

Day 10

Meal 1



Mushroom & Chive Omelette



Apple

Meal 2



Chicken Tikka Salad



0.5 Steamed White Rice

Meal 3



Blueberries

Meal 4



1.5 Persian Carrot & Beef Stew



0.5 Steamed White Rice

Day 10

Fat  28%

Carbs  37%

Protein  35%

Calories	1476
Fat	46g
Carbs	139g
Fiber	21g
Sugar	66g
Protein	132g
Cholesterol	775mg
Sodium	1180mg
Vitamin A	29753IU
Vitamin C	96mg
Calcium	345mg
Iron	12mg



Mushroom & Chive Omelette

1 serving
15 minutes

Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 cups Mushrooms (sliced)
- 1 tbsp Chives (chopped)
- 3 Egg
- 1 cup Egg Whites

Nutrition

Amount per serving	
Calories	508
Fat	29g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	51g
Cholesterol	558mg
Sodium	626mg
Vitamin A	941IU
Vitamin C	6mg
Calcium	110mg
Iron	4mg

Directions

- 1 Heat half of the oil in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
- 2 Whisk the eggs and egg whites in a small bowl.
- 3 Heat the remaining oil in the pan. Add the eggs and cook until almost set. Place the mushrooms on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use oil instead of butter.

More Flavor: Add garlic, onions, red pepper flakes, hot sauce, and/or salt.

Additional Toppings: Add cheese and/or fresh herbs.

Make it Fluffy: For a fluffier omelette, whisk the eggs with milk or water.

More Veggies: Add spinach or kale.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Chicken Tikka Salad

2 servings

15 minutes

Ingredients

300 grams Chicken Breast (skinless, boneless)
1 tsp Tikka Masala Paste
1 cup Cilantro (chopped)
2 tbsps Lime Juice
1/8 tsp Sea Salt
3 tbsps Water
3 cups Baby Spinach
1/2 Cucumber (chopped)
1/2 Red Hot Chili Pepper (sliced)

Nutrition

Amount per serving	
Calories	218
Fat	5g
Carbs	7g
Fiber	2g
Sugar	2g
Protein	36g
Cholesterol	110mg
Sodium	304mg
Vitamin A	4998IU
Vitamin C	38mg
Calcium	75mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 2 Evenly coat the chicken with tikka masala paste and bake for 10 minutes or until cooked through. Slice into cubes.
- 3 Meanwhile, add the cilantro, lime juice, salt and water in a food processor and blend until well incorporated. Set aside.
- 4 Divide the spinach, cucumber, chicken and sliced chili pepper into bowls. Drizzle the cilantro-lime dressing otop and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add yogurt, turmeric, garlic, oil and/or chutney to the cilantro-lime dressing.

Additional Toppings: Fried mustard seeds and cumin seeds, sliced green onion or naan.

Make it Vegan: Use chickpeas, firm tofu, or tempeh instead of chicken.

No Tikka Masala Paste: Use curry paste instead.



Steamed White Rice

4 servings

20 minutes

Ingredients

- 2 cups Water
- 1 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	0mg

Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to six days, or freeze for up to three months.

Serving Size: Each serving equals approximately one cup of cooked rice.

More Flavor: Add your choice of herbs or spices, or use broth instead of water.



Blueberries

1 serving
2 minutes

Ingredients

1 cup Blueberries

Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg

Directions

- 1 Wash the berries and enjoy!



Persian Carrot & Beef Stew

2 servings

2 hours

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 White Onion (small, chopped)
- 227 grams Stewing Beef (cubed)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Turmeric
- 1 tbsp Tomato Paste
- 1 1/2 cups Water
- 3 Carrot (medium, cut into matchsticks)
- 3 Plum (quartered)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	26g
Fiber	5g
Sugar	16g
Protein	27g
Cholesterol	71mg
Sodium	163mg
Vitamin A	15757IU
Vitamin C	20mg
Calcium	85mg
Iron	4mg

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and cook for three to four minutes or until golden brown. Add the beef and brown on all sides.
- 2 Add garlic, salt, pepper, turmeric, and tomato paste to the pot. Cook for another two minutes and add the water to the pot. Turn down the heat to simmer, cover the pot with a lid, and cook the beef for 1 1/2 hours.
- 3 Add the carrot(s) to the stew. Give it a stir and add more water if necessary. Cover the pot with a lid and cook for 15 minutes. Add the plums and cook covered for another 15 minutes or until everything is cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add saffron, cumin, and/or dried yellow plums.

Serve it With: Serve over rice or with couscous.