



1800 calories=3 meals



**BY YOUR DIETITIAN
ANETA FLORCZYK**

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Weekly meal planner

Monday

BREAKFAST: MOZZARELLA BUNS, EXTRA BUTTER, CHEESE GOUDA FAT, TOMATO
LUNCH: CHICKEN IN CREAM SAUCE
DINNER: BROCCOLI SALAD

Tuesday

BREAKFAST: SWEET PANCAKES
LUNCH: HAMBURGER, MOZZARELLA BUNS
DINNER: BROCCOLI AND CAULIFLOWER BAKED WITH SAUSAGE

Wednesday

BREAKFAST: EGG IN A ZUCCHINI NEST
LUNCH: SALMON BAKED IN RATATOUILLE
DINNER: HALLOUMI ON A GREEN QUILT

Thursday

BREAKFAST: SCRAMBLED EGGS WITH GREEN PEPPERS, CUCUMBERS, PICKLED
LUNCH: ROAST THIGH WITH CAPRESE SALAD
DINNER: RUSSIAN PANCAKE

Friday

BREAKFAST: MOZZARELLA BUNS, GUACAMOLE
LUNCH: BAKED CHICKEN LEG WITH CAPRESE SALAD
DINNER: HALLOUMI ON A GREEN QUILT

Saturday

BREAKFAST: MOZZARELLA BUNS, HAM SAUSAGES, EXTRA BUTTER, RADISH
LUNCH: RUSSIAN PANCAKE
DINNER: SILKY OMELETTE ON SPINACH

Sunday

BREAKFAST: FLUFFY OMELETTE WITH CHEESE AND ZUCCHINI
LUNCH: SALMON WITH MOZZARELLA SALAD
DINNER: MOZZARELLA BUNS MAYONNAISE, FRANKFURTERS, TOMATO

Makros:

MONDAY: CAL: 1799.9, P: 88.8, F: 147.6, C:20.7
TUESDAY: CAL: 1795.1, P: 96.2, F: 141.9, C: 22.4
WEDNESDAY: CAL: 1827.7, P: 83.9, F: 149.0, C: 30.7
THURSDAY: CAL: 1792.8, P: 96.3, F: 148.7, C: 16.5
FRIDAY: CAL: 1788.3, P: 82.0, F: 147.8, C: 25.3
SATURDAY: CAL: 1805.5, P: 82.7, F: 152.4, C: 19.5
SUNDAY: CAL: 1795.4, P: 84.8, F: 152.6, C: 16.0

Monday

Breakfast

CAL: 668.6,
P: 29.0, F: 56.3, C: 6.9

MOZZARELLA BUNS (RECIPE FOR 5 SERVINGS)

EAT 1 OF 5 PORTIONS

MASCARPONE CHEESE - 350 G (14.6 X SPOON)

WHOLE HEN EGGS - 336 G (6 X PIECE)

CHEESE, MOZZARELLA - 100 G (6.7 X PIECE)

EGGPLANT HUSK (SHELL) - 50 G (0.5 X PORTION)

BAKING POWDER - 6 G (2 X TEASPOON)

HIMALAYAN SALT - 5 G (5 X PINCH)

EXTRA BUTTER

EXTRA BUTTER - 10 G (2 X TEASPOON)

CHEESE, FAT GOUDA

CHEESE, GOUDA FATTY - 45 G (3 X SLICE)

TOMATO

TOMATO - 60 G (0.5 X PIECE)

Lunch

CAL: 630.7,
P: 36.6, F: 50.4, C: 6.4

CHICKEN IN CREAM SAUCE

CHICKEN THIGH MEAT, SKINLESS - 180 G (1.8 X PIECE)

CREAMED CREAM, 30% FAT - 80 G (4 X SPOON)

CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)

CABBAGE, SAUERKRAUT - 55 G (0.5 X CUP)

ONION - 30 G (0.3 X PIECE)

CLARIFIED BUTTER - 15 G (1 X SPOON)

GROUND BLACK PEPPER - 2.2 G (2.2 X PINCH)

HIMALAYAN SALT - 1.1 G (1.1 X PINCH)

GROUND CHILLI PEPPER - 1.1 G (1.1 X PINCH)

Dinner

CAL: 500.6,
P: 23.2, F: 40.9, C: 7.4

BROCCOLI SALAD

BROCCOLI - 150 G (0.3 X PIECE)

BONELESS SMOKED BACON - 50 G (0.5 X PORTION)

CHEESE, GOUDA FAT - 30 G (2 X SLICE)

RED ONION - 15 G (0.2 X PIECE)

OLIVE OIL - 10 G (1 X SPOON)

HOMEMADE MAYONNAISE WITH SUNFLOWER OIL - 10 G (1 X TEASPOON)

SUNFLOWER SEEDS, SEED, SHELLED - 10 G (1 X SPOON)

BLACK PEPPERCORNS - 1 G (1 X PIECE)

APPLE CIDER VINEGAR FROM RIPE APPLES - 1 G (0.3 X TEASPOON)

HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

PREHEAT THE OVEN TO 180° C.

FINELY GRATE THE MOZZARELLA CHEESE, YOU CAN USE GRATED.

COMBINE ALL INGREDIENTS THOROUGHLY WITH A MIXER.

LET THE DOUGH REST FOR 5 MINUTES UNTIL THICKENED.

SHAPE INTO 5 LARGE OR 10 SMALL BUNS OF THE SAME SIZE.

BAKE FOR APPROXIMATELY 30-40 MINUTES. 1 PORTION IS 1 LARGE OR 2 SMALL BUNS.

Recipe

IN A FRYING PAN, HEAT THE CLARIFIED BUTTER.

FRY THE MEAT, ABOUT 5-10 MINS, ADD THE ONIONS AND MUSHROOMS, SEASON TO TASTE- LIGHTLY FRY, COVER AND SIMMER FOR A FEW MINUTES.

YOU CAN ADD A LITTLE WATER.

WHEN THE MUSHROOMS ARE READY, ADD THE CREAM AND COOK FOR A FEW MORE MINUTES TO THICKEN THE SAUCE.

SERVE WITH SAUERKRAUT.

Recipe

DIVIDE THE BROCCOLI INTO SMALL FLORETS- CAN BE RAW OR BLANCHED.

FRY THE BACON UNTIL CRISP.

MIX THE VINEGAR, OIL AND MAYONNAISE WITH THE SPICES.

GRATE THE CHEESE.

COMBINE ALL INGREDIENTS AND SPRINKLE WITH ROASTED SUNFLOWER SEEDS.



Tuesday

Breakfast

CAL: 467.8,
P: 15.7, F: 42.7, C: 4.2

SWEET PANCAKES

WHOLE HEN EGGS - 112 G (2 X PIECE)
CREAM CHEESE, 30% FAT - 40 G (2 X SPOON)
RASPBERRIES - 20 G (0.3 X HANDFUL)
COCONUT OIL (LIQUID) - 15 G (1.5 X SPOON)
MASCARPONE CHEESE - 12 G (0.5 X SPOON)
CINNAMON - 2 G (0.4 X TEASPOON)

Recipe

COMBINE THE EGGS THOROUGHLY WITH THE CREAM AND FRY THE PANCAKES IN COCONUT OIL.
MIX THE MASCARPONE CHEESE WITH THE CINNAMON.
FILL THE CENTRE OF THE PANCAKES WITH THE CHEESE AND RASPBERRIES.

Lunch

CAL: 836.8,
P: 50.4, F: 64.3, C: 7.5

HAMBURGER

BEEF (FRESHLY GROUND SIRLOIN) - 140 G (1.4 X PORTION)
TOMATO - 30 G (0.2 X PIECE)
ICEBERG LETTUCE - 20 G (1 X LEAF)
BONELESS SMOKED BACON - 20 G (0.2 X PORTION)
MAYONNAISE (WITH RAPESEED OIL) - 10 G (0.3 X SPOON)
OLIVE OIL - 10 G (1 X SPOON)
RED ONION - 10 G (0.1 X PIECE)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

SLICE THE TOMATO AND ONION, FRY THE BACON TO MAKE IT CRISPY.
SEASON THE GROUND BEEF TO TASTE AND FRY IN THE FAT.
PLACE THE FINISHED MEAT ON THE LETTUCE LEAVES, ADD THE TOMATO AND ONION AND MAYONNAISE.
TOP WITH CRISPY BACON.
WRAP THE BURGER IN LETTUCE.

MOZZARELLA BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 PORTIONS.
THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Dinner

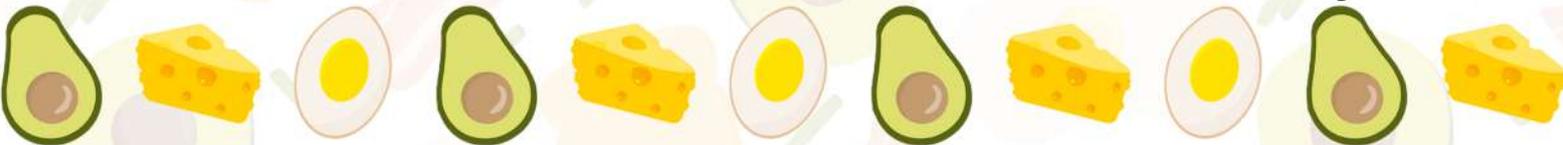
CAL: 490.5,
P: 30.1, F: 34.9, C: 10.7

BROCCOLI AND CAULIFLOWER BAKED WITH SAUSAGE

SILESIAN SAUSAGE - 80 G (8 X SLICE)
BROCCOLI - 75 G (0.2 X PIECE)
CAULIFLOWER - 55 G (0.1 X PIECE)
LEEK - 40 G (0.3 X PIECE)
ONION - 30 G (0.3 X PIECE)
CREAM, 18% FAT - 25 G (1 X SPOON)
CHEESE, GOUDA FAT - 25 G (1.7 X SLICE)
CLARIFIED BUTTER - 15 G (1 X SPOON)
THYME - 8 G (2 X TEASPOON)
MUSTARD - 5 G (0.5 X TEASPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

PREHEAT THE OVEN TO 225°C.
COARSELY CHOP THE LEEK AND ONION.
CHOP THE BROCCOLI AND CAULIFLOWER.
CUT THE SAUSAGES INTO PIECES
FRY THE ONIONS AND VEGETABLES IN BUTTER AND THE SAUSAGES IN A SEPARATE PAN.
PLACE THE VEGETABLES IN A BAKING DISH, ADD THE MUSTARD TO THE CREAM AND POUR OVER THE VEGETABLES.
ADD THE SAUSAGE AND CHEESE ON TOP AND SEASON WITH SALT, PEPPER AND THYME.
BAKE IN THE OVEN FOR 15 MINUTES.



Wednesday

Breakfast

CAL: 587.8,
P: 20.7, F: 51.5, C: 8.0

EGG IN A ZUCCHINI NEST

COURGETTE - 150 G (0.5 X PIECE)
WHOLE HEN'S EGGS - 112 G (2 X PIECE)
AVOCADO - 70 G (0.5 X PIECE)
OLIVE OIL - 25 G (2.5 X SPOON)
BONELESS SMOKED BACON - 20 G (0.2 X PORTION)
GROUND SWEET PAPRIKA - 3 G (0.6 X TEASPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Lunch

CAL: 571.7,
P: 39.0, F: 37.9, C: 15.0

SALMON BAKED IN RATATOUILLE

SALMON, FRESH - 170 G (1.7 X PIECE)
TOMATO - 100 G (0.8 X PIECE)
COURGETTE - 100 G (0.3 X PIECE)
AUBERGINE - 80 G (0.4 X PIECE)
RED PEPPERS - 70 G (0.5 X PIECE)
ONION - 30 G (0.3 X PIECE)
GREEN OLIVES, PICKLED, PRESERVED - 30 G (2 X SPOON)
OLIVE OIL - 10 G (1 X SPOON)
CAPERS - 10 G (1 X SPOON)
GARLIC - 5 G (1 X CLOVE)
HERBS DE PROVENCE - 1 G (0.3 X TEASPOON)

Dinner

CAL: 668.2,
P: 24.2, F: 59.6, C: 7.7

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 100 G (1 X PORTION)
CHERRY TOMATOES - 60 G (3 X PIECE)
CUCUMBER - 40 G (1 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
SPINACH - 20 G (0.8 X HANDFUL)
ARUGULA - 20 G (1 X HANDFUL)
SUNFLOWER SEEDS, SEED, SHELLED - 10 G (1 X SPOON)
BALSAMIC VINEGAR - 3 G (1 X TEASPOON)

Recipe

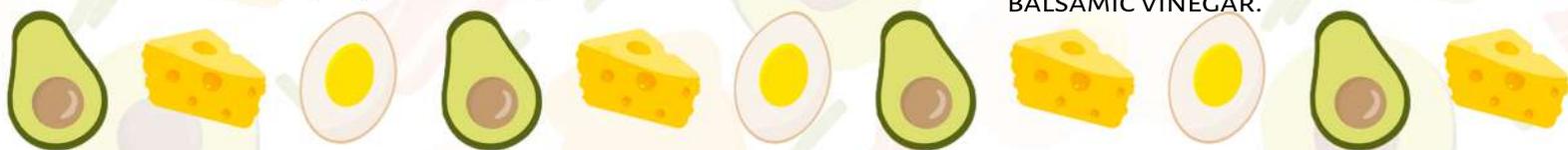
USING A VEGETABLE SHARPENER, PREPARE THE COURGETTE NOODLES OR CUT INTO THIN STRIPS. IN A FRYING PAN HEAT THE OLIVE OIL FRY THE BACON AND ADD THE COURGETTE, FRY FOR ABOUT 1-2 MINUTES. ARRANGE THE PASTA IN THE PAN IN A NEST SHAPE AND CRACK IN THE EGGS. SPRINKLE WITH SALT AND PEPPER AND COVER, FRY UNTIL THE WHITE IS SET AND THE YOLK IS SLIGHTLY RUNNY. SPRINKLE THE WHOLE THING WITH RED PEPPER FLAKES AND SERVE WITH SALTED AVOCADO.

Recipe

PREPARE THE RATATOUILLE. SCALD THE TOMATO WITH BOILING WATER, RUN IT THROUGH COLD WATER AND REMOVE THE SKIN. WASH THE REMAINING VEGETABLES AND REMOVE THE INEDIBLE PARTS. CUT THEM INTO 3 CM CUBES. SALT THE AUBERGINE AND PLACE IN A SIEVE. AFTER 15 MIN, DRAIN AND RINSE WITH WATER. MIX THE CHOPPED VEGETABLES WITH THE GARLIC CLOVE, OLIVES, CAPERS, OIL AND SPICES. TRANSFER EVERYTHING TO A ROASTING TIN AND PLACE IN A PREHEATED OVEN AT 200 °C FOR 15 MINUTES. AFTER THIS TIME, MIX THE CONTENTS OF THE DISH, MOVE THE RATATOUILLE TO THE SIDES AND PLACE THE SALMON, SPRINKLED WITH LEMON JUICE AND SEA-SONED WITH SALT AND PEPPER, BETWEEN THE VEGETABLES. BAKE EVERYTHING FOR ABOUT 15 MIN AND WHEN REMOVED, SPRINKLE THE DISH WITH BASIL AND/OR PARSLEY LEAVES.

Recipe

CUT THE CHEESE INTO MEDIUM-THICK SLICES. HEAT A SMALL AMOUNT OF FAT IN A FRYING PAN AND FRY THE CHEESE UNTIL GOLDEN. ARRANGE THE ROCKET, SPINACH AND SLICED VEGETABLES ON A PLATE. SPRINKLE WITH YOUR FAVOURITE HERBS. PLACE THE WARM CHEESE AND RASPBERRIES ON TOP. ROAST THE SUNFLOWER SEEDS IN A DRY FRYING PAN AND SPRINKLE OVER THE SALAD. DRIZZLE THE DISH WITH OLIVE OIL AND BALSAMIC VINEGAR.



Thursday

Breakfast

CAL: 540.3,
P: 22.8, F: 46.6, C: 6.6

SCRAMBLED EGGS WITH GREEN PEPPERS

WHOLE HEN EGGS - 168 G (3 X PIECE)
CUCUMBERS, PICKLED - 60 G (1 X PIECE)
ONIONS - 50 G (0.5 X PIECE)
GREEN PEPPERS - 46 G (0.3 X PIECE)
CLARIFIED BUTTER - 30 G (2 X SPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

FRY THE ONION AND PEPPERS IN THE FAT, ADD THE BEATEN EGGS. SEASON TO TASTE, SERVE WITH PICKLED CUCUMBER.

CUCUMBERS, PICKLED

CUCUMBERS, PICKLED - 60 G (1 X PIECE)

Lunch

CAL: 500.6,
P: 41.0, F: 35.5, C: 4.2

BAKED CHICKEN LEG WITH CAPRESE SALAD (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
CHICKEN LEG (THIGH) - 400 G (2.5 X ART)
CHERRY TOMATOES - 160 G (8 X PIECE)
CHEESE, MOZZARELLA (BALLS) - 56 G (8 X PIECE)
GREEN BASIL PESTO - 20 G (1 X SPOON)
OLIVE OIL - 10 G (1 X SPOON)
LEMON JUICE - 6 G (1 X SPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

SEASON THE THIGHS TO TASTE AND BAKE IN A SLEEVE. CUT THE TOMATOES AND MOZZARELLA BALLS INTO HALVES - PLACE IN A BOWL. MIX THE PESTO WITH THE OLIVE OIL AND LEMON JUICE, ADD TO THE TOMATOES AND MIX THOROUGHLY. EAT HALF THE PORTION.

Dinner

CAL: 751.9,
P: 32.5, F: 66.6, C: 5.7

RUSSIAN PANCAKE

WHOLE HEN EGGS - 112 G (2 X PIECE)
COTTAGE CHEESE - 60 G (0.3 X PACK)
CREAM CHEESE, 30% FAT - 40 G (2 X SPOON)
BONELESS SMOKED BACON - 40 G (0.4 X PORTION)
CREAM CHEESE 36% - 30 G (3 X SPOON)
LARD - 18 G (1.5 X SPOON)
ONION - 10 G (0.1 X PIECE)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

WHISK THE EGG, 30% CREAM, SALT AND PEPPER WELL WITH A WHISK UNTIL THE INGREDIENTS ARE COMBINED. HEAT THE LARD IN A FRYING PAN AND FRY A LARGE PANCAKE. STUFFING: MIX THE COTTAGE CHEESE WITH THE 36% CREAM, SALT AND A GENEROUS AMOUNT OF PEPPER. IN A FRYING PAN, FRY THE BACON AND ONION UNTIL BROWN. ADD HALF OF THE BACON MIXTURE TO THE COTTAGE CHEESE MIXTURE AND MIX WELL. LAYER THE COTTAGE CHEESE MIXTURE WITH THE BACON ON THE FINISHED PANCAKE AND ROLL IT UP IN THE CLASSIC WAY. SPRINKLE THE REMAINING BACON AND ONIONS ON TOP.



Friday

Breakfast

CAL: 714.1,
P: 18.3, F: 63.4, C: 12.1

MOZZARELLA BUNS (RECIPE FOR 5 SERVINGS)

EAT 1 OF 5 PORTIONS

THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Recipe

PASS THE GARLIC THROUGH A PRESS.
BLEND INGREDIENTS TO A SMOOTH PASTE
WITH YOUR FAVOURITE SPICES.

GUACAMOLE

AVOCADO - 90 G (0.6 X PIECE)
LEMON - 20 G (0.2 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 15 G (0.5 X SPOON)
GARLIC - 5 G (1 X CLOVE)

Lunch

CAL: 500.6,
P: 41.0, F: 35.5, C: 4.2

BAKED CHICKEN LEG WITH CAPRESE SALAD (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS

CHICKEN LEG (THIGH) - 400 G (2.5 X ART)
CHERRY TOMATOES - 160 G (8 X PIECE)
CHEESE, MOZZARELLA (BALLS) - 56 G (8 X PIECE)
GREEN BASIL PESTO - 20 G (1 X SPOON)
OLIVE OIL - 10 G (1 X SPOON)
LEMON JUICE - 6 G (1 X SPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

SEASON THE THIGHS TO TASTE AND
BAKE IN A SLEEVE.
CUT THE TOMATOES AND MOZZARELLA
BALLS INTO HALVES - PLACE IN A BOWL.
MIX THE PESTO WITH THE OLIVE OIL
AND LEMON JUICE, ADD TO THE TO-
MATOES AND MIX THOROUGHLY.
EAT HALF THE PORTION.

Dinner

CAL: 573.6,
P: 22.7, F: 48.9, C: 9.0

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 80 G (0.8 X PORTION)
CHERRY TOMATOES - 60 G (3 X PIECE)
CUCUMBER - 40 G (1 X PIECE)
ARUGULA - 20 G (1 X HANDFUL)
SUNFLOWER SEEDS, SEED, SHELLED - 20 G (2 X SPOON)
OLIVE OIL - 20 G (2 X SPOON)
SPINACH - 20 G (0.8 X HANDFUL)
BALSAMIC VINEGAR - 3 G (1 X TEASPOON)

Recipe

CUT THE CHEESE INTO MEDIUM-THICK
SLICES.
HEAT A SMALL AMOUNT OF FAT IN
A FRYING PAN AND FRY THE CHEESE
UNTIL GOLDEN.
ARRANGE THE ROCKET, SPINACH AND
SLICED VEGETABLES ON A PLATE.
SPRINKLE WITH YOUR FAVOURITE
HERBS.
PLACE THE WARM CHEESE AND
RASPBERRIES ON TOP.
FRY THE SUNFLOWER SEEDS IN A DRY
FRYING PAN AND SPRINKLE OVER
THE SALAD.
DRIZZLE THE DISH WITH OLIVE OIL
AND BALSAMIC VINEGAR.



Saturday

Breakfast

CAL: 703.2,
P: 26.6, F: 61.1, C: 7.0

MOZZARELLA BUNS (RECIPE FOR 5 SERVINGS)

EAT 1 OF THE 5 SERVINGS

THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.

HAM SAUSAGES

HAM WIENERS - 80 G (2 X PIECE)

EXTRA BUTTER

EXTRA BUTTER - 5 G (1 X SPOON)

RADISH

RADISH - 45 G (3 X PIECE)

Lunch

CAL: 644.4,
P: 32.5, F: 54.7, C: 5.7

RUSSIAN PANCAKE

WHOLE HEN EGGS - 112 G (2 X PIECE)

COTTAGE CHEESE - 60 G (0.3 X PACK)

CREAM CHEESE, 30% FAT - 40 G (2 X SPOON)

BONELESS SMOKED BACON - 40 G (0.4 X PORTION)

CREAM CHEESE 36% - 30 G (3 X SPOON)

ONION - 10 G (0.1 X PIECE)

LARD - 6 G (0.5 X SPOON)

HIMALAYAN SALT - 1 G (1 X PINCH)

GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

WHISK THE EGG, 30% CREAM, SALT AND PEPPER WELL WITH A WHISK UNTIL THE INGREDIENTS ARE COMBINED.

HEAT THE LARD IN A FRYING PAN AND FRY A LARGE PANCAKE.

STUFFING: MIX THE COTTAGE CHEESE WITH THE 36% CREAM, SALT AND A GENEROUS AMOUNT OF PEPPER.

IN A FRYING PAN, FRY THE BACON AND ONION UNTIL BROWN.

ADD HALF OF THE BACON MIXTURE TO THE COTTAGE CHEESE MIXTURE AND MIX WELL.

LAYER THE COTTAGE CHEESE MIXTURE WITH THE BACON ON THE FINISHED PANCAKE AND ROLL IT UP IN THE CLASSIC WAY.

SPRINKLE THE REMAINING BACON AND ONIONS ON TOP.

Dinner

CAL: 457.9,
P: 23.6, F: 36.6, C: 6.8

SILKY OMELETTE ON SPINACH

WHOLE HEN EGGS - 168 G (3 X ART)

TOMATO - 120 G (1 X PIECE)

SPINACH - 37 G (1.5 X HANDFUL)

ONION - 30 G (0.3 X PIECE)

OLIVE OIL - 20 G (2 X SPOON)

HIMALAYAN SALT - 1 G (1 X PINCH)

GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

HEAT THE OLIVE OIL IN A FRYING PAN AND FRY THE ONION AND SPINACH, SEASON TO TASTE.

CRACK THE EGGS INTO A BOWL AND WHISK WITH A FORK. POUR THEM INTO THE PAN.

FRY COVERED UNTIL THE EGGS ARE SET. PLACE THE OMELETTE ON A PLATE.

SERVE WITH TOMATO.

SEASON WITH YOUR FAVOURITE SPICES.



Sunday

Breakfast

CAL: 461.5,
P: 27.5, F: 37.6, C: 3.2

FLUFFY OMELETTE WITH CHEESE AND ZUCCHINI

WHOLE HEN EGGS - 168 G (3 X PIECE)
ZUCCHINI - 80 G (0.3 X PIECE)
CHEESE, FULL FAT CHEDDAR - 20 G (1.3 X SLICE)
CLARIFIED BUTTER - 15 G (1 X SPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

FINELY CHOP THE ZUCCHINI, FRY FOR A MINUTE IN THE BUTTER.
SCRAMBLE THE EGGS IN A BOWL AND ADD THE SPICES.
ADD TO THE COURGETTES AND FRY OVER A LOW HEAT, COVERED.
TOWARDS THE END OF FRYING, ADD THE CHEESE - COVER AND FRY UNTIL THE CHEESE MELTS.

Lunch

CAL: 496.4,
P: 29.1, F: 40.1, C: 5.0

SALMON WITH MOZZARELLA SALAD

SALMON, FRESH - 100 G (1 X SLICE)
CHERRY TOMATOES - 100 G (5 X PIECE)
CHEESE, MOZZARELLA (BALLS) - 35 G (5 X PIECE)
CLARIFIED BUTTER - 15 G (1 X SPOON)
GREEN BASIL PESTO - 10 G (0.5 X SPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
LEMON JUICE - 1 G (0.2 X SPOON)

Recipe

FRY THE SALMON IN CLARIFIED BUTTER, SEASON TO TASTE AND DRIZZLE WITH LEMON JUICE.
MIX THE REMAINING INGREDIENTS IN A BOWL, SEASON TO TASTE.

Dinner

CAL: 837.5,
P: 28.2, F: 74.9, C: 7.8

MOZZARELLA BUNS (RECIPE FOR 5 SERVINGS)

EAT 1 OF THE 5 SERVINGS
THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.

MAYONNAISE (WITH RAPESEED OIL)

MAYONNAISE (WITH RAPESEED OIL) - 20 G (0.7 X SPOON)

FRANKFURTERS

FRANKFURTERS - 90 G (3 X PIECE)

TOMIDOR

TOMATO - 70 G (0.6 X PIECE)



Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
FISH AND SEAFOOD			DAIRY		
SALMON, FRESH	270 G	2.7 X PIECE	WHOLE HEN EGGS	1288 G	23 X PIECE
DRINKS			MASCARPONE CHEESE	362 G	15.1 X SPOONFUL
LEMON JUICE	7 G	1.2 X TBSP.	CREAM CHEESE, 30% FAT	200 G	10 X TBSP.
NUTS AND SEEDS			HALLOUMI CHEESE	180 G	1.8 X PORTION
SUNFLOWER, SEED, SHELLED	40 G	4 X TBSP.	COTTAGE CHEESE, FAT-FREE	120 G	0.6 X SERVING
FATS			CHEESE, GOUDA FAT	100 G	6.7 X SLICE
OLIVE OIL	135 G	13.5 X TBSP.	CHEESE, MOZZARELLA	100 G	6.7 X SLICE
CLARIFIED BUTTER	90 G	6 X TBSP.	CHEESE, MOZZARELLA (BALLS)	91 G	13 X PIECE
MAYONNAISE	45 G	1.5 X TBSP.	CREAM 36%	60 G	6 X SPOON
(WITH RAPESEED OIL)			CREAM, 18% FAT	25 G	1 X SPOONFUL
LARD	24 G	2 X SPOON	CHEESE, FULL FAT CHEDDAR	20 G	1.3 X SLICE
EXTRA BUTTER	15 G	3 X TEASPOON	FRUIT AND VEGETABLES		
COCONUT OIL (LIQUID)	15 G	1.5 X SPOON	TOMATO	380 G	3.2 X PIECE
OTHER			CHERRY TOMATOES	380 G	19 X PIECE
EGGPLANT HUSK (SHELL)	50 G	0.5 X PORTION	COURGETTES	330 G	1.1 X PIECE
GREEN BASIL PESTO	30 G	1.5 X SPOONFUL	BROCCOLI	225 G	0.4 X ART
HOMEMADE MAYONNAISE	10 G	1 X TEASPOON	ONIONS	190 G	1.9 X ART
WITH SUNFLOWER OIL			AVOCADO	160 G	1.1 X ART
BALSAMIC VINEGAR	6 G	2 X TEASPOON	CUCUMBERS, PICKLED	120 G	2 X ART
BAKING POWDER	6 G	2 X TEASPOON	AUBERGINE	80 G	0.4 X ART
MUSTARD	5 G	0.5 X TEASPOON	CUCUMBER	80 G	2 X ART
APPLE CIDER VINEGAR	1 G	0.3 X TEASPOON	SPINACH	77 G	3.1 X HANDFUL
MEAT AND MEAT PRODUCTS			RED PEPPER	70 G	0.5 X ART
CHICKEN LEG	400 G	2.5 X PIECE	CULTIVATED MUSHROOM, FRESH	60 G	3 X PIECE
CHICKEN THIGH MEAT, SKINLESS	180 G	1.8 X PIECE	CAULIFLOWER	55 G	0.1 X PIECE
SMOKED BONELESS BACON	170 G	1.7 X PIECE	CABBAGE, SAUERKRAUT	55 G	0.5 X GLASS
BEEF (FRESHLY GROUND SIRLOIN)	140 G	1.4 X PORTION	GREEN PEPPER	46 G	0.3 X ART
FRANKFURTER	90 G	3 X PIECE	RADISH	45 G	3 X ART
SAUSAGE	80 G	8 X SLICE	LEEK	40 G	0.3 X PIECE
HAM WIENERS	80 G	2 X PIECE	ARUGULA	40 G	2 X HANDFUL
SPICES AND HERBS			GREEN OLIVES,	30 G	2 X SPOONFUL
HIMALAYAN SALT	17.1 G	17.1 X PINCH	PICKLED, PRESERVED		
GROUND BLACK PEPPER	12.2 G	12.2 X PINCH	RED ONION	25 G	0.2 X PIECE
THYME	8 G	2 X TEASPOON	LEMON	20 G	0.2 X PIECE
GROUND SWEET PEPPER	3 G	0.6 X TEASPOON	RASPBERRIES	20 G	0.3 X HANDFUL
CINNAMON	2 G	0.4 X TEASPOON	ICEBERG LETTUCE	20 G	1 X LEAF
GROUND CHILLI PEPPER	1.1 G	1.1 X PINCH	GARLIC	10 G	2 X CLOVE
BLACK PEPPERCORNS	1 G	1 X PIECE	CAPERS	10 G	1 X SPOON
HERBS DE PROVENCE	1 G	0.3 X TEASPOON			

CAL: CALORIES P: PROTEIN F: FATS C: CARBOHYDRATES

THE NUTRITIONAL VALUE AND WEIGHT OF THE PRODUCTS REFER TO THE EDIBLE PARTS.
TO PREPARE THE MENU, THE DATABASE OF PRODUCTS AND FOODS WAS USED.

