



150 DELICIOUS RECIPES FROM A DIETITIAN

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**FROZEN
DESSERT
RECIPES**



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**SMOOTHIE
RECIPES**



+13 SAUCES

AS A GIFT



**+15 SECRET
RECIPES**

AS A GIFT



VERY IMPORTANT TIPS



Water in dishes:

The amount of water in soups or stewed dishes can be adjusted to your taste: add more water for a thinner consistency or less for a thicker one.



Couscous, bread and lavash:

Couscous is a healthy grain when eaten in moderation. Choose sourdough or whole-grain bread for added benefits; lavash is a source of quick carbohydrates but does not provide long-lasting satiety.



Shawarma and smoothies in the morning:

Shawarma and smoothies can be enjoyed in the morning — they are filling options for a balanced breakfast.



Lactose-free yogurt:

Lactose-free yogurt is easier for the body to digest and does not cause bloating, especially if you are sensitive to lactose.



Proteins, fats, carbohydrates, vitamins:

These are key macro- and micronutrients for health: proteins build muscles, fats support hormonal balance, carbohydrates provide energy, and vitamins support the body's overall function.



Variety in nutrition:

Variety provides the body with all the essential nutrients and helps prevent vitamin and mineral deficiencies.



BREAKFASTS

- Breakfast is an important meal that affects satiety throughout the day and helps reduce hunger in the evening.
- In a balanced diet, breakfast should make up 25–30% of the total daily food intake.



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Next, you will see a **breakfast builder** as well as ready-made recipes to choose from.

SHAKSHUKA

CALORIES: 463

MACROS: 27g / 28g / 25g

INGREDIENTS

- Eggs - 3 pcs
- Cherry tomatoes (or regular) - 200 g
- Onion - 25 g
- Red bell pepper - 175 g
- Olive oil - 10 g (1 tbsp)
- Smoked paprika - 5 g (1 tsp)
- Dried oregano - 1 g
- Parsley, cumin, cardamom - to taste
- Salt and pepper - to taste

DIRECTIONS

- 1 Finely chop the onion and cut the tomatoes into quarters.
- 2 Heat olive oil in a skillet over medium heat. Add the onion and sauté for 1–2 minutes. Add the tomatoes and diced bell pepper. Season with salt, pepper, oregano, and paprika. Stir, reduce the heat, cover with a lid, and simmer for another 1–2 minutes.
- 3 Make small wells in the mixture and gently crack the eggs into them. Season with salt and parsley. Cover with a lid and cook over low heat until the eggs reach your desired doneness. Serve hot.



A healthy and satisfying breakfast full of flavor to **start your day right!**

SWEET MANGO BOWL

CALORIES: 408

MACROS: 7g / 14g / 70g

INGREDIENTS

- Rice - 30 g
- Honey - 7 g
- Coconut flakes - 1 tsp
- Warm coconut milk - 75 ml
- Mango - 75 g
- Papaya (or peach) - 75 g
- Apple - 60 g
- Cashew nuts - 5 g
- Cocoa - 5 g (optional)

DIRECTIONS

- 1 Rinse and cook the rice according to the package instructions.
- 2 Place the rice in a deep bowl, pour in the milk, and stir.
- 3 Cut all the fruit into bite-sized pieces and place them on top of the rice.
- 4 Drizzle everything with honey.
- 5 Sprinkle the dish with cocoa, chopped nuts, and coconut flakes.
- 6 If desired, garnish the dish with mint and blueberries.





LUNCHES

- Nutritionists emphasize that lunch is the most important meal of the day. It should never be skipped or replaced by eating something on the go.
- Lunch should make up about 40% of your daily food intake, because vitamins, minerals, and trace elements are best absorbed in the middle of the day.



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Next, you will see a **list of lunches** to choose from.

SALAD BOWL



CALORIES: 590



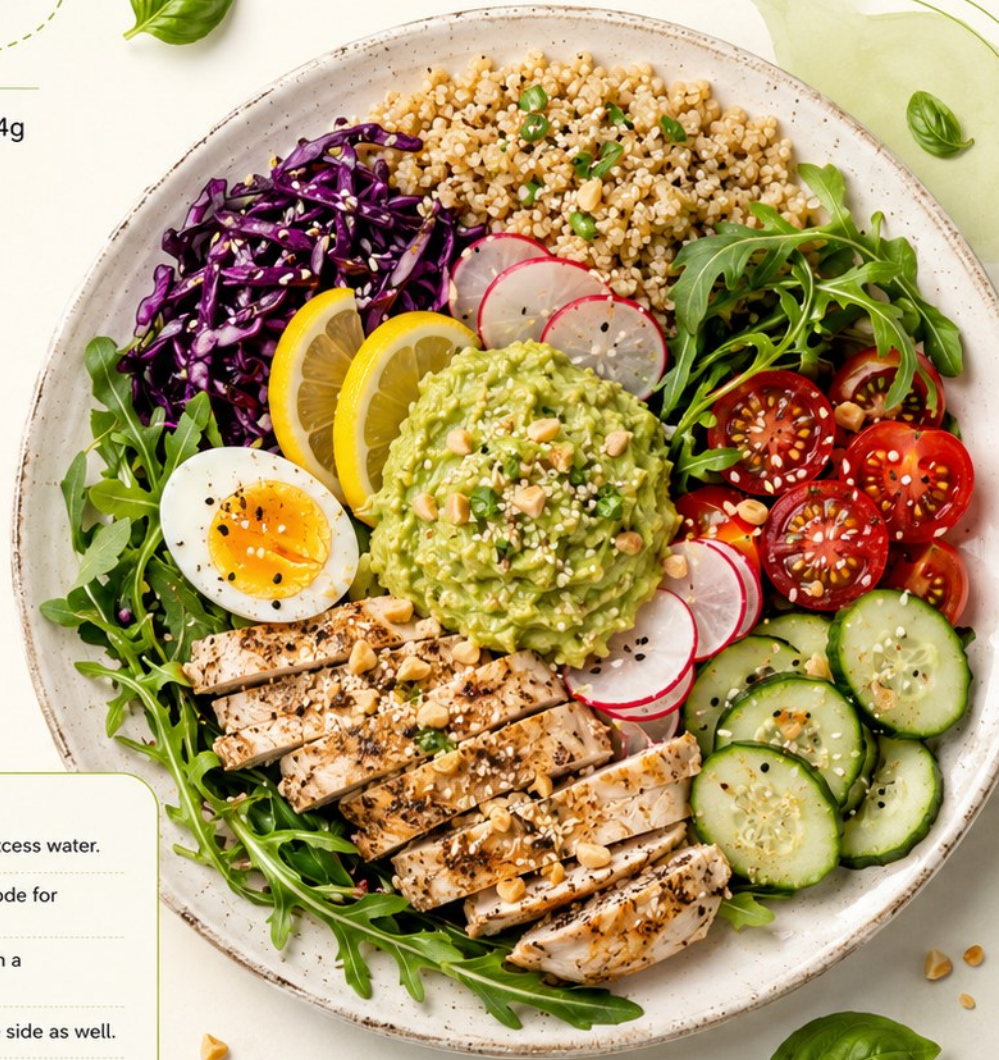
MACROS: 35g / 27g / 54g

INGREDIENTS

- Quinoa – 30 g
- Chicken fillet – 80 g
- Egg – 1 pc
- Teriyaki sauce – 1 tbsp
- Caesar sauce – 10 g
- Soy sauce – to taste
- Fresh cucumber – 40 g
- Arugula – 15 g
- Cherry tomatoes – 50 g
- Purple cabbage – 20 g
- Radish – 20 g
- Lemon – 20 g
- Avocado – 1/2 pc
- Roasted peanuts or cashews – 10 g
- Sesame seeds – 1 g

DIRECTIONS

- 1 Wash and cook the quinoa according to the instructions, then drain the excess water.
- 2 Bake the chicken fillet in foil with spices in the oven at 180°C using fan mode for 3 minutes. Then cut it into strips and place it next to the quinoa.
- 3 Boil the egg, cut it in half, and place it on the plate. Mash the avocado with a fork and place it on top.
- 4 Thinly slice all the vegetables and the cabbage, and arrange them on the side as well.
- 5 Drizzle everything with teriyaki and Caesar sauce, then sprinkle with roasted peanuts and sesame seeds. Add soy sauce if needed.



CHINESE-STYLE NOODLES



CALORIES: 495



MACROS: 34g / 19g / 52g



INGREDIENTS

- Soba noodles or glass noodles – 40 g
- Mushrooms or eggplant or zucchini, your choice, or all together – 100 g
- Bell pepper – 50–100 g
- Carrot – 50–60 g
- Tofu or veal – 100 g
- Onion – 25 g
- Oil – 5 g
- Walnuts or pumpkin seeds – 5 g
- Homemade Caesar sauce or sesame sauce, your choice – 15 g



DIRECTIONS

1. Boil the noodles according to the instructions.
2. Heat oil in a skillet. Thinly slice the mushrooms, tofu, and onion; cut the bell pepper and carrot into thin strips. Sauté everything together until golden, about 5–15 minutes.
3. Add the noodles to the skillet along with the vegetables and the remaining ingredients.
4. Add the chopped nuts or seeds and the sauce, then mix thoroughly.
5. If needed, add a little water to the vegetables while cooking, and at the end you can add 1 tbsp of teriyaki sauce.





DINNERS



- Dinner is the third main meal of the day, eaten in the evening. Its main purpose is to provide the body with essential nutrients and amino acids to help restore all body systems during sleep.

- Dinner should be a balanced meal that supports recovery and nourishment during the evening hours.



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Next, you will see a **list of dinners** to choose from.



TURKEY AND SWEET PEAR SALAD



Calories: 630



Macros: 58 / 33 / 26

INGREDIENTS

- Cucumber - 75 g
- Sweet pear - 60 g
- Arugula - 20 g
- Turkey fillet - 150 g
- Caesar sauce - 30 g
- Feta - 60 g
- Walnut - 15 g
- Celery greens - 25 g (optional)
- Cilantro - 7 g (optional)
- Lime juice and spices - to taste
- Honey - 7 g (optional)
- Balsamic glaze - to taste

DIRECTIONS

- 1 Boil the turkey fillet for 15–17 minutes until cooked through, or bake it in foil with spices at 220°C using fan mode, then slice it into strips.
- 2 Remove the pear core but do not peel it. Peel the cucumber. Slice the pear and cucumber into thin strips or small wedges. Add the arugula, turkey fillet, and thinly sliced celery.
- 3 Add the sauce, cilantro, and lime juice, then mix thoroughly. Top with crumbled feta and chopped walnut.
- 4 Season with balsamic glaze and honey to taste.



JUICY STEW WITH BASIL AND MINT



Calories: 497



Macros: 47 / 24 / 27

INGREDIENTS



- Veal or ground veal — 200 g
- Potato — 100 g
- Butter — 7 g
- Dill, parsley, salt, and other spices — to taste
- Basil leaves or mint for aroma and freshness (optional) — 15 g

SALAD:

- Cucumber — 80 g
- Young white cabbage — 60 g
- Salt, parsley — to taste
- Sour cream 15% — 25 g

DIRECTIONS



- 1 Dice and boil the potato (this can be done in advance).
- 2 Stew the veal for 17–25 minutes, adding water and spices.
- 3 Add the potato, butter, herbs, and the remaining ingredients to the veal, stir, and simmer for 1–2 more minutes.
- 4 For the salad, thinly slice the cucumber and cabbage, add a pinch of salt, add the sour cream, and mix.



Note: If using veal pieces rather than ground veal, cut them fairly small for better flavor infusion. If the veal pieces are larger, the potato is optional. The potato can also be added to the salad.





SNACKS

- A snack is the consumption of food or drinks between breakfast, lunch, and dinner. These can be breaks for tea/coffee, cookies, chips, or popcorn while watching a TV show, or planned healthy snacks.
- The main motivation for snacking is to include something to eat to curb hunger.



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Next, you will see
ways to **prepare snacks**



HONEY PUDDING

CALORIES: 236

MACROS: 6 / 6 / 41

INGREDIENTS

- Yogurt – 80 g
- Persimmon – 60 g (can be replaced with mango or pear)
- Banana – 60 g
- Honey – 15 g
- Sliced almonds or walnut – 5 g
- Chia seeds – 5 g (can be replaced with poppy seeds or flaxseeds)

DIRECTIONS

- 1 Mix the yogurt with honey and chia until smooth. Spoon half of the yogurt mixture into a glass jar or tumbler.
- 2 Slice the banana into thick rounds and place them over the yogurt.
- 3 Add the next layer of yogurt over the banana.
- 4 Peel the persimmon and cut it into large cubes about 1 cm wide. Place them on the top layer. Sprinkle with sliced almonds or chopped walnut.

P.S. For extra flavor, aroma, and color, you can add 1 g of cocoa or cinnamon to the yogurt and honey mixture.





DESSERTS



- Dessert is more than just a tasty dish. It is an emotion that stays with you throughout the day.
 - The tradition of eating fruit and nuts at the end of a meal is quite ancient in world culture.
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Next, you will see
ways to **prepare desserts**