

MACRO FRIENDLY RECIPES, PAGE 1 OF 4

Macro friendly recipe cards

RECIPES	PER SERVING	CALORIES	PROTEIN
10	1 serving	274 to 620 kcal	26 to 55 g

BREAKFAST

Berry yogurt power bowl

310

KCAL

29 g

PROTEIN

32 g

CARBS

9 g

FAT

9.4 g protein per 100 kcal

ENERGY SPLIT

● P 36%

● C 39%

● F 25%

INGREDIENTS, 1 SERVING

Greek yogurt, plain, nonfat	250 g
Blueberries	80 g
Almonds	15 g
Honey	10 g

METHOD

Spoon the yogurt into a bowl. Top with the blueberries and chopped almonds. Drizzle with the honey.

Swaps and notes

BREAKFAST

Veggie egg scramble

274

KCAL

26 g

PROTEIN

8 g

CARBS

15 g

FAT

9.5 g protein per 100 kcal

ENERGY SPLIT

● P 38%

● C 12%

● F 50%

INGREDIENTS, 1 SERVING

Whole eggs, raw	100 g
Egg whites, raw	100 g
Spinach, raw	60 g
Red bell pepper, raw	80 g
Olive oil	5 g

METHOD

Heat the oil in a pan on medium heat. Cook the pepper for 3 minutes, then add the spinach until it wilts. Pour in the beaten eggs and egg whites and stir until set.

Swaps and notes

LUNCH

Chicken and rice bowl

595

KCAL

55 g

PROTEIN

59 g

CARBS

14 g

FAT

9.2 g protein per 100 kcal

ENERGY SPLIT

● P 38%

● C 41%

● F 21%

INGREDIENTS, 1 SERVING

Chicken breast, roasted	150 g
White rice, cooked	180 g
Broccoli, boiled	100 g
Olive oil	8 g
Soy sauce	15 g

METHOD

Slice the chicken. Warm the rice and broccoli. Put everything in a bowl and finish with the olive oil and soy sauce.

Swaps and notes

Nutrition values per serving are worked examples computed by Scraler from USDA FoodData Central (SR Legacy, April 2018 release) values per 100 g, using the weights listed. They are approximate: brands, cooking and your weighing will change them. Weigh ingredients in the state listed (raw, cooked, drained). This is general information, not medical advice.

MACRO FRIENDLY RECIPES, PAGE 2 OF 4

DINNER Turkey bean chili

8.5 g protein
per 100 kcal

482

KCAL

41 g

PROTEIN

40 g

CARBS

19 g

FAT

ENERGY SPLIT

■ P 33% ■ C 32% ■ F 35%

INGREDIENTS, 1 SERVING

Ground turkey 93% lean, raw	150 g
Canned kidney beans, drained and rinsed	130 g
Canned tomatoes	200 g
Onion, raw	60 g
Olive oil	5 g

METHOD

Brown the turkey with the chopped onion in the oil. Add the beans and tomatoes and simmer for 20 minutes. Multiply by the number of servings for a batch.

Swaps and notes

DINNER Salmon, potatoes and green beans

6.4 g protein
per 100 kcal

565

KCAL

36 g

PROTEIN

48 g

CARBS

26 g

FAT

ENERGY SPLIT

■ P 25% ■ C 34% ■ F 41%

INGREDIENTS, 1 SERVING

Atlantic salmon, farmed, raw	150 g
Potatoes, boiled in skin	200 g
Green beans, boiled	100 g
Olive oil	5 g

METHOD

Brush the salmon with the oil and roast until cooked through. Serve with the boiled potatoes and green beans.

Swaps and notes

LUNCH Tuna and white bean salad

9.6 g protein
per 100 kcal

330

KCAL

32 g

PROTEIN

31 g

CARBS

10 g

FAT

ENERGY SPLIT

■ P 37% ■ C 36% ■ F 27%

INGREDIENTS, 1 SERVING

Light tuna in water, drained	110 g
Canned white beans	130 g
Tomato, raw	80 g
Olive oil	8 g
Lemon juice	10 g

METHOD

Mix the tuna, beans and chopped tomato. Dress with the olive oil and lemon juice.

Swaps and notes

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Approximate values. Not medical advice.

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MACRO FRIENDLY RECIPES, PAGE 3 OF 4

DINNER Shrimp stir-fry with rice

7.2 g protein
per 100 kcal

402

KCAL

29 g

PROTEIN

54 g

CARBS

8 g

FAT

ENERGY SPLIT

■ P 29% ■ C 53% ■ F 18%

INGREDIENTS, 1 SERVING

Shrimp, raw	150 g
White rice, cooked	150 g
Red bell pepper, raw	80 g
Broccoli, raw	80 g
Sesame oil	5 g
Soy sauce	15 g

METHOD

Heat the sesame oil and cook the shrimp for 2 to 3 minutes until pink. Add the vegetables for 3 minutes, then the rice and soy sauce.

Swaps and notes

SNACK Cottage cheese and pineapple bowl

8.6 g protein
per 100 kcal

328

KCAL

28 g

PROTEIN

29 g

CARBS

12 g

FAT

ENERGY SPLIT

■ P 33% ■ C 35% ■ F 32%

INGREDIENTS, 1 SERVING

Cottage cheese, 2% fat	250 g
Pineapple, raw	120 g
Walnuts	10 g

METHOD

Spoon the cottage cheese into a bowl. Top with the pineapple and chopped walnuts.

Swaps and notes

BREAKFAST Banana yogurt oats

6.3 g protein
per 100 kcal

476

KCAL

30 g

PROTEIN

72 g

CARBS

9 g

FAT

ENERGY SPLIT

■ P 25% ■ C 59% ■ F 16%

INGREDIENTS, 1 SERVING

Rolled oats, dry	50 g
Skim milk	150 g
Banana, raw	100 g
Greek yogurt, plain, nonfat	150 g
Almonds	10 g

METHOD

Cook the oats in the skim milk for 3 to 4 minutes. Stir in the sliced banana, then top with the yogurt and almonds.

Swaps and notes

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MACRO FRIENDLY RECIPES, PAGE 4 OF 4

DINNER
Tofu and vegetable stir-fry

620
KCAL

43 g
PROTEIN

61 g
CARBS

26 g
FAT

7.0 g protein
per 100 kcal

ENERGY SPLIT

P 26%

C 38%

F 36%

INGREDIENTS, 1 SERVING

Firm tofu	200 g
Broccoli, raw	100 g
Carrot, raw	60 g
White rice, cooked	150 g
Soy sauce	15 g
Olive oil	8 g

METHOD

Cube the tofu and fry in the oil until golden. Add the broccoli and carrot, stir-fry, then add the soy sauce and serve over the rice.

Swaps and notes

1 One macro friendly day, about 2,000 kcal

EXAMPLE

Four of the recipes above add up to 1,964 kcal, 150 g protein, 207 g carbs and 62 g fat. Worked example.

MEAL	RECIPE	KCAL	PROTEIN	CARBS	FAT
Breakfast	Banana yogurt oats	476	30 g	72 g	9 g
Lunch	Chicken and rice bowl	595	55 g	59 g	14 g
Snack	Cottage cheese and pineapple bowl	328	28 g	29 g	12 g
Dinner	Salmon, potatoes and green beans	565	36 g	48 g	26 g
Day total (unrounded values)		1964	150 g	207 g	62 g

2 Your day

Fill in your own target, then pick recipes until the totals match.

TARGET KCAL	PROTEIN	CARBS	FAT
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MEAL	RECIPE	KCAL	PROTEIN	CARBS	FAT
Breakfast					
Lunch					
Snack					
Dinner					
Day total					

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