Okafor Nutrition

Week one

For Sam, 7 days

A note from Ada

Hi Sam, here is your first week. Hit the protein at each meal and let the rest flex. Message me on Friday with how it went.

Your plan at a glance

Day	Breakfast	Lunch	Snack	Dinner
Monday	Chocolate protein overnight oats	Teriyaki chicken lettuce wraps	Cottage cheese bowl with pineapple	Baked salmon with asparagus
Tuesday	Scrambled eggs with smoked salmon and dill	Baked salmon with asparagus	Greek yogurt bowl with mango and pistachio	Tofu and vegetable stir-fry
Wednesday	Greek yogurt bowl with granola and honey	Tofu and vegetable stir-fry	Apple slices with peanut butter	Beef and broccoli stir-fry
Thursday	Banana protein pancakes	Beef and broccoli stir-fry	Greek yogurt bowl with mango and pistachio	Ethiopian red lentil stew
Friday	Scrambled eggs with smoked salmon and dill	Ethiopian red lentil stew	Cottage cheese bowl with pineapple	Beef bourguignon
Saturday	Greek yogurt bowl with granola and honey	Lightened croque monsieur	Avocado and edamame dip with vegetables	Beef bourguignon
Sunday	Berry spinach protein smoothie	Lightened croque monsieur	Apple slices with peanut butter	Chicken congee with soft-boiled egg

Monday

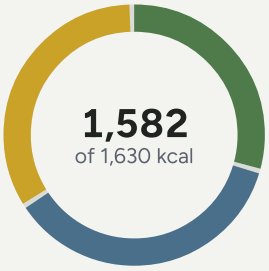
4 meals

A note from Ada

Bake both salmon fillets tonight. The second one is tomorrow's lunch.

This day adds up to

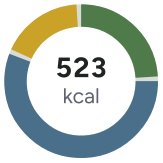
The meals for this day come to about 1,582 kcal. Your guide for a day is about 1,630 kcal.



Protein	**121 g** of 125 g	30%
Carbs	**148 g** of 150 g	36%
Fat	**61 g** of 65 g	34%

Breakfast

Chocolate protein overnight oats



Protein	**34 g**	25%
Carbs	**78 g**	57%
Fat	**11 g**	18%

Time **8 min**

Cocoa and vanilla protein powder turn overnight oats into a dessert-like high-protein breakfast.

Ingredients for 1 serving

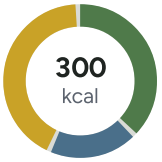
45 g	rolled oats
200 ml	milk, semi-skimmed
25 g	whey protein powder, chocolate
1 tbsp	cocoa powder, unsweetened
1 tsp	honey
1	medium banana, sliced

Method 4 steps

1. Whisk the milk, protein powder and cocoa powder together until smooth.
2. Stir in the oats and honey.
3. Cover and refrigerate overnight.
4. Top with sliced banana before serving.

Lunch

Teriyaki chicken lettuce wraps



Protein	**29 g**	38%
Carbs	**15 g**	19%
Fat	**15 g**	43%

Time
22 min

Sticky teriyaki chicken spooned into crisp lettuce cups for a light, low-carb lunch.

Ingredients for 1 serving

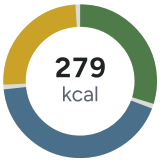
150 g	ground chicken
1 tbsp	soy sauce
1½ tsp	honey
½ tsp	fresh ginger, grated
½	garlic clove, crushed
4 leaves	butter lettuce
½	medium carrot, grated
1½ tsp	sesame seeds

Method 5 steps

1. Brown the ground chicken in a dry pan for 6 minutes, breaking it up as it cooks.
2. Add the soy sauce, honey, ginger and garlic and cook for 2 minutes until sticky.
3. Wash and dry the lettuce leaves.
4. Spoon the chicken mixture into the lettuce leaves and top with grated carrot.
5. Sprinkle with sesame seeds before serving.

Snack

Cottage cheese bowl with pineapple



Protein	**22 g**	31%
Carbs	**31 g**	43%
Fat	**8 g**	26%

Time
3 min

A note from Ada

Any fruit works here if the pineapple is gone.

Cold cottage cheese with juicy pineapple and toasted coconut, a fast high-protein breakfast.

Ingredients for 1 serving

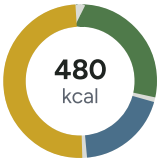
200 g	cottage cheese, low-fat
100 g	pineapple, diced
1 tbsp	coconut flakes, unsweetened
1 tsp	honey

Method 3 steps

1. Spoon the cottage cheese into a bowl.
2. Top with the pineapple and coconut flakes.
3. Drizzle with honey before serving.

Dinner

Baked salmon with asparagus



Protein	**36 g**	29%
Carbs	**25 g**	20%
Fat	**27 g**	51%

Time
25 min

Salmon fillets roasted on one tray with asparagus, lemon and garlic.

Ingredients for 1 serving

150 g	salmon fillets
125 g	asparagus
1½ tsp	olive oil
½	lemon, sliced
1 clove	garlic, minced
100 g	new potatoes

Method 4 steps

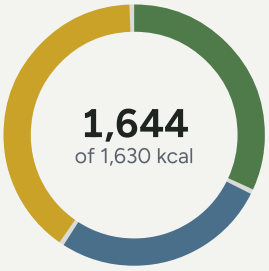
1. Heat the oven to 200C (400F) and boil the potatoes for 10 minutes.
2. Lay the salmon, asparagus and halved potatoes on a tray, drizzle with the oil and scatter the garlic.
3. Top the salmon with the lemon slices.
4. Roast for 12 to 15 minutes until the salmon flakes.

Tuesday

4 meals

This day adds up to

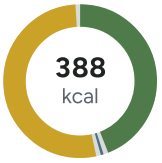
The meals for this day come to about 1,644 kcal. Your guide for a day is about 1,630 kcal.



Protein	**137 g** of 125 g	33%
Carbs	**115 g** of 150 g	27%
Fat	**76 g** of 65 g	40%

Breakfast

Scrambled eggs with smoked salmon and dill



Protein	**43 g**	45%
Carbs	**2 g**	2%
Fat	**23 g**	53%

Time **11 min**

Soft scrambled eggs folded with smoked salmon and fresh dill, a classic brunch pairing.

Ingredients for 1 serving

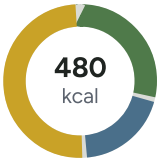
3	large eggs
1 tsp	butter, unsalted
40 g	smoked salmon, sliced
1 tbsp	fresh dill, chopped
¼ tsp	black pepper

Method 4 steps

1. Whisk the eggs with the black pepper.
2. Melt the butter in a nonstick pan over low heat.
3. Pour in the eggs and stir gently and continuously until softly set, about 3 minutes.
4. Fold in the smoked salmon and dill just before removing from the heat.

Lunch

Baked salmon with asparagus



Protein	36 g	29%
Carbs	25 g	20%
Fat	27 g	51%

Time
25 min

Salmon fillets roasted on one tray with asparagus, lemon and garlic.

Ingredients for 1 serving

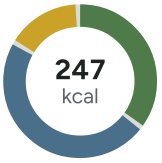
150 g	salmon fillets
125 g	asparagus
1½ tsp	olive oil
½	lemon, sliced
1 clove	garlic, minced
100 g	new potatoes

Method 4 steps

1. Heat the oven to 200C (400F) and boil the potatoes for 10 minutes.
2. Lay the salmon, asparagus and halved potatoes on a tray, drizzle with the oil and scatter the garlic.
3. Top the salmon with the lemon slices.
4. Roast for 12 to 15 minutes until the salmon flakes.

Snack

Greek yogurt bowl with mango and pistachio



Protein	23 g	36%
Carbs	31 g	48%
Fat	5 g	16%

Time
5 min

Greek yogurt topped with fresh mango and chopped pistachio for a bright, protein-rich start.

Ingredients for 1 serving

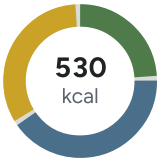
200 g	greek yogurt, plain nonfat
½	mango, diced
1 tbsp	pistachios, chopped
1 tsp	honey

Method 3 steps

1. Spoon the yogurt into a bowl.
2. Top with the diced mango and pistachios.
3. Drizzle with honey before serving.

Dinner

Tofu and vegetable stir-fry



Protein	**35 g**	25%
Carbs	**58 g**	41%
Fat	**21 g**	34%

Time
30 min

Crisp tofu tossed with broccoli, pepper and soy sauce, served over rice.

Ingredients for 1 serving

150 g	firm tofu, cubed
100 g	broccoli florets
½	red bell pepper, sliced
1 tbsp	soy sauce
1½ tsp	sesame oil
½ tsp	grated ginger
150 g	cooked white rice

Method 4 steps

1. Fry the tofu in half the oil until golden on all sides, then lift it out.
2. Stir-fry the broccoli, pepper and ginger in the rest of the oil for 4 minutes.
3. Return the tofu, add the soy sauce and toss.
4. Serve over the rice.

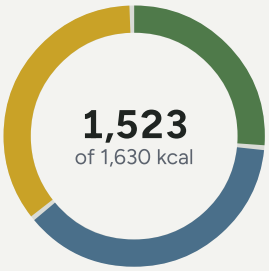
Wednesday

4 meals

> **A note from Ada**
>
> Batch day: the stir-fry makes two, so Thursday's lunch is done.

This day adds up to

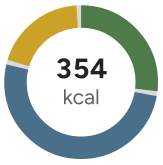
The meals for this day come to about 1,523 kcal. Your guide for a day is about 1,630 kcal.



Protein	**106 g** of 125 g	27%
Carbs	**149 g** of 150 g	38%
Fat	**63 g** of 65 g	35%

Breakfast

Greek yogurt bowl with granola and honey



Protein	**25 g**	28%	Time
Carbs	**47 g**	52%	**3 min**
Fat	**8 g**	20%	

A simple high-protein bowl of plain Greek yogurt with crunchy granola and honey.

Ingredients for 1 serving

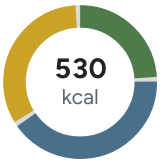
200 g	greek yogurt, plain nonfat
30 g	granola
1 tbsp	honey
40 g	blueberries

Method 3 steps

1. Spoon the yogurt into a bowl.
2. Top with the granola and blueberries.
3. Drizzle with honey before serving.

Lunch

Tofu and vegetable stir-fry



Protein	**35 g**	25%
Carbs	**58 g**	41%
Fat	**21 g**	34%

Time
30 min

Crisp tofu tossed with broccoli, pepper and soy sauce, served over rice.

Ingredients for 1 serving

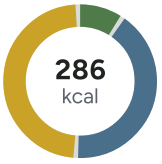
150 g	firm tofu, cubed
100 g	broccoli florets
½	red bell pepper, sliced
1 tbsp	soy sauce
1½ tsp	sesame oil
½ tsp	grated ginger
150 g	cooked white rice

Method 4 steps

1. Fry the tofu in half the oil until golden on all sides, then lift it out.
2. Stir-fry the broccoli, pepper and ginger in the rest of the oil for 4 minutes.
3. Return the tofu, add the soy sauce and toss.
4. Serve over the rice.

Snack

Apple slices with peanut butter



Protein	**8 g**	10%
Carbs	**32 g**	42%
Fat	**17 g**	48%

Time
5 min

A crisp apple sliced and served with smooth peanut butter.

Ingredients for 1 serving

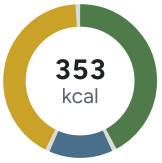
1	medium apple
2 tbsp	peanut butter

Method 3 steps

1. Core the apple.
2. Cut it into eight slices.
3. Serve with the peanut butter for dipping.

Dinner

Beef and broccoli stir-fry



Protein	**38 g**	43%
Carbs	**13 g**	14%
Fat	**17 g**	43%

Time
22 min

Quick seared beef and broccoli in a glossy garlic soy sauce.

Ingredients for 1 serving

150 g	beef sirloin, thinly sliced
125 g	broccoli florets
1½ tsp	vegetable oil
1	garlic clove, crushed
1½ tsp	fresh ginger, grated
1 tbsp	soy sauce
1½ tsp	oyster sauce
½ tsp	cornstarch
30 ml	beef broth
½ tsp	sesame oil

Method 6 steps

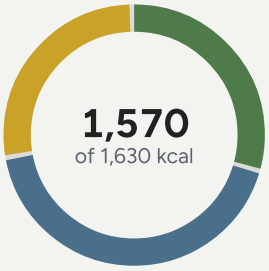
1. Toss the beef with 1 teaspoon soy sauce and the cornstarch.
2. Heat the vegetable oil in a wok over high heat and stir-fry the beef for 2 minutes, then remove.
3. Add the broccoli and stir-fry for 3 minutes, then add garlic and ginger.
4. Return the beef to the wok with the remaining soy sauce, oyster sauce and broth.
5. Stir-fry for 2 minutes, until the sauce thickens and coats everything.
6. Finish with sesame oil.

Thursday

4 meals

This day adds up to

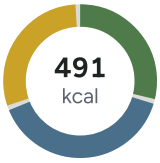
The meals for this day come to about 1,570 kcal. Your guide for a day is about 1,630 kcal.



Protein	**119 g** of 125 g	30%
Carbs	**172 g** of 150 g	43%
Fat	**49 g** of 65 g	27%

Breakfast

Banana protein pancakes



Protein	**37 g**	30%
Carbs	**50 g**	40%
Fat	**17 g**	30%

Time
18 min

A note from Ada

Training day. Have these within an hour after the session.

Whey protein and mashed banana give these pancakes a fluffy texture and a protein boost.

Ingredients for 1 serving

1	medium banana, mashed
2	large eggs
25 g	whey protein powder, vanilla
30 g	rolled oats
½ tsp	baking powder
1 tsp	olive oil

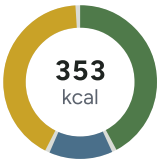
Method 5 steps

1. Mash the banana in a bowl and whisk in the eggs.
2. Stir in the protein powder, oats and baking powder until combined.
3. Heat the olive oil in a nonstick pan over medium heat.

4. Pour small rounds of batter into the pan and cook 2 minutes per side until golden.
5. Serve warm.

Lunch

Beef and broccoli stir-fry



Protein	**38 g**	43%
Carbs	**13 g**	14%
Fat	**17 g**	43%

Time
22 min

Quick seared beef and broccoli in a glossy garlic soy sauce.

Ingredients for 1 serving

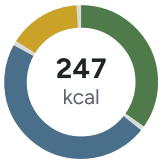
150 g	beef sirloin, thinly sliced
125 g	broccoli florets
1½ tsp	vegetable oil
1	garlic clove, crushed
1½ tsp	fresh ginger, grated
1 tbsp	soy sauce
1½ tsp	oyster sauce
½ tsp	cornstarch
30 ml	beef broth
½ tsp	sesame oil

Method 6 steps

1. Toss the beef with 1 teaspoon soy sauce and the cornstarch.
2. Heat the vegetable oil in a wok over high heat and stir-fry the beef for 2 minutes, then remove.
3. Add the broccoli and stir-fry for 3 minutes, then add garlic and ginger.
4. Return the beef to the wok with the remaining soy sauce, oyster sauce and broth.
5. Stir-fry for 2 minutes, until the sauce thickens and coats everything.
6. Finish with sesame oil.

Snack

Greek yogurt bowl with mango and pistachio



Protein	23 g	36%
Carbs	31 g	48%
Fat	5 g	16%

Time
5 min

Greek yogurt topped with fresh mango and chopped pistachio for a bright, protein-rich start.

Ingredients for 1 serving

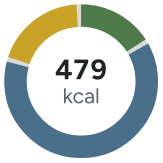
200 g	greek yogurt, plain nonfat
½	mango, diced
1 tbsp	pistachios, chopped
1 tsp	honey

Method 3 steps

1. Spoon the yogurt into a bowl.
2. Top with the diced mango and pistachios.
3. Drizzle with honey before serving.

Dinner

Ethiopian red lentil stew



Protein	21 g	17%
Carbs	77 g	63%
Fat	11 g	20%

Time
40 min

A spiced misir wot-style red lentil stew with berbere, served with rice.

Ingredients for 1 serving

67 g	red lentils, uncooked
2 tsp	vegetable oil
⅓	medium onion, finely diced
1	garlic clove, minced
1 tsp	ginger, grated

Method 5 steps

1. Heat the oil in a large pot over medium heat and cook the onion for 8 minutes until deeply softened.
2. Add the garlic, ginger, and berbere spice, and cook for 1 minute until fragrant.
3. Stir in the tomato paste and cook for 1 minute.

⅓ tsp	ground paprika
a pinch	cayenne pepper
a pinch	ground ginger
a pinch	ground coriander
a pinch	ground cardamom
a pinch	ground cinnamon
2 tsp	tomato paste
200 ml	vegetable broth
90 g	white rice, cooked

4. Add the lentils and vegetable broth, bring to a simmer, and cook for 18 minutes, stirring occasionally, until thick.

5. Serve over white rice.

Friday

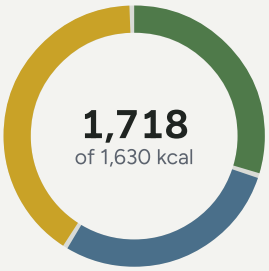
4 meals

A note from Ada

The bourguignon takes a while. Start it early and it covers Saturday too.

This day adds up to

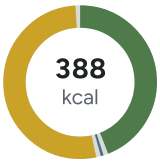
The meals for this day come to about 1,718 kcal. Your guide for a day is about 1,630 kcal.



Protein	**126 g** of 125 g	30%
Carbs	**121 g** of 150 g	29%
Fat	**76 g** of 65 g	41%

Breakfast

Scrambled eggs with smoked salmon and dill



Protein	**43 g**	45%
Carbs	**2 g**	2%
Fat	**23 g**	53%

Time **11 min**

Soft scrambled eggs folded with smoked salmon and fresh dill, a classic brunch pairing.

Ingredients for 1 serving

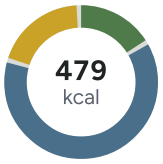
3	large eggs
1 tsp	butter, unsalted
40 g	smoked salmon, sliced
1 tbsp	fresh dill, chopped
¼ tsp	black pepper

Method 4 steps

1. Whisk the eggs with the black pepper.
2. Melt the butter in a nonstick pan over low heat.
3. Pour in the eggs and stir gently and continuously until softly set, about 3 minutes.
4. Fold in the smoked salmon and dill just before removing from the heat.

Lunch

Ethiopian red lentil stew



Protein	21 g	17%
Carbs	77 g	63%
Fat	11 g	20%

Time
40 min

A spiced misir wot-style red lentil stew with berbere, served with rice.

Ingredients for 1 serving

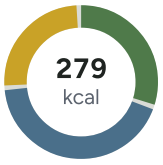
67 g	red lentils, uncooked
2 tsp	vegetable oil
⅓	medium onion, finely diced
1	garlic clove, minced
1 tsp	ginger, grated
⅓ tsp	ground paprika
a pinch	cayenne pepper
a pinch	ground ginger
a pinch	ground coriander
a pinch	ground cardamom
a pinch	ground cinnamon
2 tsp	tomato paste
200 ml	vegetable broth
90 g	white rice, cooked

Method 5 steps

1. Heat the oil in a large pot over medium heat and cook the onion for 8 minutes until deeply softened.
2. Add the garlic, ginger, and berbere spice, and cook for 1 minute until fragrant.
3. Stir in the tomato paste and cook for 1 minute.
4. Add the lentils and vegetable broth, bring to a simmer, and cook for 18 minutes, stirring occasionally, until thick.
5. Serve over white rice.

Snack

Cottage cheese bowl with pineapple



Protein	22 g	31%
Carbs	31 g	43%
Fat	8 g	26%

Time
3 min

Cold cottage cheese with juicy pineapple and toasted coconut, a fast high-protein breakfast.

Ingredients for 1 serving

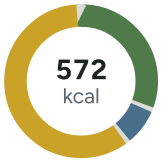
200 g	cottage cheese, low-fat
100 g	pineapple, diced
1 tbsp	coconut flakes, unsweetened
1 tsp	honey

Method 3 steps

1. Spoon the cottage cheese into a bowl.
2. Top with the pineapple and coconut flakes.
3. Drizzle with honey before serving.

Dinner

Beef bourguignon



Protein	40 g	32%
Carbs	11 g	8%
Fat	34 g	60%

Time
1 hr 55 min

Classic slow-braised beef in red wine with mushrooms and pearl onions.

Ingredients for 1 serving

175 g	beef chuck, cubed
25 g	bacon, diced
1½ tsp	all-purpose flour
88 ml	red wine
75 ml	beef broth

Method 6 steps

1. Cook the bacon in a large pot until crisp, then remove, leaving the fat.
2. Toss the beef in flour and brown it in the bacon fat in batches, then set aside.
3. Add the pearl onions and mushrooms and cook until lightly browned, then stir in the garlic.

50 g	pearl onions
50 g	mushrooms, halved
½	garlic clove, crushed
¼	bay leaf
a pinch	salt

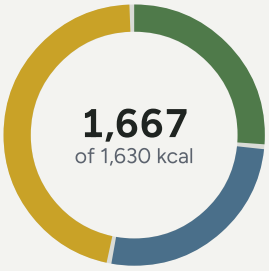
4. Return the beef and bacon to the pot with the wine, broth and bay leaf.
5. Cover and simmer on low for 85 minutes, until the beef is tender.
6. Season with salt before serving.

Saturday

4 meals

This day adds up to

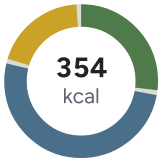
The meals for this day come to about 1,667 kcal. Your guide for a day is about 1,630 kcal.



Protein	**109 g** of 125 g	27%
Carbs	**108 g** of 150 g	27%
Fat	**84 g** of 65 g	46%

Breakfast

Greek yogurt bowl with granola and honey



Protein	**25 g**	28%
Carbs	**47 g**	52%
Fat	**8 g**	20%

Time
3 min

A simple high-protein bowl of plain Greek yogurt with crunchy granola and honey.

Ingredients for 1 serving

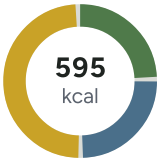
200 g	greek yogurt, plain nonfat
30 g	granola
1 tbsp	honey
40 g	blueberries

Method 3 steps

1. Spoon the yogurt into a bowl.
2. Top with the granola and blueberries.
3. Drizzle with honey before serving.

Lunch

Lightened croque monsieur



Protein	37 g	25%
Carbs	37 g	25%
Fat	33 g	50%

Time
22 min

A grilled ham and cheese sandwich with a light cheese sauce, baked instead of fried.

Ingredients for 1 serving

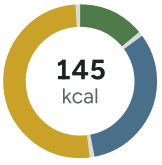
2 slices	whole wheat bread
75 g	ham, sliced
40 g	gruyere cheese, shredded
½ tsp	butter
1½ tsp	all-purpose flour
60 ml	semi-skimmed milk
a pinch	black pepper

Method 5 steps

1. Heat the oven to 200°C (400°F).
2. Melt the butter in a small pan, stir in the flour and cook for 1 minute, then whisk in the milk and simmer for 3 minutes until thickened.
3. Stir half the gruyere into the sauce until melted.
4. Layer ham between two slices of bread each, top with the cheese sauce and remaining gruyere.
5. Bake for 8 to 10 minutes until golden and bubbling.

Snack

Avocado and edamame dip with vegetables



Protein	6 g	15%
Carbs	13 g	33%
Fat	9 g	52%

Time
15 min

A note from Ada

Take the dip to work. Carrots and cucumber are fine.

Creamy avocado blended with shelled edamame for a green, protein-rich dip.

Ingredients for 1 serving

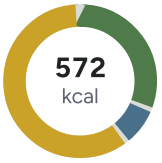
38 g	frozen edamame, shelled
¼	medium avocado
¼	lime, juiced
¼	garlic clove, crushed
1½ tsp	water
a pinch	salt
¼	carrot, cut into sticks
¼	cucumber, cut into sticks

Method 5 steps

1. Cook the edamame in boiling water for 4 to 5 minutes, then drain and cool.
2. Combine the edamame, avocado, lime juice and garlic in a food processor.
3. Blend until smooth, adding water a tablespoon at a time to loosen.
4. Season with salt and spoon into a bowl.
5. Serve with the carrot and cucumber sticks for dipping.

Dinner

Beef bourguignon



Protein	**40 g**	32%
Carbs	**11 g**	8%
Fat	**34 g**	60%

Time
1 hr 55 min

Classic slow-braised beef in red wine with mushrooms and pearl onions.

Ingredients for 1 serving

175 g	beef chuck, cubed
25 g	bacon, diced
1½ tsp	all-purpose flour
88 ml	red wine
75 ml	beef broth
50 g	pearl onions
50 g	mushrooms, halved
½	garlic clove, crushed
¼	bay leaf

Method 6 steps

1. Cook the bacon in a large pot until crisp, then remove, leaving the fat.
2. Toss the beef in flour and brown it in the bacon fat in batches, then set aside.
3. Add the pearl onions and mushrooms and cook until lightly browned, then stir in the garlic.
4. Return the beef and bacon to the pot with the wine, broth and bay leaf.

a pinch	salt

5. Cover and simmer on low for 85 minutes, until the beef is tender.
6. Season with salt before serving.

Sunday

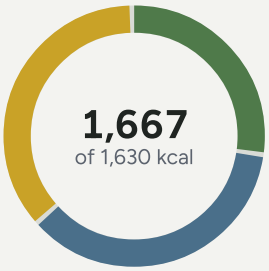
4 meals

A note from Ada

Weigh in tomorrow morning before breakfast, then send me the number.

This day adds up to

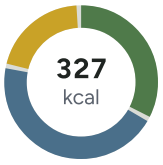
The meals for this day come to about 1,667 kcal. Your guide for a day is about 1,630 kcal.



Protein	**116 g** of 125 g	28%
Carbs	**152 g** of 150 g	36%
Fat	**68 g** of 65 g	36%

Breakfast

Berry spinach protein smoothie



Protein	**28 g**	34%
Carbs	**38 g**	45%
Fat	**8 g**	21%

Time **5 min**

A quick blender smoothie hiding a serving of spinach behind mixed berries and protein powder.

Ingredients for 1 serving

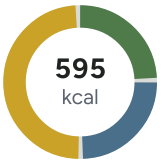
50 g	frozen blueberries
50 g	frozen raspberries
30 g	baby spinach
25 g	whey protein powder, vanilla
200 ml	milk, semi-skimmed
½	medium banana

Method 3 steps

1. Add all the ingredients to a blender.
2. Blend on high for 45 to 60 seconds until smooth.
3. Pour into a glass and serve immediately.

Lunch

Lightened croque monsieur



Protein	37 g	25%
Carbs	37 g	25%
Fat	33 g	50%

Time
22 min

A grilled ham and cheese sandwich with a light cheese sauce, baked instead of fried.

Ingredients for 1 serving

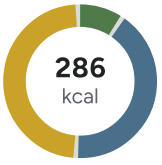
2 slices	whole wheat bread
75 g	ham, sliced
40 g	gruyere cheese, shredded
½ tsp	butter
1½ tsp	all-purpose flour
60 ml	semi-skimmed milk
a pinch	black pepper

Method 5 steps

1. Heat the oven to 200°C (400°F).
2. Melt the butter in a small pan, stir in the flour and cook for 1 minute, then whisk in the milk and simmer for 3 minutes until thickened.
3. Stir half the gruyere into the sauce until melted.
4. Layer ham between two slices of bread each, top with the cheese sauce and remaining gruyere.
5. Bake for 8 to 10 minutes until golden and bubbling.

Snack

Apple slices with peanut butter



Protein	8 g	10%
Carbs	32 g	42%
Fat	17 g	48%

Time
5 min

A crisp apple sliced and served with smooth peanut butter.

Ingredients for 1 serving

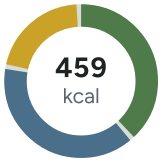
1	medium apple
2 tbsp	peanut butter

Method 3 steps

1. Core the apple.
2. Cut it into eight slices.
3. Serve with the peanut butter for dipping.

Dinner

Chicken congee with soft-boiled egg



Protein	**43 g**	39%
Carbs	**44 g**	40%
Fat	**11 g**	21%

Time
55 min

Slow-simmered rice porridge with shredded chicken, ginger and a soft-boiled egg.

Ingredients for 1 serving

50 g	jasmine rice, uncooked
450 ml	chicken broth, low-sodium
75 g	chicken breast, cooked, shredded
½ tsp	fresh ginger, grated
1	large eggs
1	scallions, sliced
½ tsp	soy sauce, low-sodium

Method 5 steps

1. Boil the eggs for 7 minutes, then cool in cold water, peel and halve.
2. Bring the rice, chicken broth and ginger to a boil in a large pot.
3. Reduce the heat and simmer, stirring occasionally, for 35 to 40 minutes until thick and porridge-like.
4. Stir in the shredded chicken and soy sauce and warm through.
5. Ladle into bowls, top each with a soft-boiled egg and scallions.

Grocery list

Everything for the whole plan, added up.

Produce

☐	Apples Wednesday, Sunday	2
☐	Asparagus Monday, Tuesday	250 g
☐	Avocado Saturday	1
☐	Baby spinach Sunday	30 g
☐	Bananas Monday, Thursday, Sunday	3
☐	Blueberries Wednesday, Saturday	80 g
☐	Broccoli florets Tuesday, Wednesday, Thursday	450 g
☐	Butter lettuce Monday	4 leaves
☐	Carrot Monday, Saturday	1
☐	Cucumber Saturday	1
☐	Dill Tuesday, Friday	A little
☐	Garlic Monday, Tuesday, Wednesday, Thursday, Friday, Saturday	8 cloves
☐	Ginger Monday, Tuesday, Wednesday, Thursday, Friday, Sunday	15 g
☐	Lemon Monday, Tuesday	1
☐	Lime Saturday	1
☐	Mango Tuesday, Thursday	1
☐	Mushrooms Friday, Saturday	100 g
☐	New potatoes Monday, Tuesday	200 g
☐	Onion Thursday, Friday	1
☐	Pearl onions Friday, Saturday	100 g
☐	Pineapple Monday, Friday	200 g
☐	Red bell pepper Tuesday, Wednesday	1
☐	Scallion Sunday	1
☐	Tomato paste Thursday, Friday	25 g

Meat and fish

☐	Bacon Friday, Saturday	50 g
☐	Beef chuck Friday, Saturday	350 g
☐	Beef sirloin Wednesday, Thursday	300 g
☐	Chicken breast Sunday	75 g
☐	Ground chicken Monday	150 g
☐	Ham Saturday, Sunday	150 g
☐	Salmon fillets Monday, Tuesday	300 g
☐	Smoked salmon Tuesday, Friday	80 g

Dairy and eggs

- [ ] Butter — Tuesday, Friday, Saturday, Sunday — **1 tbsp**
- [ ] Cottage cheese — Monday, Friday — **400 g**
- [ ] Eggs — Tuesday, Thursday, Friday, Sunday — **9**
- [ ] Greek yogurt plain nonfat — Tuesday, Wednesday, Thursday, Saturday — **800 g**
- [ ] Gruyere cheese — Saturday, Sunday — **80 g**
- [ ] Milk — Monday, Sunday — **400 ml**
- [ ] Semi-skimmed milk — Saturday, Sunday — **120 ml**

Bakery

- [ ] Baking powder — Thursday — **A little**
- [ ] Wheat bread — Saturday, Sunday — **4 slices**

Pantry

- [ ] All-purpose flour — Friday, Saturday, Sunday — **2 tbsp**
- [ ] Beef broth — Wednesday, Thursday, Friday, Saturday — **210 ml**
- [ ] Chicken broth — Sunday — **450 ml**
- [ ] Cocoa powder — Monday — **1 tbsp**
- [ ] Coconut flakes — Monday, Friday — **2 tbsp**
- [ ] Cornstarch — Wednesday, Thursday — **1 tsp**
- [ ] Firm tofu — Tuesday, Wednesday — **300 g**
- [ ] Granola — Wednesday, Saturday — **60 g**
- [ ] Honey — Monday, Tuesday, Wednesday, Thursday, Friday, Saturday — **4 tbsp**
- [ ] Jasmine rice — Sunday — **50 g**
- [ ] Oyster sauce — Wednesday, Thursday — **1 tbsp**
- [ ] Peanut butter — Wednesday, Sunday — **4 tbsp**
- [ ] Pistachios — Tuesday, Thursday — **2 tbsp**
- [ ] Red lentils — Thursday, Friday — **140 g**
- [ ] Rolled oats — Monday, Thursday — **75 g**
- [ ] Sesame seeds — Monday — **2 tsp**
- [ ] Soy sauce — Monday, Tuesday, Wednesday, Thursday, Sunday — **5 tbsp**

- [ ] Vegetable broth — 400 ml
  Thursday, Friday
- [ ] Whey protein powder — 75 g
  Monday, Thursday, Sunday
- [ ] White rice — 500 g
  Tuesday, Wednesday, Thursday, Friday

Oils and spices

- [ ] Black pepper — 1 tsp
  Tuesday, Friday, Saturday, Sunday
- [ ] Cayenne pepper — A little
  Thursday, Friday
- [ ] Ground cardamom — A little
  Thursday, Friday
- [ ] Ground cinnamon — A little
  Thursday, Friday
- [ ] Ground coriander — A little
  Thursday, Friday
- [ ] Ground ginger — A little
  Thursday, Friday
- [ ] Ground paprika — A little
  Thursday, Friday
- [ ] Olive oil — 1 tbsp
  Monday, Tuesday, Thursday
- [ ] Salt — A little
  Friday, Saturday
- [ ] Sesame oil — 1 tbsp
  Tuesday, Wednesday, Thursday
- [ ] Vegetable oil — 2 tbsp
  Wednesday, Thursday, Friday

Frozen

- [ ] Frozen blueberries — 50 g
  Sunday
- [ ] Frozen edamame — 40 g
  Saturday
- [ ] Frozen raspberries — 50 g
  Sunday

Other

- [ ] Bay — 1 leaf
  Friday, Saturday
- [ ] Red wine — 180 ml
  Friday, Saturday