



Menu

by

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This menu has been generated by an artificial intelligence algorithm. It is not recommended to be used by minors and people with known medical conditions (including allergies). It should not substitute professional advice from a human nutritionist or healthcare provider. It is highly recommended to consult with a qualified nutritionist or medical professional to address specific dietary concerns, health conditions, or individual dietary preferences.

Day 1

Breakfast ()

Strawberry Yogurt Parfait

- Greek yogurt: 170g, sliced
- Strawberries: 100g, sliced
- Granola: 30g, sliced

Layer Greek yogurt, strawberries, and granola in a glass or bowl. Enjoy!

- Protein: 37%
- Carbs: 48%
- Fats: 15%

Lunch ()

Grilled Lamb Chops with Roasted Vegetables

- Lamb chops: 150g, sliced
- Bell peppers: 1 medium, sliced
- Zucchini: 1 small, sliced
- Olive oil: 1 tbsp, sliced
- Garlic powder: 1 tsp, sliced
- Salt: to taste, sliced
- Black pepper: to taste, sliced

Season lamb chops with garlic powder, salt, and black pepper. Grill for 10-12 minutes per side. Roast bell peppers and zucchini tossed in olive oil, salt, and black pepper at 400°F for 15-20 minutes. Serve together.

- Protein: 40%
- Carbs: 36%
- Fats: 24%

Dinner ()

Herb-Crusted Salmon with Quinoa and Steamed Broccoli

- Salmon fillet: 150g, sliced
- Fresh dill: 1 tbsp, sliced
- Fresh parsley: 1 tbsp, sliced
- Lemon juice: 1 tbsp, sliced
- Quinoa: 50g (uncooked), sliced
- Broccoli: 1 cup, sliced
- Salt: to taste, sliced
- Black pepper: to taste, sliced

Combine fresh dill, parsley, lemon juice, salt, and black pepper. Press the mixture onto the salmon fillet. Bake at 400°F for 12-15 minutes. Cook quinoa according to package instructions. Steam broccoli until tender. Serve together.

- Protein: 35%
- Carbs: 35%
- Fats: 30%