



Meal Plan Ideas
RECIPES

BREAKFAST OMELETTE

Instructions

- 1 Heat the oil in the pan, cut the veggies and add the spring onions & mushrooms
- 2 In a small bowl: Beat the eggs & milk with a fork, mix in salt, pepper, tomatoes, and chives
- 3 When the mushrooms are done, Add the mixture to the pan and spread it out evenly
- 4 Let it simmer in the pan until it gets a firm consistency (cover up the pan)
- 5 Flip the Omelette around if wanted/needed & fold it in the middle
- 6 Toast the slices of Bread (either in toater or pan)
- 7 Either place the omelette on top of the bread which is covered in cottage cheese/goat cheese or serve it on the side & eat it while its still hot



INGREDIENTS

large eggs	2
cherry tomatoes	4-5
Milk (Almond/Oat etc.)	sip
spring onions	1-2
mushrooms	4-5
whole wheat or sourdough bread	1-2 slices
sunflower oil	1-2 teaspoons for pan
cottage cheese or goat cheese	if liked
chives	a pinch
salt & pepper	as much as liked

ENJOY!

LUNCH CHICKEN/TOFU HUMMUS WRAP

Instructions

- 1 Heat the oil in the pan, cut the veggies in slices, Slice the chicken/tofu in stripes
- 2 Season the chicken / tofu with the spices & fry it in the pan from bot sides until golden brownish (check if the chicken is really done)
- 3 Spread the hummus all over the wrap
- 4 Add Salad, chicken/tofu, avocado, cucumber & tomatoes
- 5 Roll it into a tight wrap
- 6 If liked, fry the wrap from both sides in pan or heat up the wrap before adding ingeredients
- 7 Enjoy!



INGREDIENTS

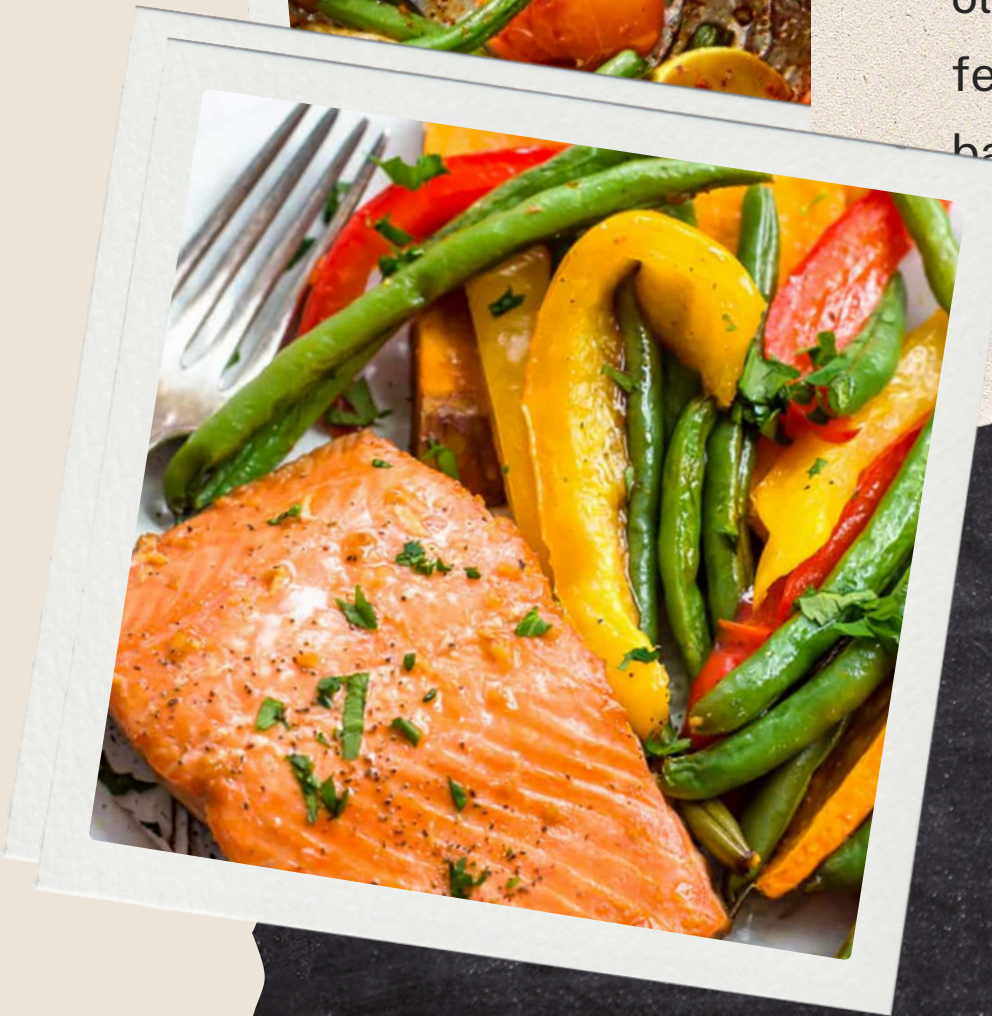
whole wheat wrap	1pc
chicken breast/tofu	120-200g(4-7oz)
romaine lettuce	4-6 leaves
hummus	30g (1oz)
avocado	1/2pc
cucumber	1/4pc
tomatoes	100g (3.5oz)
sunflower oil	for pan
salt, pepper & spices (tumeric, chilli, curry)	

ENJOY!

DINNER BAKED SALMON FETA & VEGGIES

Instructions

- 1 Preheat the oven to 200°C (405°F)
- 2 Slice the zucchinis & onions into rings and the yellow pepper into long slices, clean & peel the asparagus stems, press or slice the garlic, chop the basil leaves
- 3 Place the zucchini, asparagus & pepper on a baking tray prepared with a baking sheet
- 4 Season the veggies with oil, salt, pepper, basil, & chilli, place the onion rings on top of the veggies
- 5 Season the salmon with salt, pepper & garlic and place it in the middle of the veggies
- 6 Crumble the feta on top
- 7 Place the dish on the center rack and bake for 15-25min - make the fork test (for veggies & salmon)



INGREDIENTS

salmon	100-200g (4-6oz)
asparagus	150g (5oz)
zucchini	150g (5oz)
red onion or shallots	1/2-1pc (1-2pcs)
yellow pepper	1pc
garlic	2gloves
olive oil	1 tablespoon
feta	50-80g (2-3oz)
basil	as much as liked
salt & pepper	as much as liked
chilli	as much as liked

ENJOY!

SNACK GREEK YOGURT GRANOLA BOWL

Instructions

- 1 Mix the Yogurth with the sip of milk (makes it a little more creamy)
- 2 place it in a bowl
- 3 Place Berries on one side on top of yogurt
- 4 Place Granola on the other side
- 5 Pour a little bit of honey over everything
- 6 Enjoy!



INGREDIENTS

Greek Yoghurt	200g (1cup)
Granola of choice	50gr (1/4cup)
Milk (Vanilla Almond/Oat etc.)	sip
berries of choice (blueberrys, rasperrys etc.)	100-200gr (1/2-1cup)
honey if wanted	a bit

ENJOY!