



WHAT SHOULD I EAT ?

| A step-by-step meal guide
to staying fit

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Breakfast Recipes

Start your day with the energy you need to conquer your workouts and daily activities. Our breakfast recipes are designed to kick-start your metabolism and provide you with sustained energy.



Eggs

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Boiled eggs or scrambled	100	150	12	2	10
Broccoli, steamed	150	42	5.2	8.5	0
Mozzarella cheese, light	30	86	6.4	1	6.4
Pita bread brown	50	137	5.3	28.5	0
Total		415	28.9	40	16.4

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Boiled eggs or scrambled	150	225	18	3	15
Broccoli, steamed	150	42	5.2	8.5	0
Mozzarella cheese, light	45	129	9.6	1.5	9.6
Pita bread brown	75	205	8	43	0
Total		601	40.8	56	24.6

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Boiled eggs or scrambled	200	300	24	4	20
Broccoli, steamed	200	56	6.9	11.3	0
Mozzarella cheese, light	60	172	12.8	2	12.8
Pita bread brown	100	274	10.6	57	0
Total		802	54.3	74.3	32.8

Greek Yogurt

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Greek yogurt, skimmed	200	176.4	20	10.8	1.2
Oats, raw	40	151.6	5.2	45	4.2
Honey	5	15.2	0	4	0
Almonds, raw	15	86.5	3.1	3	7.6
Total		429.7	28.3	62.8	13

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Greek yogurt, skimmed	200	176.4	20	10.8	1.2
Oats, raw	60	227.4	7.8	67.5	6.3
Honey	5	15.2	0	4	0
Almonds, raw	30	173	6.2	0	15.2
Total		592	34	82.3	22.7

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Greek yogurt, skimmed	300	264.7	30	16.2	1.8
Oats, raw	80	303.2	10.4	90	8.4
Honey	15	45.6	0	12	0
Almonds, raw	30	173	6.2	0	15.2
Total		786.5	46.6	118.2	25.4

Turkey & Cheese

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Turkey, breast, smoked	100	85	16.95	1.69	1.69
Mozzarella cheese, light	50	141	14.2	1.8	8.9
Soft toast, multicereal	50	134	4.4	24	1.6
Mustard	10	6	0.38	0.58	0.34
Mayo, light	10	24	0.04	0.92	2.2
Tomato, sliced	40	8.4	0.32	1.95	0
Pickles, cucumber	40	5.6	0.32	0.8	0.12
Lettuce, leaves	15	1.8	0.1	0.3	0.02
Total		405.8	36.71	32.04	14.87

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Turkey, breast, smoked	100	85	16.95	1.69	1.69
Mozzarella cheese, light	100	282	28.4	3.6	17.8
Soft toast, multicereal	75	205	6.6	36	2.4
Mustard	10	6	0.38	0.58	0.34
Mayo, light	10	24	0.04	0.92	2.2
Tomato, sliced	40	8.4	0.32	1.95	0
Pickles, cucumber	40	5.6	0.32	0.8	0.12
Lettuce, leaves	15	1.8	0.1	0.3	0.02
Total		617.8	53.11	45.84	24.57

Turkey & Cheese

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Turkey, breast, smoked	200	170	33.9	3.38	3.38
Mozzarella cheese, light	120	338.4	34	4.32	21.3
Soft toast, multicereal	100	268	8.8	48	3.2
Mustard	10	6	0.38	0.58	0.34
Mayo, light	10	24	0.04	0.92	2.2
Tomato, sliced	40	8.4	0.32	1.95	0
Pickles, cucumber	40	5.6	0.32	0.8	0.12
Lettuce, leaves	15	1.8	0.1	0.3	0.02
Total		822.2	77.86	60.25	30.56

Halloumi

If Halloumi is not light total calories will be 470

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Halloumi cheese, light	100	257	22	5	16.5
Soft toast, multicereal	50	134	4.4	24	1.6
Pesto sauce	5	23.2	0.35	0.17	2.3
Tomato, sliced	40	8.4	0.32	1.95	0
Total		422.6	27.07	31.12	20.4

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Halloumi cheese, light	120	308.4	26.4	6	19.8
Soft toast, multicereal	75	201	6.6	36	2.4
Pesto sauce	15	69.6	1	0.51	6.9
Tomato, sliced	40	8.4	0.32	1.95	0
Total		587.4	34.32	44.46	29.1

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Halloumi cheese, light	150	385.5	33	7.5	24.75
Soft toast, multicereal	100	268	8.8	48	3.2
Pesto sauce	15	69.6	1	0.51	6.9
Tomato, sliced	80	16.8	0.64	3.9	0
Olives	60	69.6	0.5	3.6	6.5
Total		809.5	43.94	63.51	41.35

Salmon

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, smoked	150	174.7	28.2	0	7
Cream cheese, light	15	35	1.9	1	3
French Baguette, classic	75	184.5	6.6	38.1	0
Lettuce, leaves	15	1.8	0.1	0.3	0.02
Caper, canned	15	2	0.2	0.4	0.07
Total		398	37	39.8	10.09

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, smoked	300	349	56.4	0	14
Cream cheese, light	30	70	3.8	2	6
French Baguette, classic	75	184.5	6.6	38.1	0
Lettuce, leaves	15	1.8	0.1	0.3	0.02
Caper, canned	15	2	0.2	0.4	0.07
Total		607.3	67.1	40.8	20.09

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, smoked	400	465	75.2	0	18.66
Cream cheese, light	30	70	3.8	2	6
French Baguette, classic	100	246	8.8	50.8	0
Lettuce, leaves	30	3.6	0.2	0.6	0.04
Caper, canned	30	4	0.2	0.4	0.07
Total		788.6	88.2	53.8	24.77

Beef Recipes

Lean beef is a fantastic source of high-quality protein and essential nutrients like iron and B vitamins, making it a perfect component of a complete diet.



Artichoke Stew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Beef, chuck for stew, cooked	60	111.6	19.38	0	3.8
Artichoke hearts, cooked	100	100	7.14	22.6	0
Rice, cooked	100	130	2.5	28.4	0
Garlic, raw	10	13.33	0	3.33	0
Lemon juice	30	6.71	0.107	2.1	0.073
Onions, raw, chopped	100	38.1	0.9	8.18	0
Total		399.74	30.027	64.61	3.873

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Beef, chuck for stew, cooked	100	186	32.3	0	6.34
Artichoke hearts, cooked	120	120	8.5	27.1	0
Rice, cooked	180	234	4.5	51.12	0
Garlic, raw	10	13.33	0	3.33	0
Lemon juice	30	6.71	0.107	2.1	0.073
Onions, raw, chopped	100	38.1	0.9	8.18	0
Total		598.14	46.307	91.83	6.413

Artichoke Stew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Beef, chuck for stew, cooked	150	279	48.4	0	9.5
Artichoke hearts, cooked	150	150	10.62	33.8	0
Rice, cooked	250	325	6.25	71	0
Garlic, raw	10	13.33	0	3.33	0
Lemon juice	45	10	0.16	3.15	0.1
Onions, raw, chopped	100	38.1	0.9	8.18	0
Total		815.43	66.33	119.46	9.6

Spices:

- Add 2.5g of salt
- Add 2.5g of all spices
- Add 5g of coriander

Cooking Method:

1. Heat 1 tbsp of oil in a pan, add onions and stir-fry until lightly brown.
Note: adding oil to the recipe will add 120kcal to the total amount.
2. Add garlic and stir for 1 minute.
3. Add all remaining ingredients gradually.
4. Bring to boil. Cover pot and cook over low heat for 20 minutes or until thick.
5. Serve hot with cooked rice.

Chili Penne

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean, sliced	60	117	18.3	0	4.2
Penne, cooked	100	165	7.19	33.1	0.72
Kidney beans, red, cooked	60	76.2	5	13.5	0.33
Garlic, raw	5	6.66	0	1.66	0
Tomatoes, raw, diced	100	21	0.81	4.88	0
Tomato, paste	10	9	0.3	2.1	0
Pepper, hot chilli, green, chopped	20	8	0.4	1.78	0
Onions, raw, chopped	50	19	0.45	8.18	0
Total		421.86	32.45	65.2	5.25

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean	100	195.2	30.5	0	7
Penne, cooked	120	198	7.19	33.1	0.72
Kidney beans, red, cooked	100	127.1	8.47	22.59	0.56
Garlic, raw	10	13.33	0	3.33	0
Tomatoes, raw, diced	100	21	0.81	4.88	0
Tomato, paste	10	9	0.3	2.1	0
Pepper, hot chilli, green, chopped	20	8	0.4	1.78	0
Onions, raw, chopped	100	38.1	0.9	8.18	0
Total		609.73	48.57	75.96	8.28

Chili Penne

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean	130	253.5	39.65	0	9.1
Penne, cooked	200	330	14.38	66.2	1.44
Kidney beans, red, cooked	100	127.1	8.47	22.59	0.56
Garlic, raw	10	13.33	0	3.33	0
Tomatoes, raw, diced	100	21	0.81	4.88	0
Tomato, paste	10	9	0.3	2.1	0
Pepper, hot chilli, green, chopped	20	8	0.4	1.78	0
Onions, raw, chopped	100	38.1	0.9	8.18	0
Total		800.03	64.91	109.06	11.1

Spices:

- Add 2.5g of salt
- Add 2.5g cumin
- Add 2.5g of dried coriander

Chili Penne

Cooking Method:

1. Heat 1 tbsp of oil in a pan, add onions and stir-fry until lightly brown.
Note: adding oil to the recipe will add 120kcal to the total amount.
2. Add garlic and bell pepper. Stir for 2 minutes.
3. Add meat with seasoning.
4. Cook over medium heat for 5 minutes.
5. Stir the mixture, cover pot again and cook for 5 minutes.
6. Add tomatoes, stir gently and leave over heat for 1 minute.
7. Dissolve tomato paste in water and add to the mixture.
8. Stir well and bring to boil.
9. Cover and simmer over low heat for 10 minutes or until thick.
10. Add beans to the mixture and stir gently.
11. Cook penne and drain.
12. Add while hot to the meat mixture and stir for 1 minute over heat.

Chinese Beef Cashew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean	90	175.68	27.4	0	6.3
Rice noodles, cooked	100	108	1.79	24	0.2
Cashew, raw	10	53	1.66	3	4.66
Ginger, grated, raw	4	3.2	0.07	0.71	0.03
Soy sauce, light, (ml)	15	12	1.6	1.4	0
Brown sugar	4	15	0	4	0
Garlic, raw	5	6.66	0	1.66	0
Pepper, green, raw, sliced	50	13.4	0.5	3.35	0
Pepper, yellow, raw, sliced	50	15.5	0.41	3.3	0.06
Celery, raw, chopped	25	3.5	0.17	0.7	0.04
Onions, raw, sliced	50	19	0.45	8.18	0
Total		424.94	34.05	50.3	11.29

Chinese Beef Cashew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean	120	234.24	36.53	0	8.4
Rice noodles, cooked	150	162	2.68	36	0.3
Cashew, raw	20	106	2.75	6	9.32
Ginger, grated, raw	4	3.2	0.07	0.71	0.03
Soy sauce, light, (ml)	30	24	3.2	2.8	0
Brown sugar	4	15	0	4	0
Garlic, raw	5	6.66	0	1.66	0
Pepper, green, raw, sliced	50	13.4	0.5	3.35	0
Pepper, yellow, raw, sliced	50	15.5	0.41	3.3	0.06
Celery, raw, chopped	25	3.5	0.17	0.7	0.04
Onions, raw, sliced	50	19	0.45	8.18	0
Total		602.5	46.76	66.7	18.15

Chinese Beef Cashew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Steak, sirloin, lean	150	292.8	5.66	0	10.5
Rice noodles, cooked	200	216	3.57	48	0.4
Cashew, raw	25	132.5	3.43	7.5	11.65
Ginger, grated, raw	4	3.2	0.07	0.71	0.03
Soy sauce, light, (ml)	45	36	4.8	4.2	0
Brown sugar	4	15	0	4	0
Garlic, raw	5	6.66	0	1.66	0
Pepper, green, raw, sliced	100	26.8	1	6.7	0
Pepper, yellow, raw, sliced	100	31	0.82	6.6	0.12
Celery, raw, chopped	50	7	0.34	1.4	0.08
Onions, raw, sliced	100	38	0.9	16.36	0
Total		804.96	20.59	97.13	22.78

Chinese Beef Cashew

Cooking Method:

1. Mix ginger, sugar & soy sauce with meat.
2. Heat a large non-stick pan. Add meat and stir well.
3. Cover and cook over heat for 10 minutes.
4. Stir occasionally until cooked. Set aside.
5. In the same pan, heat oil, add onions and stir fry until lightly brown.
6. Add garlic and stir for 1 minute.
7. Add red bell pepper, yellow bell pepper and celery.
8. Mix vegetables over high heat for 5 minutes. Avoid overcooking.
9. Put noodles in boiling water for 5 minutes or follow the instructions on the packet.
10. Drain well. Add along with meat to the vegetables.
11. Toss gently for 1 minute over heat.
12. Put in a serving plate and sprinkle with cashews.

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount

Potato Kafta

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	100	193	26.2	0	8.9
Potato, baked, peeled	150	139.5	2.85	32.5	0
Parsley, raw, chopped	8	2.88	0.23	0.5	0.06
Onions, raw, chopped	10	4	0.11	0.93	0.01
Tomato sauce, canned	50	12	0.6	2.6	0.15
Tomatoes, raw, cut in circles	100	21	0.81	4.88	0
Tomato, paste	10	9	0.3	2.1	0
Pepper, green, raw, sliced	50	13.4	0.5	3.35	0
Onions, raw, sliced	50	19	0.45	8.18	0
Total		413.78	32.05	55.04	9.12

Potato Kafta

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	150	289.5	39.3	0	13.35
Potato, baked, peeled	200	186	3.8	43.33	0
Parsley, raw, chopped	8	2.88	0.23	0.5	0.06
Onions, raw, chopped	10	4	0.11	0.93	0.01
Tomato sauce, canned	100	24	1.2	5.2	0.3
Tomatoes, raw, cut in circles	150	31.5	1.21	7.32	0
Tomato, paste	10	9	0.3	2.1	0
Pepper, green, raw, sliced	50	13.4	0.5	3.35	0
Onions, raw, sliced	100	38	0.9	16.36	0
Total		598.28	47.55	79.09	13.72

Potato Kafta

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	200	386	52.4	0	17.8
Potato, baked, peeled	300	279	5.7	65	0
Parsley, raw, chopped	12	4.32	0.345	0.75	0.09
Onions, raw, chopped	10	4	0.11	0.93	0.01
Tomato sauce, canned	100	24	1.2	5.2	0.3
Tomatoes, raw, cut in circles	150	31.5	1.21	7.32	0
Tomato, paste	20	18	0.6	4.2	0
Pepper, green, raw, sliced	100	26.8	1	6.7	0
Onions, raw, sliced	100	38	0.9	16.36	0
Total		811.62	63.465	106.46	18.2

Spices:

- Add 2.5g of sale
- Add 2.5g of oregano
- Add 2.5g of dried basil
- Add 1g of all spices

Potato Kafta

Cooking Method:

1. Mix onions, parsley and ground meat to prepare kafta patties.
2. Lightly brush a non-stick baking tray with oil.
3. Arrange kafta patties in the tray and cover with aluminum foil.
4. Cook in preheated oven (200°C) for 10 minutes.
5. Turn over kafta patties and arrange with vegetables as follows: bell pepper, onions, kafta, potatoes and tomatoes.
6. In a large bowl, mix all remaining ingredients.
7. Pour over kafta and vegetables.
8. Cover again with aluminum foil and cook again for 40 minutes or until thick.

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount.

Rosto with Eggs

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	100	193	26.2	0	8.9
Broccoli, cooked	150	42	5.2	8.5	0
Carrots, cooked, sliced	100	45	0.64	5.1	0
Breadcrumbs	10	39.5	1.3	7.2	0.53
Garlic, raw	5	6.66	0	1.66	0
Eggs, raw	50	75	6	1	5
Cornstarch	5	19	0.013	4.5	0
Total		420.16	39.353	27.96	14.43

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	180	347.4	47.16	0	16
Broccoli, cooked	150	42	5.2	8.5	0
Carrots, cooked, sliced	100	45	0.64	5.1	0
Breadcrumbs	15	59.25	1.95	10.8	0.79
Garlic, raw	10	13.33	0	3.32	0
Eggs, raw	50	75	6	1	5
Cornstarch	5	19	0.013	4.5	0
Total		600.98	60.963	33.22	21.79

Rosto with Eggs

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Ground beef, (93% lean), cooked	200	386	52.4	0	17.8
Broccoli, cooked	300	84	10.4	17	0
Carrots, cooked, sliced	150	67.2	0.96	7.65	0
Breadcrumbs	15	59.25	1.95	10.8	0.79
Garlic, raw	10	13.33	0	3.32	0
Eggs, raw	100	150	12	2	10
Cornstarch	10	38	0.026	9	0
Total		797.78	77.736	49.77	28.59

Spices:

- Add 2.5g of salt
- Add 1.5g of all spices
- Add 1g of white pepper
- Add 1g of red chili powder

Rosto with Eggs

Cooking Method:

1. Mix meat with garlic seasoning and bread crumbs.
2. Knead with hands until it becomes a dough.
3. Roll dough with a rolling pin into a (25x30 cm) piece.
4. Arrange eggs in the middle of the meat.
5. Fold meat over eggs and tightly seal edges with wet fingertips.
6. In a large non-stick pan, heat oil and brown meatloaf, turning slowly and continuously.
7. Cover with water, cover pan and cook over heat for 30 minutes or until meat is done.
8. Remove meatloaf from broth. Set aside to cool down.
9. Dissolve cornstarch in little water at room temperature.
10. Add the broth. Stir well over heat until thick.
11. Serve hot with sauce, next to steamed carrots & broccoli.

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount

Chicken Recipes

Chicken is a staple in any diet. It's versatile, lean, and packed with protein, essential for muscle repair and growth. Our chicken meal recipes are designed to be as flavorful as they are nutritious, ensuring that you never have to sacrifice taste for health.



Chicken Fajitas

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	100	158	32.1	0	3.24
Tortilla bread, flour (*2)	56	170	5	27	0.5
Pepper,raw, sliced	100	26.8	1	6.7	0
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		392.9	39	41.88	3.74

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	120	189.6	38.52	0	3.88
Tortilla bread, flour (*2)	56	170	5	27	0.5
Mozzarella cheese, light	30	86	6.4	1	6
Guacamole, traditional	45	90	1.48	4.5	7.5
Pepper,raw, sliced	100	26.8	1	6.7	0
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		600.5	53.3	47.38	17.88

Chicken Fajitas

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	150	296.2	48.15	0	4.85
Tortilla bread, flour (*3)	84	255	7.5	40.98	0.75
Mozzarella cheese, light	30	86	6.4	1	6
Guacamole, traditional	45	90	1.48	4.5	7.5
Pepper,raw, sliced	100	26.8	1	6.7	0
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		792.1	65.43	61.36	19.1

Spices:

- Add 2.5g of salt
- Add 5g of fajita spices

Cooking Method:

1. Heat 1 tbsp of oil in a pan, add onions and stir-fry until lightly brown.
2. Add bell peppers & sauté over high heat until slightly soft.
3. Add chicken & seasonings.
4. Mix well over heat for 1 minute.
5. Transfer ingredients into tortilla bread after spreading guacamole.
6. Sprinkle cheese on top

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount

Chicken Couscous

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	90	142.2	28.9	0	2.9
Couscous, cooked	100	112	3.8	22.9	0
Broccoli, cooked	100	28.4	3.4	5.7	0
Tomatoes, raw, diced	100	21.1	0.81	4.88	0
Tomato sauce, canned	50	12	0.6	2.6	0.15
Peas, cooked	50	39	2.5	7.15	0
Carrots, cooked, sliced	50	22.4	0.32	2.55	0
Onions, raw, chopped	50	19	0.45	4	0
Garlic, raw	5	6.66	0	1.66	0
Total		402.76	40.78	51.44	3.05

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	120	189.6	38.52	0	3.88
Couscous, cooked	150	168	5.7	34.35	0
Broccoli, cooked	150	42	5.2	8.5	0
Tomatoes, raw, diced	150	31.6	1.2	7.32	0
Tomato sauce, canned	50	12	0.6	2.6	0.15
Peas, cooked	100	78	5	14.3	0
Carrots, cooked, sliced	100	44.8	0.6	5.1	0
Onions, raw, chopped	50	19	0.45	4	0
Garlic, raw	10	13.33	0	3.33	0
Total		598.33	57.27	79.5	4.03

Chicken Couscous

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	150	296.2	48.15	0	4.85
Couscous, cooked	150	168	5.7	34.35	0
Broccoli, cooked	200	56	6.93	11.33	0
Tomatoes, raw, diced	150	31.6	1.2	7.32	0
Tomato sauce, canned	50	12	0.6	2.6	0.15
Peas, cooked	150	117	7.5	47.25	0
Carrots, cooked, sliced	150	67.2	0.96	7.65	0
Onions, raw, chopped	100	38	0.9	8	0
Garlic, raw	10	13.33	0	3.33	0
Total		799.33	71.94	121.83	5

Spices:

- Add 5g of salt
- Add 1.5g of cinnamon
- Add 1.5g of white pepper
- Add 1.5g of red chili powder
- Add 1.5g of all spices
- Add 0.1g of European saffron

Chicken Couscous

Cooking Method:

1. Heat 1 tbsp of oil, add onions and stir-fry until lightly brown. Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount
2. 120kcal to the total amount
3. Add garlic, chicken and tomatoes gradually. Stir well until cooked.
4. Add water and tomato sauce. Bring to boil.
5. Add seasoning.
6. Cover & simmer over low heat for 20 minutes until thick.
7. Add chickpeas and vegetables.
8. Mix well and simmer for 10 minutes.
9. Put hot water in a glass tray without placing it on the heat.
10. Add in the couscous with the remaining ingredients.
11. Stir and leave for 10 minutes until couscous is puffed.
12. Serve hot.

Chicken Freekeh

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	90	142.2	28.9	0	2.9
Freekeh, raw	45	160	6	32	0.99
Chickpeas, cooked	50	82	0.57	13.7	1.21
Onions, raw, chopped	50	19	0.45	4	0
Chicken broth (ml)	240	4.8	1	0	0
Total		408	36.92	49.7	5.1

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	120	189.6	38.52	0	3.88
Freekeh, raw	60	240	8	42.66	1.32
Chickpeas, cooked	100	164	1.14	27.4	2.42
Onions, raw, chopped	50	19	0.45	4	0
Chicken broth (ml)	240	4.8	1	0	0
Total		617.4	49.11	74.06	7.62

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	150	296.2	48.15	0	4.85
Freekeh, raw	80	320	10.66	56.88	1.76
Chickpeas, cooked	100	164	1.14	27.4	2.42
Onions, raw, chopped	50	19	0.45	4	0
Chicken broth (ml)	240	4.8	1	0	0
Total		804	61.4	88.28	9.03

Chicken Freekeh

Spices:

- Add 5g of salt
- Add 1.5g of cinnamon
- Add 1.5g of black pepper

Cooking Method:

1. Heat 1 tbsp of oil, add onions and stir-fry until lightly brown. Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount
2. Add Freekeh and stir for 1 minute.
3. Add broth, chickpeas and seasoning.
4. Stir mixture and bring to a boil.
5. Cover pot and simmer over low heat for 30 minutes or until water evaporates.
6. Put Freekeh in serving plate and distribute chicken on top.

Note: Could be served with 200g of plain non-fat yogurt for additional 112kcal & 11.5g of proteins

Chicken Noodles

Chicken noodles	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	90	142.2	28.9	0	2.9
Noodles, cooked	100	136.66	0.5	25	2
Garlic, raw	5	6.66	0	1.66	0
Ginger, grated, raw	4	3.2	0.07	0.71	0.03
Soy sauce, light, (ml)	60	48	6.4	5.6	0
Carrots, cooked, sliced	50	22.4	0.32	2.55	0
Pepper, cooked, sliced	100	27.9	0.73	6.6	0
Cabbage, cooked, sliced	50	11	0.66	0.33	0.33
Celery, cooked, sliced	75	13.5	0.622	3	0.12
Total		411.52	38.202	45.45	5.38

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	150	296.2	48.15	0	4.85
Noodles, cooked	120	164.2	5.4	30	2.47
Garlic, raw	5	6.66	0	1.66	0
Ginger, grated, raw	4	3.2	0.07	0.71	0.03
Soy sauce, light, (ml)	75	60	8	6.9	0
Carrots, cooked, sliced	50	22.4	0.32	2.55	0
Pepper, cooked, sliced	100	27.9	0.73	6.6	0
Cabbage, cooked, sliced	50	11	0.66	0.33	0.33
Celery, cooked, sliced	75	13.5	0.622	3	0.12
Total		605.06	63.952	51.75	7.8

Chicken Noodles

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	200	316	64.2	0	6.48
Noodles, cooked	180	246	8.1	45	3.6
Garlic, raw	10	13.33	0	3.33	0
Ginger, grated, raw	6	0.8	0.1	1	0.04
Soy sauce, light, (ml)	100	80	10.67	9.33	0
Carrots, cooked, sliced	150	67.2	0.96	7.65	0
Pepper, cooked, sliced	150	41.8	1	9.9	0
Cabbage, cooked, sliced	100	22	1.33	0.66	0.67
Celery, cooked, sliced	75	13.5	0.622	3	0.12
Total		800.63	86.982	79.87	10.91

Spices:

- Add 1.5g of white pepper

Cooking Method:

1. Cook noodles and drain. Set aside.
2. Mix garlic with ginger & half the soy sauce in a bowl.
3. Add chicken and pepper. Mix well.
4. Heat 1 tbsp of oil in a large non-stick pan.
5. Add chicken and stir-fry. Cover and cook over heat for 5 minutes.
6. Stir, cover again and cook until it's done. Set aside.
7. In the same pan, gently stir vegetables over high heat till tender.
8. Add noodles to the vegetables alone with the remaining soy sauce.

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount

African Okra Stew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	90	142.2	28.9	0	2.9
Rice, cooked	100	130	2.5	28.4	0
Onions, raw, chopped	100	38.1	0.9	8.18	0
Tomato sauce, canned	50	12	0.6	2.6	0.15
Chicken broth (ml)	240	4.8	1	0	0
Peanut butter	10	63.6	2.25	2.23	5.11
Okra, cooked	100	31.8	1.87	7.5	0
Total		422.5	38.02	48.91	8.16

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	120	189.6	38.52	0	3.88
Rice, cooked	150	195	3.75	42.6	0
Onions, raw, chopped	100	38.1	0.9	8.18	0
Tomato sauce, canned	100	24	1.2	5.2	0.3
Chicken broth (ml)	240	4.8	1	0	0
Peanut butter	15	95	3.37	3.3	7.66
Okra, cooked	150	47.7	2.8	11.25	0
Total		594.2	51.54	70.53	11.84

African Okra Stew

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Chicken breast, roasted, skinless, sliced	150	296.2	48.15	0	4.85
Rice, cooked	200	260	5	56.8	0
Onions, raw, chopped	100	38.1	0.9	8.18	0
Tomato sauce, canned	150	36	1.8	7.8	0.45
Chicken broth (ml)	240	4.8	1	0	0
Peanut butter	15	95	3.37	3.3	7.66
Okra, cooked	230	73	4.3	17.2	0
Total		803.1	64.52	93.28	12.96

Spices:

- Add 2.5g of salt

Cooking Method:

1. Heat 1 tbsp of oil, add onions and stir-fry until lightly brown. Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount
2. Add chicken, salt & pepper.
3. Cover pot and leave over medium heat for 10 minutes.
4. Stir occasionally until cooked.
5. Add okra beans and stir continuously until tender.
6. Puree all remaining ingredients using hand blender and add to the chicken mixture.
7. Stir mixture and bring to boil.
8. Cover pot and simmer over low heat until thick. Stir occasionally.
9. Serve hot with African rice.

Fish Recipes

Rich in omega-3 fatty acids and lean protein, fish is a superb choice for anyone looking to improve their heart health and support muscle development. Our fish meals offer a variety of tasty, easy-to-prepare options that will not only satisfy your palate but also contribute to a balanced and healthful diet.



Siyyadiyeh

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	120	206	29.4	0	9
Rice, cooked	100	130	2.5	28.4	0
Cornstarch	5	19	0.013	4.5	0
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		393.1	32.813	41.08	9

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	150	258	36.7	0	11.2
Rice, cooked	150	195	3.75	42.6	0
Cornstarch	5	19	0.013	4.5	0
Pinenuts	15	100.9	2	1.9	10.2
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		611	43.363	57.18	21.4

Siyyadiyeh

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	220	378.4	53.8	0	16.39
Rice, cooked	200	260	5	56.8	0
Cornstarch	5	19	0.013	4.5	0
Pinenuts	15	100.9	2	1.9	10.2
Onions, raw, sliced	100	38.1	0.9	8.18	0
Total		796.4	61.713	71.38	26.59

Spices:

- Add 2.5g of salt
- Add 2.5g of cinnamon
- Add 2.5g of cumin
- Add 2.5g of caraway
- Add 1/2 cinnamon stick
- Add 1/2 Lemon
- Add 1 bay leaf

Siyyadiyeh

Cooking Method:

1. Sauté the fish.
2. In a pot, heat 1 tbsp of oil, add onions and stir-fry for 10 minutes until fully brown and crisp. Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount
3. Remove half the onions and set aside for later use.
4. Add raw fish and stir for 3 minutes
5. Add lemon, water & seasoning and boil over high heat.
6. Cover and cook over low heat for 20 minutes.
7. Drain the mixture and keep broth to cook the rice and prepare the sauce.
8. Cook the rice in a pot with fish broth.
9. Dissolve cornstarch in water. Add 1 cup of fish broth and stir continuously until thick.
10. Garnish rice with grilled fish and fish sauce.

Fish Teriyaki

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	120	206	29.4	0	9
Rice, cooked	100	130	2.5	28.4	0
Broccoli, cooked	100	28.4	3.4	5.7	0
Soy sauce, light, (ml)	15	12	1.6	1.4	0
Rice Vinegar (ml)	15	30	0	8	0
Sugar	3	11.6	0	6	0
Total		418	36.9	49.5	9

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	180	309.6	44	0	13.44
Rice, cooked	150	195	3.75	42.6	0
Broccoli, cooked	150	42	5.2	8.5	0
Soy sauce, light, (ml)	15	12	1.6	1.4	0
Rice Vinegar (ml)	15	30	0	8	0
Sugar	3	11.6	0	6	0
Total		600.2	54.55	66.5	13.44

Fish Teriyaki

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
White fish filet, cooked	220	378.4	53.8	0	16.39
Rice, cooked	200	260	5	56.8	0
Broccoli, cooked	200	56	6.93	11.33	0
Soy sauce, light, (ml)	30	24	3.2	2.8	0
Rice Vinegar (ml)	30	60	0	8	0
Sugar	5	19.3	0	10	0
Total		797.7	68.93	88.93	16.39

Cooking Method:

1. Sauté the fish.
2. Mix all sauce ingredients in a small bowl.
3. Add sauce to the sautéed fish.
4. Cook in preheated oven for 5 minutes.
5. Put broccoli in a glass tray with ½ cup of water.
6. Cover container and cook in microwave for 6 minutes. Drain Broccoli.
7. Serve with hot rice.

Chinese Shrimp Rice

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Shrimps, cooked	75	89.2	17.25	0.9	1.35
Eggs, raw	50	75	6	1	5
Rice, cooked	130	169	3.25	36.92	0
Carrots, cooked, sliced	50	22.4	0.32	2.55	0
Peas, cooked	50	39	2.5	7.15	0
Onion, green, minced	15	4.8	0.27	1.1	0.02
Total		399.4	29.59	49.62	6.37

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Shrimps, cooked	120	142.8	27.6	1.44	2.16
Eggs, raw	50	75	6	1	5
Rice, cooked	200	260	5	56.8	0
Carrots, cooked, sliced	100	44.8	0.6	5.1	0
Peas, cooked	100	78	5	14.3	0
Onion, green, chopped	15	4.8	0.27	1.1	0.02
Total		605.4	44.47	79.74	7.18

Chinese Shrimp Rice

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Shrimps, cooked	150	214.2	34.5	1.8	2.7
Eggs, raw	100	150	12	2	10
Rice, cooked	200	260	5	56.8	0
Carrots, cooked, sliced	150	67.2	0.96	7.65	0
Peas, cooked	150	117	7.5	47.25	0
Onion, green, chopped	30	9.6	0.54	2.2	0.04
Total		818	60.5	117.7	12.74

Spices:

- Add salt & white pepper to taste

Cooking Method:

1. Lightly brush a large pan with 1 tbsp of oil.
Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount.
2. Add eggs & seasoning.
3. Stir continuously over heat until eggs cook in small chunks. Set aside.
4. In the same pan, add peas and carrots. Stir until tender.
5. Add shrimps and mix well.
6. Cover the pan and cook over medium heat for 6 minutes.
7. Add cooked rice, eggs and green onions to the shrimps' mixture. Mix for 1 minute over heat until the rice is hot.
8. Enjoy with soy sauce.

Note: Can be served with light soy sauce, 1 Tablespoon (15ml) = 12 kcal

Tuna Omelet

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Tuna, canned in water	90	104.85	23.31	0	1
Eggs, raw	100	150	12	2	10
Potato, cooked, minced	100	93	1.9	21.7	0
Tomatoes, raw, diced	50	10.55	0.4	2.44	0
Mushrooms, sliced	50	33.45	1.92	5.12	0.64
Onion, green, chopped	15	4.8	0.27	1.1	0.02
Olives, sliced	15	20	0	1	1.5
Total		416.65	39.8	33.36	13.16

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Tuna, canned in water	150	174.75	38.75	0	1.66
Eggs, raw	100	150	12	2	10
Potato, cooked, minced	150	139.5	2.8	32.5	0
Tomatoes, raw, diced	100	21.1	0.81	4.88	0
Mushrooms, sliced	100	66.9	3.84	10.24	1.28
Onion, green, chopped	30	9.6	0.54	2.2	0
Olives, sliced	15	20	0	1	1.5
Total		581.85	58.74	52.82	14.44

Tuna Omelet

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Tuna, canned in water	185	215.52	47.8	0	2
Eggs, raw	200	300	24	4	20
Potato, cooked, minced	200	186	3.73	43.33	0
Tomatoes, raw, diced	100	21.1	0.81	4.88	0
Mushrooms, sliced	100	66.9	3.84	10.24	1.28
Onion, green, chopped	30	9.6	0.54	2.2	0
Olives, sliced	15	20	0	1	1.5
Total		819.12	80.72	65.65	24.78

Spices:

- Add 2.5g of salt
- Add 2.5g of white pepper

Cooking Method:

1. Place eggs, salt and pepper in a bowl. Beat them well.
2. Add the remaining ingredients gradually. Stir the mixture until well combined.
3. Lightly brush a baking tray with oil. Note adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount.
4. Pour in the mixture and spread using a spoon.
5. Cook in preheated oven for 40 minutes.

Salmon Pasta

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, baked	90	194.4	24.3	0	9.5
Farfalle Pasta, cooked	100	100	3.5	1	0.5
Onions, raw, chopped	50	19	0.45	4.09	0
Caper, canned	15	2	0.2	0.4	0.07
Cooking cream, 4% fat	50	84.5	1.55	2.25	7.5
Lemon zest	2	0.94	0.03	0.32	0.006
Basil, chopped	2.6	0.61	0.08	0.07	0.017
Total		401.45	30.11	8.13	17.593

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, baked	120	259.2	32.4	0	12.66
Farfalle Pasta, cooked	200	200	7	2	1
Onions, raw, chopped	50	19	0.45	4.09	0
Caper, canned	15	2	0.2	0.4	0.07
Cooking cream, 4% fat	75	126.75	2.32	3.37	11.2
Lemon zest	2	0.94	0.03	0.32	0.006
Basil, chopped	2.6	0.61	0.08	0.07	0.017
Total		608.5	42.48	10.25	24.953

Salmon Pasta

Ingredients	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Salmon, baked	150	324	40.5	0	15.8
Farfalle Pasta, cooked	300	300	10.5	3	1.5
Onions, raw, chopped	50	19	0.45	4.09	0
Caper, canned	15	2	0.2	0.4	0.07
Cooking cream, 4% fat	100	169	3.1	4.5	15
Lemon zest	2	0.94	0.03	0.32	0.006
Basil, chopped	2.6	0.61	0.08	0.07	0.017
Total		815.55	54.86	12.38	32.393

Spices:

- Add 2.5g of salt
- Add splash of white pepper
- Add splash of oregano

Salmon Pasta

Cooking Method:

1. Cook pasta and drain. Set aside.
2. Add onions to a pan and stir-fry until lightly brown.
3. Add salmon with salt and white pepper.
4. Cover and simmer over medium heat for 10 min.
5. Stir occasionally until cooked. Cut salmon into small cubes.
6. Add capers, lemon zest and seasoning.
7. Stir softly for one minute over the heat.
8. Add cream and bring to boil.
9. Add pasta and stir softly over the heat for 2 minutes.

Note: The recipe is oil-free, adding 1tbsp or 15ml of oil to the recipe will add 120kcal to the total amount

Snack Recipes

Snacking can be a crucial part of maintaining energy levels and keeping hunger at bay between meals. Our snack section is filled with nutritious, easy-to-prepare options that will complement your meal plan perfectly.



Snacks

Green smoothie	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Greek yogurt, skimmed	100	88.2	10	5.4	0.6
Milk, skimmed (ml)	240	83	8.37	11.9	0.19
Banana, frozen	100	92.3	0.84	23.7	0.84
Pineapple, frozen	150	73.5	0.96	18.3	0.96
Baby spinach	15	3.6	0.35	0.52	0
Chia seeds	10	8.6	1.64	4.2	3
Total		349.2	22.16	64.02	5.59

Choco-caramel smoothie	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Whey isolate, chocolate	12.5	45	10	1	0.25
Milk, skimmed (ml)	240	83	8.37	11.9	0.19
Banana	100	92.3	0.84	23.7	0.84
Dates	50	138.1	1.2	36.9	0
Cocoa powder	5	11.6	1	2.9	0.69
Total		370	21.41	76.4	1.97
Total		349.2	22.16	64.02	5.59

Snacks

Cottage cheese toast	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Cottage cheese, 2% fat	60	49.2	6.6	2.5	1.38
Toast, hard, brown	50	144.5	4.45	27.7	2
Avocado	50	80	1	4.2	7.35
Lemon juice	10	2.2	0.03	0.12	0.69
Total		275.9	12.08	34.52	11.42

Oatmeal	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Milk, skimmed (ml)	240	83	8.37	11.9	0.19
oats, uncooked	50	189.5	6.6	33.8	3.26
Peanut butter	15	89.5	3.35	3.34	7.66
Honey	5	15.2	0	4	0
Strawberries	100	27.8	0	0	5.55
Total		405	18.32	53.04	16.66

Hummus & veggies	Weight (g)	Calories	Proteins	Carbohydrates	Fat
Hummus, commercial	150	245.7	10.9	21.2	10.6
Carrots, raw	120	51.6	1.6	11.6	0
Broccoli, cooked	150	42	5.2	8.5	0
Total		339.3	17.7	41.3	10.6