

## MEAL PLAN

### Grains

- Quinoa - 520 g
- Brown rice - 240 g
- Pasta - 100 g
- Whole grain bread - 6 slices
- Flour - 100 g
- Oats - 100 g
- Cornmeal - 100 g
- Rice - 60 g
- Sushi rice - 100 g

### Fruits

- Banana - 6 units
- Avocado - 4 units
- Lime - 4 units
- Mango - 100 g
- Mixed berries - 200 g
- Apple - 2 units

### Dairy & Eggs

- Almond milk - 1 L
- Parmesan cheese - 40 g
- Butter - 10 g

### Legumes

- Chickpeas - 340 g
- Black beans - 200 g
- Kidney beans - 100 g
- Lentils - 100 g

### Vegetables

- Broccoli - 300 g
- Bell pepper - 6 units
- Carrot - 80 g
- Spinach - 200 g
- Zucchini - 2 units
- Cucumber - 2 units
- Onion - 150 g
- Mushrooms - 150 g
- Cauliflower - 200 g
- Sweet potato - 100 g
- Cabbage - 50 g
- Mixed vegetables - 200 g
- Mixed salad greens - 50 g

### Condiments & Spices

- Olive oil - 80 ml
- Soy sauce - 30 ml
- Curry powder - 25 g
- Cumin - 10 g
- Baking powder - 5 g
- Salt - to taste
- Pepper - to taste
- Maple syrup - 20 g
- Honey - 10 g
- Chia seeds - 20 g
- Sesame seeds - 5 g
- Rice vinegar - 5 ml
- Miso paste - 10 g
- Caesar dressing - 15 ml

## Nuts & Seeds

- Mixed nuts - 30 g
- Peanut butter - 20 g
- Granola - 30 g

## Breads

- Hummus - 30 g
- Pita bread - 1 unit
- Corn tortillas - 2 units
- Naan bread - 1 unit