

MEAL PLAN

Day 1

MEALS

Meal 1

Quinoa and Black Bean Salad

Avocado Toast

PREP	COOK	TOTAL
15 min	20 min	35 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	450	300	750

INGREDIENTS

Main Dish Ingredients

1. Quinoa - 100 g
2. Black beans - 100 g
3. Bell pepper - 50 g
4. Onion - 30 g
5. Cilantro - 10 g
6. Lime - 1 unit
7. Olive oil - 10 ml
8. Salt - to taste
9. Pepper - to taste

Side Dish Ingredients

1. Whole grain bread - 1 slice
2. Avocado - 50 g
3. Lime - 1/2 unit
4. Salt - to taste
5. Pepper - to taste

INSTRUCTIONS

Main Dish Instructions

1. Rinse the quinoa under cold water. 2. In a saucepan, combine the quinoa with 200 ml of water and a pinch of salt. Bring to a boil. Once boiling, reduce heat to low, cover, and simmer for 15 minutes. 3. Meanwhile, rinse the black beans under cold water. 4. Dice the bell pepper and onion. 5. After quinoa is cooked, fluff it with a fork and let it cool. 6. In a large bowl, combine the quinoa, black beans, diced bell pepper, onion, and chopped cilantro. 7. Squeeze lime juice over the mixture and drizzle olive oil. 8. Season with salt and pepper to taste. Serve chilled.

Side Dish Instructions

1. Toast the slice of whole grain bread. 2. In a bowl, mash the avocado with a fork and squeeze lime juice. 3. Spread the mashed avocado on the toasted

MEALS	INGREDIENTS	INSTRUCTIONS														
		<div>bread. 4. Season with salt and pepper to taste. Serve immediately.</div>														
<div><div>Meal 2</div><div>Vegetable Stir-Fry</div><div>Brown Rice</div></div> <div><table><tr><th>PREP</th><th>COOK</th><th>TOTAL</th></tr><tr><td>10 min</td><td>15 min</td><td>25 min</td></tr></table><div>Nutritional Information</div><table><tr><th></th><th>MAIN</th><th>SIDE</th><th>TOTAL</th></tr><tr><td>Calories</td><td>400</td><td>215</td><td>615</td></tr></table></div>	PREP	COOK	TOTAL	10 min	15 min	25 min		MAIN	SIDE	TOTAL	Calories	400	215	615	<div><div>Main Dish Ingredients</div><div><div>1. Broccoli - 100 g</div><div>2. Carrot - 50 g</div><div>3. Bell pepper - 50 g</div><div>4. Soy sauce - 15 ml</div><div>5. Olive oil - 10 ml</div><div>6. Ginger - 5 g</div><div>7. Garlic - 1 clove</div><div>8. Sesame seeds - 5 g</div></div></div> <div><div>Side Dish Ingredients</div><div><div>1. Brown rice - 60 g</div><div>2. Water - 150 ml</div><div>3. Salt - to taste</div></div></div>	<div><div>Main Dish Instructions</div><div><div>1. Cut the broccoli, carrot, and bell pepper into bite-sized pieces. 2. Heat olive oil in a pan over medium heat. 3. Add minced garlic and ginger and sauté for 1 minute. 4. Add the vegetables and stir-fry for about 5-7 minutes, until tender. 5. Pour in the soy sauce and cook for another 2 minutes. 6. Sprinkle with sesame seeds before serving.</div></div></div> <div><div>Side Dish Instructions</div><div><div>1. Rinse the brown rice under cold water. 2. In a pot, combine the rice with water and a pinch of salt. 3. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes. 4. Remove from heat and let sit covered for 5 minutes before serving.</div></div></div>
PREP	COOK	TOTAL														
10 min	15 min	25 min														
	MAIN	SIDE	TOTAL													
Calories	400	215	615													
<div><div>Meal 3</div><div>Spaghetti with Marinara Sauce</div><div>Garlic Bread</div></div>	<div><div>Main Dish Ingredients</div><div><div>1. Spaghetti - 100 g</div><div>2. Canned tomatoes - 200 g</div><div>3. Onion - 30 g</div><div>4. Garlic - 2 cloves</div></div></div>	<div><div>Main Dish Instructions</div><div><div>1. Cook spaghetti according to package instructions. 2. In a pan, heat olive oil over medium heat. 3. Add</div></div></div>														

MEALS

PREP	COOK	TOTAL
10 min	20 min	30 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	600	250	850

INGREDIENTS

5. Olive oil - 10 ml

6. Basil - 5 g

7. Salt - to taste

8. Pepper - to taste

Side Dish Ingredients

1. Whole grain bread - 1 slice

2. Butter - 10 g

3. Garlic - 1 clove

4. Parsley - 5 g

INSTRUCTIONS

minced onion and garlic, and sauté until translucent.

4. Add canned tomatoes, salt, and pepper. Let simmer for 15 minutes.

5. Add cooked spaghetti and basil to the sauce, mixing well. Serve hot.

Side Dish Instructions

1. Preheat oven to 180°C.

2. Mix softened butter with minced garlic and chopped parsley.

3. Spread the mixture on the slice of bread.

4. Place on a baking tray and bake for 10 minutes until golden.

Day 2

MEALS

INGREDIENTS

INSTRUCTIONS

Meal 1

Chickpea Salad

Pita Bread

PREP	COOK	TOTAL
10 min	0 min	10 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	400	150	550

Main Dish Ingredients

1. Chickpeas - 100 g

2. Cucumber - 50 g

3. Tomato - 50 g

4. Red onion - 30 g

5. Olive oil - 10 ml

6. Lemon - 1/2 unit

7. Salt - to taste

8. Pepper - to taste

Side Dish Ingredients

1. Pita bread - 1 unit

Main Dish Instructions

1. Drain and rinse the chickpeas.

2. Dice the cucumber, tomato, and red onion.

3. In a bowl, combine chickpeas, diced vegetables, olive oil, lemon juice, salt, and pepper. Mix well and serve.

Side Dish Instructions

Serve the chickpea salad with warm or toasted pita bread.

Meal 2

Lentil Curry

Rice

PREP	COOK	TOTAL
10 min	30 min	40 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	550	215	765

Main Dish Ingredients

1. Lentils - 100 g

2. Coconut milk - 200 ml

3. Spinach - 50 g

4. Onion - 30 g

5. Garlic - 2 cloves

6. Curry powder - 10 g

7. Salt - to taste

8. Olive oil - 10 ml

Side Dish Ingredients

1. Rice - 60 g

2. Water - 150 ml

3. Salt - to taste

Main Dish Instructions

1. In a pot, heat olive oil over medium heat. Add diced onion and minced garlic, and sauté until translucent.

2. Add the lentils, coconut milk, and curry powder. Simmer for 25 minutes until lentils are cooked.

3. Stir in spinach and cook for another 5 minutes. Season with salt to taste.

Side Dish Instructions

1. Rinse the rice under cold water.

2. In a pot, combine the rice with water and a pinch of salt.

3. Bring to a boil, then reduce heat to low,

MEALS	INGREDIENTS	INSTRUCTIONS														
		<div>cover, and simmer for 30 minutes. 4. Remove from heat and let sit covered for 5 minutes before serving.</div>														
<div><div>Meal 3</div><div>Tofu Stir-Fry</div><div>Quinoa</div></div> <div><table><tr><th>PREP</th><th>COOK</th><th>TOTAL</th></tr><tr><td>15 min</td><td>15 min</td><td>30 min</td></tr></table><div>Nutritional Information</div><table><tr><th></th><th>MAIN</th><th>SIDE</th><th>TOTAL</th></tr><tr><td>Calories</td><td>500</td><td>215</td><td>715</td></tr></table></div>	PREP	COOK	TOTAL	15 min	15 min	30 min		MAIN	SIDE	TOTAL	Calories	500	215	715	<div><div>Main Dish Ingredients</div><div><div>1. Tofu - 100 g</div><div>2. Mixed vegetables - 100 g</div><div>3. Soy sauce - 15 ml</div><div>4. Garlic - 1 clove</div><div>5. Olive oil - 10 ml</div><div>6. Ginger - 5 g</div></div></div> <div><div>Side Dish Ingredients</div><div><div>1. Quinoa - 60 g</div><div>2. Water - 150 ml</div><div>3. Salt - to taste</div></div></div>	<div><div>Main Dish Instructions</div><div><div>1. Cut tofu into cubes. 2. Heat olive oil in a pan over medium heat. 3. Add minced garlic and ginger and sauté for 1 minute. 4. Add tofu and stir-fry until golden brown. 5. Add mixed vegetables and soy sauce, and stir-fry for another 5 minutes.</div></div></div> <div><div>Side Dish Instructions</div><div><div>1. Rinse the quinoa under cold water. 2. In a saucepan, combine the quinoa with 200 ml of water and a pinch of salt. Bring to a boil. Once boiling, reduce heat to low, cover, and simmer for 15 minutes.</div></div></div>
PREP	COOK	TOTAL														
15 min	15 min	30 min														
	MAIN	SIDE	TOTAL													
Calories	500	215	715													

Day 3

MEALS

INGREDIENTS

INSTRUCTIONS

Meal 1
Stuffed Bell Peppers
Mixed Green Salad

PREP	COOK	TOTAL
15 min	40 min	55 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	600	150	750

Main Dish Ingredients

1. Bell peppers - 2 units
2. Quinoa - 100 g
3. Black beans - 100 g
4. Onion - 30 g
5. Corn - 50 g
6. Cumin - 5 g
7. Salt - to taste
8. Olive oil - 10 ml

Side Dish Ingredients

1. Mixed salad greens - 50 g
2. Cucumber - 50 g
3. Tomato - 50 g
4. Olive oil - 10 ml
5. Balsamic vinegar - 5 ml
6. Salt - to taste
7. Pepper - to taste

Main Dish Instructions

1. Preheat the oven to 180°C. 2. Rinse the quinoa and cook it as per package instructions. 3. Cut the tops off the bell peppers, remove seeds. 4. In a bowl, mix cooked quinoa, black beans, corn, diced onion, cumin, salt, and olive oil. 5. Stuff the bell peppers with this mixture. 6. Place stuffed peppers in a baking dish, cover, and bake for 30 minutes.

Side Dish Instructions

1. In a large bowl, combine mixed greens, diced cucumber, and tomato. 2. Drizzle with olive oil and balsamic vinegar, season with salt and pepper. Toss before serving.

Meal 2
Vegetable Pasta
Garlic Bread

PREP	COOK	TOTAL
10 min	20 min	30 min

Nutritional Information

Main Dish Ingredients

1. Pasta - 100 g
2. Zucchini - 50 g
3. Carrot - 50 g
4. Tomato sauce - 100 ml
5. Olive oil - 10 ml
6. Basil - 5 g
7. Salt - to taste

Main Dish Instructions

1. Cook pasta according to package instructions. 2. In a pan, heat olive oil and sauté diced zucchini and carrot for about 5 minutes. 3. Add tomato sauce, salt, and pepper; let it simmer for another 5 minutes. 4. Mix the

MEALS				INGREDIENTS		INSTRUCTIONS	
	MAIN	SIDE	TOTAL	8. Pepper - to taste		cooked pasta into the sauce and sprinkle with fresh basil before serving.	
Calories	500	250	750	Side Dish Ingredients 1. Whole grain bread - 1 slice 2. Butter - 10 g 3. Garlic - 1 clove 4. Parsley - 5 g		Side Dish Instructions 1. Preheat oven to 180°C. 2. Mix softened butter with minced garlic and chopped parsley. 3. Spread the mixture on the slice of bread. 4. Place on a baking tray and bake for 10 minutes until golden.	

Meal 3

Mushroom Risotto

Steamed Broccoli

PREP	COOK	TOTAL
10 min	30 min	40 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	600	55	655

Main Dish Ingredients

- 1. Arborio rice - 100 g
- 2. Mushrooms - 100 g
- 3. Onion - 30 g
- 4. Vegetable broth - 300 ml
- 5. Olive oil - 10 ml
- 6. Parmesan cheese - 20 g
- 7. Salt - to taste
- 8. Pepper - to taste

Side Dish Ingredients

- 1. Broccoli - 100 g
- 2. Salt - to taste

Main Dish Instructions

- 1. In a pot, heat olive oil and sauté chopped onion until translucent.
- 2. Add chopped mushrooms and cook for about 5 minutes.
- 3. Stir in Arborio rice and cook for 1-2 minutes.
- 4. Gradually add vegetable broth, stirring constantly, until rice is tender (about 20 minutes).
- 5. Stir in grated Parmesan cheese, salt, and pepper before serving.

Side Dish Instructions

- 1. Cut broccoli into florets.
- 2. Steam in a pot over boiling water for about 5 minutes until tender.
- 3. Season with salt before serving.

Day 4

MEALS	INGREDIENTS	INSTRUCTIONS														
<div><div><div>Meal 1</div><div>Mango Smoothie Bowl</div><div>Mixed Nuts</div></div><div><table><tr><th>PREP</th><th>COOK</th><th>TOTAL</th></tr><tr><td>5 min</td><td>0 min</td><td>5 min</td></tr></table><div>Nutritional Information<table><tr><th></th><th>MAIN</th><th>SIDE</th><th>TOTAL</th></tr><tr><td>Calories</td><td>400</td><td>200</td><td>600</td></tr></table></div></div></div>	PREP	COOK	TOTAL	5 min	0 min	5 min		MAIN	SIDE	TOTAL	Calories	400	200	600	<div><div><div>Main Dish Ingredients</div><div><div>1. Mango - 100 g</div><div>2. Banana - 1 unit</div><div>3. Almond milk - 200 ml</div><div>4. Chia seeds - 10 g</div><div>5. Granola - 30 g</div></div></div><div><div>Side Dish Ingredients</div><div><div>1. Mixed nuts - 30 g</div></div></div></div>	<div><div><div>Main Dish Instructions</div><div><div>1. In a blender, combine mango, banana, and almond milk. Blend until smooth. 2. Pour into a bowl and top with chia seeds and granola.</div></div></div><div><div>Side Dish Instructions</div><div><div>Serve mixed nuts as a topping for the smoothie bowl or on the side.</div></div></div></div>
PREP	COOK	TOTAL														
5 min	0 min	5 min														
	MAIN	SIDE	TOTAL													
Calories	400	200	600													
<div><div><div>Meal 2</div><div>Grilled Vegetable Wrap</div><div>Fruit Salad</div></div><div><table><tr><th>PREP</th><th>COOK</th><th>TOTAL</th></tr><tr><td>10 min</td><td>15 min</td><td>25 min</td></tr></table><div>Nutritional Information<table><tr><th></th><th>MAIN</th><th>SIDE</th><th>TOTAL</th></tr><tr><td>Calories</td><td>600</td><td>150</td><td>750</td></tr></table></div></div></div>	PREP	COOK	TOTAL	10 min	15 min	25 min		MAIN	SIDE	TOTAL	Calories	600	150	750	<div><div><div>Main Dish Ingredients</div><div><div>1. Whole wheat wrap - 1 unit</div><div>2. Bell pepper - 50 g</div><div>3. Zucchini - 50 g</div><div>4. Mushrooms - 50 g</div><div>5. Hummus - 30 g</div><div>6. Spinach - 30 g</div><div>7. Olive oil - 10 ml</div></div></div><div><div>Side Dish Ingredients</div><div><div>1. Mixed fruit - 100 g</div><div>2. Lemon juice - 5 ml</div></div></div></div>	<div><div><div>Main Dish Instructions</div><div><div>1. Preheat a grill or grill pan. 2. Slice bell peppers, zucchini, and mushrooms. 3. Toss vegetables with olive oil, grill for 5-7 minutes until tender. 4. Spread hummus on the wrap, add grilled vegetables and spinach. Roll tightly and serve.</div></div></div><div><div>Side Dish Instructions</div><div><div>1. Chop mixed fruits (such as apple, orange, and berries). 2. Drizzle with lemon juice, toss gently, and serve.</div></div></div></div>
PREP	COOK	TOTAL														
10 min	15 min	25 min														
	MAIN	SIDE	TOTAL													
Calories	600	150	750													
<div><div><div>Meal 3</div></div></div>	<div><div><div>Main Dish Ingredients</div></div></div>	<div><div><div>Main Dish Instructions</div></div></div>														

MEALS

Beef Stir-Fry

Brown Rice

PREP	COOK	TOTAL
10 min	15 min	25 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	500	215	715

INGREDIENTS

1. Beef strips - 100 g

2. Broccoli - 100 g

3. Bell pepper - 50 g

4. Garlic - 2 cloves

5. Soy sauce - 15 ml

6. Olive oil - 10 ml

7. Ginger - 5 g

Side Dish Ingredients

1. Brown rice - 60 g

2. Water - 150 ml

3. Salt - to taste

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat. 2. Add strips of beef and cook until browned. 3. Add minced garlic and ginger and sauté for 1 minute. 4. Add broccoli and bell pepper, and pour soy sauce. Stir-fry for another 5 minutes.

Side Dish Instructions

1. Rinse the brown rice under cold water. 2. In a pot, combine the rice with water and a pinch of salt. 3. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes. 4. Remove from heat and let sit covered for 5 minutes before serving.

Day 5

MEALS

Meal 1

Sweet Potato and Black Bean Tacos

Cabbage Slaw

PREP	COOK	TOTAL
10 min	20 min	30 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	450	100	550

INGREDIENTS

Main Dish Ingredients

- 1. Sweet potato - 100 g
- 2. Black beans - 100 g
- 3. Corn tortillas - 2 units
- 4. Avocado - 50 g
- 5. Lime - 1/2 unit
- 6. Cilantro - 5 g
- 7. Salt - to taste

Side Dish Ingredients

- 1. Cabbage - 50 g
- 2. Carrot - 30 g
- 3. Olive oil - 10 ml
- 4. Lime - 1/2 unit
- 5. Salt - to taste

INSTRUCTIONS

Main Dish Instructions

- 1. Boil sweet potatoes until tender, then mash.
- 2. Heat black beans and season with salt.
- 3. Warm tortillas.
- 4. Assemble tacos with mashed sweet potato, black beans, avocado slices, lime juice, and cilantro.

Side Dish Instructions

- 1. Shred cabbage and carrot.
- 2. In a bowl, combine cabbage, carrot, olive oil, lime juice, and salt. Toss well before serving.

MEALS

INGREDIENTS

INSTRUCTIONS

Meal 2

Vegetable Quinoa Bowl

Fruit Smoothie

PREP	COOK	TOTAL
15 min	15 min	30 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	500	200	700

- Main Dish Ingredients**
- 1. Quinoa - 100 g
 - 2. Spinach - 50 g
 - 3. Bell pepper - 50 g
 - 4. Chickpeas - 100 g
 - 5. Olive oil - 10 ml
 - 6. Lemon - 1/2 unit
 - 7. Salt - to taste

- Side Dish Ingredients**
- 1. Banana - 1 unit
 - 2. Mixed berries - 100 g
 - 3. Almond milk - 200 ml
 - 4. Chia seeds - 10 g

Main Dish Instructions

1. Rinse and cook quinoa as per package instructions. 2. Sauté spinach and diced bell pepper in olive oil until wilted. 3. In a bowl, combine quinoa, sautéed vegetables, and chickpeas. 4. Drizzle with lemon juice and season with salt.

Side Dish Instructions

1. Combine banana, mixed berries, and almond milk in a blender. Blend until smooth. 2. Pour into a glass and stir in chia seeds.

Meal 3

Vegetarian Chili

Cornbread

PREP	COOK	TOTAL
10 min	30 min	40 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	600	250	850

- Main Dish Ingredients**
- 1. Kidney beans - 100 g
 - 2. Chickpeas - 100 g
 - 3. Canned tomatoes - 200 g
 - 4. Onion - 30 g
 - 5. Bell pepper - 50 g
 - 6. Cumin - 5 g
 - 7. Olive oil - 10 ml
 - 8. Salt - to taste

- Side Dish Ingredients**
- 1. Cornmeal - 100 g
 - 2. Milk - 100 ml
 - 3. Olive oil - 10 ml
 - 4. Honey - 10 g
 - 5. Baking powder - 5 g

Main Dish Instructions

1. Heat olive oil in a pot, add diced onion and bell pepper sauté until soft. 2. Stir in canned tomatoes, kidney beans, chickpeas, and cumin. 3. Simmer for 20-30 minutes. Add salt to taste before serving.

Side Dish Instructions

1. Preheat oven to 200°C. 2. Mix cornmeal, milk, olive oil, honey, baking powder, and salt in a bowl. 3. Pour mixture into a greased

MEALS	INGREDIENTS	INSTRUCTIONS
	6. Salt - to taste	pan and bake for 20 minutes. Serve warm.

Day 6

MEALS

INGREDIENTS

INSTRUCTIONS

Meal 1

Peanut Butter Banana Oatmeal

Apple Slices

PREP	COOK	TOTAL
5 min	10 min	15 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	400	50	450

Main Dish Ingredients

1. Oats - 100 g
2. Banana - 1 unit
3. Peanut butter - 20 g
4. Almond milk - 200 ml
5. Chia seeds - 10 g

Side Dish Ingredients

1. Apple - 1 unit

Main Dish Instructions

1. In a pot, combine oats with almond milk and bring to a boil. 2. Reduce heat and cook for 5-10 minutes until thickened. 3. Stir in peanut butter and sliced banana before serving. Top with chia seeds.

Side Dish Instructions

- Slice the apple and serve on the side.

Meal 2

Zucchini Noodles with Tomato Sauce

Caesar Salad

PREP	COOK	TOTAL
10 min	15 min	25 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	400	200	600

Main Dish Ingredients

1. Zucchini - 2 units
2. Canned tomatoes - 200 g
3. Garlic - 2 cloves
4. Olive oil - 10 ml
5. Basil - 5 g
6. Salt - to taste
7. Pepper - to taste

Side Dish Ingredients

1. Romaine lettuce - 50 g
2. Parmesan cheese - 20 g
3. Caesar dressing - 15 ml
4. Croutons - 10 g

Main Dish Instructions

1. Spiralize zucchini into noodles. 2. In a pan, heat olive oil and sauté minced garlic. 3. Add canned tomatoes and simmer for 10 minutes. 4. Add zucchini noodles and cook for another 3-5 minutes. Season with salt, pepper, and basil.

Side Dish Instructions

1. Chop romaine lettuce and place in a bowl. 2. Add grated Parmesan, Caesar dressing, and croutons. Toss well before serving.

Meal 3

Vegetarian Sushi

Miso Soup

PREP	COOK	TOTAL
15 min	30 min	45 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	500	70	570

Main Dish Ingredients

- 1. Sushi rice - 100 g
- 2. Nori sheets - 2 units
- 3. Cucumber - 50 g
- 4. Carrot - 50 g
- 5. Avocado - 50 g
- 6. Soy sauce - 15 ml
- 7. Rice vinegar - 5 ml
- 8. Salt - to taste

Side Dish Ingredients

- 1. Miso paste - 10 g
- 2. Water - 250 ml
- 3. Tofu - 50 g
- 4. Seaweed - 5 g
- 5. Green onions - 5 g

Main Dish Instructions

1. Rinse sushi rice and cook according to package instructions. 2. Allow to cool, then mix with rice vinegar and salt. 3. Place a nori sheet on a bamboo mat, spread rice evenly, and add thinly sliced cucumber, carrot, and avocado. 4. Roll tightly and slice into pieces. Serve with soy sauce.

Side Dish Instructions

1. In a pot, bring water to a boil. 2. Stir in miso paste until dissolved. 3. Add cubed tofu, seaweed, and chopped green onions. Simmer for 5 minutes without boiling.

Day 7

MEALS

INGREDIENTS

INSTRUCTIONS

Meal 1
Vegan Pancakes
Fresh Berries

PREP	COOK	TOTAL
10 min	15 min	25 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	300	50	350

Main Dish Ingredients

1. Flour - 100 g
2. Almond milk - 120 ml
3. Baking powder - 5 g
4. Maple syrup - 20 g
5. Banana - 1 unit

Side Dish Ingredients

1. Mixed berries - 50 g

Main Dish Instructions

1. In a bowl, mix flour, baking powder, and almond milk until smooth. 2. Heat a non-stick skillet over medium heat. 3. Pour batter into the skillet and cook until bubbles form on the surface. Flip and cook until golden. 4. Serve with sliced banana and maple syrup.

Side Dish Instructions

Serve fresh berries on the side.

Meal 2
Cauliflower Rice Bowl
Roasted Vegetables

PREP	COOK	TOTAL
10 min	10 min	20 min

Nutritional Information

	MAIN	SIDE	TOTAL
Calories	350	200	550

Main Dish Ingredients

1. Cauliflower - 200 g
2. Chickpeas - 100 g
3. Olive oil - 10 ml
4. Lemon - 1/2 unit
5. Cilantro - 10 g
6. Salt - to taste

Side Dish Ingredients

1. Mixed vegetables - 100 g
2. Olive oil - 10 ml
3. Salt - to taste
4. Pepper - to taste

Main Dish Instructions

1. Grate cauliflower to make rice. 2. In a pan, heat olive oil and add cauliflower. 3. Cook for about 5 minutes until tender. 4. Stir in chickpeas, lemon juice, and chopped cilantro. Season with salt.

Side Dish Instructions

1. Preheat oven to 200°C. 2. Toss mixed vegetables with olive oil, salt, and pepper. 3. Spread on a baking tray

MEALS	INGREDIENTS	INSTRUCTIONS														
		and roast for 20 minutes until golden.														
<div>Meal 3</div> <div>Vegetable Curry</div> <div>Naan Bread</div> <table><tr><th>PREP</th><th>COOK</th><th>TOTAL</th></tr><tr><td>15 min</td><td>30 min</td><td>45 min</td></tr></table> <div>Nutritional Information</div> <table><tr><th></th><th>MAIN</th><th>SIDE</th><th>TOTAL</th></tr><tr><td>Calories</td><td>600</td><td>250</td><td>850</td></tr></table>	PREP	COOK	TOTAL	15 min	30 min	45 min		MAIN	SIDE	TOTAL	Calories	600	250	850	<div>Main Dish Ingredients</div> <div><div>1. Mixed vegetables - 150 g</div><div>2. Coconut milk - 200 ml</div><div>3. Curry powder - 10 g</div><div>4. Onion - 30 g</div><div>5. Olive oil - 10 ml</div><div>6. Salt - to taste</div></div> <div>Side Dish Ingredients</div> <div><div>1. Naan bread - 1 unit</div></div>	<div>Main Dish Instructions</div> <div><div>1. In a pot, heat olive oil and sauté diced onion until translucent. 2. Add mixed vegetables and curry powder, cook for 5 minutes. 3. Pour in coconut milk, bring to a simmer, and cook for 20 minutes. Season with salt before serving.</div></div> <div>Side Dish Instructions</div> <div><div>Warm naan bread in a toaster or on a skillet before serving with curry.</div></div>
PREP	COOK	TOTAL														
15 min	30 min	45 min														
	MAIN	SIDE	TOTAL													
Calories	600	250	850													