



**Date:** This Minute, Right Now

**Practitioner:** Trey Triplette, Certified Nutritionist

**Client Name:** Your Name

## Meal Plan

	Monday
Breakfast	Strawberry Pomegranate Coconut Green Smoothie, 2 serving (990 g)
Lunch	Chicken breast with potato and vegetables, 1 serving (715 g)
Dinner	Tuna & Asparagus Omelette, 2 serving (786 g)
Snacks	Blueberries, 1 cup (143 g) Hazelnut, Nut, 28 g

	Tuesday
Breakfast	Strawberry Pomegranate Coconut Green Smoothie, 1 serving (495 g)
Lunch	Chicken breast with potato and vegetables, 2 serving (1430 g)
Dinner	Tuna & Asparagus Omelette, 2 serving (786 g)
Snacks	Blueberries, 1 cup (143 g) Hazelnut, Nut, 28 g

	Wednesday
Breakfast	Strawberry Pomegranate Coconut Green Smoothie, 2 serving (990 g)
Lunch	Chicken breast with potato and vegetables, 2 serving (1430 g)
Dinner	Tuna & Asparagus Omelette, 1 serving (393 g)
Snacks	Blueberries, 1 cup (143 g) Hazelnut, Nut, 28 g

	Thursday
Breakfast	Orange Coconut Smoothie, 2 serving (876 g)
Lunch	Salmon with brown rice, broccoli, carrot, and cauliflower, 2 serving (754 g)
Dinner	Tuna & Asparagus Omelette, 1 serving (393 g)
Snacks	Blueberries, 1 cup (143 g) Hazelnut, Nut, 28 g

	Friday
Breakfast	Orange Coconut Smoothie, 2 serving (876 g)
Lunch	Salmon, Broccoli and Rice, 2 serving (714 g)
Dinner	Lean Pork Steak, Sweet Potato, and Broccoli, 1 serving (468 g)
Snacks	Honeydew Melon, 2 wedge (1/8 of 5-1/4" dia melon) (250 g) Parma Ham (Prosciutto), 84 g

	Saturday
Breakfast	Orange Coconut Smoothie, 1 serving (438 g)
Lunch	Salmon, Broccoli and Rice, 2 serving (714 g)
Dinner	Lean Pork Steak, Sweet Potato, and Broccoli, 2 serving (936 g)
Snacks	Honeydew Melon, 2 wedge (1/8 of 5-1/4" dia melon) (250 g) Parma Ham (Prosciutto), 84 g

	Sunday
Breakfast	Egg and Tomato Omelette, 1 serving (229 g)
Lunch	Chicken Rice and Broccoli, 2 serving (620 g)
Dinner	Chicken breast with potato and vegetables, 1 serving (715 g)
Snacks	Orange Coconut Smoothie, 2 serving (876 g)

## Meal Plan Summary

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Mo	Strawberry Pomegranate Coconut Green Smoothie, 2 serving (990 g)	Chicken breast with potato and vegetables, 1 serving (715 g)	Tuna & Asparagus Omelette, 2 serving (786 g)	Blueberries, 1 cup (143 g) Hazelnut, Nut, 28 g
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## Macronutrients Analysis

Day	Energy	Protein	Total lipid (fat)	Carbohydrate
Monday	3065.46 kcal	181.18 g	190.27 g	184.66 g
Tuesday	3113.86 kcal	213.54 g	159.61 g	224.58 g
Wednesday	3170.92 kcal	161.29 g	182.95 g	253.4 g
Thursday	3046.46 kcal	146.75 g	173.49 g	241.51 g
Friday	3160.79 kcal	160.78 g	192 g	211.53 g
Saturday	3047.52 kcal	195.67 g	149.93 g	236.05 g
Sunday	3065.07 kcal	170.47 g	177.93 g	209.45 g

## Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	0.4 g	n/a	n/a	n/a
Maltose	0.6 g	n/a	n/a	n/a
Sugars, total	66.7 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	40.5 g	n/a	n/a	n/a
Calcium, Ca	604.6 mg	1000 mg	2500 mg	60
Iron, Fe	31.2 mg	8 mg	45 mg	390
Magnesium, Mg	686.5 mg	420 mg	*350 mg	163
Phosphorus, P	2529.4 mg	700 mg	4000 mg	361
Potassium, K	6848.8 mg	4700 mg	n/a	146
Sodium, Na	837.6 mg	1500 mg	2300 mg	56
Zinc, Zn	15.3 mg	11 mg	40 mg	139
Copper, Cu	3.2 mg	900 mg	10000 mg	n/a
Fluoride, F	42.5 µg	4 µg	10 µg	1064
Manganese, Mn	10.4 mg	2.3 mg	11 mg	452
Selenium, Se	284.6 µg	55 µg	400 µg	517
Vitamin A, IU	40542.8 IU	n/a	n/a	n/a
Retinol	237.7 µg	n/a	n/a	n/a
Vitamin A, RAE	2219.5 µg	900 µg	3000 µg	247
Carotene, beta	21408.2 µg	n/a	n/a	n/a
Carotene, alpha	4567.7 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	14.7 mg	15 mg	1000 mg	98
Vitamin D	119.4 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	2.9 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	2.9 µg	15 µg	100 µg	19
Cryptoxanthin, beta	219.2 µg	n/a	n/a	n/a
Lycopene	275.7 µg	n/a	n/a	n/a
Lutein + zeaxanthin	10865.7 µg	n/a	n/a	n/a
Tocopherol, beta	0.2 mg	n/a	n/a	n/a
Tocopherol, gamma	3.7 mg	n/a	n/a	n/a
Tocopherol, delta	0.2 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocotrienol, alpha	0.5 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	0.1 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	449.1 mg	90 mg	2000 mg	499
Thiamin	3 mg	1.2 mg	n/a	247
Riboflavin	2.8 mg	1.3 mg	n/a	213
Niacin	66.3 mg	16 mg	35 mg	414
Pantothenic acid	13.6 mg	5 mg	n/a	273
Vitamin B6	6.1 mg	1.3 mg	100 mg	467
Folate, total	677.4 µg	400 µg	1000 µg	169
Vitamin B12	11 µg	2.4 µg	n/a	456
Choline, total	764.4 mg	550 mg	3.5 mg	139
Menaquinone-4	12.5 µg	n/a	n/a	n/a
Dihydrophyloquinone	0.1 µg	n/a	n/a	n/a
Vitamin K (phyloquinone)	591.5 µg	120 µg	n/a	493
Folic acid	n/a	n/a	n/a	n/a
Folate, food	677.4 µg	n/a	n/a	n/a
Folate, DFE	677.4 µg	n/a	n/a	n/a
Betaine	36.7 mg	n/a	n/a	n/a
Tryptophan	2 g	n/a	n/a	n/a
Threonine	7.6 g	n/a	n/a	n/a
Isoleucine	7.9 g	n/a	n/a	n/a
Leucine	13.7 g	n/a	n/a	n/a
Lysine	14.1 g	n/a	n/a	n/a
Methionine	4.5 g	n/a	n/a	n/a
Cystine	2.2 g	n/a	n/a	n/a
Phenylalanine	7.4 g	n/a	n/a	n/a
Tyrosine	5.8 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	778.1 mg	n/a	n/a	n/a
Fatty acids, total trans	0.1 g	n/a	n/a	n/a
Fatty acids, total saturated	101.8 g	n/a	n/a	n/a
Phytosterols	136.9 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Stigmasterol	0.2 mg	n/a	n/a	n/a
Beta-sitosterol	19.8 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	44.9 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	14.7 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.1 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a

\* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below 50%. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check <https://docs.nutriadmin.com/reference-for-nutritional-information-and-formulas-in-nutriadmin>

## Recipes

### Tuna & Asparagus Omelette

**Tuna & Asparagus Omelette** 1 serving. Ready in 15 min.

#### Ingredients

Raw Egg, 3 egg (129 g)

Light Tuna, Canned in Water, 1 can (165 g)

Asparagus, Fresh, 4 spear, medium (5-1/4" to 7" long) (64 g)

Onion, Fresh, 2 tbsp chopped (20 g)

Coconut Oil, 1 tbsp (13 g)

Black Pepper, 1 teaspoon (2 g)

#### Instructions/Preparation

1. Heat the oil in a non-stick pan,
2. Chop the onion into tiny pieces.
3. Add the onion to the pan at medium heat. Cook for 2 minutes stirring frequently.
4. Chop each asparagus spear into 3 or 4 pieces. Add the pieces to the pan.
5. Crack the eggs into a bowl and beat with a fork or mixer until mixed.
6. Add the eggs to the pan, spreading the mix evenly over the pan's surface. The mix should form a circle.
7. Cook the egg omelette at medium heat for 3-4 minutes without stirring the eggs (or the omelette will break into scrambled eggs).
8. Add the tuna from the can over the egg surface. Optionally, add a dash of black pepper.
9. Cook for another minute. Then, try to fold the omelette so that it closes in a semi-circle shape (as shown in picture).
10. Serve and eat whilst hot.



## Egg and Tomato Omelette

**Egg and Tomato Omelette** 1 serving. Ready in 12 min.

### Ingredients

Olive Oil, 1 portion (15 g)

Raw Egg, 3 egg (129 g)

Tomato, Fresh, 0.5 portion (75 g)

Parsley, 1 portion (10 g)



### Instructions/Preparation

1. Beat the eggs in a bowl using a fork or mixer until forming a consistent mix.
2. Chop the parsley and mix with the eggs.
3. Heat the olive oil in a pan
4. Pour the eggs into the pan, stirring frequently to form an omelette.
5. Chop the cherry tomatoes in half and add to the pan on the side so that they make contact with the pan's surface.
6. Cook for 6-7 minutes and serve hot.

## Salmon, Broccoli and Rice

**Salmon, Broccoli and Rice** 1 serving. Ready in 25 min.

### Ingredients

Salmon, Fresh, 1 portion (198 g)

Broccoli, 2 portion (88 g)

Raw White Rice, 1 portion (50 g)

Parsley, 1 portion (4 g)

Black Pepper, 1 tsp, ground (2 g)

Olive Oil, 1 portion (15 g)



### Instructions/Preparation

1. Heat a non-stick pan.
2. Boil some water in a saucepan.
3. Add the oil, chopped parsley, and black pepper to a bowl.
4. Marinate the salmon fillet in the bowl.
5. When the pan is hot, add the salmon fillet and cook for 2 minutes on each side at medium heat. Then, add the chopped broccoli and cook for 7-8 minutes.
6. When the water in the saucepan is boiling, add the rice and cook for 12 minutes (or as otherwise indicated on the packaging).
7. Serve with 1 tsp of soy sauce optionally

## Orange Coconut Smoothie

**Orange Coconut Smoothie** 1 serving. Ready in 5 min.

### Ingredients

Orange, Fresh, 1 fruit (2-5/8" dia) (131 g)

Vanilla Extract, 1 tsp (5 g)

Ice cubes, 2 portion (60 g)

Coconut Milk, 1 cup (227 g)

Coconut Cream, 1 tbsp (15 g)

### Instructions/Preparation

1. Peel the orange and separate in wedges.
2. Blend all ingredients together until achieving uniform consistency

## Strawberry Pomegranate Coconut Green Smoothie

**Strawberry Pomegranate Coconut Green Smoothie** 1 serving. Ready in 5 min.

### Ingredients

Strawberries, 1 cup, halves (152 g)

Pomegranate, 0.5 cup arils (seed/juice sacs) (87 g)

Coconut Milk, 1 cup (227 g)

Spinach, 1 cups (29 g)

### Instructions/Preparation

Blend all ingredients together until achieving uniform consistency

## Chicken Rice and Broccoli

**Chicken Rice and Broccoli** 1 serving. Ready in 30 min.

### Ingredients

Chicken Breast, 1 large breasts (199 g)

Brown Rice, Raw, 1 servings (48 g)

Broccoli, 0.5 cup, chopped or diced (44 g)

Olive Oil, 1 tsp (5 g)

Garlic, 1 garlic clove (4 g)

Parsley, 10 sprigs (10 g)

### Instructions/Preparation

1. Boil water in a saucepan.
2. Cook the rice at medium heat for 20–25 minutes (or as otherwise indicated on packaging).
3. Chop the garlic and parsley into tiny pieces.
4. Mix garlic, parsley, and oil in a bowl.
5. Make one or two lengthwise cuts in the chicken breast and separate the meat to form a flat steak (about 1cm thickness more or less). Mix the meat with the oil, garlic, and parsley.
6. Heat a non-stick pan and add the chicken breast. Cook for 2 minutes on each side at medium-high heat.
7. Chop the broccoli into small pieces.
8. Add the broccoli to the pan, on the side, and cook stirring it frequently.
9. Continue to cook the broccoli and chicken until they are both done (they may get cooked at slightly different times, don't let them burn).
10. Serve the rice (filter excess water out with a colander) with the chicken and broccoli.
11. You may add chili powder or black pepper to the meat if you wish.

## Chicken breast with potato and vegetables

**Chicken breast with potato and vegetables** 1 serving. Ready in 30 min.

### Ingredients

Potato, Fresh, 1 medium (2+-1/4" to 3-1/4" dia.) (213 g)

Carrot, 2 carrot (128 g)

Peas, Fresh, 1 cup (152 g)

Olive Oil, 1 tablespoon (15 g)

Parsley, 1 Tablespoon (4 g)

Chicken Breast, 1 chicken breast (108 g)

Garlic, 1 garlic clove (4 g)

Broccoli, 1 cup chopped (91 g)

### Instructions/Preparation

1. Chop the potato and carrots into cubes.
2. Boil the potato and carrot for around 15 minutes.
3. Add the peas and broccoli to the boiling pot. Continue cooking at medium heat for another 10 minutes or so.
4. In the meantime, chop the garlic and fry the chicken breast in a pan with half of the olive oil. Cook for a few minutes on each side, until the skin starts to brown.
5. Remove the vegetables from the pot once they are tender and can be pinched with a fork.
6. Filter the cooking water out. Then, drizzle the vegetables with half of the oil and parsley
7. Serve the chicken breast alongside the vegetables on a plate. You can add black pepper if you wish.

## Lean Pork Steak, Sweet Potato, and Broccoli

**Lean Pork Steak, Sweet Potato, and Broccoli** 1 serving. Ready in 25 min.

### Ingredients

Broccoli, 1 cups (90 g)

Sweet Potato, 1.5 cup (197 g)

Olive Oil, 1 tsp (5 g)

Garlic, 1 garlic clove (4 g)

Table salt, 1 dash (0 g)

Paprika, 1 teaspoon (2 g)

Lean Pork Steak, 6 oz (170 g)

### Instructions/Preparation

For the sweet potato:

1. Boil water in a saucepan.
2. Chop the potato into cubes.
3. Boil the potato pieces until tender, aiming at 15–20 minutes.
4. Try to pinch the potatoes every few minutes with a fork to test for tenderness. This way you will know when they are ready to eat.
5. Drain excess water and serve whilst hot.
6. Add a dash of salt.

For the pork and broccoli:

1. Cut the pork into small pieces.
2. Heat the oil in a non-stick pan.
3. When hot, add the pork to the pan. Cook for 3 minutes at medium heat stirring frequently.
4. Chop the garlic and broccoli into small pieces.
5. Add the garlic and broccoli to the pan. Mix with the pork.
6. Raise the heat in the pan to high and cook for 6–8 minutes, until the pork acquires a brownish color.
7. You can add a dash of paprika to the pork, mix, and cook for another 1 minute if you wish.
8. Serve the pork and broccoli with the sweet potato.

## Salmon with brown rice, broccoli, carrot, and cauliflower

### Salmon with brown rice, broccoli, carrot, and cauliflower 1



serving. Ready in 30 min.

#### Ingredients

Salmon, Fresh, 1 fillet (125 g)

Brown Rice, Raw, 0.5 cup (92 g)

Broccoli, 0.5 cup, chopped or diced (44 g)

Cauliflower, 4 floweret (52 g)

Carrot, 1 carrot (64 g)

#### Instructions/Preparation

Note: if cooking the rice from scratch, start with the rice as it takes longer, and then cook the salmon last so that you can serve it hot.

1. Fry the salmon in a non-stick pan with no oil over medium heat. Aim at 5 minutes on each side, or until the skin turns golden/brownish.
2. Chop the vegetables and boil them for around 15 minutes or until soft (when they can be pinched with a fork they are ready).
3. For the rice, you can buy microwavable rice if you want to save time, or you can cook it from scratch. To cook from scratch, boil 2 parts of water for each part of rice. Add the rice to the boiling water and cook for 15-20 minutes, or as otherwise indicated in the packaging. Brown rice takes longer to cook than white rice.
4. Serve the salmon, vegetables, and rice together in a place once ready.

## Shopping List

Aisle / Food Group	Product
Pork Products	Parma Ham (Prosciutto), 168 g Lean Pork Steak, 18 oz (510 g)
Vegetables and Vegetable Products	Asparagus, Fresh, 24 spear, medium (5-1/4" to 7" long) (384 g) Broccoli, 21 cup chopped (1911 g) Carrot, 14 carrot (896 g) Cauliflower, 8.01 floweret (104 g) Garlic, 11 garlic clove (44 g) Onion, Fresh, 12 tbsp chopped (120 g) Parsley, 13 portion (130 g) Peas, Fresh, 6 cup (912 g) Potato, Fresh, 6 medium (2+-1/4" to 3-1/4" dia.) (1278 g) Spinach, 5 cups (145 g) Sweet Potato, 4.5 cup (590 g) Tomato, Fresh, 0.5 portion (75 g)
Nut and Seed Products	Coconut Cream, 7 tbsp (105 g) Coconut Milk, 12 cup (2724 g) Hazelnut, Nut, 112 g
Beverages	Ice cubes, 14 portion (420 g)
Finfish and Shellfish Products	Salmon, Fresh, 6 fillet (750 g) Light Tuna, Canned in Water, 6 can (990 g)
Cereal Grains and Pasta	Brown Rice, Raw, 3 cup (549 g) Raw White Rice, 4 portion (200 g)
Fruits and Fruit Juices	Strawberries, 5 cup, halves (760 g) Pomegranate, 2.5 cup arils (seed/juice sacs) (435 g) Orange, Fresh, 7 fruit (2-5/8" dia) (917 g) Blueberries, 4 cup (572 g) Honeydew Melon, 4 wedge (1/8 of 5-1/4" dia melon) (500 g)
Spices and Herbs	Vanilla Extract, 7 tsp (35 g) Black Pepper, 10 tsp, ground (20 g) Table salt, 3 dash (1 g) Paprika, 3 teaspoon (6 g)

Fats and Oils	Olive Oil, 16 portion (240 g) Coconut Oil, 6 tbsp (78 g)
Dairy and Egg Products	Raw Egg, 21.01 egg (903 g)
Poultry Products	Chicken Breast, 8 chicken breast (864 g)
Other	