

10 recipes. A fresh start.

Balanced meals for your weight-management routine



10 recipes • Calories & macros • Free guide

AI food illustration. Actual portions and appearance vary.

01 Berry yogurt & oat bowl

5 min | 1 serving



AI food illustration. Actual portions and appearance vary.

356

kcal

27.6

Protein (g)

49.6

Carbs (g)

6.4

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

200 g Greek yogurt, 0% fat

35 g Rolled oats (dry)

100 g Blueberries

10 g Chia seeds

PREPARATION

1. Stir the yogurt and oats together.
2. Wash the berries and add them with the chia seeds.
3. Leave for 5 minutes for softer oats, or serve straight away.

Allergens: Milk; oats may contain gluten.

02 Spinach eggs on toast

12 min | 1 serving



AI food illustration. Actual portions and appearance vary.

342

kcal

21.7

Protein (g)

27.3

Carbs (g)

17.0

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

100 g Eggs without shells (about 2)

60 g Spinach

100 g Tomato

50 g Wholegrain bread

5 g Olive oil

PREPARATION

1. Wash and chop the spinach and tomato.
2. Heat the oil in a non-stick pan and soften the vegetables for 3 minutes.
3. Add beaten eggs and stir until fully set. Serve with toasted bread.

Allergens: Eggs, wheat/gluten.

03 Chicken quinoa bowl

25 min | 1 serving



AI food illustration. Actual portions and appearance vary.

392

kcal

38.4

Protein (g)

34.1

Carbs (g)

11.2

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

140 g Chicken breast, raw, skinless

120 g Quinoa, cooked

100 g Cucumber

100 g Tomato

5 g Olive oil

15 g Lemon juice

PREPARATION

1. Cook quinoa according to the package, then weigh 120 g cooked.

2. Cut chicken into strips. Cook in the oil until the centre reaches 74°C.

3. Chop the vegetables and combine with quinoa and chicken. Finish with lemon juice.

Allergens: No major allergen in the listed ingredients; check packaging.

04 Red lentil vegetable soup

30 min | 1 serving



AI food illustration. Actual portions and appearance vary.

343

kcal

17.6

Protein (g)

58.1

Carbs (g)

6.2

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

60 g Red lentils, dry
100 g Carrot
150 g Tomato
50 g Onion
5 g Olive oil
400 g Water

PREPARATION

1. Rinse the lentils. Chop the onion, carrot and tomato.
2. Soften onion in the oil for 3 minutes, then add the remaining ingredients.
3. Simmer for 20-25 minutes until the lentils are soft. Blend if desired; add water to adjust thickness.

Allergens: Check lentil packaging for cross-contact warnings.

05 Salmon, broccoli & potatoes

35 min | 1 serving



AI food illustration. Actual portions and appearance vary.

481

kcal

33.1

Protein (g)

40.5

Carbs (g)

22.1

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

120 g Salmon fillet, raw

200 g Broccoli

150 g Potatoes, raw

5 g Olive oil

15 g Lemon juice

PREPARATION

1. Heat the oven to 200°C. Cut the potatoes into small cubes and toss with half the oil.

2. Roast potatoes for 15 minutes. Add broccoli, salmon and the remaining oil.

3. Bake for a further 12-15 minutes, until salmon reaches 63°C and potatoes are tender. Add lemon.

Allergens: Fish.

06 Tuna & chickpea salad

10 min | 1 serving



AI food illustration. Actual portions and appearance vary.

360

kcal

36.1

Protein (g)

35.9

Carbs (g)

8.7

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

100 g Tuna in water, drained
100 g Chickpeas, cooked and drained
100 g Cucumber
100 g Tomato
5 g Olive oil
15 g Lemon juice

PREPARATION

1. Drain the tuna and rinse and drain the chickpeas.
2. Wash and dice the cucumber and tomato.
3. Toss everything with the olive oil and lemon juice.
Serve chilled.

Allergens: Fish.

07 Turkey meatballs & pasta

30 min | 1 serving



AI food illustration. Actual portions and appearance vary.

505

kcal

39.9

Protein (g)

46.9

Carbs (g)

14.4

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

140 g Lean turkey mince, raw, about 7% fat
50 g Wholewheat pasta, dry
150 g Passata, no added sugar
50 g Onion, finely chopped
3 g Olive oil

PREPARATION

1. Mix turkey with half the onion and form small meatballs.
2. Brown in the oil, add the remaining onion and passata, and simmer until the centres reach 74°C.
3. Cook the pasta as directed, drain and serve with the sauce and meatballs.

Allergens: Wheat/gluten; check pasta for egg.

08 Tofu, rice & broccoli

20 min | 1 serving



AI food illustration. Actual portions and appearance vary.

481

kcal

35.6

Protein (g)

48.6

Carbs (g)

20.1

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

150 g Firm tofu, drained
120 g Brown rice, cooked
200 g Broccoli
5 g Olive oil
10 g Reduced-salt soy sauce

PREPARATION

1. Cook rice according to the package and weigh 120 g cooked. Pat tofu dry and cube it.
2. Steam broccoli for 5–7 minutes. Fry tofu in oil until golden.
3. Combine with rice and soy sauce. Warm through and serve.

Allergens: Soy; soy sauce may contain wheat/gluten.

09 Apple cottage-cheese bowl

5 min | 1 serving



AI food illustration. Actual portions and appearance vary.

341

kcal

23.8

Protein (g)

33.2

Carbs (g)

14.7

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

200 g Cottage cheese, 2% fat

150 g Apple, edible portion

15 g Walnuts

1 g Ground cinnamon

PREPARATION

1. Spoon cottage cheese into a bowl.
2. Wash and dice the apple, removing the core.
3. Top with apple, chopped walnuts and cinnamon.

Allergens: Milk, walnuts.

10 Chicken yogurt wrap

20 min | 1 serving



AI food illustration. Actual portions and appearance vary.

409

kcal

38.9

Protein (g)

38.0

Carbs (g)

11.4

Fat (g)

APPROXIMATE NUTRITION / PER SERVING

INGREDIENTS

120 g Chicken breast, raw, skinless
60 g Wholewheat tortilla
50 g Greek yogurt, 0% fat
40 g Lettuce
80 g Tomato
3 g Olive oil
10 g Lemon juice

PREPARATION

1. Slice chicken and cook in the oil until the centre reaches 74°C.
2. Mix yogurt with lemon juice. Wash and slice the vegetables.
3. Warm the tortilla, spread the sauce, add the filling and roll tightly.

Allergens: Milk, wheat/gluten.

Make it work for you

Each recipe makes one serving. Multiply every ingredient by the number of people you are cooking for. Cooking times are approximate.

Nutrition is estimated by adding the generic per-100-g values for each ingredient, multiplied by its weight. Brand, fat content, cooking losses and portion size change the result. Values are rounded; carbohydrate includes fibre, so calories may not exactly equal 4/4/9 calculations.

Weigh grains dry or cooked exactly as stated, and canned foods after draining. Water may be adjusted. Extra sauces, oil, honey and toppings add nutrition and are not included.

These are meal ideas, not a full daily diet or a guarantee of weight loss. Adjust portions to your needs. For medical conditions, pregnancy or an eating-disorder history, seek individual professional advice.

Check all packaging for allergens and cross-contact. Keep raw poultry separate; use a food thermometer. Poultry: 74°C; fish: 63°C; eggs: fully set.

Reference framework: USDA FoodData Central for food-composition data; FoodSafety.gov for safe minimum cooking temperatures. The nutrition calculations use the approximate generic ingredient table supplied with this edition, not laboratory analysis of these dishes.

fdc.nal.usda.gov

foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

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