



2200 calories=3 meals



**BY YOUR DIETITIAN
ANETA FLORCZYK**

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Weekly meal planner

Monday

BREAKFAST: COCONUT BREAD, EGG SALAD
LUNCH: FISH CASSEROLE WITH VEGETABLES
DINNER: GYROS SALAD

Tuesday

BREAKFAST: COCONUT BREAD, KETO PLATE
LUNCH: BAKED CHICKEN LEG, "RICE" WITH CHEDDAR CHEESE
DINNER: KETO CAULIFLOWER SOUP WITH PRAWNS

Wednesday

BREAKFAST: COCONUT BREAD, ROAST PORK NECK, EXTRA BUTTER, CUCUMBERS, PICKLED
LUNCH: "RICE" WITH CHEDDAR CHEESE, ROAST CHICKEN LEG
DINNER: HALLOUMI ON A GREEN QUILT

Thursday

BREAKFAST: COCONUT BREAD, TOMATO SCRAMBLED EGGS
LUNCH: ALMONDS, POULTRY SPAGHETTI
DINNER: MIXED SALADS, ROAST PORK NECK

Friday

BREAKFAST: COCONUT BREAD
MAYONNAISE, ROAST PORK NECK
LUNCH: ALMONDS, POULTRY SPAGHETTI
DINNER: OMELETTE WITH VEGETABLES AND CHEESE

Saturday

BREAKFAST: MUFFINS, KABANOS
LUNCH: CHICKEN WITH ZUCCHINI NOODLES
DINNER: ROAST PORK NECK, MIXED SALADS - KETO

Sunday

BREAKFAST: CHEESE PANCAKES
LUNCH: PRAWNS WITH ZUCCHINI NOODLES
DINNER: MIXED SALADS, FRITTATA WITH PEPPERS AND ZUCCHINI

Makros:

MONDAY: CAL: 2191.0, P: 111.9, F: 176.7, C: 26.5
TUESDAY: CAL: 2200.6, P: 112.0, F: 175.9, C: 34.0
WEDNESDAY: CAL: 2193.5, P: 115.4, F: 174.9, C: 29.4
THURSDAY: CAL: 2187.5, P: 117.8, F: 173.9, C: 29.7
FRIDAY: CAL: 2188.3, P: 116.1, F: 177.2, C: 26.1
SATURDAY: CAL: 2207.7, P: 113.3, F: 184.9, C: 21.7
SUNDAY: CAL: 2192.8, P: 108.9, F: 177.9, C: 30.5

Monday

Breakfast

CAL: 780.5,
P: 35.5, F: 64.2, C: 10.2

COCONUT BREAD (RECIPE FOR 5 SERVINGS)

EAT 1 OF 5 SERVINGS

WHOLE HEN EGGS - 336 G (6 X PIECE)
EXTRA BUTTER - 80 G (16 X SPOON)
COCONUT FLOUR - 65 G (4.3 X SPOON)
ROSEMARY - 8 G (2 X TEASPOON)
BAKING POWDER - 3 G (1 X TEASPOON)
GRANULATED GARLIC - 3 G (3 X PINCH)
ONION (DRIED) - 3 G (0.5 X SPOON)
HIMALAYAN SALT - 3 G (3 X PINCH)

EGG SALAD

WHOLE HEN EGGS - 112 G (2 X ART)
AVOCADO - 80 G (0.6 X PIECE)
TOMATO - 50 G (0.4 X PIECE)
CHEESE, FULL FAT CHEDDAR - 30 G (2 X SLICE)
OLIVE OIL - 10 G (1 X SPOON)
PARSLEY, LEAVES - 6 G (1 X TEASPOON)
LEMON - 4 G (0 X PIECE)
HERBS DE PROVENCE - 2 G (0.7 X TEASPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Lunch

CAL: 711.5,
P: 41.6, F: 54.9, C: 8.7

FISH CASSEROLE WITH VEGETABLES

BROCCOLI - 120 G (0.2 X ART)
SALMON, FRESH - 100 G (1 X PIECE)
BRUSSELS SPROUTS - 85 G (5 X PIECE)
WHOLE HEN'S EGGS - 56 G (1 X PIECE)
LEEK - 40 G (0.3 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 25 G (0.8 X SPOON)
CHEESE, FULL FAT CHEDDAR - 20 G (1.3 X SLICE)
RED TOMATO PESTO - 10 G (0.5 X SPOON)
OLIVE OIL - 5 G (0.5 X SPOON)
SPINACH - 4 G (0.2 X HANDFUL)
LEMON JUICE - 3 G (0.5 X SPOON)

Dinner

CAL: 699.0,
P: 34.8, F: 57.6, C: 7.6

GYROS SALAD

HOMING CHICKEN BREAST FILLET (SKINLESS) - 140 G (1.4 X PIECE)
CHINESE CABBAGE - 130 G (2.6 X LEAF)
TOMATO - 60 G (0.5 X PIECE)
CUCUMBER - 40 G (1 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)
OLIVE OIL - 30 G (3 X SPOON)
GRANULATED GARLIC - 3 G (3 X PINCH)

COMBINE THE DRY INGREDIENTS (COCONUT FLOUR, BAKING POWDER, ONION, GARLIC, ROSEMARY AND SALT) IN A BOWL AND SET ASIDE.

ADD THE 6 EGGS TO A SEPARATE BOWL AND BEAT WITH A HAND MIXER UNTIL YOU SEE BUBBLES AT THE TOP.

ADD THE MELTED BUTTER TO THE EGGS AND CONTINUE TO MIX.

ONCE THE WET AND DRY INGREDIENTS ARE COMPLETELY COMBINED IN SEPARATE BOWLS, SLOWLY ADD THE DRY INGREDIENTS TO THE WET, MIX WITH THE MIXER. POUR THE BATTER INTO A GREASED OR PAPER-LINED TIN.

BAKE AT 180°C FOR 40-50 MINUTES (TIME WILL VARY DEPENDING ON YOUR OVEN).

LEAVE IN THE TIN TO COOL.

DIVIDE INTO 5 PORTIONS, EAT ONE.

HARD BOIL THE EGG.

GRATE THE CHEESE.

COMBINE ALL THE CHOPPED INGREDIENTS TOGETHER, SEASON TO TASTE.

GARNISH WITH PARSLEY.

DRIZZLE WITH OLIVE OIL AND LEMON JUICE.

ARRANGE THE SPINACH ON THE BOTTOM OF AN OVENPROOF DISH.

COMBINE THE MAYONNAISE, PESTO AND OIL TOGETHER AND ADD ANY SEASONING YOU LIKE.

ADD THE EGG AND MIX AGAIN.

BLANCH THE BROCCOLI AND BRUSSELS SPROUTS. DIVIDE THE VEGETABLES INTO SMALLER PIECES AND PLACE IN A DISH WITH THE SPINACH.

CUT THE FISH INTO STRIPS AND SPREAD ON THE VEGETABLES.

DRIZZLE WITH LEMON JUICE AND POUR OVER THE SAUCE.

SPRINKLE GRATED CHEDDAR CHEESE ON TOP.

BAKE FOR APPROX. 30 MIN AT 180°C.

FINELY CHOP THE VEGETABLES, PLACE IN A BOWL.

FINELY DICE THE MEAT - SEASON AS DESIRED, YOU CAN USE GYROS SEASONING AND FRY IN THE FAT.

ADD TO THE VEGETABLES.

MIX MAYONNAISE, OIL AND GARLIC AND POUR THE DRESSING OVER THE SALAD.

SEASON TO TASTE.

Recipe

Recipe

Recipe



Tuesday

Breakfast

CAL: 779.8,
P: 40.8, F: 64.6, C: 6.1

COCONUT BREAD (RECIPE FOR 5 SERVINGS)

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

KETO PLATE

WHOLE HEN'S EGGS - 168 G (3 X PIECE)
CUCUMBERS, PICKLED - 60 G (1 X PIECE)
CHEESE, GOUDA FAT - 30 G (2 X SLICE)
MAYONNAISE (WITH RAPESEED OIL) - 25 G (0.8 X SPOON)

Lunch

CAL: 738.1,
P: 44.9, F: 56.4, C: 10.1

ROAST CHICKEN THIGH

CHICKEN THIGH MEAT, SKINLESS - 150 G (1.5 X PIECE)
OLIVE OIL - 10 G (1 X SPOON)
LEMON JUICE - 6 G (1 X SPOON)
OREGANO (DRIED) - 1 G (0.3 X TEASPOON)

"RICE" WITH CHEDDAR CHEESE (RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 PORTIONS
CAULIFLOWER - 250 G (0.5 X ART)
BROCCOLI - 250 G (0.5 X PIECE)
CHEESE, FULL FAT CHEDDAR - 75 G (5 X SLICE)
MASCARPONE CHEESE - 48 G (2 X SPOON)
CLARIFIED BUTTER - 30 G (2 X SPOON)
HIMALAYAN SALT - 3 G (3 X PINCH)
GRANULATED GARLIC - 3 G (3 X PINCH)
GROUND BLACK PEPPER - 2 G (2 X PINCH)
GROUND NUTMEG - 1 G (0.2 X TEASPOON)

Dinner

CAL: 682.7,
P: 26.3, F: 54.9, C: 17.8

KETO CAULIFLOWER SOUP WITH SHRIMP

CAULIFLOWER - 250 G (0.5 X PIECE)
POULTRY BOUILLON (HOMEMADE) - 150 G (0.6 X CUP)
PRAWNS - 100 G (1 X PORTION)
CREAM 36% - 60 G (6 X SPOON)
ONION - 30 G (0.3 X PIECE)
CLARIFIED BUTTER - 15 G (1 X SPOON)
CLARIFIED BUTTER - 15 G (1 X SPOON)
PARSLEY, LEAVES - 12 G (2 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)

Recipe

HARD BOIL THE EGGS.
ONCE COOLED, PEEL AND DIVIDE IN HALF,
COVER WITH MAYONNAISE.
SERVE WITH PICKLED CUCUMBER.

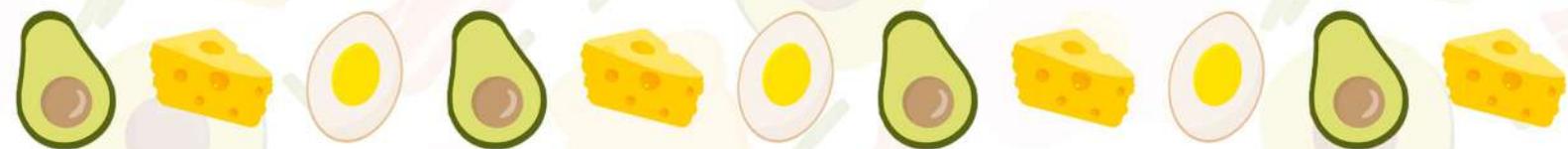
MARINATE THE THIGHS IN OLIVE OIL,
LEMON JUICE, OREGANO, SALT AND
PEPPER.
BAKE FOR APPROX. 30 MINUTES
AT 180° IN A PREHEATED OVEN.

GRATE THE CAULIFLOWER AND
BROCCOLI, PLACE IN A BOWL, ADD
SALT, PEPPER AND GARLIC- MIX WELL.
HEAT THE BUTTER IN A FRYING PAN
AND SEAR THE MIXTURE, FRY FOR
ABOUT 6-8 MINUTES OVER A MEDIUM
HEAT STIRRING.
THEN ADD THE CHEDDAR CHEESE
AND FRY FOR ANOTHER
2-3 MINUTES STIRRING.
COMBINE THE MIXTURE WITH THE
MASCARPONE CHEESE UNTIL CREAMY.
SEASON ACCORDING TO TASTE.
EAT HALF THE PORTION.

Recipe

CHOP THE GARLIC AND ONION.
IN A POT, HEAT A TABLESPOON OF
BUTTER AND FRY THE GARLIC AND ONION.
ADD SMALL PIECES OF CAULIFLOWER
AND BROTH (ADD WATER IF
NECESSARY) COOK UNTIL TENDER.
ADD THE CREAM AND BLEND
EVERYTHING WITH A BLENDER, SEASON
TO TASTE.
HEAT THE REST OF THE BUTTER IN A
FRYING PAN AND FRY THE CLEANED
PRAWNS.
SERVE THE SOFT PRAWNS WITH THE
CREAMY SOUP
SPRINKLE WITH PARSLEY.
YOU MAY SUBSTITUTE THE PRAWNS
WITH CHICKEN BREAST MEAT.

Recipe



Wednesday

Breakfast

CAL: 669.1,
P: 35.1, F: 54.5, C: 5.9

COCONUT BREAD (RECIPE FOR 5 SERVINGS)

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

ROAST PORK NECK (RECIPE FOR 4 PORTIONS)

EAT 1 OF 4 PORTIONS
PORK, NECK OF PORK - 500 G (5 X PIECE)
GARLIC - 10 G (2 X CLOVE)
OLIVE OIL - 10 G (1 X SPOONFUL)
HERBS DE PROVENCE - 9 G (3 X TEASPOON)
GROUND BLACK PEPPER - 6 G (6 X PINCH)
HIMALAYAN SALT - 5 G (5 X PINCH)

EXTRA BUTTER

EXTRA BUTTER - 15 G (3 X SPOON)

CUCUMBERS, PICKLED

CUCUMBERS, PICKLED - 60 G (1 X PIECE)

Lunch

CAL: 738.1,
P: 44.9, F: 56.4, C: 10.1

ROAST CHICKEN THIGH

CHICKEN THIGH MEAT, SKINLESS - 150 G (1.5 X PIECE)
OLIVE OIL - 10 G (1 X SPOON)
LEMON JUICE - 6 G (1 X SPOON)
OREGANO (DRIED) - 1 G (0.3 X TEASPOON)

"RICE" WITH CHEDDAR CHEESE (RECIPE FOR 2 PORTIONS)

EAT 1 OF THE 2 SERVINGS
THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.

Dinner

CAL: 786.3,
P: 35.4, F: 64.0, C: 13.4

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 140 G (1.4 X PORTION)
CHERRY TOMATOES - 60 G (3 X PIECE)
CUCUMBER - 40 G (1 X PIECE)
RASPBERRIES - 30 G (0.5 X HANDFUL)
RED ONION - 30 G (0.3 X PIECE)
SUNFLOWER SEEDS, SEED, SHELLED - 20 G (2 X SPOON)
ARUGULA - 20 G (1 X HANDFUL)
SPINACH - 20 G (0.8 X HANDFUL)
OLIVE OIL - 20 G (2 X SPOON)
BALSAMIC VINEGAR - 3 G (1 X TEASPOON)

Recipe

DIVIDE THE GARLIC INTO SMALLER PIECES. USING A SHARP KNIFE, MAKE HOLES IN THE MEAT AND INSERT THE GARLIC PIECES. RUB THE MEAT WITH YOUR FAVOURITE SPICES AND OIL. BAKE IN A SLEEVE OR HEATPROOF DISH. 180°C FOR APPROX. 50-60 MIN. ONCE COOLED, CUT INTO MEDIUM-THICK SLICES. DIVIDE INTO 4 PORTIONS, EAT ONE.

Recipe

MARINATE THE THIGHS IN OLIVE OIL, LEMON JUICE, OREGANO, SALT AND PEPPER. BAKE FOR APPROXIMATELY 30 MINUTES AT 180 DEGREES IN A PREHEATED OVEN.

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: 791.5,
P: 33.4, F: 67.9, C: 9.3

COCONUT BREAD (RECIPE FOR 5 SERVINGS)

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

TOMATO SCRAMBLED EGGS

WHOLE HEN EGGS - 168 G (3 X PIECE)
TOMATO - 120 G (1 X PIECE)
CLARIFIED BUTTER - 30 G (2 X SPOON)
ONION - 20 G (0.2 X PIECE)

Lunch

CAL: 750.8,
P: 53.1, F: 51.9, C: 13.8

ALMONDS

ALMONDS - 25 G (1.7 X SPOON)

POULTRY SPAGHETTI (RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 PORTIONS
ZUCCHINI - 450 G (1.5 X PIECE)
TURKEY LEG MEAT, SKINLESS - 400 G (4 X PIECE)
TINNED TOMATOES (SLICED) - 200 G (2 X PORTION)
CULTIVATED MUSHROOM, FRESH - 120 G (6 X PIECE)
OLIVE OIL - 60 G (6 X SPOON)
RED PEPPERS - 56 G (0.4 X PIECE)
ONION - 30 G (0.3 X PIECE)
CHEESE, PARMESAN - 16 G (2 X SPOON)
GARLIC - 10 G (2 X CLOVE)

Dinner

CAL: 645.2,
P: 31.3, F: 54.1, C: 6.6

SALAD MIX

ROMAINE LETTUCE - 100 G (2.9 X LEAF)
TOMATO - 50 G (0.4 X PIECE)
ICEBERG LETTUCE - 50 G (2.5 X LEAF)
CUCUMBER - 40 G (1 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
CHEESE, MOZZARELLA - 20 G (1.3 X PIECE)

ROAST PORK NECK (RECIPE FOR 4 PORTIONS)

EAT 1 OF THE 4 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Recipe

HEAT THE FAT IN A FRYING PAN, PEEL THE TOMATO AND DICE.
FRY WITH THE ONION.
IN A BOWL, CRACK THE EGGS AND SEASON WITH SALT AND PEPPER.
ADD TO PAN AND SCRAMBLE.

Recipe

HEAT THE FAT IN A FRYING PAN AND FRY THE CHOPPED GARLIC AND ONION.
ADD THE SLICED MUSHROOMS AND PEPPERS- FRY FOR A MINUTE.
ADD THE MEAT TO THE PAN AND FRY UNTIL SOFT.
ADD YOUR FAVOURITE SPICES: PEPPER, SALT, HERBES DE PROVENCE, MARJORAM, SWEET PAPRIKA.
THEN ADD THE SLICED TOMATOES.
ADD A LITTLE WATER IF NEEDED.
STEW UNDER THE LID.
CUT THE COURGETTE INTO THIN SLICES WITH A SHARP KNIFE OR PREPARE IN PASTA FORM USING A FOOD PROCESSOR.
IF YOU DON'T LIKE RAW ZUCCHINI, YOU CAN LIGHTLY FRY IT.
SERVE WITH THE MEAT SAUCE.
SPRINKLE THE WHOLE THING WITH PARMESAN CHEESE.
EAT HALF THE PORTION.

Recipe

150 G SALAD MIX, MIX WITH THE REMAINING INGREDIENTS.
POUR OLIVE OIL OVER THE WHOLE, SEASON TO TASTE.



Friday

Breakfast

CAL: 764.5,
P: 35.2, F: 65.7, C: 5.9

COCONUT BREAD (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) - 30 G (1 X SPOON)

ROAST PORK NECK (RECIPE FOR 4 PORTIONS)

EAT 1 OF THE 4 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Lunch

CAL: 732.7,
P: 52.5, F: 50.3, C: 13.6

ALMONDS

ALMONDS - 25 G (1.7 X SPOON)

CHICKEN SPAGHETTI (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.

Dinner

CAL: 691.1,
P: 28.4, F: 61.2, C: 6.6

OMELETTE WITH VEGETABLES AND CHEESE

WHOLE HEN EGGS - 168 G (3 X PIECE)
TOMATO - 120 G (1 X PIECE)
CULTIVATED MUSHROOM, FRESH - 40 G (2 X PIECE)
CLARIFIED BUTTER - 37 G (2.5 X SPOON)
SPINACH - 25 G (1 X HANDFUL)
36% CREAM - 20 G (2 X SPOON)
TURKEY HAM - 20 G (1.3 X SLICE)
OREGANO (DRIED) - 3 G (1 X TEASPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

MIX THE EGGS, CURD AND CREAM IN A BOWL.
SEASON WITH SALT AND PEPPER.
TOMATO, MUSHROOMS AND HAM - DICE AND FRY IN HOT BUTTER, ADD SPINACH.
CAREFULLY POUR IN THE EGGS AND REDUCE THE HEAT.
FRY COVERED UNTIL THE EGGS ARE SET.
SPRINKLE WITH GRATED CHEESE AND FRY FOR A WHILE.
PLACE ON A PLATE AND SPRINKLE WITH OREGANO.



Saturday

Breakfast

CAL: 654.7,
P: 36.1, F: 54.8, C: 3.8

MUFFINS

WHOLE HEN EGGS - 112 G (2 X PIECE)
BONELESS SMOKED BACON - 40 G (0.4 X PORTION)
RED PEPPERS - 30 G (0.2 X PIECE)
36% CREAM - 20 G (2 X SPOON)
EXTRA BUTTER - 20 G (4 X SPOON)
CHIVES - 15 G (3 X TEASPOON)
RED TOMATO PESTO - 10 G (0.5 X SPOON)
HIMALAYAN SALT - 2 G (2 X PINCH)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

Recipe

PREHEAT THE OVEN TO 180°C.
BUTTER, GENEROUSLY GREASE MUFFIN TINS.
MIX THE EGGS, SPICES, PESTO, CHIVES AND CREAM THOROUGHLY.
FINELY DICE THE PEPPERS AND ADD TO THE EGGS.
FRY BACON UNTIL CRISPY, ADD TO EGGS.
MIX TOGETHER AND POUR INTO GREASED BAKING TINS.
BAKE UNTIL THE EGGS ARE SET.

KABANOS

KABANOS - 45 G (3 X PIECE)

Lunch

CAL: 809.1,
P: 41.0, F: 68.1, C: 8.8

CHICKEN WITH ZUCCHINI NOODLES

CHICKEN THIGH MEAT, SKINLESS - 200 G (2 X PIECE)
ZUCCHINI - 200 G (0.7 X PIECE)
36% CREAM - 50 G (5 X SPOON)
CLARIFIED BUTTER - 30 G (2 X SPOON)
MASCARPONE CHEESE - 20 G (0.8 X SPOON)
PARSLEY, LEAVES - 12 G (2 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)

Recipe

FINELY DICE THE MEAT.
IN BUTTER, FRY CHOPPED GARLIC, ADD MEAT AND FRY UNTIL TENDER.
SEASON TO TASTE.
PREPARE NOODLES FROM THE ZUCCHINI USING A FOOD PROCESSOR, OR YOU CAN CUT IT INTO SMALL STRIPS.
ADD TO THE MEAT AND FRY FOR A MOMENT.
ADD THE CREAM AND MASCARPONE CHEESE, MIX WELL AND COOK UNTIL THE SAUCE THICKENS.
SPRINKLE WITH PARSLEY.

Dinner

CAL: 743.9,
P: 36.2, F: 62.0, C: 9.1

ROAST PORK NECK (RECIPE FOR 4 SERVINGS)

EAT 1 OF THE 4 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.

LETTUCE MIX - KETO

CUCUMBER - 80 G (2 X ART)
TOMATO - 60 G (0.5 X PIECE)
BLACK OLIVES - 45 G (3 X SPOON)
ICEBERG LETTUCE - 40 G (2 X LEAF)
CHEESE, MOZZARELLA - 40 G (2.7 X SLICE)
OLIVE OIL - 30 G (3 X SPOON)
LAMB'S LETTUCE - 15 G (0.8 X HANDFUL)
ARUGULA - 15 G (0.8 X HANDFUL)

Recipe

MIX THE SALAD MIX, MIX WITH THE REMAINING INGREDIENTS.
POUR OLIVE OIL OVER ALL, SEASON TO TASTE.



Sunday

Breakfast

CAL: 678.9,
P: 45.8, F: 49.2, C: 8.9

CHEESE PANCAKES

WHOLE HEN EGGS - 168 G (3 X PIECE)
HALF-FAT COTTAGE CHEESE - 120 G (0.6 X PACK)
RASPBERRIES - 20 G (0.3 X HANDFUL)
COCONUT OIL (SOLID) - 20 G (1 X SPOON)
85% BITTER CHOCOLATE - 16 G (2 X CUBE)
ERYTHROL / ERYTHRITOL - 10 G (2 X TEASPOON)
CINNAMON - 2 G (0.4 X TEASPOON)

Recipe

MIX THE EGGS AND COTTAGE CHEESE THOROUGHLY USING A FORK. ADD THE SWEETENER AND CINNAMON. FRY THE PANCAKES IN COCONUT OIL. SPRINKLE GRATED CHOCOLATE AND RASPBERRIES ON THE HOT PANCAKES.

Lunch

CAL: 695.8,
P: 33.2, F: 57.0, C: 11.2

PRAWNS WITH ZUCCHINI NOODLES

PRAWNS - 200 G (2 X PORTION)
ZUCCHINI - 200 G (0.7 X PIECE)
36% CREAM - 80 G (8 X SPOON)
CLARIFIED BUTTER - 20 G (1.3 X SPOON)
MASCARPONE CHEESE - 15 G (0.6 X SPOON)
PARSLEY, LEAVES - 12 G (2 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)

Recipe

CLEAN AND WASH THE PRAWNS. FRY THE CHOPPED GARLIC IN A FRYING PAN, ADD THE PRAWNS AND FRY UNTIL SOFT. SEASON TO TASTE. SERVE WITH PASTA AND PARSLEY. (IF YOU DON'T LIKE PRAWNS, SUBSTITUTE WITH CHICKEN MEAT).

Dinner

CAL: 818.1,
P: 29.9, F: 71.7, C: 10.4

SALAD MIX

ROMAINE LETTUCE - 100 G (2.9 X LEAF)
ICEBERG LETTUCE - 50 G (2.5 X LEAF)
TOMATO - 50 G (0.4 X PIECE)
CUCUMBER - 40 G (1 X PIECE)
CHEESE, MOZZARELLA - 20 G (1.3 X PIECE)
OLIVE OIL - 20 G (2 X SPOON)
BLACK OLIVES - 15 G (1 X SPOON)

Recipe

150 G SALAD MIX, MIX WITH THE REMAINING INGREDIENTS. POUR OLIVE OIL OVER THE WHOLE, SEASON TO TASTE.

FRITTATA WITH PEPPERS AND ZUCCHINI

WHOLE HEN EGGS - 168 G (3 X PIECE)
ZUCCHINI - 70 G (0.2 X PIECE)
RED PEPPERS - 40 G (0.3 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
OREGANO (DRIED) - 1 G (0.3 X TEASPOON)

CUT THE ZUCCHINI AND PEPPERS INTO STRIPS AND FRY IN OIL. IN A BOWL, WHISK AN EGG AND POUR INTO THE PAN. SPRINKLE WITH OREGANO AND FRY ON BOTH SIDES.



Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
DRINKS			DAIRY		
LEMON JUICE	15 G	2.5 X SPOON	WHOLE HEN EGGS	1456 G	26 X PIECE
FISH AND SEAFOOD			CREAM 36%	230 G	23 X SPOONFUL
PRAWNS	300 G	3 X PORTION	HALLOUMI CHEESE	140 G	1.4 X PORTION
SALMON, FRESH	100 G	1 X PIECE	CHEESE, FULL FAT CHEDDAR	125 G	8.3 X SLICE
NUTS AND BEANS			COTTAGE CHEESE, SEMI-SKIMMED	120 G	0.6 X PIECE
ALMONDS	47 G	3.2 X TBSP	MASCARPONE CHEESE	83 G	3.5 X SPOONFUL
SUNFLOWER SEEDS, SHELLED	20 G	2 X SPOONFUL	CHEESE, MOZZARELLA	80 G	5.3 X SLICE
COCONUT FLOUR	65 G	4.3 X TBSP	CHEESE, GOUDA FAT	30 G	2 X SLICE
FATS			CHEESE, PARMESAN	16 G	2 X SPOONFUL
OLIVE OIL	265 G	26.5 X TBSP	FRUIT AND VEGETABLES		
CLARIFIED BUTTER	177 G	11.8 X SPOON	ZUCCHINI	920 G	3.1 X PIECE
EXTRA BUTTER	115 G	23 X TEASPOON	TOMATO	510 G	4.3 X PIECE
MAYONNAISE (WITH RAPESEED OIL)	110 G	3.7 X TEASPOON	CAULIFLOWER	500 G	1 X PIECE
COCONUT OIL (SOLID)	20 G	1 X TBSP	BROCCOLI	370 G	0.7 X ART
OTHER			CUCUMBER	240 G	6 X ART
POULTRY BOUILLON (HOMEMADE)	150 G	0.6 X CUP	CANNED TOMATOES (SLICED)	200 G	2 X PORTION
RED TOMATO PESTO	20 G	1 X SPOON	ROMAINE LETTUCE	200 G	5.7 X LEAF
BITTER CHOCOLATE 85%	16 G	2 X CUBE	CULTIVATED MUSHROOM, FRESH	160 G	8 X PIECE
ERYTHROL / ERYTHRITOL	10 G	2 X TEASPOON	ICEBERG LETTUCE	140 G	7 X LEAF
BALSAMIC VINEGAR	3 G	1 X TEASPOON	CHINESE CABBAGE	130 G	2.6 X LEAF
BAKING POWDER	3 G	1 X TEASPOON	RED PEPPERS	126 G	0.9 X PIECE
MEAT AND MEAT PRODUCTS			CUCUMBERS, PICKLED	120 G	2 X PIECE
CHICKEN THIGH MEAT, SKINLESS	500 G	5 X PIECE	BRUSSELS SPROUTS	85 G	5 X PIECE
PORK NECK	500 G	5 X PIECE	AVOCADO	80 G	0.6 X ART
TURKEY LEG MEAT, SKINLESS	400 G	4 X PIECE	ONIONS	80 G	0.8 X ART
CHICKEN BREAST FILLET, SKINLESS	140 G	1.4 X PIECE	BLACK OLIVES	60 G	4 X SPOON
KABANOS	45 G	3 X PIECE	CHERRY TOMATOES	60 G	3 X PIECE
SMOKED BONELESS BACON	40 G	0.4 X PIECE	RASPBERRIES	50 G	0.8 X HANDFUL
TURKEY HAM	20 G	1.3 X SLICE	SPINACH	49 G	2 X HANDFUL
SPICES AND HERBS			PARSLEY, LEAVES	42 G	7 X TEASPOON
HIMALAYAN SALT	15 G	15 X PINCH	LEEK	40 G	0.3 X PIECE
GROUND BLACK PEPPER	11 G	11 X PINCH	GARLIC	35 G	7 X CLOVE
HERBS DE PROVENCE	11 G	3.7 X TEASPOON	ARUGULA	35 G	1.8 X HANDFUL
GRANULATED GARLIC	9 G	9 X PINCH	RED ONION	30 G	0.3 X PIECE
ROSEMARY	8 G	2 X TEASPOON	LAMB'S LETTUCE	15 G	0.8 X HANDFUL
OREGANO (DRIED)	6 G	2 X TEASPOON	CHIVES	15 G	3 X TEASPOON
CINNAMON	2 G	0.4 X TEASPOON	LEMON	4 G	1 X PIECE
GROUND NUTMEG	1 G	0.2 X TEASPOON	ONION (DRIED)	3 G	0.5 X SPOONFUL

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.

