



2800 calories=3 meals



**BY YOUR DIETITIAN
ANETA FLORCZYK**

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Weekly meal planner

Monday

BREAKFAST: OMELETTE WITH VEGETABLES AND CHEESE
LUNCH: ROAST CHICKEN LEG, BROCCOLI SALAD
DINNER: GARLIC BREAD, MACKEREL, SMOKED, GUACAMOLE

Tuesday

BREAKFAST: PEANUT BUTTER PANCAKES
LUNCH: RIBS WITH CABBAGE, BREAD WITH GRAINS
DINNER: GARLIC BREAD, SALMON SMOKED, GUACAMOLE

Wednesday

BREAKFAST: COCONUT "OATMEAL"
LUNCH: RIBS WITH CABBAGE, BREAD WITH GRAINS
DINNER: OMELETTE WITH AVOCADO

Thursday

BREAKFAST: KETO PLATE, BREAD WITH GRAINS
LUNCH: CHICKEN WITH BACON, MIXED SALADS
DINNER: CRISPY PANCAKES WITH ARUGULA

Friday

BREAKFAST: TURKEY AND CELERY ROLLS BREAD WITH GRAINS
LUNCH: CHICKEN WITH BACON, MIXED SALADS
DINNER: HALLOUMI ON A GREEN QUILT

Saturday

BREAKFAST: COCONUT PANCAKES
LUNCH: KETO CARBONARA
DINNER: BROCCOLI SALAD, BREAD WITH GRAINS

Sunday

BREAKFAST: PANCAKE WITH SALMON
LUNCH: SALMON WITH MOZZARELLA SALAD
DINNER: HAMBURGER, BREAD WITH GRAINS

Makros:

MONDAY: CAL: 2794.5, P: 144.3, F: 231.6, C: 26.0
TUESDAY: CAL: 2820.3, P: 132.5, F: 235.6, C: 30.9
WEDNESDAY: CAL: 2797.4, P: 117.6, F: 241.6, C: 30.0
THURSDAY: CAL: 2785.0, P: 149.4, F: 231.0, C: 20.5
FRIDAY: CAL: 2800.4, P: 144.5, F: 230.7, C: 27.4
SATURDAY: CAL: 2798.4, P: 111.0, F: 240.8, C: 35.4
SUNDAY: CAL: 2795.2, P: 144.9, F: 235.1, C: 19.6

Monday

Breakfast

CAL: 967.3,
P: 57.7, F: 78.8, C: 6.3

OMELETTE WITH VEGETABLES AND CHEESE

WHOLE HEN EGGS - 224 G (4 X PIECE)
TOMATO - 84 G (0.7 X PIECE)
CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)
CHEESE, COUDA FAT - 60 G (4 X SLICE)
TURKEY HAM - 50 G (3.3 X SLICE)
SPINACH - 35 G (1.4 X HANDFUL)
CLARIFIED BUTTER - 35 G (2.3 X SPOON)
36% CREAM - 20 G (2 X SPOON)
OREGANO (DRIED) - 3 G (1 X TEASPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
HIMALAYAN SALT - 1 G (1 X PINCH)

Lunch

CAL: 936.7,
P: 50.3, F: 77.7, C: 7.5

ROAST CHICKEN THIGH

CHICKEN THIGH MEAT, SKINLESS - 200 G (2 X PIECE)
OLIVE OIL - 20 G (2 X SPOON)
LEMON JUICE - 6 G (1 X SPOON)
HIMALAYAN SALT - 2 G (2 X PINCH)
GROUND SWEET PAPRIKA - 2 G (0.4 X TEASPOON)
OREGANO (DRIED) - 1 G (0.3 X TEASPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)

BROCCOLI SALAD

BROCCOLI - 150 G (0.3 X PIECE)
BONELESS SMOKED BACON - 60 G (0.6 X PORTION)
MAYONNAISE (WITH RAPESEED OIL) - 40 G (1.3 X SPOON)
RED ONION - 10 G (0.1 X PIECE)
HIMALAYAN SALT - 1 G (1 X PINCH)
BLACK PEPPERCORNS - 1 G (1 X PIECE)
APPLE CIDER VINEGAR FROM RIPE APPLES - 1 G (0.3 X TEASPOON)

Dinner

CAL: 890.5,
P: 36.3, F: 75.1, C: 12.2

GARLIC BREAD (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
WATER - 60 G (0.2 X GLASS)
ALMOND FLOUR - 40 G (4 X SPOON)
EGG WHITE - 35 G (1 X PIECE)
EXTRA BUTTER - 30 G (6 X SPOON)
PARSLEY, LEAVES - 12 G (2 X TEASPOON)
PSYLLIUM SEED - 10 G (1 X SPOON)
GARLIC - 5 G (1 X CLOVE)
HIMALAYAN SALT - 2 G (2 X PINCH)
APPLE CIDER VINEGAR FROM RIPE APPLES - 1.5 G (0.5 X TEASPOON)
BAKING POWDER - 1.5 G (0.5 X TEASPOON)

MACKEREL, SMOKED

MACKEREL, SMOKED - 125 G (1 X PIECE)

GUACAMOLE

AVOCADO - 140 G (1 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)

Recipe

MIX THE EGGS AND CREAM TOGETHER 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.

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

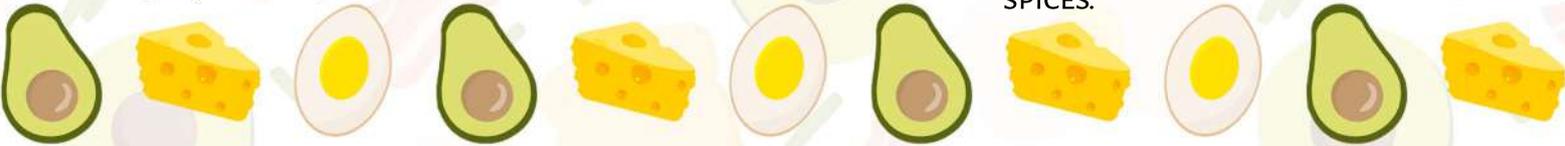
Recipe

DIVIDE THE BROCCOLI INTO SMALL FLORETS, CAN BE BLANCHED OR RAW. TRANSFER TO A BOWL. CHOP THE ONION AND ADD TO THE BROCCOLI. MIX THE MAYONNAISE WITH THE SPICES AND VINEGAR, YOU CAN ADD GARLIC - POUR THE SAUCE OVER THE BROCCOLI. FRY THE BACON UNTIL CRISP AND ADD TO THE SALAD. MIX EVERYTHING TOGETHER.

PREHEAT THE OVEN TO 175°C. PREPARE THE BUTTER: BUTTER AT ROOM TEMPERATURE, MIX WITH PARSLEY, A PINCH OF SALT AND GARLIC - PLACE IN THE FRIDGE. MAKE THE BREADS: MIX THE DRY INGREDIENTS IN A BOWL. BRING THE WATER TO THE BOIL. ADD THE VINEGAR AND EGG WHITE TO THE BOWL, POUR IN THE BOILING WATER AND MIX WITH A MIXER FOR ABOUT 30S THE CONSISTENCY SHOULD RESEMBLE PLASTICINE. WET YOUR HANDS AND FORM 4 PORTIONS. PLACE THE LOAVES ON A BAKING TRAY LINED WITH BAKING PAPER SO THAT THEY DO NOT TOUCH EACH OTHER. BAKE FOR 40-50 MINUTES. WHEN THE ROLLS HAVE COOLED DOWN, BRUSH THEM WITH GARLIC BUTTER AND BAKE FOR ANOTHER 10-15 MINUTES AT 225°C - UNTIL GOLDEN. EAT HALF THE PORTION.

Recipe

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



Tuesday

Breakfast

CAL: 829.3,
P: 25.7, F: 75.6, C: 10.6

PEANUT BUTTER PANCAKES

WHOLE HEN EGGS - 112 G (2 X ART)
STRAWBERRIES - 70 G (1 X HANDFUL)
PEANUT BUTTER - 45 G (3 X SPOON)
COCONUT OIL (SOLID) - 30 G (1.5 X SPOON)
36% CREAM - 30 G (3 X TBSP)
LINSEED (FRESHLY GROUND) - 2 G (0.4 X TEASPOON)
BAKING SODA - 1 G (0.2 X TEASPOON)

Recipe

COMBINE THE EGGS, PEANUT BUTTER, FLAXSEED AND BAKING SODA THOROUGHLY USING A MIXER.
HEAT THE FAT IN A FRYING PAN AND FRY THE PANCAKES, ANY SIZE YOU LIKE.
TOP WITH CREAM AND DECORATE WITH STRAWBERRIES.
INSTEAD OF STRAWBERRIES, YOU CAN USE RASPBERRIES OR BLUEBERRIES.

Lunch

CAL: 1155.9,
P: 58.2, F: 96.1, C: 9.1

RIBS WITH CABBAGE (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
PORK, RIBS - 450 G (4.5 X PIECE)
CABBAGE, SAUERKRAUT - 180 G (1.6 X CUP)
KETCHUP - 20 G (1.3 X SPOON)
OLIVE OIL - 20 G (2 X SPOON)
ALLSPICE - 3 G (3 X PIECE)
BAY LEAF - 2 G (2 X LEAF)
HIMALAYAN SALT - 2 G (2 X PINCH)
GROUND BLACK PEPPER - 2 G (2 X PINCH)

PREHEAT OVEN TO 180°C
COMBINE THE CABBAGE WITH THE KETCHUP, OIL AND SEASONING.
DIVIDE THE RIBS INTO PORTIONS AND PLACE IN A SLEEVE OR CASSEROLE DISH.
COVER THE MEAT WITH THE CABBAGE AND BAKE FOR APPROX. 50-60 MIN.
EAT HALF THE PORTION.

GRAIN BREAD (RECIPE FOR 6 PORTIONS)

EAT 1 OF 6 PORTIONS
WHOLE HEN EGGS - 168 G (3 X PIECE)
SESAME, SEEDS - 100 G (10 X SPOON)
SUNFLOWER SEEDS, SEED, SHELLED - 80 G (8 X SPOON)
HAZELNUTS - 50 G (3.3 X SPOON)
LINSEED (SEED) - 38 G (3.8 X TBSP)
LINSEED (FRESHLY GROUND) - 35 G (7 X TEASPOON)
OLIVE OIL - 30 G (3 X SPOON)
PUMPKIN, SEEDS, SHELLED - 25 G (2.5 X SPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

FINELY CRUSH THE NUTS, THEY CAN BE GROUND.
ADD THE REMAINING INGREDIENTS: SESAME SEEDS, SUNFLOWER SEEDS, FLAXSEEDS, PUMPKIN SEEDS, EGGS AND OIL.
MIX THOROUGHLY, SEASON WITH A PINCH OF SALT AND SET ASIDE FOR HALF AN HOUR.
PREHEAT THE OVEN TO 160°C.
POUR THE RESULTING MIXTURE INTO A BAKING TIN (E.G. A FRUIT LOAF TIN) AND BAKE IN THE OVEN FOR 60 MIN ONCE COOLED, DIVIDE THE BREAD INTO 6 PORTIONS.
STORE IN THE FRIDGE FOR A LONGER SHELF LIFE.

Dinner

CAL: 835.1,
P: 48.6, F: 63.9, C: 11.2

GARLIC BREAD (RECIPE FOR 2 SERVINGS)

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

SALMON, SMOKED

SALMON, SMOKED - 180 G (6 X PIECE)

GUACAMOLE

AVOCADO - 120 G (0.9 X PIECE)
LEMON - 20 G (0.2 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 10 G (0.3 X SPOON)
GARLIC - 5 G (1 X CLOVE)

Recipe

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



Wednesday

Breakfast

CAL: 762.8,
P: 16.5, F: 71.7, C: 12.3

COCONUT "OATMEAL"

COCONUT MILK (21%) - 200 G (10 X SPOON)
RASPBERRIES - 60 G (1 X HANDFUL)
WHOLE HEN'S EGGS - 56 G (1 X PIECE)
EXTRA BUTTER - 20 G (4 X TEASPOON)
COCONUT FLOUR - 15 G (1 X SPOON)
FLAKED ALMONDS - 10 G (1 X SPOON)
EGGPLANT HUSK (SHELL) - 5 G (0 X PORTION)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

IN A SMALL BOWL, MIX TOGETHER THE EGG, COCONUT FLOUR, EGG PLANT HUSK AND SALT.
MELT THE BUTTER AND COCONUT MILK OVER A LOW HEAT, ALMOST TO BOIL. SLOWLY ADD THE EGG MIXTURE, STIRRING UNTIL CREAMY AND THICK. COOK FOR A MINUTE. ADD THE FRUIT.

Lunch

CAL: 1155.9,
P: 58.2, F: 96.1, C: 9.1

RIBS WITH CABBAGE (RECIPE FOR 2 SERVINGS)

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

GRAIN BREAD (RECIPE FOR 6 PORTIONS)

EAT 1 OF 6 PORTIONS
THE DISH SHOULD BE READY.
YOU WILL FIND THE RECIPE ABOVE.

Dinner

CAL: 878.7,
P: 42.9, F: 73.8, C: 8.6

KABANOS

KABANOS - 60 G (4 X PIECE)

AVOCADO OMELETTE

WHOLE HEN EGGS - 168 G (3 X PIECE)
AVOCADO - 70 G (0.5 X PIECE)
RED PEPPERS - 50 G (0.4 X PIECE)
ONION - 30 G (0.3 X PIECE)
COCONUT OIL (SOLID) - 30 G (1.5 X SPOON)
CREAM 36% - 20 G (2 X SPOON)
PARSLEY, LEAVES - 6 G (1 X TEASPOON)

Recipe

FINELY CHOP THE ONION AND PEPPERS AND FRY.
ADD THE CHOPPED PARSLEY TO THE PAN AND SEASON TO TASTE.
SET THE HEATED VEGETABLES ASIDE.
CRACK THE EGGS WITH THE CREAM IN A BOWL AND SEASON WITH SALT AND PEPPER.
FRY THE EGGS INTO AN OMELETTE.
SLICE THE AVOCADO AND MIX WITH THE FRIED VEGETABLES.
FILL THE OMELETTE WITH THE VEGETABLE MIXTURE AND FOLD IN HALF.



Thursday

Breakfast

CAL: 1031.8,
P: 46.1, F: 89.3, C: 7.3

KETO PLATE

WHOLE HEN'S EGGS - 168 G (3 X PIECE)
CUCUMBERS, PICKLED - 120 G (2 X PIECE)
BONELESS SMOKED BACON - 60 G (0.6 X PORTION)
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)

Recipe

COOK THE EGGS UNTIL SOFT.
FRY THE BACON UNTIL CRISP.

GRAIN BREAD (RECIPE FOR 6 PORTIONS)

EAT 1 OF THE 6 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Lunch

CAL: 1092.6,
P: 74.5, F: 82.3, C: 8.8

BACON-WRAPPED CHICKEN (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
HOMESTEADED CHICKEN BREAST FILLET (SKINLESS) - 400 G (4 X PIECE)
BONELESS SMOKED BACON - 100 G (1 X PORTION)
CHEESE, FULL FAT CHEDDAR - 50 G (3.3 X SLICE)
OLIVE OIL - 30 G (3 X SPOON)
HERBS DE PROVENCE - 3 G (1 X TEASPOON)
GROUND BLACK PEPPER - 2 G (2 X PINCH)
HIMALAYAN SALT - 2 G (2 X PINCH)

Recipe

COAT THE BREASTS IN THE SPICES,
THEN IN THE GRATED CHEESE AND
WRAP WITH THE BACON SLICES.
DRIZZLE WITH OLIVE OIL AND BAKE
IN AN OVENPROOF DISH.
180°C APPROX. 30-40MIN
EAT HALF THE PORTION.

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)
CHEESE, MOZZARELLA - 50 G (3.3 X PIECE)
BLACK OLIVES - 45 G (3 X SPOON)
CUCUMBER - 40 G (1 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)

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

Dinner

CAL: 660.6,
P: 28.8, F: 59.4, C: 4.4

CRISPY PANCAKES WITH ARUGULA

WHOLE HEN EGGS - 112 G (2 X ART)
CHEESE, FULL FAT CHEDDAR - 45 G (3 X SLICES)
CREAM CHEESE - 45 G (0.3 X PACKAGE)
CLARIFIED BUTTER - 25 G (1.7 X SPOON)
ARUGULA - 20 G (1 X HANDFUL)
MUSTARD - 10 G (1 X TEASPOON)

Recipe

MIX THE EGG AND CHEESE THOR-
OUGHLY WITH A MIXER.
FRY 2 THIN PANCAKES IN A HEATED
AND GREASED FRYING PAN FROM THE
PREPARED BATTER. FLIP EACH ONE
SEVERAL TIMES.
BRUSH THE FINISHED CREPES WITH
MUSTARD, SPRINKLE WITH ROCKET,
PLACE HAM SLICES AND SPRINKLE
WITH CHEDDAR CHEESE.
FOLD EACH PANCAKE SO THAT THE
FILLING IS IN THE MIDDLE AND FRY ON
BOTH SIDES SO THAT THE CHEESE
MELTS AND THE PANCAKES ARE CRISPY.



Friday

Breakfast

CAL: 970.1,
P: 44.7, F: 83.5, C: 7.3

TURKEY AND CELERY ROLLS

CELERIAC - 65 G (1.4 X STALK)
CHEESE, EDAM CHEESE - 60 G (4 X SLICE)
TURKEY BREAST FILLET (SMOKED) - 60 G (0.6 X SLICE)
MAYONNAISE (WITH RAPESEED OIL) - 42 G (1.4 X SPOON)

Recipe

ARRANGE THE TURKEY FILLET SLICES ON THE CHEESE SLICES, SPREAD WITH MAYONNAISE.
PLACE CELERY STALKS IN THE CENTRE AND ROLL INTO ROLLS.

GRAIN BREAD (RECIPE FOR 6 PORTIONS)

EAT 1 OF THE 6 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU WILL FIND THE RECIPE ABOVE.

Lunch

CAL: 999.1,
P: 67.0, F: 75.9, C: 7.2

BACON-WRAPPED CHICKEN (RECIPE FOR 2 PORTIONS)

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

Recipe

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

LETTUCE 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)
BLACK OLIVES - 30 G (2 X SPOON)
OLIVE OIL - 30 G (3 X SPOON)
CHEESE, MOZZARELLA - 20 G (1.3 X PIECE)

Dinner

CAL: 831.2,
P: 32.8, F: 71.3, C: 12.9

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 120 G (1.2 X PORTION)
CHERRY TOMATOES - 100 G (5 X PIECE)
CUCUMBER - 80 G (2 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
SPINACH - 25 G (1 X HANDFUL)
SUNFLOWER SEEDS, SEED, SHELLS - 25 G (2.5 X SPOON)
ARUGULA - 20 G (1 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.
IN A DRY FRYING PAN, ROAST THE SUNFLOWER SEEDS AND SPRINKLE OVER THE SALAD.
DRIZZLE THE DISH WITH OLIVE OIL AND BALSAMIC VINEGAR.



Saturday

Breakfast

CAL: 902.5,
P: 29.9, F: 80.3, C: 11.1

COCONUT PANCAKES

WHOLE HEN EGGS - 168 G (3 X PIE)
SUGAR-FREE COCONUT DRINK - 70 G (0.3 X GLASS)
MASCARPONE CHEESE - 48 G (2 X SPOON)
RASPBERRIES - 30 G (0.5 X HANDFUL)
COCONUT OIL (LIQUID) - 30 G (3 X SPOON)
FLAKED ALMONDS - 20 G (2 X SPOON)
COCONUT FLOUR - 15 G (1 X SPOON)
BAKING POWDER - 1 G (0.3 X TEASPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)

Lunch

CAL: 914.2,
P: 37.4, F: 78.3, C: 12.9

KETO CARBONARA

ZUCCHINI - 250 G (0.8 X PIECE)
BONELESS SMOKED BACON - 120 G (1.2 X PORTION)
CREAM CHEESE, 30% FAT - 80 G (4 X SPOON)
CULTIVATED MUSHROOM, FRESH - 50 G (2.5 X PIECE)
CHEESE, PARMESAN - 20 G (2.5 X SPOON)
MASCARPONE CHEESE - 20 G (0.8 X SPOON)
ONION - 20 G (0.2 X PIECE)
EGG YOLK - 20 G (1 X PIECE)
CLARIFIED BUTTER - 7 G (0.5 X SPOON)
PARSLEY, LEAVES - 6 G (1 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)
HIMALAYAN SALT - 3 G (3 X PINCH)
GROUND BLACK PEPPER - 2 G (2 X PINCH)
WASH THE MUSHROOMS AND CUT INTO THIN SLICES.

Dinner

CAL: 981.7,
P: 43.7, F: 82.2, C: 11.4

BROCCOLI SALAD

BROCCOLI - 200 G (0.4 X ART)
SMOKED BONELESS BACON - 80 G (0.8 X PORTION)
CHEESE, FATTY GOUDA - 35 G (2.3 X SLICE)
MAYONNAISE (WITH RAPESEED OIL) - 25 G (0.8 X SPOON)
RED ONION - 15 G (0.2 X PIECE)
HIMALAYAN SALT - 1 G (1 X PINCH)
BLACK PEPPERCORNS - 1 G (1 X PIECE)
APPLE CIDER VINEGAR FROM RIPE APPLES - 1 G (0.3 X TEASPOON)

SEPARATE THE EGG YOLKS FROM THE WHITES AND BEAT THE EGG WHITES WITH A PINCH OF SALT.

ONCE WHIPPED, SET THEM ASIDE.

IN A SEPARATE BOWL, MIX THE EGG YOLKS, OIL (1 TBSP) AND COCONUT MILK.

ADD THE COCONUT FLOUR AND BAKING POWDER AND MIX ALL TOGETHER.

GENTLY ADD THE EGG WHITES TO THE BATTER.

SET THE DOUGH ASIDE FOR 5 MINUTES.

FRY IN COCONUT OIL FOR A FEW MINUTES ON EACH SIDE ON A LOW HEAT.

SERVE WITH MASCARPONE CHEESE AND ALMOND FLAKES.

Recipe

USE A VEGETABLE SHARPENER OR SHARP KNIFE TO PREPARE THE ZUCCHINI NOODLES.

SALT AND SET ASIDE FOR 5MIN.

IN A FRYING PAN, FRY THE BACON CUT INTO THIN STRIPS UNTIL CRISPY.

ADD BUTTER, MUSHROOMS, CHOPPED ONION, GARLIC AND PEPPER.

WHEN THE VEGETABLES HAVE SOFTENED, ADD THE MASCARPONE, MIX THOROUGHLY.

MIX THE CREAM WITH THE EGG YOLK AND 2/3 OF THE PARMESAN CHEESE.

ADD THE DRAINED ZUCCHINI TO THE PAN, FRY FOR 1-2 MINUTES.

POUR THE CREAM SAUCE OVER THE ZUCCHINI AND FRY FOR A FEW SECONDS, SEASON TO TASTE.

PLACE THE FINISHED DISH ON A PLATE, SPRINKLE WITH THE REMAINING PARMESAN CHEESE AND PARSLEY.

Recipe

DIVIDE THE BROCCOLI INTO SMALL FLORETS, CAN BE BLANCHED OR RAW. TRANSFER TO A BOWL. CHOP THE ONION AND ADD TO THE BROCCOLI.

MIX THE MAYONNAISE WITH THE SPICES AND VINEGAR, YOU CAN ADD GARLIC - POUR THE SAUCE OVER THE BROCCOLI.

FRY THE BACON UNTIL CRISP AND ADD TO THE SALAD.

GRATE THE CHEESE.

MIX EVERYTHING TOGETHER.

Recipe



Sunday

Breakfast

CAL: 878.8,
P: 32.1, F: 80.6, C: 5.9

PANCAKE WITH SALMON

WHOLE HEN EGGS - 112 G (2 X PIECE)
SALMON, SMOKED - 70 G (2.3 X PIECE)
CUCUMBERS, PICKLED - 60 G (1 X PIECE)
AVOCADO - 60 G (0.4 X PIECE)
CREAM, 36% - 30 G (3 X SPOON)
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)
ARUGULA - 20 G (1 X HANDFUL)
OLIVE OIL - 20 G (2 X TBSP)

Recipe

COMBINE THE EGGS THOROUGHLY WITH THE CREAM.
FRY A LARGE PANCAKE
BRUSH THE PANCAKES WITH MAYONNAISE, TOP WITH ARUGULA, AVOCADO AND SALMON, WRAP.

Lunch

CAL: 853.5,
P: 52.9, F: 68.9, C: 6.5

SALMON WITH MOZZARELLA SALAD

SALMON, FRESH - 200 G (2 X PIECE)
CHERRY TOMATOES - 100 G (5 X PIECE)
CHEESE, MOZZARELLA (BALLS) - 50 G (7.1 X PIECE)
CLARIFIED BUTTER - 23 G (1.5 X SPOON)
GREEN BASIL PESTO - 20 G (1 X SPOON)
GROUND BLACK PEPPER - 2 G (2 X PINCH)
LEMON JUICE - 2 G (0.3 X TBSP)
HIMALAYAN SALT - 2 G (2 X PINCH)

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: 1062.9,
P: 59.9, F: 85.6, C: 7.2

HAMBURGER

BEEF (FRESHLY MINCED SIRLOIN) - 170 G (1.7 X PORTION)
BONELESS SMOKED BACON - 40 G (0.4 X PORTION)
ICEBERG LETTUCE - 40 G (2 X LEAF)
TOMATO - 30 G (0.2 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 20 G (0.7 X SPOON)
OLIVE OIL - 20 G (2 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.

GRAIN BREAD (RECIPE FOR 6 PORTIONS)

EAT 1 OF THE 6 PORTIONS
THE DISH SHOULD BE READY NOW.
YOU CAN FIND THE RECIPE ABOVE.



Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
DRINKS			NUTS AND SEEDS		
SUGAR-FREE COCONUT DRINK	70 G	0.3 X GLASS	COCONUT FLOUR	30 G	2 X TBSP
WATER	60 G	0.2 X GLASS	SUNFLOWER, SEED, SHELLED	105 G	10.5 X TBSP
LEMON JUICE	8 G	1.3 X TABLESPOON	SESAME, SEED	100 G	10 X TEASPOON
FISH AND SEAFOOD			HAZELNUTS	50 G	3.3 X TBSP
SALMON, SMOKED	250 G	8.3 X PIECE	PEANUT BUTTER	45 G	3 X TEASPOON
SALMON, FRESH	200 G	2 X PIECE	ALMOND FLOUR	40 G	4 X TEASPOON
MACKEREL, SMOKED	125 G	1 X PIECE	LINSEED (SEED)	38 G	3.8 X TBSP
FATS			LINSEED (FRESHLY GROUND)	37 G	7.4 X TEASPOON
OLIVE OIL	230 G	23 X SPOONFUL	FLAKED ALMONDS	30 G	3 X TEASPOON
MAYONNAISE (WITH RAPESEED OIL)	212 G	7.1 X SPOONFUL	PUMPKIN, SEED, SHELLED	25 G	2.5 X TEASPOON
CLARIFIED BUTTER	90 G	6 X TEASPOON	PSYLLIUM SEED	10 G	1 X TEASPOON
COCONUT OIL (SOLID)	60 G	3 X TBSP	DAIRY		
EXTRA BUTTER	50 G	10 X TEASPOON	WHOLE HEN EGGS	1288 G	23 X PIECE
COCONUT OIL (LIQUID)	30 G	3 X TEASPOON	HALLOUMI CHEESE	120 G	1.2 X PORTION
MEAT AND MEAT PRODUCTS			CREAM 36%	100 G	10 X SPOONFUL
BONELESS SMOKED BACON	460 G	4.6 X PORTION	CHEESE, FULL FAT CHEDDAR	95 G	6.3 X SLICE
PORK, RIBS	450 G	4.5 X PIECE	CHEESE, GOUDA FAT	95 G	6.3 X SLICE
CHICKEN BREAST FILLET (SKINLESS)	400 G	4 X PIECE	CREAM CHEESE, 30% FAT	80 G	4 X SPOONFUL
CHICKEN THIGH MEAT, SKINLESS	200 G	2 X PIECE	CHEESE, MOZZARELLA	70 G	4.7 X SLICE
BEEF (FRESHLY GROUND SIRLOIN)	170 G	1.7 X PIECE	MASCARPONE CHEESE	68 G	2.8 X SPOONFUL
TURKEY BREAST FILLET (SMOKED)	60 G	0.6 X PIECE	CHEESE, EDAM CHEESE	60 G	4 X SLICE
KABANOS	60 G	4 X PIECE	CHEESE, MOZZARELLA (BALLS)	50 G	7.1 X PIECE
TURKEY HAM	50 G	3.3 X SLICE	CREAM CHEESE	45 G	0.3 X PACKAGE
SPICES AND HERBS			EGG WHITE	35 G	1 X PIECE
HIMALAYAN SALT	20 G	20 X PINCH	CHEESE, PARMESAN	20 G	2.5 X SPOONFUL
GROUND BLACK PEPPER	11 G	11 X PINCH	EGG YOLK	20 G	1 X PIECE
OREGANO (DRIED)	4 G	1.3 X TEASPOON	FRUIT AND VEGETABLES		
ALLSPICE	3 G	3 X PIECE	AVOCADO	390 G	2.8 X PIECE
HERBS DE PROVENCE	3 G	1 X TEASPOON	BROCCOLI	350 G	0.7 X ART
BAY LEAF	2 G	2 X LEAF	ZUCCHINI	250 G	0.8 X ART
GROUND SWEET PEPPER	2 G	0.4 X TEASPOON	TOMATO	214 G	1.8 X ART
BLACK PEPPERCORNS	2 G	2 X PIECE	CHERRY TOMATOES	200 G	10 X ART
OTHER			ROMAINE LETTUCE	200 G	5.7 X LEAF
COCONUT MILK (21%)	200 G	10 X TEASPOON	CABBAGE, SAUERKRAUT	180 G	1.6 X GLASS
KETCHUP	20 G	1.3 X SPOON	CUCUMBER, PICKLED	180 G	3 X PIECE
GREEN BASIL PESTO	20 G	1 X SPOON	CUCUMBER	160 G	4 X PIECE
MUSTARD	10 G	1 X TEASPOON	ICEBERG LETTUCE	140 G	7 X LEAF
EGGPLANT HUSK (SHELL)	5 G	1 X PORTION	CULTIVATED MUSHROOM, FRESH	110 G	5.5 X PIECE
APPLE CIDER VINEGAR	3.5 G	1.2 X TEASPOON	RASPBERRIES	90 G	1.5 X HANDFUL
FROM RIPE APPLES			BLACK OLIVES	75 G	5 X SPOON
BALSAMIC VINEGAR	3 G	1 X TEASPOON	STRAWBERRIES	70 G	1 X HANDFUL
BAKING POWDER	2.5 G	0.8 X TEASPOON	CELERY	65 G	1.4 X STALK
BAKING SODA	1 G	0.2 X TEASPOON	ARUCULA	60 G	3 X HANDFUL
			SPINACH	60 G	2.4 X HANDFUL
			ONION	50 G	0.5 X PIECE
			RED PEPPER	50 G	0.4 X PIECE
			LEMON	40 G	0.5 X PIECE
			RED ONION	35 G	0.4 X PIECE
			PARSLEY, LEAVES	24 G	4 X TEASPOON
			GARLIC	20 G	4 X CLOVE

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.

