



**nutrition**  
**by** *devika*

community membership



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# Nutrition Plan

Day 1

Day 2

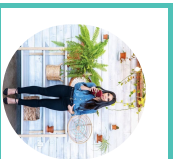
Day 3

Day 4

Day 5

Day 6

Day 7



DEVIKA SHARMA

## NUTRITION BY DEVIKA



Pear English Muffin with Walnuts 2.0



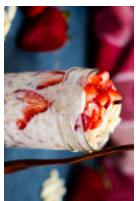
Egg & Hummus Breakfast Wrap



Pear English Muffin with Walnuts 2.0



Egg & Hummus Breakfast Wrap



Strawberry Overnight Oats 2.0



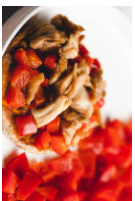
Protein Lunch Box 2.0



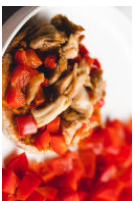
Crunchy Asian Salad Jar, Vanilla Greek Yogurt



Protein Lunch Box 2.0



English Muffin BBQ Chicken Pizza, Raspberries &



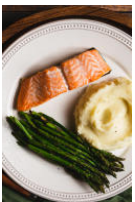
Leftover: English Muffin BBQ Chicken Pizza,



Bean and Cheese Stuffed Peppers



Leftover: Bean and Cheese Stuffed Peppers



Roasted Salmon with Mashed Potatoes &



Easy One-Pot Chicken Parm Pasta



Leftover: Easy One-Pot Chicken Parm Pasta



Strawberries & Greek Yogurt



Almonds & Mandarins



Strawberries & Greek Yogurt



Almonds & Mandarins



Strawberries & Greek Yogurt



2ND SNACK





# NUTRITION BY DEVIKA

DEVIKA SHARMA

## Grocery List

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Mandarins

### BAKERY

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1 package (6 ct) of English Muffins

1 package (6 ct) of Whole Wheat English Muffins

### BAKING GOODS

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1/8 pounds of Chia Seeds

1 can (5-7 fl oz) of Nonstick Cooking Spray

### CANNED / JAR GOODS

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1 jar (12 oz) of Almond Butter

3 cans (15 oz) of Canned Pinto Beans

1 jar (18 oz) of Peanut Butter

1 jar (8 oz) of Sun Dried Tomatoes

### CEREALS

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1/4 pounds of Rolled Oats

### DAIRY

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1 block (12 oz) of Cheddar Cheese

2 dozens Eggs

1 container (4 oz) of Feta Cheese

1 Box (16 oz) Milk, Low Fat (1%)

7 1/4 ounces of Parmesan Cheese

3 containers (32 oz) of Plain Low-Fat Greek Yogurt

2 containers (15 oz) of Ricotta Cheese

2 containers (6 oz) of Vanilla Greek Yogurt (Non-fat)

### DELI

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2 Cooked Rotisserie Chicken

1 container (10 oz) Hummus

### INTERNATIONAL / ETHNIC

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1 package (16 oz) of Edamame (Shelled & Cooked)

1 container (16 oz) of Salsa Pico de Gallo

1 package (8 ct) of Whole Wheat Tortillas



# NUTRITION BY DEVIKA

DEVIKA SHARMA

## Grocery List

### MEATS / SEAFOOD

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- 2 pounds of Boneless Skinless Chicken Breast
- 3/4 pounds of Salmon

### PASTA / RICE / BEANS

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- 1 package (16 oz) of Whole Wheat Spaghetti

### PRODUCE

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- 1 7/8 pounds of Asparagus
- 1/4 pounds of Carrots
- 6 Gala Apples
- 1 bunch of Green Onions (Scallions)
- 1 Lemon
- 5 pints of Raspberries
- 19 Red Bell Peppers
- 3 Russet Potatoes
- 1 package (8 oz) of White Mushrooms
- 1 bunch of Broccoli
- 3 pints of Cherry Tomatoes
- 1 head of Green Cabbage
- 1 container (12 oz) of Guacamole
- 3 Pear
- 2 bags (6 oz) of Raw Spinach
- 1 bag (12 oz) of Romaine Lettuce
- 3 quarts of Strawberries
- 1 Yellow Onions

### SNACKS

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- 1 container (16 oz) of Roasted Unsalted Peanuts
- 1/4 pounds of Whole Almonds
- 1/8 pounds of Walnuts

### SOUPS / SAUCES / GRAVIES

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- 2 jars (24 oz) of Marinara Sauce

### SPICES / CONDIMENTS

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- 1 bottle (18 oz) of Barbecue Sauce
- 1 jar (0.75 oz) of Dried Oregano
- 1 jar (1 oz) of Ground Cinnamon
- 1 jar (0.75 oz) of Italian Seasoning
- 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium)
- 1 jar (2-3 oz) of Chili Powder
- 1 jar (3 oz) of Garlic Powder
- 1 bottle (2 oz) of Hot Sauce
- 1 bottle (16 fl oz) of Olive Oil
- 1 bottle (28 oz) of Sriracha Sauce





## Pear English Muffin with Walnuts 2.0

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 3 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3 whole wheat english muffins toasted
- 1 1/2 cups ricotta cheese
- 1 1/2 pears sliced
- 3 dashes cinnamon
- 3 tablespoons walnuts chopped

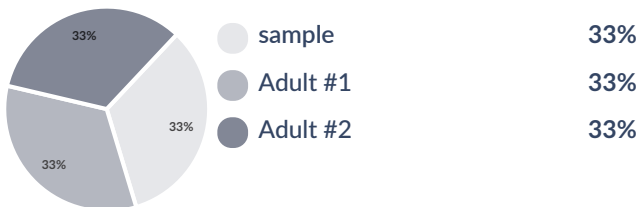
#### NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 363mg
Total Fat 15g	Saturated Fat 6.7g
Carbs 47g	Fruits 0.5 servings
Calories 392kcal	Vegetables 0 servings
Fiber 7.6g	Added Sugar 5.3g

### Method

1. Spread the english muffin with ricotta cheese.
2. Top with pear, cinnamon and walnuts

### PORTIONS





## Protein Lunch Box 2.0

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

### Method

1. Toss chicken and tomatoes with lemon juice, oregano, and pepper.
2. Peel egg.
3. Serve with apple slices dipped in almond butter or pack in a lunch box.

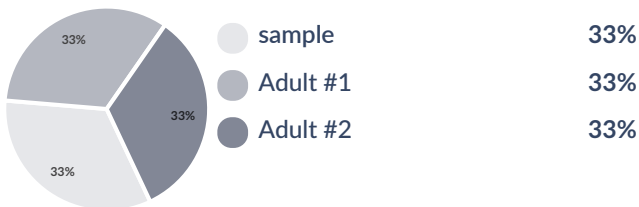
### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 10 1/2 ounces rotisserie chicken chopped
- 3 cups cherry tomatoes halved
- 3 wedges lemon juiced
- 3 pinches oregano
- 3 pinches pepper
- 3 eggs hard boiled
- 3 red apples sliced
- 1 1/2 tablespoons almond butter

#### NUTRITION INFORMATION PER SERVING

Protein 37g	Sodium 317mg
Total Fat 18g	Saturated Fat 4.23g
Carbs 32g	Fruits 1.12 servings
Calories 431kcal	Vegetables 1 servings
Fiber 6.8g	Added Sugar 0g

### PORTIONS





# Bean and Cheese Stuffed Peppers

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 30 MINS COOK | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

- 3 cooking sprays
- 12 red bell peppers
- 4 1/2 cups pinto beans drained and rinsed
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons garlic powder
- 1 cup sharp cheddar cheese shredded
- 1 1/2 cups pico de gallo
- 1 1/2 cups guacamole

### NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 752mg
Total Fat 18g	Saturated Fat 5.5g
Carbs 53g	Fruits 0 servings
Calories 437kcal	Vegetables 2.1 servings
Fiber 17g	Added Sugar 0g

## Method

1. Preheat oven 400°F. Grease a baking dish with cooking spray and set aside.
2. Fill a medium pot about halfway with water and bring to a boil over medium high heat. Add peppers and boil for 10 minutes, using tongs to flip them halfway through.
3. Meanwhile, mix together beans, chili powder, and garlic powder.
4. Transfer the peppers to a chopping board. Cut the peppers in half and scoop out the seeds.
5. Place peppers in baking dish. Fill peppers with beans and sprinkle with cheese.
6. Bake 15-20 minutes, until the peppers are tender and the cheese is melted.
7. Top with pico de gallo and guacamole to serve.

## PORTIONS





# Strawberries & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3 cups whole strawberries
- 2 cups plain Greek yogurt
- 3 sprinkles cinnamon

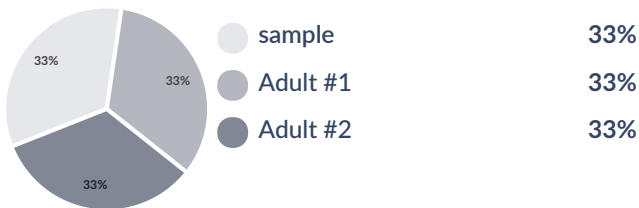
### NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 95mg
Total Fat 3.8g	Saturated Fat 2.03g
Carbs 20g	Fruits 1 servings
Calories 169kcal	Vegetables 0 servings
Fiber 3.05g	Added Sugar 0g

## Method

1. Wash and slice strawberries. Serve with Greek yogurt.
2. Sprinkle yogurt with cinnamon if desired.

## PORTIONS







# Egg & Hummus Breakfast Wrap

BY EATING BIRD FOOD

🕒 10 MINS PREP | 🕒 6 MINS COOK | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3 whole grain tortillas
- 3 tablespoons hummus
- 3 eggs
- 3/4 cup egg whites
- 3/8 cup yellow onion chopped
- 6 button mushrooms sliced
- 6 cups raw spinach
- 3 tablespoons feta crumbled
- 3 tablespoons sun dried tomatoes chopped
- dashes salt, to taste
- dashes fresh ground pepper, to taste
- dashes hot sauce, for topping (optional)

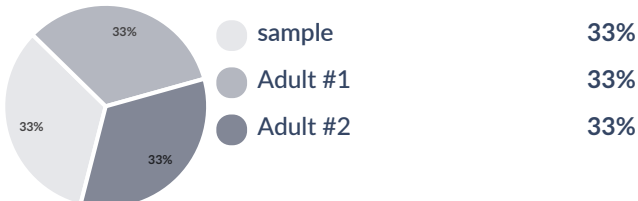
## NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 701mg
Total Fat 17g	Saturated Fat 6.6g
Carbs 29g	Fruits 0 servings
Calories 350kcal	Vegetables 1.91 servings
Fiber 6.5g	Added Sugar 0g

## Method

1. Spray skillet with cooking spray and sauté onion and mushrooms for 3 to 4 minutes or until fragrant. Add spinach and sauté for a few minutes longer, until spinach has wilted.
2. Add egg and egg whites to pan with veggies and cook for about 2 minutes or until eggs are cooked through. While cooking sprinkle on a little salt and ground pepper.
3. Warm up the tortilla and the spread on a layer of hummus. Place the egg scramble in the center of the tortilla and top with sun dried tomatoes and feta. Sprinkle on a little more salt and pepper as well as hot sauce, if using.
4. Wrap tortilla up and serve!

## PORTIONS





## Almonds & Mandarins

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 3 SERVINGS

🌐 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

### Method

1. Peel tangerines and serve with almonds.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

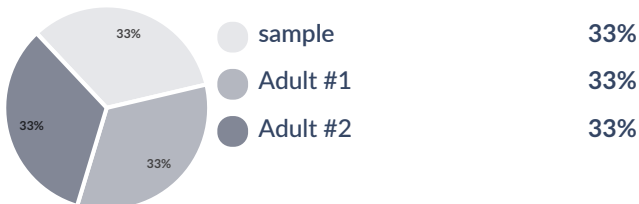
30 almonds

6 small mandarins Mandarins

#### NUTRITION INFORMATION PER SERVING

Protein 4.54g	Sodium 0.12mg
Total Fat 6g	Saturated Fat 0.46g
Carbs 23g	Fruits 0 servings
Calories 150kcal	Vegetables 0 servings
Fiber 3.48g	Added Sugar 0g

### PORTIONS





# Crunchy Asian Salad Jar

BY EMILIE EATS

🕒 15 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

### Salad

- 3/4 cup cabbage shredded
- 1 cup edamame
- 3/4 cup red bell pepper diced
- 3/8 cup peanuts chopped
- 1 1/2 cups broccoli cut into florets
- 3/8 cup green onions sliced
- 3/4 cup carrots shredded
- 4 1/2 cups romaine lettuce chopped

### Dressing

- 3 tablespoons peanut butter
- 3 tablespoons low sodium soy sauce
- 1 1/2 teaspoons Sriracha

### NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 614mg
Total Fat 21g	Saturated Fat 3.52g
Carbs 28g	Fruits 0 servings
Calories 351kcal	Vegetables 2.12 servings
Fiber 11g	Added Sugar 0g

## Method

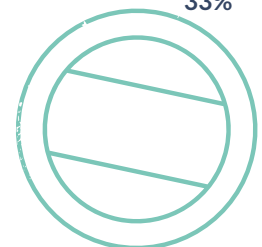
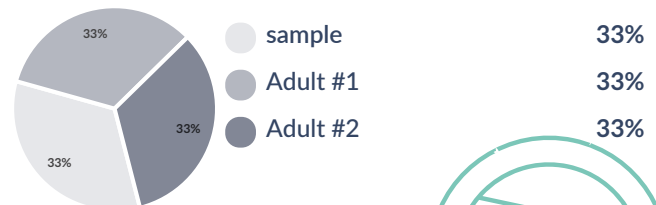
### Prep Salad Jar Ingredients

- Shred the cabbage and carrots, dice the bell pepper, and cut broccoli into florets. Chop the peanuts. Slice the green onions and chop the lettuce.
- Whisk dressing ingredients together.

### Assemble Salad Jar

- First layer: Pour dressing into a 32 ounce or larger mason jar/container.
- Second layer: Place cabbage, pepper, broccoli and carrots into jar.
- Third layer: Next, place the edamame, peanuts, and green onions.
- Fourth layer: Top with chopped romaine lettuce.
- Note: Salad jars can be prepped and stored overnight. If making more than one salad jar, evenly divide ingredients amongst all jars.
- To serve: shake jar before serving - eat directly out of jar or pour into serving bowl.

### PORTIONS





## Vanilla Greek Yogurt

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

### Method

1. Spoon vanilla greek yogurt into a bowl and serve.

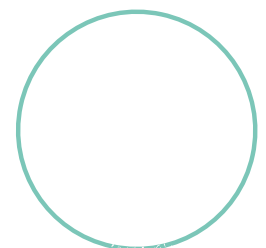
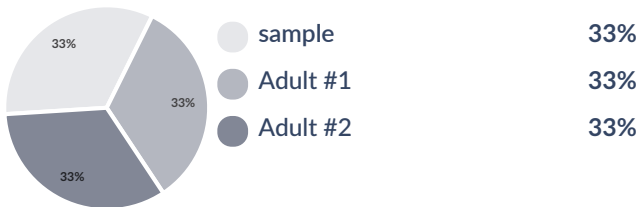
### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cups nonfat vanilla greek yogurt

#### NUTRITION INFORMATION PER SERVING

Protein 9.8g	Sodium 39mg
Total Fat 0.2g	Saturated Fat 0.15g
Carbs 12g	Fruits 0 servings
Calories 89kcal	Vegetables 0 servings
Fiber 0.57g	Added Sugar 7.2g

### PORTIONS





# Roasted Salmon with Mashed Potatoes & Asparagus

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 30 MINS COOK | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 12 ounces salmon
- 6 cups asparagus chopped
- 1 1/2 tablespoons olive oil
- 3 potatoes peeled and quartered
- 3/8 cup Milk, Low Fat (1%)
- 3 pinches salt
- 3 pinches pepper

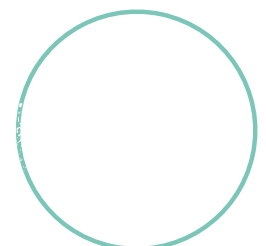
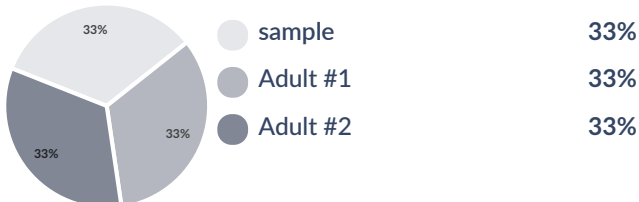
## NUTRITION INFORMATION PER SERVING

Protein 36g	Sodium 544mg
Total Fat 14g	Saturated Fat 2.63g
Carbs 50g	Fruits 0 servings
Calories 456kcal	Vegetables 2 servings
Fiber 8.4g	Added Sugar 0g

## Method

1. Preheat oven to 450°F.
2. Toss asparagus with half the olive oil and spread out onto one half of a baking sheet.
3. Place salmon on the other half of the baking sheet. Bake 10-15 minutes until salmon is cooked through.
4. Meanwhile, bring a pot of water to a boil over high heat. Add potatoes and cook until tender, about 15-20 minutes.
5. Once the potatoes are tender, turn off the heat and drain the water. Place potatoes back in the pot and use a fork or potato masher to mash the potatoes. Add remaining olive oil, milk, salt, and pepper and mix until creamy.

## PORTIONS







# English Muffin BBQ Chicken Pizza

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3 English muffins
- 3/8 cup BBQ sauce
- 3/8 cup cheddar cheese shredded
- 1 1/8 pounds rotisserie chicken chopped
- 6 Red Bell Peppers chopped

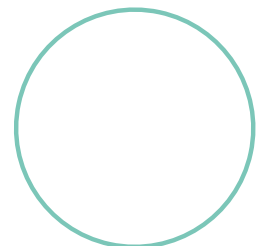
### NUTRITION INFORMATION PER SERVING

Protein 29g	Sodium 526mg
Total Fat 11g	Saturated Fat 3.49g
Carbs 27g	Fruits 0 servings
Calories 318kcal	Vegetables 0.8 servings
Fiber 3.96g	Added Sugar 6.1g

## Method

1. Preheat oven to 450°F.
2. Place English muffin on a baking sheet.
3. Spread BBQ sauce on English muffin and top with cheese, chicken, and bell pepper (as much as can easily fit).
4. Bake 7-12 minutes until cheese melts.
5. Serve remaining bell pepper on the side.

## PORTIONS





# Raspberries & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 6 cups raspberries
- 4 cups plain Greek yogurt
- 6 sprinkles cinnamon

### NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 95mg
Total Fat 4.14g	Saturated Fat 2.03g
Carbs 23g	Fruits 1 servings
Calories 184kcal	Vegetables 0 servings
Fiber 8g	Added Sugar 0g

## Method

1. Wash raspberries and serve with Greek yogurt.
2. Sprinkle yogurt with cinnamon if desired.

## PORTIONS





# Easy One-Pot Chicken Parm Pasta

BY COOKIE ROOKIE

🕒 15 MINS PREP | 🕒 20 MINS COOK | 🍴 8 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 4 SERVINGS

- 5 cups water
- 3 pounds pasta sauce
- 1 pound spaghetti broken in half
- 2 pounds boneless skinless chicken breast cubed
- 2 cups parmesan cheese, divided grated
- 2 tablespoons italian seasoning
- 2 tablespoons olive oil

### NUTRITION INFORMATION PER SERVING

Protein 45g	Sodium 896mg
Total Fat 16g	Saturated Fat 5.4g
Carbs 57g	Fruits 0 servings
Calories 555kcal	Vegetables 1.31 servings
Fiber 9.4g	Added Sugar 9.3g

## Method

- In a medium skillet, heat olive oil over medium/high heat.
- Coat chicken cubes in 1/2 cup Parmesan cheese and Italian seasoning.
- Cook chicken in skillet for approximately 5 minutes, turning after 2 1/2 minutes. Be sure the chicken is white throughout and cooked through. Set aside.
- In a medium pot, bring water and pasta sauce to a boil.
- Add pasta and allow to cook for approximately 15 minutes, until pasta is tender. Be sure to stir throughout as pasta might stick to the bottom.
- When pasta is tender, add the remaining 1/2 cup parmesan cheese and stir in chicken. Serve immediately.

## PORTIONS





# Strawberry Overnight Oats 2.0

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 1/8 pounds low-fat Greek yogurt
- 1 cup rolled oats uncooked
- 1 1/2 cups strawberries
- 3 tablespoons Peanut Butter
- 3 teaspoons Chia Seeds

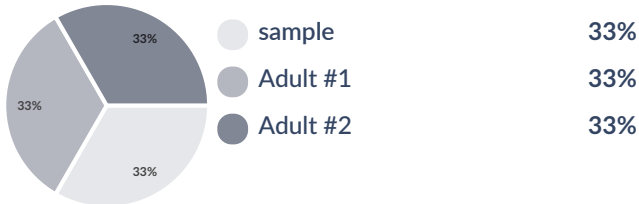
### NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 177mg
Total Fat 15g	Saturated Fat 4.42g
Carbs 44g	Fruits 0.5 servings
Calories 407kcal	Vegetables 0 servings
Fiber 7.5g	Added Sugar 0g

## Method

1. In a small bowl, combine yogurt, chia seeds and oats. Add the ingredients to a sterilized mason jars. Cover and store in the refrigerator overnight. When ready to eat top with strawberries and peanut butter.

## PORTIONS





# Strawberries & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3/4 cup whole strawberries
- 2 cups plain Greek yogurt

### NUTRITION INFORMATION PER SERVING

Protein 15g	Sodium 94mg
Total Fat 3.46g	Saturated Fat 2.01g
Carbs 11g	Fruits 0.25 servings
Calories 133kcal	Vegetables 0 servings
Fiber 0.76g	Added Sugar 0g

## Method

1. Wash and slice strawberries. Serve with Greek yogurt.

## PORTIONS

