

Food4Fun Meal Plan Recipe Samples

Client: pituitary hormone type female with fat-based metabolism

Meal: breakfast

Ham & eggs with avocado-arugula toast

Kcal: 527 kcal

Protein: 20%

Carbs: 23%

Fat: 57%

Ingredients:

- 70g avocado
- 45g arugula
- 2 eggs (L size, 65-70g/pc)
- 60g glutenfree bread
- 50g turkey breast ham
- 5g coconut oil

Preparation:

Caramelize the ham on the coconut oil, then add the eggs (spice it to your taste). Meanwhile, toast the bread, then place the peeled and sliced avocado and the arugula on top.



Client: pituitary hormone type male with balanced metabolism

Meal: lunch

Turkey curry

Kcal: 770 kcal

Protein: 31%

Carbs: 41%

Fat: 28%

Ingredients:

- 160g broccoli
- 65g rice noodle
- 65g coconut milk
- 65g carrot
- 65g zucchini
- 65g onion
- 7g coconut oil
- 220g turkey breast
- curry mix

Preparation:

First dice the turkey and the onion, caramelize them on coconut oil, then add the rest of the vegetables (diced as well) and the curry mix, and stir-fry. Meanwhile, cook the rice noodles. When the turkey is ready, add the coconut milk, boil it, and add the noodles. Mix them and serve in a bowl.



Client: pituitary-ovary hormone type female with carb-based metabolism

Meal: dinner

Fried tofu with sweet potato and asparagus

Kcal: 498 kcal

Protein: 31%

Carbs: 40%

Fat: 29%

Ingredients:

- 200g sweet potato
- 200g tofu
- 250g asparagus

Preparation:

Dice the sweet potato, cook it until soft, and pour off the water. Spice it and mash. Caramelize the tofu. Asparagus can be either caramelized or eaten raw.

