BioBah Nutrition
Let's Eat!

7 Day Meal Plan (1800 kcal)

NUTRITIONAL OVERVIEW **TOTAL 1595 — 1795kcal**		
Protein **80 — 135**	Total Fat **44 — 70**	Carbs **160 — 224**
Fiber **25 MIN**	Sodium **2300 MAX**	Saturated Fat **20 MAX**
Fruits **2 — 4**	Vegetables **3 MIN**	Added Sugar **25 MAX**

HULIA BAH, RD/LD **4052564823** **hulia@biobahnutrition.com**

Nutrition Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 Chocolate Peanut Smoothie Bowl	 Overnight Cherry Oatmeal	 Scrambled Eggs, Bell Peppers, and Blueberry Muffin	 Overnight Cherry Oatmeal	 Scrambled Eggs, Bell Peppers, and Blueberry Muffin	 Overnight Cherry Oatmeal	 Scrambled Eggs, Bell Peppers, and Blueberry Muffin
LUNCH	 Turkey Sandwich with Carrots, Egg, Cheese, and Apple	 Quick Black Bean Salad, Yogurt and Pear	 Leftover: Quick Black Bean Salad, Yogurt and Pear	 Salmon, Lentils, and Rice Salad, Applesauce	 Leftover: Salmon, Lentils, and Rice Salad, Applesauce	 Peanut Butter Toast and Fruit, Mango & Greek Yogurt	 Turkey Sandwich with Carrots, Egg, Cheese, and Apple
SNACK	 Cheerios & Tangerine 2.0	 Pineapple and Cottage Cheese	 Popcorn and Grapes	 Frozen Grapes	 Strawberry Maple Cottage Cheese	 Celery & Dip	 Strawberries / Cottage Cheese and Veggies
DINNER	 Pesto Chicken, Broccoli, and Rice	 Leftover: Pesto Chicken, Broccoli, and Rice	 Leftover: Pesto Chicken, Broccoli, and Rice	 Italian Salmon with Spaghetti, Sautéed Cabbage	 Leftover: Italian Salmon with Spaghetti, Sautéed Cabbage	 Leftover: Italian Salmon with Spaghetti, Sautéed Cabbage	 Beef Burrito Bowl

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Grocery List

BAKERY

- [ ] 1 box, 12 oz Small Low Fat Blueberry Muffin
- [ ] 1 loaf (24 oz) of Whole Wheat Bread

BAKING GOODS

- [ ] 1/8 pounds of Chia Seeds
- [ ] 1 container (8 oz) of Cocoa Powder
- [ ] 1 package (16 oz) of Granulated Sugar

BRAND NAME FOOD

- [ ] 1 Vanilla Soy Milk

CANNED / JAR GOODS

- [ ] 1 jar (23-24 oz) of Applesauce
- [ ] 1 can (15 oz) of Canned Black Beans
- [ ] 1 can (15 oz) of Canned Corn
- [ ] 1 can (8 oz) of Canned Pineapple Chunks in Juice
- [ ] 1 can (8 oz) of Canned Salmon
- [ ] 1 jar (3-4 oz) of Capers
- [ ] 1 jar (18 oz) of Creamy Peanut Butter
- [ ] 1 jar (8 oz) of Pesto

CEREALS

- [ ] 1 Heart Healthy Cheerios Cereal
- [ ] 3/8 pounds of Rolled Oats

DAIRY

- [ ] 1 quart of 2% Milk

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Grocery List

DAIRY

- [ ] 1 container (16 oz) of Cottage Cheese
- [ ] 1 Container (8 oz) Low-Fat Cottage Cheese (Lactose Reduced)
- [ ] 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium)
- [ ] 1 dozen Eggs
- [ ] 5 containers (6 oz) of Plain Low-Fat Greek Yogurt

DELI

- [ ] 1 container (10 oz) Hummus
- [ ] 1/8 pounds of Sliced Deli Turkey

DESSERTS

- [ ] 1 bottle (12 oz) of Maple Syrup

FROZEN FOODS

- [ ] 1 bag (24 oz) of Frozen Mango Chunks

MEATS / SEAFOOD

- [ ] 3/4 pounds of Boneless Skinless Chicken Breast, raw
- [ ] 1 pound of Salmon
- [ ] 3/8 pounds of Lean Ground Beef (85%)

PASTA / RICE / BEANS

- [ ] 1/2 pounds of Brown Lentils
- [ ] 1 package (16 oz) of Whole Wheat Spaghetti
- [ ] 7/8 pounds of Brown Rice (dry/uncooked)

PRODUCE - FRUIT

- [ ] 1 Banana
- [ ] 1 Pear
- [ ] 1 Gala Apples

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Grocery List

PRODUCE - FRUIT

- [ ] 5/8 pounds of Red Grapes
- [ ] 1 Tangerine
- [ ] 1 quart of Strawberries

PRODUCE - VEGETABLES

- [ ] 1 Avocados
- [ ] 1 5/8 pounds Broccoli
- [ ] 1 bunch of Celery Stalks
- [ ] 1 package (1 oz) of Fresh Chives
- [ ] 1 head of Green Leaf Lettuce
- [ ] 1 package (5 oz) of Mixed Salad Greens
- [ ] 1 bag (9 oz) of Raw Spinach
- [ ] 4 Tomatoes
- [ ] 1 bag (16 oz) of Baby Carrots
- [ ] 2 Carrots
- [ ] 1 pint of Cherry Tomatoes
- [ ] 1 3/4 pounds Green Cabbage
- [ ] 1 container (12 oz) of Guacamole
- [ ] 1 Orange Bell Peppers
- [ ] 3 Red Bell Peppers

SNACKS

- [ ] 1 package (4-5 oz) of Air-Popped Popcorn
- [ ] 1/8 pounds Roasted Unsalted Peanuts
- [ ] 1/8 pounds of Dried Cherries
- [ ] 1/8 pounds of Walnuts

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Grocery List

SPICES / CONDIMENTS

- [ ] 1 jar (2-3 oz) of Chili Powder
- [ ] 1 jar (1 oz) of Ground Cinnamon
- [ ] 1 jar (15 fl oz) of Light Mayonnaise
- [ ] 1 packet (1-2 oz) of Taco Seasoning
- [ ] 1 jar (3 oz) of Garlic Powder
- [ ] 1 jar (0.85 oz) of Herbs de Provence
- [ ] 1 bottle (16 fl oz) of Olive Oil
- [ ] 1 bottle (8 oz) of Yellow Mustard

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

A DAY IN THE LIFE OF YOU

RISE AND SHINE!
Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.

BREAKFAST
Chocolate Peanut Smoothie Bowl

MINDFULNESS
Take a moment to acknowledge something you're grateful and set a positive tone for the day.

WATER
REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY, MORE IF YOU EXERCISE.

MAKE IT YOUR OWN
Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.

LUNCH
Turkey Sandwich with Carrots, Egg, Cheese, and Apple

SNACK
EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.

GET MOVING

EXERCISE
Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.

MEAL PREP

DINNER
Pesto Chicken, Broccoli, and Rice

CONNECTION
Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.

TIME FOR BED
Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Chocolate Peanut Smoothie Bowl

BY EVERYDAY EATLOVE

10 MINS PREP | 1 SERVINGS

INGREDIENTS

Smoothie

1/2 banana frozen

3/4 cup low-fat greek yogurt
- Optional substitute (pending allergies): almond, soy, coconut or other non-dairy yogurt

1 tablespoon peanut butter
- Optional substitute (pending allergies): almond butter, cashew butter, sunbutter, ect..

2 teaspoons cocoa powder

Toppings

1 tablespoon roasted peanuts crushed
- Optional substitute (pending allergies): cashews, walnuts, almonds, etc..

1/2 banana sliced

1 teaspoon chia seeds

NUTRITION INFORMATION PER SERVING	
Protein **25g**	Sodium **176mg**
Total Fat **18g**	Saturated Fat **5.2g**
Carbs **45g**	Fruits **1 servings**
Calories **416kcal**	Vegetables **0 servings**
Fiber **7.6g**	Added Sugar **0g**

PORTION SIZES (Total yield: 11oz)

1/1 of total (11oz)

Method

1. Place the banana, yogurt, peanut butter, and cocoa powder in a high performance blender and blend for 1-1/2 minutes.
2. Transfer to a bowl and garnish with toppings

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Turkey Sandwich with Carrots

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

2 slices Whole Wheat Bread

1 teaspoon mustard

1 slice turkey breast

1 tomato sliced

1/2 cup green leaf lettuce

1 cup baby carrots

- If out of season in your area, use frozen or canned, no salt added in cooked recipes

1 teaspoon reduced fat mayonnaise

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **737mg**
Total Fat **5.8g**	Saturated Fat **0.87g**
Carbs **47g**	Fruits **0 servings**
Calories **291kcal**	Vegetables **1.93 servings**
Fiber **5.5g**	Added Sugar **0.05g**

PORTION SIZES (Total yield: 13oz)

1/1 of total (13oz)

Method

1. Spread a slice of bread with mustard and mayo. Top with turkey, tomato, and lettuce. Top with another slice of bread.
2. Serve with baby carrots on the side.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Egg, Cheese, and Apple

BY EVERYDAY EATLOVE

2 MINS PREP | 10 MINS COOK | 1 SERVINGS

INGREDIENTS

1 string cheese

1 egg hard boiled

- Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative

1/2 apple

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **63mg**
Total Fat **11g**	Saturated Fat **5.1g**
Carbs **13g**	Fruits **0.5 servings**
Calories **202kcal**	Vegetables **0 servings**
Fiber **1.98g**	Added Sugar **0g**

PORTION SIZES (Total yield: 5.8oz)

1/1 of total (5.8oz)

Method

1. Place egg in a saucepan and cover with water. Bring water to a boil. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes.
2. Strain water, and run egg under cool water. Peel egg and serve with cheese stick and apple.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Cheerios & Tangerine 2.0

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1 cup Cheerios Toasted Whole Grain Oat Cereal

1 tangerine

1 cup Soymilk, Vanilla

NUTRITION INFORMATION PER SERVING	
Protein **10g**	Sodium **218mg**
Total Fat **5.6g**	Saturated Fat **0.89g**
Carbs **42g**	Fruits **0.5 servings**
Calories **247kcal**	Vegetables **0 servings**
Fiber **5.5g**	Added Sugar **0.72g**

PORTION SIZES (Total yield: 5oz)

1/1 of total (5oz)

Method

1. Add cereal to bowl and pour milk over. Serve with tangerine.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Pesto Chicken, Broccoli, and Rice

BY EVERYDAY EATLOVE

10 MINS PREP | 35 MINS COOK | 3 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces chicken breast

3/4 cup brown rice
- Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..

6 cups broccoli cut into florets
- Optional substitute (pending allergies): cauliflower, Brussels sprouts, asparagus
- If out of season in your area, use frozen

3 tablespoons olive oil, divided
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

3 dashes salt

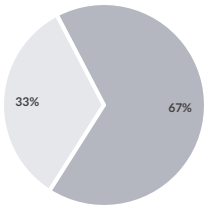
3 dashes pepper

3 tablespoons pesto

NUTRITION INFORMATION PER SERVING

Protein **35g**	Sodium **430mg**
Total Fat **27g**	Saturated Fat **4.1g**
Carbs **48g**	Fruits **0 servings**
Calories **564kcal**	Vegetables **2 servings**
Fiber **6.5g**	Added Sugar **0g**

PORTION SIZES (Total yield: 36oz)



1/3 of total (12oz)

Leftovers • **2/3** of total (24oz)

Method

Chicken

1. If you have a grill: prepare grill to medium-high heat and coat with cooking spray. Brush chicken with half the olive oil and season with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.
2. If using an oven: preheat to 350° F. Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.
3. Drizzle pesto over chicken.

Brown Rice & Broccoli

1. Cook rice according to package directions.
2. Place approximately 1 inch of water in a saucepan with a steamer and bring to a boil. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender.
3. Season with salt and pepper. Serve.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Overnight Cherry Oatmeal

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1/2 cup rolled oats

1 cup Milk, 2% fat

- Optional substitute (pending allergies): whole milk, 1% milk, skim milk or plant-based milk alternative

1 tablespoon dried cherries chopped

1/2 teaspoon cinnamon

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **119mg**
Total Fat **8.3g**	Saturated Fat **3.66g**
Carbs **56g**	Fruits **0.25 servings**
Calories **356kcal**	Vegetables **0 servings**
Fiber **6.2g**	Added Sugar **0g**

PORTION SIZES (Total yield: 11oz)

1/1 of total (11oz)

Method

1. Add all ingredients to a jar and stir.
2. Cover and refrigerate overnight.
3. Serve cold or heat in the microwave for 1 minute, adding more milk if needed.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Quick Black Bean Salad

BY EVERYDAY EATLOVE

5 MINS PREP | 2 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups mixed greens
- Optional substitute (pending allergies): kale, spinach, romaine lettuce or other leafy green vegetable

1 1/2 cups black beans drained and rinsed
- Optional substitute (pending allergies): pinto beans, kidney beans, chickpeas etc..

2 tomatoes diced

1 cup corn kernels

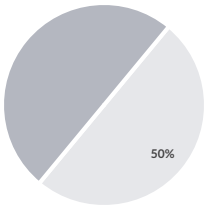
1/2 avocado diced

4 teaspoons olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

NUTRITION INFORMATION PER SERVING

Protein **16g**	Sodium **477mg**
Total Fat **16g**	Saturated Fat **2.32g**
Carbs **52g**	Fruits **0.3 servings**
Calories **392kcal**	Vegetables **1.18 servings**
Fiber **17g**	Added Sugar **0g**

PORTION SIZES (Total yield: 30oz)



1/2 of total (15oz) 50%

Leftovers • **1/2** of total (15oz)

Method

1. Add all ingredients to a bowl and toss to combine.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Yogurt and Pear

BY EVERYDAY EATLOVE

2 MINS PREP | 2 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 pear

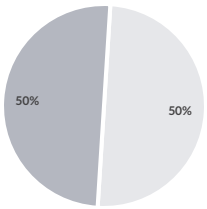
1 1/3 cups plain Greek yogurt

- Optional substitute (pending allergies): almond, soy, coconut or other non-dairy yogurt

2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **95mg**
Total Fat **3.49g**	Saturated Fat **2.01g**
Carbs **21g**	Fruits **0.5 servings**
Calories **176kcal**	Vegetables **0 servings**
Fiber **2.75g**	Added Sugar **0g**

PORTION SIZES (Total yield: 17oz)



1/2 of total (8.5oz) Leftovers

• **1/2** of total (8.5oz)

Method

1. Wash and slice pear.
2. Serve with Greek yogurt. Sprinkle with cinnamon if desired.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Pineapple and Cottage Cheese

BY EVERYDAY EATLOVE

3 MINS PREP | 1 SERVINGS

INGREDIENTS

1/2 cup cottage cheese

1/2 cup pineapple

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **460mg**
Total Fat **1.25g**	Saturated Fat **0.74g**
Carbs **23g**	Fruits **1 servings**
Calories **156kcal**	Vegetables **0 servings**
Fiber **1g**	Added Sugar **0g**

PORTION SIZES (Total yield: 8.4oz)

1/1 of total (8.4oz)

Method

1. Slice pineapple (or use canned chunks). Place into a bowl and serve with cottage cheese.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Scrambled Eggs, Bell Peppers, and Blueberry Muffin

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1 teaspoon olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 eggs whisked
- Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative

1 red bell pepper sliced

1/4 teaspoon chili powder

1 muffin small blueberry muffin

NUTRITION INFORMATION PER SERVING	
Protein **17g**	Sodium **444mg**
Total Fat **18g**	Saturated Fat **4.91g**
Carbs **47g**	Fruits **0 servings**
Calories **421kcal**	Vegetables **1.2 servings**
Fiber **7g**	Added Sugar **0g**

PORTION SIZES (Total yield: 12oz)

1/1 of total (12oz)

Method

1. Heat oil in a skillet over medium heat. Add bell pepper and cook until tender, about 3 minutes.
2. Pour in whisked egg and sprinkle chili powder over. Gently stir until cooked. Remove from heat.
3. Serve with muffin.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Popcorn and Grapes

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1 cup Air-popped Popcorn

1 cup Red Grapes

NUTRITION INFORMATION PER SERVING	
Protein **2.12g**	Sodium **3.66mg**
Total Fat **0.6g**	Saturated Fat **0.13g**
Carbs **34g**	Fruits **2 servings**
Calories **135kcal**	Vegetables **0 servings**
Fiber **2.52g**	Added Sugar **0g**

PORTION SIZES (Total yield: 5.6oz)

1/1 of total (5.6oz)

Method

1. Pour popcorn in a bowl and serve with grapes on the side.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Salmon, Lentils, and Rice Salad

BY EVERYDAY EATLOVE

10 MINS PREP | 2 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 quarts spinach
- Optional substitute (pending allergies): kale, collard greens, Swiss chard or other leafy green vegetable

1 cup cooked lentils

2/3 cup cooked brown rice

8 ounces canned salmon flaked
- Optional substitute (pending allergies): canned tuna, canned chicken

2 tablespoons olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 teaspoons mustard

Cooked Brown Lentils

1 cup brown lentils

3 cups water

Cooked Brown Rice

1 cup brown rice
- Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..

2 1/2 cups water

NUTRITION INFORMATION PER SERVING	
Protein **35g**	Sodium **613mg**
Total Fat **21g**	Saturated Fat **3.07g**
Carbs **37g**	Fruits **0 servings**
Calories **465kcal**	Vegetables **2 servings**
Fiber **6.6g**	Added Sugar **0.05g**

Method

1. Toss together the first 4 ingredients.
2. To make the dressing, whisk together oil and mustard, and toss into the salad.

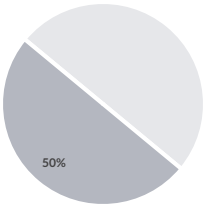
Cooked Brown Lentils

1. In a medium saucepan, bring water to boil.
2. Add brown lentils, cover and reduce heat to low.
3. Simmer for about 20-25 minutes, until most of the water has been absorbed.
4. Drain any remaining water.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

PORTION SIZES (Total yield: 36oz)



1/2 of total (18oz) 50%

Leftovers • **1/2** of total (18oz)

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Applesauce

BY EVERYDAY EATLOVE

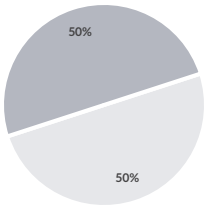
1 MINS PREP | 2 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup applesauce

NUTRITION INFORMATION PER SERVING	
Protein **0.21g**	Sodium **2.44mg**
Total Fat **0.12g**	Saturated Fat **0.01g**
Carbs **14g**	Fruits **1 servings**
Calories **51kcal**	Vegetables **0 servings**
Fiber **1.34g**	Added Sugar **0g**

PORTION SIZES (Total yield: 8.6oz)



1/2 of total (4.3oz)

Leftovers • **1/2** of total (4.3oz)

Method

1. Scoop applesauce into a container and serve.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Frozen Grapes

BY EVERYDAY EATLOVE

1 HR PREP | 1 SERVINGS

INGREDIENTS

1/2 cup red grapes

1 teaspoon sugar

NUTRITION INFORMATION PER SERVING	
Protein **0.54g**	Sodium **1.55mg**
Total Fat **0.12g**	Saturated Fat **0.04g**
Carbs **18g**	Fruits **1 servings**
Calories **68kcal**	Vegetables **0 servings**
Fiber **0.68g**	Added Sugar **4.19g**

PORTION SIZES (Total yield: 2.81oz)

1/1 of total (2.81oz)

Method

1. Wash the grapes and shake them gently to get some of the water off.
2. Put them in a plastic bag and sprinkle in the sugar.
3. Roll around the plastic bag, coating all the grapes with the sugar.
4. Place them in the freezer for at least an hour or two until the grapes are frozen through. These keep for a very long time and the recipe is easily scalable to meet your needs.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Italian Salmon with Spaghetti

BY EVERYDAY EATLOVE

5 MINS PREP | 15 MINS COOK | 3 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

6 ounces whole wheat spaghetti

6 teaspoons olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

15 ounces salmon
- Optional substitute (pending allergies): tuna, halibut, cod or other fish variety

3 teaspoons herbes de Provence

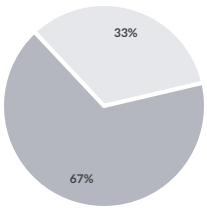
15 cherry tomatoes

6 teaspoons capers

NUTRITION INFORMATION PER SERVING

Protein **39g**	Sodium **302mg**
Total Fat **18g**	Saturated Fat **3.12g**
Carbs **46g**	Fruits **0 servings**
Calories **495kcal**	Vegetables **0.46 servings**
Fiber **6.6g**	Added Sugar **0g**

PORTION SIZES (Total yield: 26oz)



1/3 of total (8.5oz) Leftovers

• **2/3** of total (17oz)

Method

1. Bring a pot of water to a boil. Add spaghetti and cook according to package directions. Drain.
2. Meanwhile, heat oil in a skillet over medium heat. Add remaining oil to skillet. Once hot, add salmon, herbes de Provence, tomatoes, and capers. Cook, stirring occasionally, until salmon is cooked through, about 10 minutes.
3. Serve with spaghetti.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Sautéed Cabbage

BY EVERYDAY EATLOVE

5 MINS PREP | 15 MINS COOK | 3 SERVINGS

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

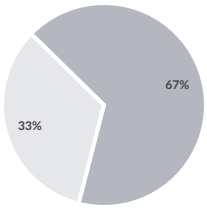
1 ½ tablespoons olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

6 cups cabbage thinly sliced

⅜ cup walnuts
- Optional substitute (pending allergies): cashews, almonds, peanuts, etc..

NUTRITION INFORMATION PER SERVING	
Protein **4.46g**	Sodium **36mg**
Total Fat **15g**	Saturated Fat **1.77g**
Carbs **13g**	Fruits **0 servings**
Calories **175kcal**	Vegetables **2 servings**
Fiber **5.8g**	Added Sugar **0g**

PORTION SIZES (Total yield: 13oz)



1/3 of total (4.21oz) Leftovers

• **2/3** of total (8.4oz)

Method

1. Heat oil in a skillet over medium high heat. Add cabbage and cook 10 minutes, stirring occasionally.
2. Stir in walnuts and cook another 2-3 minutes until walnuts are heated through.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Strawberry Maple Cottage Cheese

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

2/3 cup Low-Fat Cottage Cheese (Lactose Reduced)

1 cup strawberries sliced

- Optional substitute (pending allergies): blueberries, raspberries, blackberries

1 teaspoon maple syrup

NUTRITION INFORMATION PER SERVING	
Protein **20g**	Sodium **335mg**
Total Fat **1.97g**	Saturated Fat **0.99g**
Carbs **21g**	Fruits **2 servings**
Calories **178kcal**	Vegetables **0 servings**
Fiber **3.95g**	Added Sugar **4.03g**

PORTION SIZES (Total yield: 11oz)

1/1 of total (11oz)

Method

1. Add cottage cheese to a bowl.
2. Top with strawberries and drizzle with maple syrup.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Peanut Butter Toast and Fruit

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1 cup carrots sliced
- If out of season in your area, use frozen or canned, no salt added in cooked recipes

1 cup celery sliced

1/2 cup strawberries
- Optional substitute (pending allergies): blueberries, raspberries, blackberries

1 slice whole wheat bread

1 1/2 tablespoons peanut butter
- Optional substitute (pending allergies): almond butter, cashew butter, sunbutter, ect..

1 tablespoon hummus

NUTRITION INFORMATION PER SERVING	
Protein **13g**	Sodium **465mg**
Total Fat **16g**	Saturated Fat **3.04g**
Carbs **43g**	Fruits **1 servings**
Calories **347kcal**	Vegetables **2.01 servings**
Fiber **7.9g**	Added Sugar **0g**

PORTION SIZES (Total yield: 13oz)

1/1 of total (13oz)

Method

1. Wash and prepare carrots, celery, and strawberries.
2. Toast bread if desired.
3. Spread peanut butter onto bread.
4. Serve altogether with hummus. Alternatively, pack into a lunch box for later consumption.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Mango & Greek Yogurt

BY EVERYDAY EATLOVE

2 MINS PREP | 1 SERVINGS

Method

1. Wash, peel and slice mango.
2. Serve with Greek yogurt. Sprinkle with cinnamon if desired.

INGREDIENTS

1/2 cup mango

2/3 cup plain Greek yogurt

- Optional substitute (pending allergies): almond, soy, coconut or other non-dairy yogurt

1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING	
Protein **15g**	Sodium **94mg**
Total Fat **3.61g**	Saturated Fat **2.07g**
Carbs **19g**	Fruits **1 servings**
Calories **162kcal**	Vegetables **0 servings**
Fiber **1.13g**	Added Sugar **0g**

PORTION SIZES (Total yield: 7.8oz)

1/1 of total (7.8oz)

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Celery & Dip

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1 cup celery sliced

1/2 cup non-fat Greek yogurt
- Optional substitute (pending allergies): almond, soy, coconut or other non-dairy yogurt

1/2 teaspoon chives sliced

1 pinch garlic powder (optional)

1 dash salt (optional)

1 dash pepper (optional)

NUTRITION INFORMATION PER SERVING	
Protein **12g**	Sodium **307mg**
Total Fat **2.7g**	Saturated Fat **1.55g**
Carbs **9.8g**	Fruits **0 servings**
Calories **110kcal**	Vegetables **1.02 servings**
Fiber **1.74g**	Added Sugar **0g**

PORTION SIZES (Total yield: 7.6oz)

1/1 of total (7.6oz)

Method

1. Wash and slice celery.
2. Sprinkle Greek yogurt with chives, garlic powder, salt and pepper. Serve.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Strawberries

BY EVERYDAY EATLOVE

2 MINS PREP | 1 SERVINGS

INGREDIENTS

1 1/4 cups whole strawberries
- Optional substitute (pending allergies): blueberries, raspberries, blackberries

NUTRITION INFORMATION PER SERVING	
Protein **1.27g**	Sodium **1.9mg**
Total Fat **0.57g**	Saturated Fat **0.03g**
Carbs **15g**	Fruits **2.5 servings**
Calories **61kcal**	Vegetables **0 servings**
Fiber **3.8g**	Added Sugar **0g**

PORTION SIZES (Total yield: 6.7oz)

1/1 of total (6.7oz)

Method

1. Wash, slice and serve.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Cottage Cheese and Veggies

BY EVERYDAY EATLOVE

5 MINS PREP | 1 SERVINGS

INGREDIENTS

1/2 cup cherry tomatoes

1/2 cup broccoli

- Optional substitute (pending allergies): cauliflower, Brussels sprouts, asparagus
- If out of season in your area, use frozen

1/2 cup low-fat cottage cheese

NUTRITION INFORMATION PER SERVING	
Protein **16g**	Sodium **477mg**
Total Fat **1.46g**	Saturated Fat **0.77g**
Carbs **8.9g**	Fruits **0 servings**
Calories **110kcal**	Vegetables **1 servings**
Fiber **2.04g**	Added Sugar **0g**

PORTION SIZES (Total yield: 8.2oz)

1/1 of total (8.2oz)

Method

1. Wash tomatoes and broccoli, and cut broccoli into small florets.
2. Serve with cottage cheese.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com

Beef Burrito Bowl

BY EVERYDAY EATLOVE

5 MINS PREP | 20 MINS COOK | 1 SERVINGS

INGREDIENTS

- **1/4 cup brown rice**
  - Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..
- **1/2 cup water**
- **1 teaspoon olive oil**
  - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- **4 ounces ground beef**
- **1 Orange Bell Pepper sliced**
- **2 teaspoons taco seasoning**
- **2 tablespoons guacamole**
- **1/2 cup lettuce shredded**

NUTRITION INFORMATION PER SERVING	
Protein **27g**	Sodium **237mg**
Total Fat **27g**	Saturated Fat **7.9g**
Carbs **47g**	Fruits **0 servings**
Calories **549kcal**	Vegetables **1.05 servings**
Fiber **6.5g**	Added Sugar **0g**

PORTION SIZES (Total yield: 16oz)

1/1 of total (16oz)

Method

1. Add rice and water to a saucepan and bring to a boil. Lower to simmer until rice is tender and has absorbed the water, about 20 minutes.
2. Meanwhile, heat oil in a pan over medium heat. Add ground beef and brown 7-10 minutes until cooked through. Drain excess grease and transfer beef to a bowl.
3. Add bell peppers to pan and cook until tender. Add beef back to pan along with taco seasoning. Stir until well combined.
4. Add rice to a bowl and top with lettuce, beef mixture, and guacamole.

HULIA BAH, RD/LD 4052564823 hulia@biobahnutrition.com