

Lunch Recipes

1. Grilled Chicken Salad with Quinoa and Avocado

Ingredients:

- 1 cup cooked quinoa
- 150g grilled chicken breast, sliced
- 1 avocado, sliced
- 1 cup mixed greens (spinach, kale, arugula)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup red bell pepper, diced
- 1 tablespoon olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Method:

1. Cook quinoa according to package instructions and let it cool.
2. Grill the chicken breast until fully cooked, then slice into strips.
3. In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, and red bell pepper.
4. Add the cooked quinoa, grilled chicken, and avocado slices.
5. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently to combine.
6. Serve immediately or chill for later.

Nutritional Information (per serving):

- Carbohydrates: 34g
- Fats: 18g
- Proteins: 30g
- Highlights: High in protein, rich in healthy fats, and a good source of fiber.

2. Vegetable Stir-Fry with Tofu and Brown Rice

Ingredients:

- 1 cup brown rice, cooked
- 200g firm tofu, cubed
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 1/2 cup snap peas
- 2 tablespoons soy sauce (low-sodium)
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 tablespoon sesame seeds (optional)
- Green onions for garnish

Method:

1. Cook brown rice according to package instructions.
2. In a large pan, heat olive oil over medium heat. Add tofu cubes and cook until golden brown on all sides. Remove and set aside.
3. In the same pan, add sesame oil, garlic, and ginger. Sauté for 1-2 minutes until fragrant.
4. Add broccoli, bell pepper, carrot, and snap peas. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
5. Return tofu to the pan and add soy sauce. Stir to combine.
6. Serve over brown rice, garnished with sesame seeds and green onions.

Nutritional Information (per serving):

- Carbohydrates: 45g
- Fats: 14g
- Proteins: 16g
- Highlights: High in fiber, low in sodium, and a good source of plant-based protein.

Dinner Recipes

1. Baked Salmon with Asparagus and Sweet Potato

Ingredients:

- 2 salmon fillets (about 150g each)
- 1 bunch asparagus, trimmed
- 2 medium sweet potatoes, cubed
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh dill, chopped (optional)
- Salt and pepper to taste

Method:

1. Preheat oven to 200°C (400°F).
2. Place sweet potato cubes on a baking sheet, drizzle with olive oil, and season with salt and pepper. Bake for 15 minutes.
3. Add asparagus to the baking sheet, drizzle with olive oil, and season with salt and pepper. Bake for another 10 minutes.
4. Meanwhile, season salmon fillets with salt, pepper, and fresh dill. Place salmon on another baking sheet and bake for 12-15 minutes until cooked through.
5. Serve the salmon with roasted sweet potatoes and asparagus, drizzled with lemon juice.

Nutritional Information (per serving):

- Carbohydrates: 30g
- Fats: 20g
- Proteins: 35g
- Highlights: High in omega-3 fatty acids, rich in antioxidants, and a good source of fiber.

2. Stuffed Bell Peppers with Ground Turkey and Brown Rice

Ingredients:

- 4 large bell peppers (any color)
- 200g ground turkey
- 1 cup cooked brown rice
- 1 can (400g) diced tomatoes
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley for garnish

Method:

1. Preheat oven to 180°C (350°F).
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. In a large skillet, heat olive oil over medium heat. Add onion and garlic, and sauté until softened.
4. Add ground turkey, cumin, paprika, salt, and pepper. Cook until turkey is browned.
5. Stir in cooked brown rice and diced tomatoes. Let simmer for 5 minutes.
6. Stuff each bell pepper with the turkey mixture and place them in a baking dish.
7. Cover with foil and bake for 25-30 minutes, until peppers are tender.
8. Garnish with fresh parsley and serve.

Nutritional Information (per serving):

- Carbohydrates: 35g
- Fats: 10g
- Proteins: 25g
- Highlights: High in protein, low in fat, and a good source of fiber.