DAILY SHOPPING LIST #1

Breakfast (≤30g carbs)

Scrambled eggs with avocado & whole-grain toast

Serve with arugula and cherry tomatoes on the side.

BUY

Eggs, avocado, whole-grain bread, butter/olive oil, arugula, cherry tomatoes

Morning Snack (~15g carbs)

Apple slices with peanut butter

BUY

Apple, natural peanut butter

Lunch (~45g carbs)

Grilled chicken salad with quinoa & olive oil dressing

BUY

Chicken breast, mixed greens, quinoa, olive oil, lemon, cucumbers, cherry tomatoes

Afternoon Snack (~15g carbs)

Cheese & popcorn

BUY

Cheese slices or sticks, plain popcorn

Dinner (~45g carbs)

Baked salmon with roasted broccoli & mashed potatoes

BUY

Salmon fillet, olive oil, lemon, broccoli, potatoes, butter, heavy cream or milk

Bedtime Snack (~15g carbs)

Greek yogurt with walnuts & cinnamon

BUY

Plain Greek yogurt, walnuts, cinnamon

higedi.com

Scrambled Eggs with Avocado & Whole-Grain Toast

- 3 eggs, scrambled in butter or olive oil
- ½ avocado, sliced
- 1 slice whole-grain bread, toasted
- Handful of arugula & cherry tomatoes on the side

Apple Slices with Peanut Butter

- 1 small apple, sliced
- 1 tbsp natural peanut butter

Grilled Chicken Salad with Quinoa & Olive Oil Dressing

- 4 oz grilled chicken breast
- 1 cup mixed greens
- ¾ cup cooked quinoa
- 1 tbsp olive oil + lemon juice dressing
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved

Cheese & Popcorn

- 1 oz cheese (slices or sticks)
- 3 cups plain air-popped popcorn

Baked Salmon with Roasted Broccoli & Mashed Potatoes

- 4 oz salmon fillet, baked with olive oil and lemon
- 2 cups roasted broccoli, seasoned with salt & pepper
- ½-¾ cup mashed potatoes (with butter and heavy cream or milk)

Greek Yogurt with Walnuts & Cinnamon

- ½ cup plain Greek yogurt
- 2 tbsp walnuts, chopped
- Sprinkle of cinnamon

Greek Yogurt Parfait with Chia Seeds & Berries

- 1 cup plain Greek yogurt
- 1 tbsp chia seeds
- ½ cup mixed berries (strawberries, blueberries, raspberries)
- 2 tbsp slivered almonds
- 2 tsp ground flaxseeds

Raw Veggie Sticks with Hummus

- 1 cup mixed veggie sticks (carrots, cucumbers, bell peppers, celery)
- 3 tbsp hummus

Mediterranean Tuna Wrap with Side Salad

- 1 whole wheat tortilla
- 2 small cans of tuna
- 3 tbsp hummus
- 2 tbsp sliced olives
- 2 tbsp chopped red onion
- Handful of baby spinach

Cottage Cheese with Tomato & Cucumber

- ½ cup cottage cheese
- 1-2 tomatoes, diced
- 1 cucumber, diced

Grilled Chicken with Sautéed Spinach & Wild Rice

- 4 oz grilled chicken breast
- ½ cup cooked wild rice
- 2 cups spinach sautéed with olive oil & garlic
- Greek yogurt herb sauce (½ cup Greek yogurt, lemon juice, fresh herbs)

Dark Chocolate & Almonds

- 2 small squares of dark chocolate (85% or higher)
- handful of almonds

DAILY SHOPPING LIST #2

Breakfast (≤30g carbs)

Greek Yogurt Parfait with Chia Seeds & Berries

BUY

Plain Greek yogurt, chia seeds, mixed berries, slivered almonds, flaxseeds

Morning Snack (~15g carbs)

Raw Veggie Sticks with Hummus

BUY

Fresh veggies (carrots, cucumbers, bell peppers, celery), ready-made hummus or chickpeas, olive oil, tahini, lemon, garlic

Lunch (~45g carbs)

Mediterranean Tuna Wrap with Side Salad

BUY

Whole wheat tortilla, 2 small cans of tuna, hummus, olives, red onion, baby spinach, lettuce, tomato, cucumber, olive oil

Afternoon Snack (~15g carbs)

Cottage Cheese with Tomato & Cucumber

BUY

Cottage cheese, tomato, cucumber

Dinner (~45g carbs)

Grilled Chicken with Sautéed Spinach & Wild Rice

BUY

Chicken breast, spinach, wild rice, olive oil, garlic, Greek yogurt, herbs

Bedtime Snack (~15g carbs)

Dark Chocolate & Almonds

BUY

Dark chocolate (85% or higher), almonds

higedi.com

DAILY SHOPPING LIST #3

Breakfast (≤30g carbs)

DIY protein shake with avocado, raspberries, and cottage cheese

BUY

Avocado, raspberries, cottage cheese, unsweetened almond milk, chia seeds, vanilla protein powder (optional)

Morning Snack (~15g carbs)

Greek yogurt with chia seeds & peach chunks

BUY

Greek yogurt, chia seeds, peach

Lunch (~45g carbs)

Stuffed bell peppers with quinoa & ground turkey

BUY

Bell peppers, lean ground turkey, quinoa, diced tomatoes, cheese

Afternoon Snack (~15g carbs)

Dinner (~45g carbs)

Bedtime Snack (~15g carbs)

DIY Protein Shake with Avocado, Raspberries & Cottage Cheese

- ½ avocado
- ½ cup raspberries
- ½ cup cottage cheese
- 1 cup unsweetened almond milk
- 1-2 tsp chia seeds
- 1 scoop vanilla protein powder (optional)

Greek Yogurt with Chia Seeds & Peach Chunks

- ½ cup plain Greek yogurt
- 1-2 tsp chia seeds
- ½ small peach, diced

Stuffed Bell Peppers with Quinoa & Ground Turkey

- 2 small bell peppers
- ½ cup cooked quinoa
- 4 oz lean ground turkey
- 1 cup diced tomatoes
- 4 tbsp shredded cheese

Turkey Meatballs with Zucchini Noodles & Marinara Sauce

Roasted chickpeas

BUY

Canned chickpeas, olive oil, sea salt, paprika or seasoning of choice

Turkey meatballs with zucchini noodles & marinara sauce

BUY

Lean ground turkey, onion, garlic, seasoning, egg, zucchini (for noodles), marinara sauce, Parmesan cheese

Cottage cheese with strawberries & peanut butter

BUY

Cottage cheese, strawberries, peanut butter

Roasted Chickpeas

- ⅓ cup canned chickpeas (rinsed and drained)
- 1 tbsp olive oil
- Sea salt, paprika, or seasoning of choice

- 4 oz lean ground turkey
- 1 egg (for binding)
- ½ cup onion, finely chopped
- 2 cloves of garlic
- 1-2 medium zucchinis (spiralized into noodles)
- 1½ cup marinara sauce
- 2 tbsp Parmesan cheese

Cottage Cheese with Strawberries & Peanut Butter

- ½ cup cottage cheese
- ½ cup strawberries, sliced
- 1 tbsp peanut butter

Chia Pudding with Mixed Berries & Chopped Almonds

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- ½ cup mixed berries (strawberries, blueberries, raspberries)
- 2 tbsp chopped almonds

Handful of Walnuts with Berries

- handful of walnuts
- ½ cup mixed berries (strawberries, blueberries, raspberries)

Chicken Quesadillas with a Side Salad

- 4 oz grilled chicken breast
- 2 low-carb tortillas
- ½ cup cheese
- 4 tbsp salsa
- ½ avocado, smashed (with lemon juice)
- 1 cup lettuce, chopped
- 1 medium tomato, chopped

Celery Sticks with Peanut Butter

- 4 stalks of celery
- 2 tbsp peanut butter

Grilled Chicken with Roasted Broccoli & Quinoa

- 4 oz grilled chicken breast
- ½ cup cooked quinoa
- 2 cups roasted broccoli
- 2 tbsp olive oil
- 2 garlic cloves
- 1 lemon

Greek Yogurt with Walnuts & Cinnamon

- ½ cup plain Greek yogurt
- 2 tbsp walnuts
- Sprinkle of cinnamon

DAILY SHOPPING LIST #4

Breakfast (≤30g carbs)

Chia pudding with mixed berries & chopped almonds

BUY

Chia seeds, unsweetened almond milk, cinnamon, mixed berries, chopped almonds

Morning Snack (~15g carbs)

Handful of walnuts with berries

BUY

Walnuts, mixed berries

Lunch (~45g carbs)

Chicken quesadillas with a side salad

BUY

Grilled chicken breast, low-carb tortillas, cheese, salsa, avocado, lettuce, tomatoes, herbs, olive oil, lemon

Afternoon Snack (~15g carbs)

Celery sticks with peanut butter

BUY

Celery, peanut butter

Dinner (~45g carbs)

Grilled chicken with roasted broccoli & quinoa

BUY

Chicken breast, lemon, broccoli, olive oil, garlic, quinoa

Bedtime Snack (~15g carbs)

Greek yogurt with walnuts & cinnamon

BUY

Plain Greek yogurt, walnuts, cinnamon

DAILY SHOPPING LIST #5

Breakfast (≤30g carbs)

Low-carb pancakes with peanut butter & berries

BUY

Almond flour, eggs, baking powder, peanut butter, mixed berries

Morning Snack (~15g carbs)

String cheese with raw veggie sticks & olives

BUY

String cheese, fresh veggies (carrots, cucumbers, bell peppers, celery), olives

Lunch (~45g carbs)

Chicken peanut butter sandwich

BUY

Whole wheat or seeded bread, chicken breast, peanut butter, hot sauce (optional), spinach, carrot, cucumber, cilantro

Afternoon Snack (~15g carbs)

Cottage cheese with tomato & cucumber

BUY

Cottage cheese, tomato, cucumber

Dinner (~45g carbs)

Eggplant parmigiana with a side of mixed greens

BUY

Eggplant, marinara sauce, mozzarella cheese, Parmesan cheese, mixed greens, olive oil, lemon

Bedtime Snack (~15g carbs)

Apple slices with almond butter

BUY

Apple, almond butter

Low-Carb Pancakes with Peanut Butter & Berries

- 2 eggs
- ½ cup almond flour
- ½ tsp baking powder
- 1-2 tbsp peanut butter
- 1 cup mixed berries (strawberries, raspberries, blueberries)

String Cheese with Raw Veggie Sticks & Olives

- 1 string cheese
- 1 cup mixed veggie sticks (carrots, cucumbers, bell peppers, celery)
- 5-10 olives

Chicken Peanut Butter Sandwich

- 4 oz grilled chicken breast
- 2 slices whole wheat or seeded bread
- 1-2 tbsp peanut butter
- 1 tsp hot sauce (optional)
- Handful of spinach
- 1 small carrot, thinly sliced
- ½ cucumber, sliced
- Cilantro for garnish

Cottage Cheese with Tomato & Cucumber

- ½ cup cottage cheese
- 1-2 tomatoes, diced
- 1 cucumber, diced

Eggplant Parmigiana with a Side of Mixed Greens

- 1 big eggplant, sliced
- 2 cups marinara sauce
- ½ cup mozzarella cheese
- ½ cup ricotta cheese
- 4 tbsp Parmesan cheese
- 2 cups mixed greens
- 1 tbsp olive oil
- 1/2 lemon

Apple Slices with Almond Butter

- 1 small apple, sliced
- 1 tbsp almond butter

Chia Seed Pudding with Almond Butter, Cocoa, Almonds & Flaxseeds

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp almond butter
- 1 tbsp slivered almonds
- 1 tsp ground flaxseeds

Raw Veggie Sticks with Hummus

- 1 cup mixed veggie sticks (carrots, cucumbers, bell peppers, celery)
- 3 tbsp hummus

Stuffed Bell Peppers with Quinoa & Ground Turkey

- 2 small bell peppers
- 4 oz lean ground turkey
- ½ onion, finely chopped
- 1 clove garlic, minced
- ½ cup cooked quinoa
- 1 cup diced tomatoes
- 4 tbsp shredded cheese

Trail Mix

- 1 tbsp almonds
- 1 tbsp walnuts
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp unsweetened dried cranberries

Grilled Chicken with Sautéed Spinach & Wild Rice

- 4 oz grilled chicken breast
- 2 cup sautéed spinach with olive oil & garlic
- ½ cup cooked wild rice
- ½ cup Greek yogurt (for dipping)

Cheese Slices with a Handful of Almonds

- 1 oz cheese slices (e.g., cheddar, mozzarella)
- handful of almonds

DAILY SHOPPING LIST #6

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Chia seed pudding with almond butter, cocoa, almonds & flaxseeds	Raw veggie sticks with hummus	Stuffed bell peppers with quinoa & ground turkey
BUY	BUY	BUY
Chia seeds, unsweetened almond milk, unsweetened cocoa, slivered almonds, flaxseeds, sweetener (optional)	Carrots, cucumbers, bell peppers, celery, hummus	Bell peppers, lean ground turkey, onion, garlic, quinoa, diced tomatoes, cheese

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Trail mix	Grilled chicken with sautéed spinach & wild rice	Cheese slices with a handful of almonds
BUY	BUY	BUY
Almonds, walnuts, pumpkin seeds, sunflower seeds, unsweetened dried cranberries	Chicken breast, spinach, wild rice, olive oil, garlic	Cheese slices or sticks, almonds

DAILY SHOPPING LIST #7

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Scrambled eggs with spinach & cheese Serve with one slice of whole-grain or seeded toast.	Greek yogurt with berries	Grilled chicken salad with avocado, chickpeas & olive oil dressing
BUY	BUY	BUY
Eggs, Greek yogurt or milk, spinach, cheese, olive oil, whole-grain or seeder bread, cream cheese/butter for toast (optional)	Plain Greek yogurt, mixed berries	Chicken breast, mixed greens, avocado, canned chickpeas, olive oil, lemon, cucumbers, cherry tomatoes, herbs

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Cheese & popcorn	Baked salmon with roasted brussels sprouts & quinoa	Cottage cheese with strawberries & cinnamon
BUY	BUY	BUY
Cheese slices or sticks, plain popcorn	Salmon fillets, Brussels sprouts, quinoa, olive oil, lemon	Cottage cheese, strawberries, cinnamon

Scrambled Eggs with Spinach & Cheese

- 3 eggs
- ½ cup spinach, sautéed
- 1 oz cheese (cheddar, mozzarella, or your choice)
- 1 slice whole-grain or seeded toast
- 1 tsp olive oil (for sautéing spinach)
- 1 tbsp cream cheese or butter for toast (optional)

Greek Yogurt with Berries

- ½ cup plain Greek yogurt
- ½ cup mixed berries (strawberries, blueberries, raspberries)

Grilled Chicken Salad with Avocado, Chickpeas & Olive Oil Dressing

- 4 oz grilled chicken breast
- 1 avocado, sliced
- ½ cup canned chickpeas, drained and rinsed
- 2 cups mixed greens (spinach, arugula, etc.)
- 1 small cucumber, sliced
- ½ cup cherry tomatoes, halved
- 2 tbsp olive oil (for dressing)
- 1 tbsp lemon juice
- Fresh herbs (optional)

Cheese & Popcorn

- 1 oz cheese slices or sticks (cheddar, mozzarella, etc.)
- 3 cups plain popcorn (air-popped or lightly salted)

Baked Salmon with Roasted Brussels Sprouts & Quinoa

- 4 oz baked salmon fillet
- 1-2 cups roasted Brussels sprouts (with olive oil and seasoning)
- ½ cup cooked quinoa
- 1 tsp lemon juice (for salmon)

Cottage Cheese with Strawberries & Cinnamon

- ½ cup cottage cheese
- 1 cup strawberries, sliced
- 1 tsp cinnamon

Overnight Oats with Almond Butter

- 1/3 cup steel-cut oats
- ¾ cup unsweetened almond milk
- ¼ cup Greek yogurt
- 1 tbsp almond butter
- 1-2 tsp chia seeds
- 1 scoop vanilla protein powder

Cheese, Rice Cake & Cucumber Slices

- 1 oz cheese (cheddar, mozzarella, or your choice)
- 1 plain rice cake
- 1 cup cucumber slices

Eggplant Parmigiana

- 1 small eggplant, sliced
- 1 cup marinara sauce
- ½ cup shredded mozzarella cheese

Stuffed Bell Peppers

- 2 medium bell peppers, halved and deseeded
- 4 oz lean ground beef or turkey
- ½ cup cooked quinoa
- ½ cup canned diced tomatoes
- ¼ cup diced onion
- 1 clove garlic, minced
- ¼ cup shredded cheese (mozzarella or cheddar)
- 1 tbsp Greek yogurt (optional, for serving)

DAILY SHOPPING LIST #8

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Overnight oats with almond butter	Cheese, rice cake & cucumber slices	Stuffed bell peppers
BUY	BUY	BUY
Steel-cut oats, unsweetened almond milk, Greek yogurt, almond butter, chia seeds, vanilla protein powder	Cheese, rice cake, cucumber	Bell peppers, lean ground beef or turkey, quinoa, diced tomatoes, onion, garlic, cheese, Greek yogurt (optional for serving)

Handful of Walnuts & Berries

- 1 oz walnuts (about 14 halves)
- ½ cup mixed berries (blueberries, raspberries, or strawberries)

- 2-3 tbsp Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp fresh basil, chopped
- 1 egg + 2 tbsp flour (optional for coating)

Side Salad:

- 1 cup mixed greens
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil

Apple Slices with Almond Butter

- 1 small apple, sliced
- 1 tbsp almond butter

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Handful of walnuts & berries	Eggplant parmigiana Serve with salad on the side.	Apple Slices with almond butter
BUY	BUY	BUY
Walnuts, mixed berries	Eggplant, marinara sauce, mozzarella cheese, Parmesan cheese, olive oil, basil, flour&egg (optional for dipping and coating eggplant), mixed greens and tomatoes (for salad)	Apple, almond butter

higedi.com

DAILY SHOPPING LIST #9

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
DIY protein shake	Greek yogurt with chia seeds & peach chunks	Taco bowl
BUY	BUY	BUY
Avocado, raspberries, cottage cheese, unsweetened almond milk, chia seeds, vanilla protein powder (optional)	Greek yogurt, chia seeds, peach	Ground turkey or chicken, lettuce, black beans, salsa, avocado, cheese, Greek yogurt (for topping)

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Roasted chickpeas	Turkey meatballs with zucchini noodles & marinara sauce	Rice cake with peanut butter & sliced strawberries
BUY	BUY	BUY
Canned chickpeas, olive oil, sea salt, paprika or seasoning of choice	Lean ground turkey, onion, garlic, carrots, marinara sauce, zucchini (for noodles), olive oil, Parmesan cheese	Rice cake, peanut butter, strawberries

higedi.com

DIY Protein Shake

- ½-1 avocado
- ½ cup raspberries
- ½ cup cottage cheese
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 scoop vanilla protein powder

Greek Yogurt with Chia Seeds & Peach Chunks

- ½ cup Greek yogurt
- 1 tsp chia seeds
- ½ medium peach, chopped

Taco Bowl

- 4 oz ground turkey or chicken
- 1 cup lettuce, chopped
- ½ cup black beans
- ¼ cup salsa
- ½ avocado, sliced
- 2 tbsp cheese
- 2 tbsp Greek yogurt (for topping)

Roasted Chickpeas

- ⅓ cup canned chickpeas (rinsed and drained)
- 1 tbsp olive oil
- Sea salt, paprika, or seasoning of choice

Turkey Meatballs with Zucchini Noodles & Marinara Sauce

- 4 oz lean ground turkey
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 medium carrot, grated
- 2 cups marinara sauce
- 2 medium zucchinis, spiralized into noodles
- 1 tbsp olive oil
- 2 tbsp Parmesan cheese

Rice Cake with Peanut Butter & Sliced Strawberries

- 1 plain rice cake
- 1 tbsp peanut butter
- ½ cup sliced strawberries

Tofu Scramble

- 4 oz firm tofu
- 2 eggs
- ½ cup mixed veggies (e.g. bell pepper, onion, zucchini, spinach)
- 1 slice whole-grain or seeded bread
- 1 tsp cream cheese or butter (optional for toast)

Cottage Cheese with Tomato & Cucumber

- ½ cup cottage cheese
- 1 small tomato, sliced
- ½ cucumber, sliced

Chicken Quesadillas

- 4 oz grilled chicken breast
- 1 low-carb tortilla
- ½ cup shredded cheese
- 2-3 tbsp salsa
- ½-1 avocado, sliced
- 1 cup mixed greens & tomato salad

Stuffed Zucchini Boats with Mashed Sweet Potatoes

- 1 medium zucchini, halved and scooped out
- 4 oz lean ground turkey or beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ cup marinara sauce
- ½ cup shredded mozzarella cheese
- ½ medium sweet potato, mashed
- 2-3 tbsp milk or cream
- 1 tbsp butter

Roasted Chickpeas

- ⅓ cup canned chickpeas (rinsed and drained)
- 1 tbsp olive oil
- Sea salt, paprika, or seasoning of choice

Popcorn & Cheese

- 3 cups plain popcorn
- 1 oz cheese (slices or sticks)

DAILY SHOPPING LIST #10

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Tofu scramble Serve with one slice of whole-grain or seeded toast.	Cottage cheese with tomato & cucumber	Chicken quesadillas Serve with a salad on the side.
BUY	BUY	BUY
Firm tofu, mixed veggies (e.g. bell pepper, onion, zucchini, spinach), whole-grain or seeded bread, cream cheese/butter for toast (optional), eggs	Cottage cheese, tomato, cucumber	Grilled chicken breast, low-carb tortillas, cheese, salsa, avocado, mixed greens&tomato (for salad)

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Roasted chickpeas	Stuffed zucchini boats with mashed sweet potatoes	Popcorn & cheese
BUY	BUY	BUY
Canned chickpeas, olive oil, sea salt, paprika or seasoning of choice	Zucchini, lean ground turkey or beef, onion, garlic, marinara sauce, mozzarella cheese, sweet potatoes, milk or cream, butter	Plain popcorn, cheese slices or sticks

higedi.com

DAILY SHOPPING LIST #11

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Breakfast burrito	Protein bar	Chicken Milanese with cheesy cauliflower mash
BUY	BUY	BUY
Low-carb tortilla, eggs, mixed veggies (e.g. bell pepper, onion, zucchini, spinach), turkey or beef sausage	Low-carb, high-protein bar	Chicken breasts, whole wheat or almond flour, eggs, olive oil, parsley, cauliflower, Parmesan cheese, milk or cream, butter

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Trail mix	Grilled chicken with roasted broccoli & sweet potato	Hard-boiled eggs & raw veggies sticks
BUY	BUY	BUY
Almonds, walnuts, pumpkin seeds, sunflower seeds, unsweetened dried cranberries	Chicken breast, broccoli, sweet potatoes, olive oil, garlic	Eggs, fresh veggies (e.g., cucumber, bell pepper, celery, carrot)

higedi.com

Breakfast Burrito
- 1 low-carb tortilla
- 3 large eggs (1 eggs and 2 egg whites)
- 1 cup mixed veggies (e.g. bell pepper, onion, zucchini, spinach)
- 2 oz turkey or beef sausage

Trail Mix
- 5 almonds
- 5 walnuts
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 tbsp unsweetened dried cranberries

Protein Bar
- 1 low-carb, high-protein bar

Grilled Chicken with Roasted Broccoli & Sweet Potato
- 4 oz chicken breast
- 2 cups broccoli
- ½ large sweet potato
- 1 tbsp olive oil (for roasting)
- 1 clove garlic, minced

Chicken Milanese with Cheesy Cauliflower Mash
- 4 oz chicken breasts
- 1 egg (for breading)
- whole wheat or almond flour (for breading)
- 2 tbsp olive oil (for frying)
- 1 tbsp parsley (for garnish)
- 1 cup cauliflower mash
- ¼ cup Parmesan cheese
- ¼ cup milk or cream
- 1 tbsp butter (for mash)

Hard-Boiled Eggs & Raw Veggie Sticks
- 2 hard-boiled eggs
- 2 cups raw veggies (e.g. cucumber, bell pepper, celery)

DAILY SHOPPING LIST #12

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Breakfast Burrito with Scrambled Eggs, Cheese & Salsa	Cottage Cheese & Flaxseeds with Whole Grain Crackers	Shrimp Tacos on Corn Tortillas with Avocado-Lime Sauce
BUY	BUY	BUY
Whole wheat tortilla, eggs, shredded cheese, salsa, butter/olive oil	Cottage cheese, flaxseeds, whole grain crackers	Corn tortillas, shrimp, shredded cabbage, avocado, lime, Greek yogurt

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Boiled Egg & Grapes	Stuffed Sweet Potato with Chicken & Spinach	Rice Cake with Peanut Butter & Sliced Strawberries
BUY	BUY	BUY
Eggs, grapes	Sweet potato, rotisseries chicken, spinach, avocado, pumpkin seeds, Greek yogurt, herbs (e.g. parsley, mint, dill)	Rice cakes, peanut butter, strawberries

higedi.com

Breakfast Burrito with Scrambled Eggs, Cheese & Salsa
- 2 eggs, scrambled in butter or olive oil
- 1 whole wheat tortilla
- 2-3 tbsp shredded cheese
- 2-3 tbsp salsa

Cottage Cheese & Flaxseeds with Whole Grain Crackers
- ½ cup cottage cheese
- 1 tsp flaxseeds
- 3-4 whole grain crackers

Shrimp Tacos on Corn Tortillas with Avocado-Lime Sauce
- 2 small corn tortillas
- 4 oz grilled shrimp
- ½ cup shredded cabbage
- ½ avocado, mashed with lime juice
- 1-2 tbsp Greek yogurt

Boiled Egg & Grapes
- 1 boiled egg
- 10 grapes

Stuffed Sweet Potato with Chicken & Spinach
- ½ medium baked sweet potato (20g carbs)
- 4 oz shredded chicken
- ½ cup sautéed spinach
- ¼ avocado, diced
- 1 tbsp toasted pumpkin seeds
- 1 tbsp Greek yogurt drizzle
- Fresh herbs garnish

Rice Cake with Peanut Butter & Sliced Strawberries
- 1 rice cake
- 1 tbsp peanut butter
- 2 sliced strawberries

DAILY SHOPPING LIST #13

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Smoothie Bowl	Cottage Cheese with Flaxseeds & Crackers	Chicken Alfredo with Broccoli & Protein Pasta
BUY	BUY	BUY
Avocado, spinach, coconut cream, chia seeds, frozen berries, unsweetened shredded coconut, slivered almonds, pumpkin seeds	Cottage cheese, flaxseeds, whole grain crackers	Chicken breast, broccoli, legume-based pasta, Parmesan, heavy cream, garlic

Smoothie Bowl
- ½ avocado
- 1 cup fresh spinach
- ½ cup coconut cream
- 1 tbsp chia seeds
- ½ cup frozen berries
- Topping ideas: Unsweetened shredded coconut, slivered almonds, pumpkin seeds, a drizzle of almond

Cottage Cheese with Flaxseeds & Crackers
- ½ cup cottage cheese
- 1 tsp flaxseeds
- 3-4 whole grain crackers

Chicken Alfredo with Broccoli & Protein Pasta
- 4 oz chicken breast, grilled or sautéed
- 1 cup steamed broccoli
- 1 cup legume-based pasta
- 2 tbsp Parmesan cheese
- ¼ cup heavy cream
- 1 clove garlic, minced

Afternoon Snack (~15g carbs)

Mini Avocado Toast

BUY

Whole wheat bread, avocado, eggs

Dinner (~45g carbs)

Beef & Veggie Stir-Fry with Brown Rice

BUY

Lean beef, broccoli, bell peppers, snow peas, brown rice, sesame oil, garlic, ginger

Bedtime Snack (~15g carbs)

Homemade Trail Mix

BUY

Pumpkin seeds, almonds, walnuts, dark chocolate, dried berries

butter

Mini Avocado Toast

- ½ slice whole wheat bread, toasted
- ½ avocado, mashed
- 1 boiled egg, sliced

Beef & Veggie Stir-Fry with Brown Rice

- 4 oz lean beef strips
- 1 cup broccoli florets
- ½-1 cup bell peppers, sliced
- ½ cup snow peas
- ½ cup cooked brown rice
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp ginger, minced

Homemade Trail Mix (Pumpkin Seeds, Nuts, Dark Chocolate Chips, Dried Berries)

- 2 tbsp pumpkin seeds
- 5 almonds
- 5 walnuts
- 1 small square dark chocolate (70%+)
- 1 tbsp dried berries

Egg Bites with Cheese & Spinach, Served with Whole-Grain Toast & Avocado

- 2 large eggs
- ¼ cup shredded cheese (cheddar or mozzarella)
- ¼ cup cottage cheese
- 1 cup fresh spinach, chopped
- 1 tbsp olive oil or butter
- 1 slice whole-grain or seeded bread, toasted
- ½ avocado, sliced

Tuna Salad with Cucumber Slices & Crackers

- 1 can canned tuna in water, drained
- 2 tbsp Greek yogurt (plain)
- 1 medium cucumber, sliced
- 3-4 whole wheat crackers

Cottage Cheese with Tomato and Sunflower Seeds

- ½ cup cottage cheese
- 1 tomato, diced
- 1 tbsp sunflower seeds

Shrimp Stir-Fry with Cauliflower Rice

- 4 oz shrimp, peeled and deveined
- 1 cup cauliflower rice
- ½ cup bell peppers, sliced
- ½ cup onions, sliced
- ½ cup mushrooms, sliced
- ½ cup edamame
- 1 tbsp sesame oil

Beef & Zoodle Bowl with Chickpeas

- 4 oz lean beef, sliced into strips
- 1 medium zucchini, spiralized into noodles (zoodles)
- ½ cup mushrooms, sliced (~2g carbs)
- ½ bell pepper, sliced (~6g carbs)
- Handful of fresh spinach or kale (~1g carbs)
- ½ cup cooked chickpeas
- 2 tbsp peanut sauce (low-sugar)
- Chopped cilantro or parsley for garnish

Rice Cake with Avocado & Egg

- 1 rice cake
- ½ avocado, mashed
- 1 boiled egg, sliced

DAILY SHOPPING LIST #14

Breakfast (≤30g carbs)

Egg Bites with Cheese & Spinach Served with whole-grain toast & avocado

BUY

Eggs, cheese, spinach, olive oil, whole-grain bread, avocado, butter/cream cheese for toast (optional)

Morning Snack (~15g carbs)

Cottage Cheese with Tomato and Sunflower Seeds

BUY

Cottage cheese, tomato, sunflower seeds

Lunch (~45g carbs)

Beef & Zoodle Bowl with Chickpeas

BUY

Lean beef, zucchini, mushrooms, bell pepper, spinach or kale, chickpeas, peanut sauce, cilantro or parsley (for garnish)

Afternoon Snack (~15g carbs)

Tuna Salad with Cucumber Slices & Crackers

BUY

Tuna, Greek yogurt, cucumber, whole wheat crackers

Dinner (~45g carbs)

Shrimp Stir-Fry with Cauliflower Rice

BUY

Shrimp, cauliflower rice, bell peppers, onions, mushrooms, edamame, sesame oil

Bedtime Snack (~15g carbs)

Rice Cake with Avocado & Egg

BUY

ice cakes, avocado, eggs

vegeterian

DAILY SHOPPING LIST #15

Breakfast (≤30g carbs)

Chia Pudding with Nut Butter, Berries, and Nuts

BUY

Chia seeds, unsweetened almond milk, almond/peanut butter, mixed berries, mixed nuts

Morning Snack (~15g carbs)

Roasted Chickpeas

BUY

Canned chickpeas, olive oil, sea salt, paprika, or seasoning of choice

Lunch (~45g carbs)

Chickpea Salad with Avocado and Mixed Seeds

BUY

Chickpeas, avocado, bell pepper, tomato, mixed greens, herbs, pumpkin seeds, sunflower seeds, hemp seeds, olive oil, lemon

Afternoon Snack (~15g carbs)

Mini Snack Box with Cheese and Nuts

BUY

Cheese, mixed nuts

Dinner (~45g carbs)

Eggplant and Lentil Curry with Cauliflower Rice

BUY

Lentils, eggplant, zucchini. spinach, tomato, cauliflower, olive oil, curry powder, ground cumin, coconut milk, vegetable broth

Bedtime Snack (~15g carbs)

Celery Sticks with Peanut Butter and Hemp Seeds

BUY

Celery, peanut butter, hemp seeds

Chia Pudding with Nut Butter, Berries, and Nuts

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp almond or peanut butter
- ¼ cup mixed berries
- 1 tbsp mixed nuts (walnuts, almonds)

Mini Snack Box with Cheese and Nuts

- 1 oz cheese
- 1 small handful mixed nuts (almonds, walnuts)

Roasted Chickpeas

- ⅓ cup canned chickpeas (rinsed and drained)
- 1 tbsp olive oil
- Sea salt, paprika, or seasoning of choice

Eggplant and Lentil Curry with Cauliflower Rice

- ½ cup cooked lentils
- 1 cup eggplant, diced
- ½ cup zucchini, diced
- ½ cup spinach
- ½ cup tomato, diced
- 1 cup cauliflower rice
- 1 tbsp olive oil for cooking
- 1 tsp curry powder
- 1 tsp ground cumin
- ½ cup coconut milk: 2-3 grams total carbs
- ½ cup vegetable broth: 1 gram carbs

Chickpea Salad with Avocado and Mixed Seeds

- ½ cup cooked chickpeas
- ½ avocado, diced
- ½ bell pepper
- ½ tomato
- 1 cup mixed greens
- handful of herbs (e.g. parsley, dill, mint)
- 1 tbsp pumpkin, sunflower, and hemp seeds
- 1 tbsp olive oil + lemon dressing

Celery Sticks with Peanut Butter and Hemp Seeds

- 3 celery stalks
- 1 tbsp peanut butter
- 1 tbsp hemp seeds

Scrambled Tofu with Spinach and Cherry Tomatoes, Served with Toast

- 4 oz tofu, scrambled
- 1 cup spinach, sautéed
- ½ onion, sautéed
- 1 cup cherry tomatoes, halved
- ½ tsp garlic powder
- ¼ tsp ground turmeric
- 1 slice whole-grain bread, toasted

Smoothie

- 1 cup unsweetened almond milk
- ½ cup cottage cheese
- ½ cup strawberries
- ½ cup spinach
- 1 tbsp chia seeds

Greek Yogurt with Walnuts and Cinnamon

- ½ cup plain Greek yogurt
- 2 tbsp walnuts, chopped
- Sprinkle of cinnamon

Stuffed Eggplant Boats with Lentils and Tahini

- 1 large eggplant, halved and scooped
- ½ cup cooked lentils
- ½ cup diced tomatoes
- 1 tbsp tahini for drizzling
- 4 tbsp crumbled feta cheese
- 2 tbsp plain Greek yogurt, for serving
- 1 tbsp olive oil, for roasting
- 1 tsp cumin or curry powder

Grilled Portobello Mushroom Burger with Arugula and Tomato & a Side Salad

- 1 large portobello mushroom cap, grilled
- 1 whole grain bun (or use ½ to lower carbs)
- 1 cup arugula
- ½ tomato, sliced
- 1-2 tbsp hummus, for spreading
- 2 slices of cheese
- 1 cup lettuce
- ½ bell pepper, chopped
- ½ cucumber, chopped
- olive oil
- 1-2 tsp lemon juice

Homemade Trail Mix (Pumpkin Seeds, Nuts, Dark Chocolate Chips, Dried Berries)

- 2 tbsp pumpkin seeds
- 5 almonds
- 5 walnuts
- 1 small square dark chocolate (70%+)
- 1 tbsp dried berries

vegeterian

DAILY SHOPPING LIST #16

Breakfast (≤30g carbs)
Scrambled Tofu with Spinach and Cherry Tomatoes & Whole-Grain Toast
BUY
Tofu, spinach, cherry tomatoes, onion, garlic powder, ground turmeric, whole-grain bread

Morning Snack (~15g carbs)
Greek Yogurt with Walnuts and Cinnamon
BUY
Greek yogurt, walnuts, cinnamon

Lunch (~45g carbs)
Grilled Portobello Mushroom Burger with Arugula and Tomato & a Side Salad
BUY
Portobello mushroom, whole-grain bun, arugula, tomato, hummus, cheese, lettuce, bell pepper, cucumber, olive oil, lemon juice

Afternoon Snack (~15g carbs)
Smoothie
BUY
Unsweetened almond milk, cottage cheese, strawberries, spinach, chia seeds

Dinner (~45g carbs)
Stuffed Eggplant Boats with Lentils and Tahini
BUY
Eggplant, lentils, tomatoes, tahini, feta cheese, Greek yogurt, olive oil, cumin or curry powder

Bedtime Snack (~15g carbs)
Homemade Trail Mix (Pumpkin Seeds, Nuts, Dark Chocolate Chips, Dried Berries)
BUY
Pumpkin seeds, almonds, walnuts, dark chocolate, dried berries

higedi.com

vegeterian

DAILY SHOPPING LIST #17

Breakfast (≤30g carbs)
Protein Pancakes with Almond Flour, Berries, and Nut Butter
BUY
Almond flour, baking powder, eggs, almond milk, mixed berries, nut butter, Greek yogurt

Morning Snack (~15g carbs)
Apple with Peanut Butter
BUY
Apple, peanut butter

Lunch (~45g carbs)
Tempeh & Vegetable Stir-Fry with Brown Rice
BUY
Tempeh, broccoli, bell pepper, carrot, ginger, garlic, brown rice, olive oil, soy sauce

Afternoon Snack (~15g carbs)
Edamame
BUY
Edamame

Dinner (~45g carbs)
Chickpea & Vegetable Stew with Steamed Greens & Halloumi
BUY
Chickpeas, zucchini, eggplant, canned diced tomatoes, kale or spinach, olive oil, coriander, paprika, halloumi

Bedtime Snack (~15g carbs)
Rice Cake with Avocado & Egg
BUY
Rice cakes, avocado, eggs

higedi.com

Protein Pancakes with Almond Flour, Berries & Nut Butter

- ½ cup almond flour
- 1 egg
- ¼ cup unsweetened almond milk
- ¼ tsp baking powder
- ½-¾ cup mixed berries
- 1 tbsp nut butter (almond, peanut, or cashew)
- 2-3 tbsp Greek yogurt, for serving

Edamame

- 1 cup edamame, cooked

Apple with Peanut Butter

- 1 small apple, sliced
- 1 tbsp peanut butter

Chickpea & Vegetable Stew with Steamed Greens

- ½ cup cooked chickpeas
- 1 cup zucchini, chopped
- 1 cup eggplant, chopped
- ½ cup diced tomatoes
- 2 cups steamed kale or spinach
- 1 tbsp olive oil
- 1 tsp coriander
- 1 tsp paprika
- 2 oz halloumi, grilled

Tempeh & Vegetable Stir-Fry with Brown Rice

- 4 oz tempeh, cubed
- 1 cup broccoli, chopped
- 1 bell pepper, sliced
- 1 small carrot, julienned
- 1 tsp ginger, grated
- 1 clove garlic, grated
- ⅓ cup cooked brown rice
- 1 tbsp olive oil for sautéing
- 1-2 tbsp soy sauce (low-sodium)

Rice Cake with Avocado & Egg

- 1 rice cake
- ½ avocado, mashed
- 1 boiled egg, sliced

Savory Cottage Cheese Bowl

- 1 cup cottage cheese
- 1 cup cherry tomatoes, roasted
- 1/4 cup chickpeas, canned or roasted
- 2-3 tbsp sunflower seeds
- olive oil
- 1 tsp balsamico

Veggie Sticks with Hummus

- 1 cup veggie sticks (cucumber, bell peppers, carrots)
- 3 tbsp hummus

Vegetable Shepherd's Pie with Lentils & Mashed

Whole Grain Veggie Wrap with Hummus & Roasted Tofu

- 1 whole grain tortilla
- 2-3 tbsp hummus
- ½ cup roasted tofu
- 1 egg, boiled or scrambled
- Handful of spinach
- ¼ cup grated carrots
- ¼ cup sliced cucumber
- 1 tbsp hemp seeds

vegeterian

DAILY SHOPPING LIST #18

Breakfast (≤30g carbs)
Savory Cottage Cheese Bowl with Roasted Tomatoes & Chickpeas
BUY
Cottage cheese, cherry tomatoes, canned chickpeas, sunflower seeds, olive oil, balsamic vinegar

Morning Snack (~15g carbs)
Veggie Sticks with Hummus
BUY
Cucumber, bell peppers, carrots, hummus

Lunch (~45g carbs)
Whole Grain Veggie Wrap with Hummus & Roasted Tofu
BUY
Whole grain tortillas, hummus, tofu, eggs, spinach, carrots, cucumbers, hemp seeds

Roasted Edamame
- 1 cup roasted edamame

Cauliflower
- ½ cup cooked lentils
- ¼ cup carrots, chopped
- ¼-½ cup green beans, chopped
- ¼ cup green peas
- 1 cup mashed cauliflower (made with 1 cup cauliflower florets, 1 tsp olive oil or 1 tsp butter, pinch of salt)
- 4 tbsp grated cheese (such as parmesan or mozzarella, or a mix)

Hard-boiled Egg & Crackers
- 1 hard-boiled egg
- 4-8 whole-grain crackers (depending on the brand)

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Roasted Edamame	Vegetable Shepherd's Pie with Lentils & Mashed Cauliflower	Hard-boiled Egg & Crackers
BUY	BUY	BUY
Roasted edamame	Lentils, carrots, green beans, green peas, cauliflower, olive oil or butter, salt, cheese	Eggs, whole-grain crackers

higedi.com

vegeterian

DAILY SHOPPING LIST #19

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Greek Yogurt Bowl with Seeds, Almonds & Berries	Peach Slices with Almond Butter	Tofu and Vegetable Stir-Fry with Quinoa
BUY	BUY	BUY
Greek yogurt, chia seeds, sunflower seeds, almonds, mixed berries	Peach, almond butter	Tofu, bell peppers, broccoli, quinoa, olive oil, soy sauce, hemp seeds, sunflower seeds

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Cheese & Mixed Nuts	Baked Tofu with Roasted Sweet Potato, Sautéed Kale & Tahini Drizzle	Rice Cake with Avocado
BUY	BUY	BUY
Cheese, mixed nuts (e.g., almonds, walnuts, pecans, pistachios)	Tofu, sweet potato, kale, olive oil, tahini, hemp seeds, salt, paprika	Rice cakes, avocado, lemon, salt

higedi.com

Greek Yogurt Bowl with Seeds, Almonds & Berries
- 1 cup plain Greek yogurt
- 1 tbsp chia seeds
- 2 tbsp sunflower seeds
- 10-12 almonds, chopped
- ½ cup mixed berries (e.g., strawberries, blueberries, raspberries)

Peach Slices with Almond Butter
- 1 small peach, sliced
- 1 tbsp almond butter

Tofu and Vegetable Stir-Fry with Quinoa
- 4 oz tofu, cubed
- 1 cup bell peppers, sliced
- 1 cup broccoli, chopped
- ½ cup cooked quinoa
- 1 tbsp olive oil for sautéing
- 1 tbsp soy sauce (low-sodium)
- 2 tbsp hemp seeds
- 2 tbsp pumpkin seeds

Cheese & Mixed Nuts
- 1 oz cheese
- 1 handful mixed nuts (e.g., almonds, walnuts, pecans, pistachios)

Baked Tofu with Roasted Sweet Potato, Sautéed Kale & Tahini Drizzle
- 4 oz tofu, cubed
- 1 medium sweet potato, cubed
- 1 cup kale, sautéed
- 1 tbsp olive oil (for sautéing kale)
- 1 tbsp tahini (for drizzle)
- 1 tbsp hemp seeds
- Pinch of salt to taste
- 1 tsp paprika (for seasoning sweet potatoes)

Rice Cake with Avocado
- 1 plain brown rice cake
- ½ avocado, mashed
- 1-2 tsp lemon juice
- Pinch of salt to taste

Breakfast Quesadilla with a Side of Sliced Avocado
- 1 whole-grain or low-carb tortilla
- 2 eggs
- ¼ cup shredded cheese (cheddar, mozzarella, or your choice)
- ¼ cup diced bell peppers
- ½ cup spinach
- ¼-½ avocado, sliced
- 1 tsp olive oil or butter for cooking

Tuna Salad on Rice Cake
- 2 rice cakes (plain or whole grain)
- ½ cup canned tuna (in water)
- 2 tbsp mayo
- 1 celery stalk
- Lemon juice and seasoning to taste

Strawberry Spinach Smoothie
- ½ cup sliced strawberries
- ½ cup Greek yogurt
- ½-1 cup unsweetened almond milk
- 1 cup spinach
- 1-2 tsp chia seeds
- Optional: ice, sweetener, or splash of vanilla extract

Cod with Lentils & Roasted Veggies
- 3 oz baked cod
- ½ cup cooked lentils
- 1 cup roasted Brussels sprouts
- 1 cup roasted eggplant
- 1 cup roasted cherry tomatoes
- Lemon and seasoning to taste
- 1-2 tbsp olive oil for roasting

Cheesy Cauliflower and Broccoli Cream Soup with Crispy Bacon Croutons
- 1½ cups cauliflower florets
- 1½ cups broccoli florets
- ½ onion, diced
- 2 cups chicken (or veggie) broth
- ½ cup shredded cheese
- ½ cup heavy cream
- 1 slice whole-grain toast, cubed and pan-fried (croutons)
- 2 slices crispy cooked bacon, crumbled
- 1 tsp olive oil or butter for cooking onion

Cottage Cheese with Apple & Cinnamon
- ½ cup cottage cheese
- ½ apple
- 1 tsp cinnamon

DAILY SHOPPING LIST #20

Breakfast (≤30g carbs)	Morning Snack (~15g carbs)	Lunch (~45g carbs)
Breakfast Quesadilla with a Side of Sliced Avocado	Strawberry Spinach Smoothie	Cheesy Cauliflower and Broccoli Cream Soup with Crispy Bacon Croutons
BUY	BUY	BUY
Whole-grain or low-carb tortillas, eggs, shredded cheese, bell peppers, spinach, avocado, olive oil or butter	Strawberries, Greek yogurt, unsweetened almond milk, spinach, chia seeds	Cauliflower, broccoli, onion, shredded cheese, broth, heavy cream, whole-grain bread, bacon, olive oil or butter

Afternoon Snack (~15g carbs)	Dinner (~45g carbs)	Bedtime Snack (~15g carbs)
Tuna Salad on Rice Cake	Cod with Lentils & Roasted Veggies	Cottage Cheese with Apple & Cinnamon
BUY	BUY	BUY
Rice cakes, canned tuna, mayo, celery, lemon	Cod fillets, dried or canned lentils, Brussels sprouts, cherry tomatoes, olive oil, lemon	Cottage cheese, apple, cinnamon

higedi.com