vegetables are tender and the sauce has thickened.
4. Serve the ratatouille in a bowl and top with the crumbled goat cheese.



CALORIES ~ 410 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

Harissa baby potato salad

1 SERVING

Ingredients

- 1.5 cups baby potatoes, halved
- 1 tbsp olive oil
- 1/2 tbsp harissa paste
- 1/2 tbsp honey or maple syrup
- 1/2 tbsp lemon juice
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 small cucumber, chopped
- 1/2 small red onion, thinly sliced
- 1 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped

Instructions

1. Preheat your oven to 200°C (400°F).
2. In a bowl, mix together the olive oil, harissa paste, honey, lemon juice, salt, and black pepper.
3. Add the halved baby potatoes to the bowl and toss to coat them in the harissa mixture.
4. Spread the potatoes out on a baking tray and roast for 20-25 minutes or until they're tender and lightly browned.
5. In a separate bowl, mix together the chopped cucumber, sliced red onion, chopped parsley, and chopped mint.
6. Once the potatoes are cooked, let them cool for a few minutes before adding them to the bowl with the cucumber mixture. Toss everything together until well combined.
7. Serve the potato salad warm or chilled.



CALORIES ~ 350 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of iron

Grilled sea bass with olive tomato salsa

1 SERVING

Ingredients

- 6 oz sea bass filet
- 1/4 cup chopped, pitted, kalamata olives
- 5-6 cherry tomatoes, chopped
- 2 tbsp fresh parsley, chopped
- 20 basil leaves, chopped
- 1 tsp capers, chopped
- 1 garlic clove, minced
- 1/2 lemon, juiced
- 1 tbsp olive oil

Instructions

1. Preheat the oven to 200°C.
2. Season the sea bass filet with salt and black pepper on both sides.
3. In a bowl, mix together the chopped kalamata olives, cherry tomatoes, parsley, basil, capers, minced garlic, lemon juice, and extra virgin olive oil. Season with salt and black pepper to taste.
4. Spread the olive tomato salsa on top of the sea bass filet.
5. Place the sea bass filet on a baking sheet lined with parchment paper and bake for 15-20 minutes, until the fish is cooked through and the salsa is lightly browned on top.
6. Serve hot with a side of your choice.

Allergens: fish



CALORIES ~ 440 KCAL
CARBS —
FAT —
PROTEIN —
* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of zinc

This meal contains eggs

Zucchini tortilla with vegetables

1 SERVING

Ingredients

- 1/2 zucchini, grated
- 1 small onion, finely chopped
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 large eggs
- 1 medium potato, peeled and sliced into thin rounds
- 1 tbsp parsley, chopped

Instructions

1. Preheat the oven to 180°C.
2. Heat the olive oil in a frying pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until the onion is softened.
3. Add the red bell pepper and grated zucchini to the pan and sauté for another 5-7 minutes until the vegetables are tender. Remove the vegetables from the pan and set aside.
4. Add the sliced potatoes to the same pan and cook for about 10 minutes until they are tender and lightly browned.
5. Beat the eggs in a mixing bowl and add the cooked vegetables. Season with salt and pepper.
6. Pour the egg and vegetable mixture into the frying pan and cook over medium heat for 5-7 minutes until the bottom is set.
7. Transfer the pan to the preheated oven and bake for 10-15 minutes until the top is set and lightly golden.
8. Remove from the oven and let cool for a few minutes before slicing into wedges. Garnish with fresh parsley before serving.

Allergens: eggs



CALORIES ~ 390 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may contain lactose

This meal is a source of zinc

Mushroom Stroganoff

1 SERVING

Ingredients

- 1 large zucchini
- 2 tbsp olive oil
- 1/2 onion, diced
- 1 garlic clove, minced
- 1 cup mushrooms, sliced
- 1/4 tsp thyme, dried
- 1/2 tsp dried rosemary
- 1/4 tsp smoked paprika
- 1/2 cup vegetable broth
- 1/4 cup sour cream

Instructions

1. Use a spiralizer to turn the zucchini into noodles (or buy frozen).
2. Heat the olive oil in a large pan over medium heat.
3. Add the diced onion and minced garlic and cook for 2-3 minutes until the onion is translucent.
4. Add the sliced mushrooms, thyme, rosemary, and smoked paprika to the pan.
5. Cook for another 3-4 minutes until the mushrooms have released their liquid and are tender.
6. Pour in the vegetable broth and let the mixture come to a simmer.
7. Reduce the heat to low and stir in the sour cream.
8. Add the zucchini noodles to the pan and toss with the sauce until the noodles are coated and tender.
9. Season with salt and pepper to taste and garnish with chopped parsley if desired.



CALORIES ~ 600 KCAL
 CARBS —
 FAT —
 PROTEIN —
 * per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal may contain lactose

This meal contains eggs

Shakshuka

1 SERVING

Ingredients

- 2 tbsp olive oil
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 medium bell pepper, diced
- 1 medium tomato, diced
- 1 tsp paprika
- 1 tbsp fresh parsley, chopped
- 1/2 tsp cumin
- 2 medium eggs
- 4 tbsp crumbled feta cheese

Instructions

1. Heat the olive oil in a small skillet over medium heat.
2. Add the onion and garlic and cook until soft and translucent, about 3-4 minutes.
3. Add the bell pepper, tomato, paprika, cumin, salt, and pepper, and cook for another 3-4 minutes, until the vegetables are softened and the mixture is fragrant.
4. Use a spoon to make a well in the center of the mixture and crack an egg into it.
5. Cover the skillet with a lid or a sheet of aluminum foil and cook for another 5-7 minutes, until the eggs are cooked to your liking.



CALORIES ~ 475 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may contain lactose

Fig and ricotta toast

1 SERVING

Ingredients

- 2 slices whole-wheat bread
- 4 tbsp ricotta cheese
- 2 fresh figs, sliced
- 1/2 tbsp honey or maple syrup
- 2 tsp walnuts, chopped

Instructions

1. Toast the slices of bread to your desired level of doneness.
2. While the bread is toasting, in a small mixing bowl, stir together the ricotta cheese, honey, and cinnamon until well combined.
3. Once the bread is toasted, spread the ricotta mixture evenly over the top.
4. Arrange the sliced figs on top of the ricotta mixture.
5. Sprinkle the chopped walnuts on top of the figs.



CALORIES ~ 620 KCAL
 CARBS —————
 FAT —————
 PROTEIN —————

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of zinc

This meal may be high in salt

Beef and broccoli stir-fry

1 SERVING

Ingredients

- 1/2 medium onion
- 1 cup broccoli florets
- 1 garlic clove
- 3.5-oz raw beef steak, sliced into thin strips
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1/4 cup brown rice

Instructions

1. Heat 1 tablespoon of olive oil in a wok or a large frying pan over high heat.
2. Add the sliced beef and stir-fry for 2-3 minutes, until browned. Remove the beef from the pan and set it aside.
3. In the same pan, add the sliced onion and minced garlic. Stir-fry for 1-2 minutes, until the onion is softened and slightly caramelized.
4. Add the broccoli florets to the pan and stir-fry for another 2-3 minutes, until the broccoli is tender-crisp.
5. Return the beef to the pan, and add 2 tablespoons of soy sauce. Stir-fry for another 1-2 minutes, until everything is heated through and the sauce is well distributed.
6. Serve the beef and broccoli stir-fry with 1/2 cup of cooked brown rice.