**Recipes Dataset (Updated):**

| **Recipe Name** |  | **Ingredients** |  | **Dietary Category** | **Calories** | **Protein** | **Carbs** | **Fat** | **Prep Time** | **Servings** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| High-Protein Oatmeal |  | Rolled oats, Protein powder, Almond milk, Banana |  | High-protein | 350 | 20g | 40g | 10g | 5 minutes | 1 |
| Grilled Chicken Salad |  | Chicken breast, Mixed greens, Olive oil, Avocado |  | Low-carb | 450 | 35g | 15g | 25g | 15 minutes | 2 |
| Post-Workout Smoothie |  | Whey protein, Banana, Peanut butter, Almond milk |  | Post-workout | 400 | 30g | 45g | 15g | 5 minutes | 1 |
| Quinoa & Veggie Bowl |  | Quinoa, Chickpeas, Bell peppers, Olive oil, Spinach |  | Vegan | 300 | 12g | 50g | 8g | 10 minutes | 2 |
| Turkey Wrap |  | Turkey breast, Whole wheat wrap, Lettuce, Tomato, Avocado |  | Low-carb | 350 | 25g | 25g | 15g | 5 minutes | 1 |
| Protein Pancakes |  | Oats, Egg whites, Protein powder, Banana, Almond butter |  | High-protein | 400 | 25g | 55g | 10g | 10 minutes | 1 |
| Greek Yogurt Parfait |  | Greek yogurt, Mixed berries, Almonds, Honey |  | High-protein | 350 | 20g | 35g | 12g | 5 minutes | 1 |
| Lentil Soup |  | Lentils, Carrots, Celery, Onion, Garlic, Olive oil |  | Vegan | 250 | 18g | 40g | 5g | 20 minutes | 3 |
| Salmon & Asparagus |  | Salmon, Asparagus, Olive oil, Lemon |  | Low-carb | 500 | 40g | 10g | 25g | 15 |  |