

1,800-calorie meal plan

A real generated week. A fixed example, not personalized advice.

Seven days, three repeating menus, recipe instructions and a weekly grocery list. This saved plan averages 1,800.2 calories and 115.8 g protein per day. Individual days vary; nutrition figures are estimates.

Example settings: one adult, omnivore, three meals a day, US measurements, no dietary exclusions. The calorie target was selected to demonstrate this article, not calculated for you.

Recipes come from the existing recipe library. The individual plan is assembled automatically and has not been individually reviewed by a dietitian. Images are illustrative and may be AI-generated; follow the written ingredient quantities.

Check every ingredient against your needs. This example is not intended for children, pregnancy, breastfeeding, or managing a medical condition. Ask a qualified healthcare professional for individual advice. No weight-loss outcome is guaranteed.

Read the matching article at menuvita.com/blog/1800-calorie-meal-plan



Menu for Sample - not personalized

Kcal : 1800

Protein : 116g

Carbs : 158g

Fat : 79g

Fiber : 20g

This menu has been created with proportions calculated expressly for you. As a reminder, this is not a medical prescription. It's not a personalized dietary assessment, but a simple sample menu with healthy, balanced recipes.

All ingredients must be weighed raw, unless otherwise indicated.



Day 1

1801 kcal



Bagel with chicken and scrambled eggs



Lentil salad with smoked bacon



White fish parmentier

Day 2

1801 kcal



Bagel with chicken and scrambled eggs



Lentil salad with smoked bacon



White fish parmentier

Day 3

1801 kcal



Bagel with chicken and scrambled eggs



Lentil salad with smoked bacon



White fish parmentier

Day 4

1800 kcal



Scrambled tofu with toast



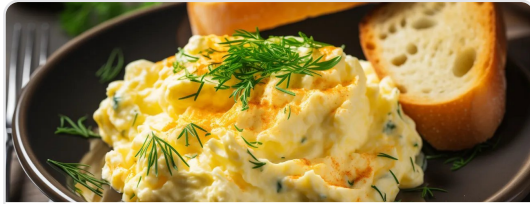
Turkey and fresh vegetable wrap



Florentine-style hard-boiled eggs

Day 5

1800 kcal



Scrambled tofu with toast



Turkey and fresh vegetable wrap



Florentine-style hard-boiled eggs

Day 6

1799 kcal



Banana and chocolate omelet



Spinach polenta quiche



Quick beef bo bun

Day 7

1799 kcal



Banana and chocolate omelet



Spinach polenta quiche



Quick beef bo bun





Day 1

Kcal : 1801

Protein : 122g

Carbs : 150g

Fat : 80g

Fiber : 25g

Breakfast: Bagel with Chicken and Scrambled Eggs

Lunch: Lentil Salad with Smoked Bacon

Dinner: White Fish Parmentier



Bagel with Chicken and Scrambled Eggs

- **Tomato**
1/2 u (2.6 oz)
- **Sour cream 15%**
2 tbsp (1 fl oz)
- **Bagel bun of choice**
1 u (3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Egg, medium**
2 u (3.5 oz)
- **Mustard**
1/2 tsp (0.1 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)

- Cut the bagel in half and toast if desired.
- Heat the olive oil in a nonstick skillet over medium heat.
- Beat the egg with the heavy cream, season with salt and pepper.
- Pour the egg mixture into the skillet and scramble until fully set, about 2-3 minutes.
- Spread the Dijon mustard on the bagel halves.
- Layer the scrambled egg, chicken breast, and tomato slices on the bagel to assemble.

Per serving: 601 kcal P: 38g C: 51g F: 27g Fi: 3g

Sample - not personalized .

Prepared by Menuvita



Prep
5 min



Cook
5 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Lentil Salad with Smoked Bacon

- | | | |
|--|---|---|
| - Feta
1 oz | - Lentils, can.
7 oz | - Balsamic vinegar
1 tbsp (0.5 fl oz) |
| - Zucchini
1/2 u (3.5 oz) | - Oil of choice
1 tsp (0.2 fl oz) | - Smoked bacon
2.5 oz |
| - Lemon juice
1 tbsp (0.5 fl oz) | - Carrot
2 u (4.2 oz) | - Fresh dill
1 tsp (0 oz) |

- Heat the oil of choice in a large non-stick skillet and sauté the zucchini and carrot for 5-6 minutes until tender.
- Add the cooked lentils and smoked bacon cut into pieces to the skillet.
- Transfer everything to a plate and sprinkle with crumbled feta.
- Drizzle with a splash of lemon juice, balsamic vinegar, and fresh dill. Season with salt and pepper, then serve warm or cold.

Per serving: 600 kcal P: 37g C: 46g F: 31g Fi: 16g

Sample - not personalized.

Prepared by Menuvita



White Fish Parmentier

- **Shredded emmental**
1 oz
- **White milk 2%**
1 fl oz
- **White fish of choice**
6 oz
- **Dressing of choice**
1 tbsp (0.5 fl oz)
- **Potato**
10.5 oz
- **Mixed green salad**
3/4 oz
- **Butter**
1/4 oz

- Peel and cut the potatoes into small pieces. Cook them in salted boiling water for 15 minutes.
- Drain and mash them with the white milk 2% and butter. Season to taste.
- Cook the white fish of choice in a skillet with oil for 5 to 7 minutes. Season with salt and pepper. Flake with a fork.
- Preheat the oven to 350°F (175°C).
- In a baking dish, spread the flaked fish on the bottom and cover with the mashed potatoes. Smooth the top with a fork. Sprinkle with shredded emmental.
- Bake for 20 to 25 minutes, until the top is golden brown.

Per serving: 600 kcal P: 47g C: 54g F: 22g Fi: 6g



Prep
10 min



Cook
30 min



Serves
1



Day 2

Kcal : 1801

Protein : 122g

Carbs : 150g

Fat : 80g

Fiber : 25g

Breakfast: Bagel with Chicken and Scrambled Eggs

Lunch: Lentil Salad with Smoked Bacon

Dinner: White Fish Parmentier





Prep
5 min



Cook
5 min



Serves
1

Bagel with Chicken and Scrambled Eggs

- **Tomato**
1/2 u (2.6 oz)
- **Sour cream 15%**
2 tbsp (1 fl oz)
- **Bagel bun of choice**
1 u (3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Egg, medium**
2 u (3.5 oz)
- **Mustard**
1/2 tsp (0.1 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)

- Cut the bagel in half and toast if desired.
- Heat the olive oil in a nonstick skillet over medium heat.
- Beat the egg with the heavy cream, season with salt and pepper.
- Pour the egg mixture into the skillet and scramble until fully set, about 2-3 minutes.
- Spread the Dijon mustard on the bagel halves.
- Layer the scrambled egg, chicken breast, and tomato slices on the bagel to assemble.

Per serving: 601 kcal P: 38g C: 51g F: 27g Fi: 3g

Sample - not personalized.

Prepared by Menuvita



Lentil Salad with Smoked Bacon

- **Feta**
1 oz
- **Lentils, can.**
7 oz
- **Balsamic vinegar**
1 tbsp (0.5 fl oz)
- **Zucchini**
1/2 u (3.5 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Smoked bacon**
2.5 oz
- **Lemon juice**
1 tbsp (0.5 fl oz)
- **Carrot**
2 u (4.2 oz)
- **Fresh dill**
1 tsp (0 oz)

- Heat the oil of choice in a large non-stick skillet and sauté the zucchini and carrot for 5-6 minutes until tender.
- Add the cooked lentils and smoked bacon cut into pieces to the skillet.
- Transfer everything to a plate and sprinkle with crumbled feta.
- Drizzle with a splash of lemon juice, balsamic vinegar, and fresh dill. Season with salt and pepper, then serve warm or cold.

Per serving: 600 kcal P: 37g C: 46g F: 31g Fi: 16g

Sample - not personalized .

Prepared by Menuvita



Prep
10 min



Cook
10 min



Serves
1



Prep
10 min



Cook
30 min



Serves
1

White Fish Parmentier

- | | | |
|---|-----------------------------------|---------------------------------------|
| - Shredded emmental
1 oz | - White milk 2%
1 fl oz | - White fish of choice
6 oz |
| - Dressing of choice
1 tbsp (0.5 fl oz) | - Potato
10.5 oz | - Mixed green salad
3/4 oz |
| - Butter
1/4 oz | | |

- Peel and cut the potatoes into small pieces. Cook them in salted boiling water for 15 minutes.
- Drain and mash them with the white milk 2% and butter. Season to taste.
- Cook the white fish of choice in a skillet with oil for 5 to 7 minutes. Season with salt and pepper. Flake with a fork.
- Preheat the oven to 350°F (175°C).
- In a baking dish, spread the flaked fish on the bottom and cover with the mashed potatoes. Smooth the top with a fork. Sprinkle with shredded emmental.
- Bake for 20 to 25 minutes, until the top is golden brown.

Per serving: 600 kcal P: 47g C: 54g F: 22g Fi: 6g



Day 3

Kcal : 1801

Protein : 122g

Carbs : 150g

Fat : 80g

Fiber : 25g

Breakfast: Bagel with Chicken and Scrambled Eggs

Lunch: Lentil Salad with Smoked Bacon

Dinner: White Fish Parmentier



Bagel with Chicken and Scrambled Eggs

- **Tomato**
1/2 u (2.6 oz)
- **Sour cream 15%**
2 tbsp (1 fl oz)
- **Bagel bun of choice**
1 u (3 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Egg, medium**
2 u (3.5 oz)
- **Mustard**
1/2 tsp (0.1 oz)
- **Chicken, deli-style sl.**
2 u (2.5 oz)

- Cut the bagel in half and toast if desired.
- Heat the olive oil in a nonstick skillet over medium heat.
- Beat the egg with the heavy cream, season with salt and pepper.
- Pour the egg mixture into the skillet and scramble until fully set, about 2-3 minutes.
- Spread the Dijon mustard on the bagel halves.
- Layer the scrambled egg, chicken breast, and tomato slices on the bagel to assemble.

Per serving: 601 kcal P: 38g C: 51g F: 27g Fi: 3g

Sample - not personalized .

Prepared by Menuvita



Prep
5 min



Cook
5 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Lentil Salad with Smoked Bacon

- | | | |
|--|---|---|
| - Feta
1 oz | - Lentils, can.
7 oz | - Balsamic vinegar
1 tbsp (0.5 fl oz) |
| - Zucchini
1/2 u (3.5 oz) | - Oil of choice
1 tsp (0.2 fl oz) | - Smoked bacon
2.5 oz |
| - Lemon juice
1 tbsp (0.5 fl oz) | - Carrot
2 u (4.2 oz) | - Fresh dill
1 tsp (0 oz) |

- Heat the oil of choice in a large non-stick skillet and sauté the zucchini and carrot for 5-6 minutes until tender.
- Add the cooked lentils and smoked bacon cut into pieces to the skillet.
- Transfer everything to a plate and sprinkle with crumbled feta.
- Drizzle with a splash of lemon juice, balsamic vinegar, and fresh dill. Season with salt and pepper, then serve warm or cold.

Per serving: 600 kcal P: 37g C: 46g F: 31g Fi: 16g

Sample - not personalized.

Prepared by Menuvita



White Fish Parmentier

- **Shredded emmental**
1 oz
- **White milk 2%**
1 fl oz
- **White fish of choice**
6 oz
- **Dressing of choice**
1 tbsp (0.5 fl oz)
- **Potato**
10.5 oz
- **Mixed green salad**
3/4 oz
- **Butter**
1/4 oz

- Peel and cut the potatoes into small pieces. Cook them in salted boiling water for 15 minutes.
- Drain and mash them with the white milk 2% and butter. Season to taste.
- Cook the white fish of choice in a skillet with oil for 5 to 7 minutes. Season with salt and pepper. Flake with a fork.
- Preheat the oven to 350°F (175°C).
- In a baking dish, spread the flaked fish on the bottom and cover with the mashed potatoes. Smooth the top with a fork. Sprinkle with shredded emmental.
- Bake for 20 to 25 minutes, until the top is golden brown.

Per serving: 600 kcal P: 47g C: 54g F: 22g Fi: 6g



Prep
10 min



Cook
30 min



Serves
1



Day 4

Kcal : 1800

Protein : 116g

Carbs : 139g

Fat : 87g

Fiber : 17g

Breakfast: Scrambled Tofu with Toast

Lunch: Turkey and Fresh Vegetable Wrap

Dinner: Florentine-Style Hard-Boiled Eggs





Prep
5 min



Cook
6 min



Serves
1

Scrambled Tofu with Toast

- **Bread of choice**
3.5 sl (4 oz)
- **Shredded emmental**
1.75 oz
- **Silken tofu**
11 tbsp (5.8 oz)
- **Softened butter**
2 tsp (0.4 oz)
- **Fresh dill**
2 tsp (0 oz)

- Heat a non-stick pan and melt the softened butter.
- Beat the silken tofu, season with salt and pepper. Pour it into the non-stick pan and cook without stirring for about 1 minute, then stir gently for about 3 minutes.
- While the silken tofu cooks, toast the bread of choice until golden.
- Serve your scrambled silken tofu with the toasted bread and garnish with fresh dill and shredded emmental.

Per serving: 599 kcal P: 31g C: 55g F: 28g Fi: 6g



Turkey and Fresh Vegetable Wrap

- **Tomato**
1 u (5.3 oz)
 - **Plain yogurt 3%**
2 tbsp (1.1 oz)
 - **Turkey deli-style sl.**
2.75 oz
 - **Lettuce**
1/2 oz
 - **Mustard**
2 tsp (0.4 oz)
 - **Carrot**
1/2 u (1.1 oz)
 - **Large tortilla of choice**
2 u (4.4 oz)
 - **Mayonnaise**
2 tsp (0.3 oz)
 - **Mozzarella**
1.5 oz
- In a small bowl, mix the mayonnaise, fromage blanc, and Dijon mustard.
 - Season the mixture with salt, pepper, or spices to taste.
 - Spread the mayonnaise mixture over the tortilla.
 - Layer the lettuce, diced tomatoes, grated carrots, turkey slices, and mozzarella on top.
 - Season to taste, roll the wrap tightly, and enjoy immediately or pack in a container.

Per serving: 601 kcal P: 38g C: 63g F: 22g Fi: 5g



Prep
10 min



Cook
0 min



Serves
1





Prep
5 min



Cook
20 min



Serves
1

Florentine-Style Hard-Boiled Eggs

- | | | |
|---|---------------------------------------|--------------------------------------|
| - Tomato paste
3 tsp (0.6 oz) | - Fresh spinach
8 oz | - Shredded emmental
1 oz |
| - Sour cream 15%
1.25 fl oz | - Cornstarch
3 tsp (0.4 oz) | - Egg, medium
5 u (8.8 oz) |

- Boil the eggs for 9-10 minutes until hard-boiled, then peel them.
- Cook the spinach in a nonstick skillet until all the water has evaporated. If using frozen spinach, thaw and drain well.
- Whisk the cornstarch into the cream, then heat in a small saucepan until thickened. Season with tomato paste, salt, and pepper.
- Spread the spinach in the bottom of a gratin dish, place the eggs on top, pour the sauce over, and sprinkle with cheese. Broil at 400°F (200°C) for 5-10 minutes until golden.

Per serving: 601 kcal P: 47g C: 21g F: 37g Fi: 6g

Sample - not personalized.

Prepared by Menuvita





Day 5

Kcal : 1800

Protein : 116g

Carbs : 139g

Fat : 87g

Fiber : 17g

Breakfast: Scrambled Tofu with Toast

Lunch: Turkey and Fresh Vegetable Wrap

Dinner: Florentine-Style Hard-Boiled Eggs



Scrambled Tofu with Toast

- **Bread of choice**
3.5 sl (4 oz)
- **Softened butter**
2 tsp (0.4 oz)
- **Shredded emmental**
1.75 oz
- **Fresh dill**
2 tsp (0 oz)
- **Silken tofu**
11 tbsp (5.8 oz)

- Heat a non-stick pan and melt the softened butter.
- Beat the silken tofu, season with salt and pepper. Pour it into the non-stick pan and cook without stirring for about 1 minute, then stir gently for about 3 minutes.
- While the silken tofu cooks, toast the bread of choice until golden.
- Serve your scrambled silken tofu with the toasted bread and garnish with fresh dill and shredded emmental.

Per serving: 599 kcal P: 31g C: 55g F: 28g Fi: 6g



Prep
5 min



Cook
6 min



Serves
1





Prep
10 min



Cook
0 min



Serves
1

Turkey and Fresh Vegetable Wrap

- | | | |
|---|------------------------------------|---|
| - Tomato
1 u (5.3 oz) | - Lettuce
1/2 oz | - Large tortilla of choice
2 u (4.4 oz) |
| - Plain yogurt 3%
2 tbsp (1.1 oz) | - Mustard
2 tsp (0.4 oz) | - Mayonnaise
2 tsp (0.3 oz) |
| - Turkey deli-style sl.
2.75 oz | - Carrot
1/2 u (1.1 oz) | - Mozzarella
1.5 oz |

- In a small bowl, mix the mayonnaise, fromage blanc, and Dijon mustard.
- Season the mixture with salt, pepper, or spices to taste.
- Spread the mayonnaise mixture over the tortilla.
- Layer the lettuce, diced tomatoes, grated carrots, turkey slices, and mozzarella on top.
- Season to taste, roll the wrap tightly, and enjoy immediately or pack in a container.

Per serving: 601 kcal P: 38g C: 63g F: 22g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Florentine-Style Hard-Boiled Eggs

- **Tomato paste**

3 tsp (0.6 oz)

- **Sour cream 15%**

1.25 fl oz

- **Fresh spinach**

8 oz

- **Cornstarch**

3 tsp (0.4 oz)

- **Shredded emmental**

1 oz

- **Egg, medium**

5 u (8.8 oz)

- Boil the eggs for 9-10 minutes until hard-boiled, then peel them.
- Cook the spinach in a nonstick skillet until all the water has evaporated. If using frozen spinach, thaw and drain well.
- Whisk the cornstarch into the cream, then heat in a small saucepan until thickened. Season with tomato paste, salt, and pepper.
- Spread the spinach in the bottom of a gratin dish, place the eggs on top, pour the sauce over, and sprinkle with cheese. Broil at 400°F (200°C) for 5-10 minutes until golden.

Per serving: 601 kcal P: 47g C: 21g F: 37g Fi: 6g

Sample - not personalized .

Prepared by Menuvita



Prep
5 min



Cook
20 min



Serves
1



Day 6

Kcal : 1799

Protein : 106g

Carbs : 189g

Fat : 71g

Fiber : 14g

Breakfast: Banana and Chocolate Omelet

Lunch: Spinach Polenta Quiche

Dinner: Quick Beef Bo Bun





Prep
10 min



Cook
8 min



Serves
1

Banana and Chocolate Omelet

- | | | |
|--|---|--------------------------------------|
| - Banana, medium
1 u (4.2 oz) | - Oil of choice
1.5 tsp (0.3 fl oz) | - Honey
2 tsp (0.5 oz) |
| - Almond powder
1 tsp (0.1 oz) | - Chocolate 70%
2 u (0.7 oz) | - Egg, medium
4 u (7.1 oz) |

- In a bowl, beat the eggs until frothy.
- Cut the banana into rounds. Mix half the banana rounds into the egg mixture, then add honey and almond powder. Mix well.
- Heat oil in a nonstick skillet and pour in the egg mixture.
- Add the remaining banana rounds and chocolate pieces on top of the omelet while still slightly runny.
- Fold the omelet in half and cook until evenly set throughout.
- Serve immediately.

Per serving: 599 kcal P: 29g C: 49g F: 34g Fi: 6g

Sample - not personalized.

Prepared by Menuvita



Spinach Polenta Quiche

- **Feta**
1 oz
- **Fresh spinach**
1.5 oz
- **Fresh garlic clove**
1.5 u (0.2 oz)
- **Parmesan**
2 tbsp (0.4 oz)
- **White milk 2%**
1.25 fl oz
- **Egg, medium**
2 u (3.5 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Polenta**
2.75 oz
- **Fresh dill**
1.5 tsp (0 oz)

- Preheat the oven to 350°F (180°C).
- Heat the oil in a nonstick skillet, add the chopped spinach and cook for 5-7 minutes. Set aside.
- In a bowl, whisk together the eggs, milk, polenta, and minced garlic until smooth. Season with salt and pepper.
- Add the feta, Parmesan, fresh dill, and cooked spinach to the mixture.
- Pour the mixture into a greased gratin dish and bake for 20-25 minutes at 350°F (180°C).

Per serving: 601 kcal P: 28g C: 67g F: 25g Fi: 3g



Prep
15 min



Cook
25 min



Serves
1





Prep
10 min



Cook
8 min



Serves
1



Quick Beef Bo Bun

- | | | |
|--|-------------------------------------|--|
| - Lettuce
3/4 oz | - Cucumber
1/4 u (3.1 oz) | - Onion, medium
1/2 u (2.6 oz) |
| - Peanuts
1 tbsp (0.5 oz) | - Beef steak
5.25 oz | - Rice vermicelli
2.5 oz |
| - Soy sauce of choice
4 tbsp (2 fl oz) | - Carrot
1 u (2.1 oz) | |

- Cook the rice vermicelli in boiling water for 3 minutes, then rinse them immediately with cold water and drain.
- Meanwhile, prepare your vegetables by grating the carrot and cutting the cucumber into thin sticks.
- Stir-fry the beef strips and sliced onion in a very hot skillet with the soy sauce until golden brown and seared.
- Prepare the base of your large bowl by placing the shredded lettuce, then add the rice vermicelli on top.
- Arrange the grated carrot, cucumber sticks, and hot beef strips harmoniously over the vermicelli.
- Sprinkle with crushed peanuts on top and serve immediately.

Per serving: 600 kcal P: 49g C: 73g F: 12g Fi: 5g

Sample - not personalized .

Prepared by Menuvita





Day 7

Kcal : 1799

Protein : 106g

Carbs : 189g

Fat : 71g

Fiber : 14g

Breakfast: Banana and Chocolate Omelet

Lunch: Spinach Polenta Quiche

Dinner: Quick Beef Bo Bun



Banana and Chocolate Omelet

- **Banana, medium**

1 u (4.2 oz)

- **Almond powder**

1 tsp (0.1 oz)

- **Oil of choice**

1.5 tsp (0.3 fl oz)

- **Chocolate 70%**

2 u (0.7 oz)

- **Honey**

2 tsp (0.5 oz)

- **Egg, medium**

4 u (7.1 oz)

- In a bowl, beat the eggs until frothy.
- Cut the banana into rounds. Mix half the banana rounds into the egg mixture, then add honey and almond powder. Mix well.
- Heat oil in a nonstick skillet and pour in the egg mixture.
- Add the remaining banana rounds and chocolate pieces on top of the omelet while still slightly runny.
- Fold the omelet in half and cook until evenly set throughout.
- Serve immediately.

Per serving: 599 kcal P: 29g C: 49g F: 34g Fi: 6g



Prep
10 min



Cook
8 min



Serves
1



Prep
15 min



Cook
25 min



Serves
1

Spinach Polenta Quiche

- | | | |
|---|--------------------------------------|---|
| - Feta
1 oz | - Parmesan
2 tbsp (0.4 oz) | - Oil of choice
1 tsp (0.2 fl oz) |
| - Fresh spinach
1.5 oz | - White milk 2%
1.25 fl oz | - Polenta
2.75 oz |
| - Fresh garlic clove
1.5 u (0.2 oz) | - Egg, medium
2 u (3.5 oz) | - Fresh dill
1.5 tsp (0 oz) |

- Preheat the oven to 350°F (180°C).
- Heat the oil in a nonstick skillet, add the chopped spinach and cook for 5-7 minutes. Set aside.
- In a bowl, whisk together the eggs, milk, polenta, and minced garlic until smooth. Season with salt and pepper.
- Add the feta, Parmesan, fresh dill, and cooked spinach to the mixture.
- Pour the mixture into a greased gratin dish and bake for 20-25 minutes at 350°F (180°C).

Per serving: 601 kcal P: 28g C: 67g F: 25g Fi: 3g



Quick Beef Bo Bun

- **Lettuce**
3/4 oz
- **Cucumber**
1/4 u (3.1 oz)
- **Onion, medium**
1/2 u (2.6 oz)
- **Peanuts**
1 tbsp (0.5 oz)
- **Beef steak**
5.25 oz
- **Rice vermicelli**
2.5 oz
- **Soy sauce of choice**
4 tbsp (2 fl oz)
- **Carrot**
1 u (2.1 oz)

- Cook the rice vermicelli in boiling water for 3 minutes, then rinse them immediately with cold water and drain.
- Meanwhile, prepare your vegetables by grating the carrot and cutting the cucumber into thin sticks.
- Stir-fry the beef strips and sliced onion in a very hot skillet with the soy sauce until golden brown and seared.
- Prepare the base of your large bowl by placing the shredded lettuce, then add the rice vermicelli on top.
- Arrange the grated carrot, cucumber sticks, and hot beef strips harmoniously over the vermicelli.
- Sprinkle with crushed peanuts on top and serve immediately.

Per serving: 600 kcal P: 49g C: 73g F: 12g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Prep
10 min



Cook
8 min



Serves
1



Shopping List

Full Week



Fresh Produce

- ☐ Banana, medium (2 u (8.5 oz))
- ☐ Carrot (9 u (19 oz))
- ☐ Cucumber (1 u (12.3 oz))
- ☐ Fresh garlic clove (3 u (0.4 oz))
- ☐ Fresh spinach (1.19 lb)
- ☐ Lettuce (2.5 oz)
- ☐ Mixed green salad (2.3 oz)
- ☐ Onion, medium (1 u (5.3 oz))
- ☐ Potato (1.97 lb)
- ☐ Tomato (4 u (21.2 oz))
- ☐ Zucchini (2 u (14.1 oz))

Animal Proteins

- ☐ Beef steak (10.5 oz)
- ☐ Chicken, deli-style sl. (6 u (7.4 oz))
- ☐ Smoked bacon (7.5 oz)
- ☐ Turkey deli-style sl. (5.5 oz)
- ☐ White fish of choice (1.13 lb)

Dairy and Eggs

- ☐ Egg, medium (28 u (49.4 oz))
- ☐ Feta (5 oz)
- ☐ Mozzarella (3 oz)
- ☐ Parmesan (0.7 oz)
- ☐ Plain yogurt 3% (2.1 oz)
- ☐ Shredded emmental (8.5 oz)
- ☐ Sour cream 15% (5.6 fl oz)
- ☐ White milk 2% (5.5 fl oz)

Bread, Rice & Pasta

- ☐ Bagel bun of choice (3 u (9 oz))
- ☐ Bread of choice (8 oz)
- ☐ Large tortilla of choice (4 u (8.7 oz))
- ☐ Polenta (5.5 oz)
- ☐ Rice vermicelli (5 oz)

Baking Supplies & Canned Goods

- ☐ Cornstarch (0.7 oz)
- ☐ Lentils, can. (1.31 lb)



Shopping List

Full Week (cont.)

Snacks and Sweets

- ☐ Almond powder (0.2 oz)
- ☐ Chocolate 70% (4 u (1.4 oz))
- ☐ Peanuts (1.1 oz)

Other

- ☐ Silken tofu (11.6 oz)

Fats, Oils, and Condiments

- ☐ Balsamic vinegar (1.6 fl oz)
- ☐ Butter (0.8 oz)
- ☐ Dressing of choice (1.6 fl oz)
- ☐ Fresh dill (0.1 oz)
- ☐ Honey (1 oz)
- ☐ Lemon juice (1.6 fl oz)
- ☐ Mayonnaise (0.7 oz)
- ☐ Mustard (1 oz)
- ☐ Oil of choice (2.4 fl oz)
- ☐ Softened butter (0.7 oz)
- ☐ Soy sauce of choice (4.1 fl oz)
- ☐ Tomato paste (1.1 oz)