

# 7-DAY 1800 CALORIE MEAL PREP DIET PLAN

A Plan That Actually Works.

# Introduction

1-

This plan is designed to help you manage your meals efficiently while maintaining 1800 Calories per day. Since this is a meal prep-supporting meal plan, you don't have to make new meals every day, making it ideal for busy individuals. You'll do one meal prep session for Monday-Wednesday, and another for Thursday-Saturday. On Sunday, you'll prepare a special meal that yields additional portions to share or freeze.

2-

The lunch and dinner recipes in this plan are inspired by Jalalsamfit, a popular YouTuber known for his high protein and tasty recipes. I've made slight modifications to the recipes to create portions that fit into this 1800 calorie plan and to provide three portions per meal prep session.

3-

All nutrition information is calculated using the USDA Food Central database or specific brand labels (where specific brands are used). The nutrition information is also provided in the meal plan PDF for your reference and to ensure transparency and trust in the calculations.



# Day 1, 2, & 3: MONDAY- WEDNESDAY

## BREAKFAST: EGGS AND BREAD

- 2 large eggs (Season with salt & pepper) (100g)
- 2 slices of Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread (56g)
- 1/2 teaspoon extra virgin olive oil
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 304.5 |
| Carbs    | 27g   |
| Protein  | 18.5g |
| Fat      | 14.5g |

## LUNCH: LEMON PEPPER CHICKEN WRAPS

- 1 portion/2 lemon pepper chicken wraps (Recipe given below)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 428.5 |
| Carbs    | 33.5g |
| Protein  | 39g   |
| Fat      | 21.5g |

## DINNER: HIGH PROTEIN SALMON BOWL

- 1 portion high protein salmon bowl (Recipe given below)



### NUTRITION INFORMATION

|          |        |
|----------|--------|
| Calories | 506.16 |
| Carbs    | 47.5g  |
| Protein  | 29.5g  |
| Fat      | 22g    |

## SNACKS FOR THE DAY

### Snack 1

- 1 Pure Protein Bar (Chocolate Peanut Caramel) (50g)

### Snack 2: Dates & Peanut Butter Shake

- PBfit All-Natural Peanut Butter Powder, 2 tbsp
- 1 cup low fat milk (246g)
- 2 medjool dates, pitted (48g)

### Snack 3

- 1 small yellow peach (147g)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 556.5 |
| Carbs    | 85.5g |
| Protein  | 38.5g |
| Fat      | 11g   |



## NUTRITION FACTS FOR THE DAY

|          |      |
|----------|------|
| Calories | 1796 |
| Carbs    | 194g |
| Protein  | 126g |
| Fat      | 69g  |
| Fiber    | 37g  |

# Day 4, 5 & 6: THUESDAY- SATURDAY

## BREAKFAST: EGGS AND CHEESE QUESADILLA

- 2 Mission Zero Net Carb Original Tortillas
- 2 large eggs
- 14g Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese Block, shredded
- season with salt pepper and red pepper flakes
- 1/2 avocado/ 2 servings (100g)

Note: Don't use oil/fat in cooking



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 409   |
| Carbs    | 24g   |
| Protein  | 21.5g |
| Fat      | 32g   |

## LUNCH: HIGH PROTEIN CHICKEN & RICE

- 1 portion High Protein Chicken Rice (Recipe given below)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 454.5 |
| Carbs    | 56g   |
| Protein  | 40g   |
| Fat      | 7.5g  |

## DINNER: HIGH PROTEIN PASTA

- 1 portion high protein pasta (Recipe given below)



### NUTRITION INFORMATION

|          |     |
|----------|-----|
| Calories | 478 |
| Carbs    | 56g |
| Protein  | 34g |
| Fat      | 13g |

## SNACKS FOR THE DAY

### Snack 1

- 1 cup whole strawberries (144g)
- 32g Lindt (90 percent dark choc, melt for strawberries)

### Snack 2

- 1 cup low fat milk (246g)

### Snack 3

- Quest Nutrition Cheese Crackers, Cheddar Blast (30g)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 471.5 |
| Carbs    | 38.5g |
| Protein  | 22.5g |
| Fat      | 8g    |

## NUTRITION FACTS FOR THE DAY

|          |      |
|----------|------|
| Calories | 1813 |
| Carbs    | 175g |
| Protein  | 118g |
| Fat      | 80g  |
| Fiber    | 35g  |

# Day 7: SUNDAY

## BREAKFAST: CREAM CHEESE & EGG BAGELS

- Dave's Killer Bread Organic Everything Bagel, 1 bagel (95g)
- 5g butter
- 2 large eggs
- Salt and pepper to taste
- 30g philadelphia
- 1 cup of coffee with stevia
- 30 raspberries (around 1 cup) (57g)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 515   |
| Carbs    | 53g   |
| Protein  | 28.5g |
| Fat      | 23g   |

## LUNCH: HIGH PROTEIN LASAGNA

- 1 portion high protein lasagna (Recipe Given Below)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 452   |
| Carbs    | 46.5g |
| Protein  | 33.5g |
| Fat      | 13g   |

## DINNER: HIGH PROTEIN LASAGNA

- 1 portion high protein lasagna (Recipe given below)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 452   |
| Carbs    | 4.5g  |
| Protein  | 33.5g |
| Fat      | 13g   |

## SNACKS FOR THE DAY

### Snack 1

- 1 oz, 23 almonds (28g)
- 1 Chobani Greek yogurt blueberry, 5.3 oz

### Snack 2

- 1 cup low fat milk (246g)



### NUTRITION INFORMATION

|          |       |
|----------|-------|
| Calories | 452   |
| Carbs    | 46.5g |
| Protein  | 33.5g |
| Fat      | 14g   |



## NUTRITION FACTS FOR THE DAY

|          |       |
|----------|-------|
| Calories | 1799  |
| Carbs    | 180g  |
| Protein  | 122g  |
| Fat      | 65.5g |
| Fiber    | 22.5g |

# HIGH PROTEIN RECIPES

*With Nutrition Information*



# LEMON PEPPER CHICKEN WRAPS

## Ingredients

- 6 Mission Zero Net Carb Original Tortilla (108g)

### For The Chicken

- 500g boneless skinless chicken thighs
- 12g garlic (4 cloves) crushed/minced
- 3 teaspoon ground dried oregano (5.4g)
- 3 teaspoons paprika powder (6g)
- Salt to taste
- 3 teaspoons black pepper (6.9)
- 3 tablespoons fresh lemon juice (45g)
- Bake in the oven for 30 minutes at 200c

### For The Sauce

- 1 tbsp sriracha (19g)
- salt to taste
- 1 teaspoon black pepper (2.3g)
- 1 teaspoon paprika (2g)
- 2 tbsp lemon juice (30g)
- 40g non fat plain greek yogurt
- 40g light mayo (Heinz)

### For The Toppings

- 2 cups shredded lettuce romaine (94g)
- 1 medium red onion sliced (150g)
- 1 large tomato, diced (182g)

## Instructions

### Marinate & Cook Chicken:

1. Marinate chicken with crushed/minced garlic, ground dried oregano, paprika powder, salt, black pepper, and fresh lemon juice.
2. Cook marinated chicken in the air fryer (15-20 mins) or bake in the oven (30 mins at 200°C).

### Prepare Sauce:

1. In a bowl, combine Sriracha, black pepper, paprika, lemon juice, non-fat plain Greek yogurt, and light mayo. Mix well to make the sauce.

### Assemble Wraps:

1. Warm tortillas
2. Layer shredded lettuce romaine, diced tomatoes, sliced red onion, and cooked chicken pieces on each tortilla.
3. Drizzle sauce over the top.
4. Fold sides of the tortilla over the filling, then roll tightly to form wraps.
5. Repeat with remaining 5 tortillas and filling ingredients.

## Nutrition Information per serving

- Calories: 429
- Carbs: 33g
- Protein: 39g
- Fat: 21g
- Fiber: 18g

# LEMON PEPPER CHICKEN WRAPS

## NUTRITION INFORMATION

| Ingredient   | Weight | Calories   | Carbs (g) | Protein (g) | Fat (g)   | Fiber (g) |
|--|--------|------------|-----------|-------------|-----------|-----------|
| Boneless skinless chicken thighs                   | 500g   | 745        | 0         | 93          | 39.6      | 0         |
| Mission Zero Net Carb Original Tortilla (6)        | 108g   | 150        | 42        | 12          | 9         | 42        |
| Garlic (4 cloves) crushed minced                   | 12g    | 17.16      | 3.384     | 0.7944      | 0.0456    | 0         |
| Ground dried oregano (3 tsp)                       | 5.4g   | 14.31      | 3.72      | 0.486       | 0.231     | 2.295     |
| Paprika powder (3 tsp)                             | 6g     | 16.92      | 3.24      | 0.846       | 0.774     | 2.094     |
| Salt to taste                                      | -      | -          | -         | -           | -         | -         |
| Black pepper (3 tsp)                               | 6.9g   | 17.319     | 4.416     | 0.7176      | 0.22494   | 1.7457    |
| Fresh lemon juice (3 tbsp)                         | 45g    | 9.9        | 3.105     | 0.1575      | 0.108     | 0.135     |
| Sriracha (1 tbsp)                                  | 19g    | 15.01      | 3.021     | 0.3534      | 0.171     | 0.418     |
| Salt to taste                                      | -      | -          | -         | -           | -         | -         |
| Black pepper (1 tsp)                               | 2.3g   | 5.773      | 1.472     | 0.2392      | 0.07498   | 0.5819    |
| Paprika (1 tsp)                                    | 2g     | 5.64       | 1.08      | 0.282       | 0.258     | 0.698     |
| Lemon juice (2 tbsp)                               | 30g    | 6.6        | 2.07      | 0.105       | 0.072     | 0.09      |
| Shredded lettuce romaine (2 cups)                  | 94g    | 19.74      | 3.8164    | 0.9212      | 0.0658    | 0         |
| Red onion sliced (1 medium)                        | 150g   | 66         | 14.895    | 1.41        | 0.15      | 3.3       |
| Tomato, diced (1 large)                            | 182g   | 32.76      | 7.0798    | 1.6016      | 0.364     | 2.184     |
| Non-fat plain Greek yogurt (40g)                   | 40g    | 24.4       | 1.456     | 4.12        | 0.148     | 0         |
| Light mayo Heinz (40g)                             | 40g    | 138.8      | 5.6       | 0.28        | 12.8      | 0         |
| Total for 6 Wraps                                  |        | 1285.5     | 100.5     | 117.5       | 64        | 55.5      |
| <b>Per Serving (Total Divided into 3 Portions)</b> |        | <b>429</b> | <b>33</b> | <b>39</b>   | <b>21</b> | <b>19</b> |



# H I G H P R O T E I N S A L M O N B O W L S

## Ingredients

### For The Salmon

- 350g salmon, cut into bite sized pieces
- 1 tbsp garlic powder (9g)
- 1 teaspoon red chili flakes (1g)
- 1 teaspoon paprika (2g)
- 2 tbsp soy sauce (32g)
- 1 tbsp honey (21g)
- 1 and 1/2 tbsp lemon juice (23g)
- 1/4 teaspoon olive/canola oil (1g)

### Other Items In The Bowl:

- 1/2 avocado sliced / 2 servings 100
- 250g shredded carrots
- 130g cucumber
- 1.5 cups cooked long grain brown rice (303g cooked weight)

### Topping

- Hot sauce to drizzle

## Instructions

1. In a bowl, combine the salmon, garlic powder, red chili flakes, paprika, soy sauce, honey, and lemon juice. Mix well to ensure the salmon is evenly coated. Let it marinate for about 15-30 minutes.
2. Heat the olive or canola oil in a pan over medium heat. Once the oil is hot, spread it out evenly in the pan.
3. Place the marinated salmon pieces in the pan and cook until they are done, flipping them halfway through to cook both sides evenly. The salmon should be cooked to your desired level of doneness.
4. While the salmon is cooking, prepare the remaining ingredients. Slice the avocado, shred the carrots, and slice the cucumber.
5. Once the salmon is cooked, assemble the bowls. Divide the cooked brown rice among serving bowls. Top with the cooked salmon pieces, avocado slices, shredded carrots, and sliced cucumber.
6. Drizzle some hot sauce over the top of each bowl for extra flavor, if desired.
7. Serve immediately and enjoy your delicious and nutritious salmon bowls!

## Nutrition Information per serving

- Calories: 506.16
- Carbs: 47.66
- Protein: 29.66
- Fat: 22.166
- Fiber: 7.166

# HIGH PROTEIN SALMON BOWLS

## NUTRITION INFORMATION

| Ingredient                                  | Weight | Calories   | Carbs (g) | Protein (g) | Fat (g)   | Fiber (g) |
|---|--------|------------|-----------|-------------|-----------|-----------|
| Salmon, cut into bite-sized pieces          | 350g   | 710.5      | 0         | 71.05       | 45.85     | 0         |
| Garlic powder                               | 9.3g   | 30.9       | 6.75      | 1.545       | 0.069     | 0.837     |
| Red chili flakes                            | 1g     | 2.82       | 0.5       | 0.13        | 0.14      | 0.35      |
| Paprika                                     | 2g     | 5.64       | 1.08      | 0.282       | 0.258     | 0.698     |
| Soy sauce                                   | 32g    | 16.96      | 0.1578    | 2.6         | 0.182     | 0.256     |
| Honey                                       | 21g    | 63.84      | 17.304    | 0.063       | 0         | 0         |
| Lemon juice                                 | 22.5g  | 4.95       | 1.5525    | 0.07875     | 0.054     | 0.0675    |
| 1/4 teaspoon Olive/canola oil               | 1.125g | 9.95       | 0         | 0           | 1.125     | 0         |
| Avocado (1/2, sliced)                       | 100g   | 160        | 8.52      | 2           | 14.7      | 6.7       |
| Shredded carrots                            | 250g   | 120        | 25.75     | 2.35        | 0.875     | 7.75      |
| Cucumber                                    | 130g   | 20.8       | 3.835     | 0.806       | 0.234     | 0         |
| Cooked long grain brown rice                | 303g   | 372        | 77.55     | 8.31        | 2.94      | 4.845     |
| Hot sauce to drizzle                        | -      | -          | -         | -           | -         | -         |
| Total for Salmon Bowl                       | -      | 1518.5     | 143       | 89          | 66.5      | 21.5      |
| <b>Per Serving (Divide into 3 Portions)</b> | -      | <b>506</b> | <b>48</b> | <b>30</b>   | <b>22</b> | <b>7</b>  |

# H I G H P R O T E I N C H I C K E N & R I C E

## Ingredients

### For The Chicken

- 400g Chicken Breast, boneless skinless
- 1 tsp Canola oil
- 12g Garlic, crushed/minced
- 3 tsp Ground dried oregano
- 1 tbsp Ground cumin
- 1 tbsp Paprika powder
- 1.5 tbsp Lemon juice

### For The Rice

- 3/4 cup Rice, uncooked
- 1/2 tbsp Ground cumin
- 1/2 tbsp Paprika spice powder
- 1/2 tbsp Turmeric

### For Serving:

- 2 cups Lettuce romaine, shredded
- 1 large Tomato, diced
- 3 tbsp Sriracha
- 100g Non-fat Greek yogurt
- 1 tbsp Lemon juice

## Instructions

Instructions:

### Marinate & Cook Chicken:

1. Marinate chicken with crushed/minced garlic, ground dried oregano, ground cumin, paprika powder, turmeric, salt (to taste), and lemon juice.
2. Cook marinated chicken until fully cooked and chop into bite-sized pieces.

### Cook Rice:

1. In a pot, add uncooked rice, ground cumin, paprika spice powder, turmeric, and water.
2. Bring to a boil, then reduce heat to low, cover, and simmer until rice is cooked and water is absorbed.

### Assemble Plates

1. Plate cooked rice, shredded lettuce romaine, diced tomatoes, and chopped cooked chicken in 3 portions.
2. In a bowl, mix non-fat Greek yogurt and lemon juice to make the sauce.
3. Drizzle sauce and sriracha over the chicken and rice plates.

## Nutrition Information per serving

- Calories: 454
- Carbs: 56g
- Protein: 40g
- Fat: 7.5g
- Fiber: 3g

# HIGH PROTEIN CHICKEN & RICE

## NUTRITION INFORMATION

| Ingredient                                   | Weight   | Calories   | Carbs (g) | Protein (g) | Fat (g)    | Fiber (g) |
|--|----------|------------|-----------|-------------|------------|-----------|
| Chicken Breast, boneless skinless            | 400g     | 480        | 0         | 90          | 10.48      | -         |
| Canola oil                                   | 1 tsp    | 39.8       | 0         | 0           | 4.5        | 0         |
| Garlic, crushed/minced                       | 12g      | 17.16      | 3.384     | 0.7944      | 0.0456     | -         |
| Ground dried oregano                         | 3 tsp    | 14.31      | 3.72      | 0.486       | 0.231      | 2.295     |
| Cumin, ground                                | 1 tbsp   | 33.75      | 3.978     | 1.602       | 2.007      | -         |
| Paprika powder                               | 1 tbsp   | 16.92      | 3.24      | 0.846       | 0.774      | 2.094     |
| Lemon juice                                  | 1.5 tbsp | 4.95       | 1.5525    | 0.07875     | 0.054      | 0.0675    |
| Rice, uncooked                               | 3/4 cup  | 555        | 120.45    | 10.56       | 1.545      | 0.15      |
| Ground cumin                                 | 1/2 tbsp | 16.875     | 1.989     | 0.801       | 1.0035     | -         |
| Paprika spice powder                         | 1/2 tbsp | 8.46       | 1.62      | 0.423       | 0.387      | 1.047     |
| Turmeric                                     | 1/2 tbsp | 14.04      | 3.0195    | 0.4356      | 0.14625    | 1.0215    |
| Lettuce romaine, shredded                    | 2 cups   | 19.74      | 3.8164    | 0.9212      | 0.0658     | -         |
| Tomato, diced                                | 1 large  | 32.76      | 7.0798    | 1.6016      | 0.364      | 2.184     |
| Sriracha                                     | 3 tbsp   | 45.03      | 9.063     | 1.0602      | 0.513      | 1.254     |
| Non-fat Greek yogurt                         | 100g     | 61         | 3.64      | 10.3        | 0.37       | -         |
| Lemon juice                                  | 1 tbsp   | 3.3        | 1.035     | 0.0525      | 0.036      | 0.045     |
| Total Calories                               | -        | 1363       | 167.5     | 120         | 22.5       | 10        |
| <b>Per Serving (Divided into 3 Portions)</b> | -        | <b>454</b> | <b>56</b> | <b>40</b>   | <b>7.5</b> | <b>3</b>  |

# H I G H P R O T E I N P A S T A

## Ingredients

- Pasta (raw weight: 170g)

### For The Chicken

- Chicken Breast (250g)
- Canola oil (1 tsp)
- Paprika powder (1 tbsp)
- Dried Basil (1 tbsp)
- Garlic powder (1 tbsp)
- Chili flakes (2 tsp)

### For The Sauce

- Canola oil (1 tsp)
- Red bell pepper (195g)
- Garlic (9 cloves)
- Tomato (60g)
- Low-fat cream cheese (150g)
- Dried basil (2 tsp)
- Paprika (2 tsp)
- 1/4 cup pasta water

### Topping

- Parmesan shredded (3 tbsp)

## Instructions

1. In a pot of salted boiling water, cook pasta according to package instructions until al dente. Reserve 1/4 cup of pasta water before draining. Set aside.
2. In a bowl, combine chicken breast with paprika, garlic powder, dried basil, chili flakes, salt, and pepper. Mix well to coat the chicken evenly.

### Prepare Sauce:

1. Heat 1 tsp of oil in a pan over medium heat.
2. Add whole garlic cloves, red bell pepper, chopped tomatoes, salt, pepper, paprika, and dried basil.
3. Cook for about 5 minutes until the vegetables are soft.
4. Transfer the cooked vegetables to a blender. Add low-fat cream cheese, fresh basil leaves, and the reserved 1/4 cup of pasta water. Blend until smooth.

### Cook Chicken:

1. In the same pan, heat another teaspoon of oil over medium heat.
2. Add the marinated chicken to the pan and cook for about 8 minutes until browned and cooked through.
3. Once the chicken is cooked, add the boiled pasta and the prepared sauce to the pan.
4. Let it simmer for a few minutes until the sauce thickens slightly and coats the pasta evenly.
5. Garnish the pasta with fresh basil leaves and shredded Parmesan cheese before serving.

## Nutrition Information per serving

- Calories: 478
- Carbs: 56g
- Protein: 34g
- Fat: 13g
- Fiber: 3g

# HIGH PROTEIN PASTA

## NUTRITION INFORMATION

| Ingredient                      | Weight   | Calories   | Carbs (g) | Protein (g) | Fat (g)   | Fiber (g) |
|---------------------------------|----------|------------|-----------|-------------|-----------|-----------|
| Chicken Breast                  | 250g     | 300        | 0         | 56.25       | 6.55      | -         |
| Canola oil                      | 1 tsp    | 4.5        | 0         | 0           | 4.5       | 0         |
| Paprika powder                  | 1 tbsp   | 16.92      | 3.24      | 0.846       | 0.774     | 2.094     |
| Basil                           | 1 tbsp   | 10.48      | 2.15      | 1.067       | 0.183     | 1.697     |
| Garlic powder                   | 1 tbsp   | 30.9       | 6.75      | 1.545       | 0.069     | 0.837     |
| Chili flakes                    | 2 tsp    | 5.64       | 1         | 0.26        | 0.28      | 0.7       |
| Red bell pepper                 | 195g     | 50.7       | 11.7585   | 1.9305      | 0.585     | -         |
| Garlic                          | 9 cloves | 12.87      | 2.538     | 0.5958      | 0.0342    | -         |
| Tomato                          | 60g      | 10.8       | 2.334     | 0.528       | 0.12      | 0.72      |
| Low fat cream cheese            | 150g     | 171.73     | 5.6       | 8.2133      | 12.32     | 0.747     |
| Basil dried                     | 2 tsp    | 6.52       | 1.338     | 0.664       | 0.114     | 1.056     |
| Paprika                         | 2 tsp    | 11.28      | 2.16      | 0.564       | 0.516     | 1.396     |
| Canola oil                      | 1 tsp    | 4.5        | 0         | 0           | 4.5       | 0         |
| Pasta                           | 170g     | 630.7      | 126.99    | 22.1        | 2.567     | -         |
| Parmesan shredded               | 3 tbsp   | 22.8       | 2.826     | 6.75        | 6.39      | -         |
| Total Calories                  | -        | 1434       | 168.5     | 101.5       | 39.5      | 9         |
| <b>Per Serving (3 portions)</b> | -        | <b>478</b> | <b>56</b> | <b>34</b>   | <b>13</b> | <b>3</b>  |

# H I G H P R O T E I N L A S A G N E

## Ingredients

### For white sauce

- 200g Low-fat Cottage Cheese
- 200g Low-fat Cream Cheese
- 30g Parmesan
- 60ml Low-fat Milk
- 1 teaspoon Italian Herbs
- 1 teaspoon Garlic Powder

### For Beef Sauce

- 1 teaspoon Canola Oil
- 170g Onion, diced
- 135g Diced Carrot
- Salt and Pepper
- 50g Tomato Paste
- 500g Lean Beef Mince (97% lean, 3% fat)
- 1 tablespoon Smoked Paprika
- 140ml Beef Stock
- 400g Chopped Tomatoes
- 1/2 tablespoon Mixed Herbs
- 5 Fresh Basil Leaves

### For layering

- 11 Barilla Lasagna Sheets

### For topping

- 80g Light Mozzarella

## Instructions

### Prepare Cheese Mixture:

1. Blend low-fat cottage cheese, low-fat cream cheese, Parmesan, low-fat milk, Italian herbs, and garlic powder until smooth.

### Prepare Meat Sauce:

1. Heat 1 tsp oil in a pan.
2. Sauté diced onion and diced carrot until softened.
3. Add tomato paste and cook for 1 minute.
4. Add lean beef mince and smoked paprika. Break up the mince and cook for 5 minutes.
5. Pour in beef stock and chopped tomatoes. Season with garlic powder, mixed herbs, salt, and pepper. Simmer for 10 minutes.

### Assemble Lasagna:

1. Preheat oven to 180°C.
2. In a square baking pan, layer meat sauce, lasagna sheets, and cheese mixture. Repeat twice.
3. Top with a final layer of lasagna sheets and sprinkle with light mozzarella.
4. Bake: Bake in the preheated oven for 30 minutes or until the cheese is melted and bubbly. Divide into 6 portions. 1 portion for lunch and 1 portion dinner. The rest of the portions can be shared with family or wrapped well and stored in freezer for later use.

## Nutrition Information per serving

- Calories: 452
- Carbs: 47g
- Protein: 34g
- Fat: 13g
- Fiber: 4.8g

# HIGH PROTEIN LASAGNE

## NUTRITION INFORMATION

| Ingredient                                | Weight   | Calories   | Carbs (g) | Protein (g) | Fat (g)   | Fiber (g)  |
|---|----------|------------|-----------|-------------|-----------|------------|
| Low-fat Cottage Cheese                    | 200g     | 168        | 8.62      | 22          | 4.6       | -          |
| Low-fat Cream Cheese                      | 200g     | 304        | 10.2      | 14.8        | 22        | -          |
| Parmesan                                  | 30g      | 125.92     | 3.72      | 8.88        | 8.41      | -          |
| Low-fat Milk                              | 60ml     | 24.96      | 2.88      | 1.92        | 0.72      | -          |
| Italian Herbs                             | -        | 0          | 0         | 0           | 0         | 0          |
| Garlic Powder                             | 1 tsp    | 10.3       | 2.25      | 0.515       | 0.023     | 0.279      |
| Onion, diced                              | 170g     | 74.8       | 16.881    | 1.598       | 0.17      | 3.74       |
| Diced Carrot                              | 135g     | 64.8       | 13.905    | 1.269       | 0.4725    | 4.185      |
| Tomato Paste                              | 50g      | 52         | 10.1      | 2.115       | 0.365     | 2.35       |
| Lean Beef Mince                           | 500g     | 603.45     | 0         | 110.17      | 15        | -          |
| Smoked Paprika                            | 1 tbsp   | 16.92      | 3.24      | 0.846       | 0.774     | 2.094      |
| Beef Stock                                | 140ml    | 11.2       | 1.148     | 1.708       | 0         | -          |
| Chopped Tomatoes                          | 400g     | 128        | 29.16     | 6.56        | 1.12      | 7.6        |
| Garlic Powder                             | 1/2 tbsp | 15.45      | 3.375     | 0.7725      | 0.0345    | 0.4185     |
| Mixed Herbs                               | 1/2 tbsp | 0          | 0         | 0           | 0         | 0          |
| Fresh Basil Leaves                        | 5 leaves | 0.575      | 0.066     | 0.079       | 0.016     | 0.04       |
| Barilla Lasagna Sheets                    | 11       | 824.67     | 169.092   | 28.875      | 4.1349    | 8.316      |
| Light Mozzarella                          | 80g      | 246.4      | 5.36      | 0           | 15.28     | 0          |
| Total Calories                            | -        | 2713       | 280       | 202         | 78        | 29         |
| <b>Per Serving (Total Divided Into 6)</b> | -        | <b>452</b> | <b>47</b> | <b>34</b>   | <b>13</b> | <b>4.8</b> |



**IT**  
*always*  
**SEEMS** —  
**IMPOSSIBLE**  
*until IT'S*  
**DONE!**

