



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

community membership

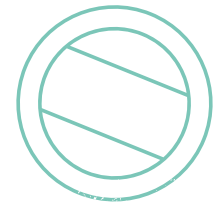


Easily swap and explore more meal options. visit [eatlove.is](https://eatlove.is)



































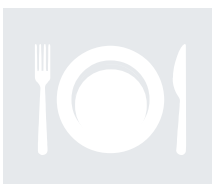


# NUTRITION BY DEVIKA

DEVIKA SHARMA



## Nutrition Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 Pineapple & Apple Overnight Oats	 Lean Berry Parfait with Superfood Seeds	 Spinach and Cheese Omelette	 Lean Berry Parfait with Superfood Seeds	 Pineapple & Apple Overnight Oats		
LUNCH	 Chickpea Coconut Curry	 Leftover: Chickpea Coconut Curry	 Turkey & Cheese Sandwich Bento	 Chicken Strawberry Salad Wrap	 Leftover: Chicken Strawberry Salad Wrap		
DINNER	 Tofu and Rice Salad	 Leftover: Tofu and Rice Salad	 Greek Chicken Kebab	 Leftover: Greek Chicken Kebab	 One-Pan Salmon, Asparagus & Sweet Potatoes, Sweet Potato Hash		
SNACK	 Chips & Salsa	 Banana Spinach Smoothie 2.0	 Strawberries & Pretzels 2.0	 Chips & Salsa	 Banana Spinach Smoothie 2.0		
2ND SNACK	 Edamame			 Edamame			



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## Grocery List

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Mini Pretzels, Unsalted

### BAKERY

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1 loaf (24 oz) of Whole Wheat Bread

1 bag (6 ct) of Whole Wheat Pita Bread

### BAKING GOODS

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1/8 pounds of Chia Seeds

1/8 pounds of Flaxseeds

1 package (16 oz) of Granulated Sugar

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

### CANNED / JAR GOODS

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1 can (14 fl oz) of Canned Full-Fat Coconut Milk

1 can (15 oz) of Canned Garbanzo Beans (Chickpeas)

1 jar (16 oz) of Tahini

### CEREALS

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1/4 pounds of Rolled Oats

### DAIRY

---

1 block (12 oz) of Cheddar Cheese

1 half dozen Eggs

1 pint of Milk, 2% fat

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

1 container (8 oz) of Plain Low-Fat Greek Yogurt

2 containers (8 oz) of Plain Non-Fat Greek Yogurt

5/8 ounces of Swiss Cheese



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## Grocery List

### DELI

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- 1 Cooked Rotisserie Chicken  1/8 pounds of Sliced Deli Turkey

### FROZEN FOODS

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- 1 package (12 oz) of Mixed Frozen Berries

### INTERNATIONAL / ETHNIC

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- 1 package (16 oz) of Edamame (Shelled & Cooked)  1 package (16 oz) of Extra Firm Tofu  
 1 container (16 oz) of Salsa Pico de Gallo  1 package (6 ct) of Spinach Tortilla

### MEATS / SEAFOOD

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- 1/2 pounds of Boneless Skinless Chicken Breast  3/8 pounds of Salmon

### PASTA / RICE / BEANS

---

- 1 package (8.8 oz) Instant Brown Rice

### PRODUCE

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- 1 bunch of Asparagus  1 Avocados  
 2 Banana  1 Carrots  
 1 head of Cauliflower  1 quart of Cherry Tomatoes  
 1 bunch of Fresh Cilantro  1 Gala Apples  
 1 Lemon



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## Grocery List

### PRODUCE

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 Limes                          | <input type="checkbox"/> 1 package (5 oz) of Mixed Salad Greens |
| <input type="checkbox"/> 2 Oranges                        | <input type="checkbox"/> 1 Pineapple                            |
| <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach      | <input type="checkbox"/> 1 Red Onions                           |
| <input type="checkbox"/> 1 bag (12 oz) of Romaine Lettuce | <input type="checkbox"/> 1 pint of Strawberries                 |
| <input type="checkbox"/> 1/4 pounds of Sugarsnap Peas     | <input type="checkbox"/> 3 Sweet Potatoes                       |
| <input type="checkbox"/> 1 Yellow Onions                  |   |

### SNACKS

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- |   |  |
|---|--|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds    |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds         | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |

### SPICES / CONDIMENTS

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- |   |  |
|---|--|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Apple Cider Vinegar | <input type="checkbox"/> 1 jar (2 oz) of Curry Powder          |
| <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano           | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon       |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil           | <input type="checkbox"/> 1 bottle (12 fl oz) of Ranch Dressing |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Red Wine Vinegar    |  |



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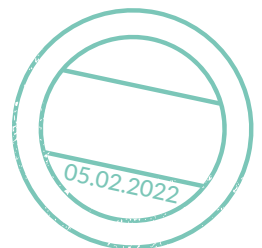
DEVIKA SHARMA

## Grocery List

### SPICES / CONDIMENTS

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- 1 bottle (5 fl oz) of Toasted Sesame Oil
- 1 bottle (8 oz) of Yellow Mustard





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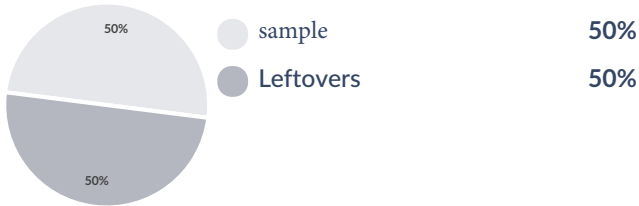
## INGREDIENTS

- 1 tablespoon olive oil
- 3/4 cup coconut milk
- 2 cups cauliflower cut into florets
- 2 tablespoons cilantro chopped
- 1 cup chickpeas drained and rinsed
- 1/4 lime juiced
- 1/2 teaspoon curry powder
- 1 whole wheat pita

### NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 392mg
Total Fat 29g	Fruits 0.12 servings
Carbs 45g	Vegetables 1 servings
Calories 469kcal	Saturated Fat 18g
Phosphorus 264mg	Fiber 10g
Potassium 677mg	Added Sugar 0.26g

## PORTIONS



# Chickpea Coconut Curry

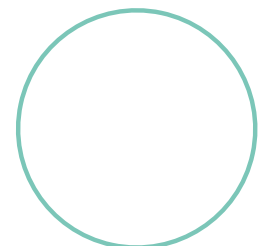
BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 20 MINS COOK | 🍴 2 SERVINGS

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

## Method

- Heat oil in a pot over medium heat. Add cauliflower and cook until cauliflower starts to soften and brown, 5-7 minutes.
- Stir in chickpeas, curry powder, and coconut milk. Cover and simmer until cauliflower is tender, about 10 minutes.
- Turn off heat and stir in lime juice and cilantro. Serve with pita.







# NUTRITION BY DEVIKA

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## INGREDIENTS

- 1/2 pound extra firm tofu cubed
- 1/2 tablespoon sesame oil
- 1/4 cup water
- 1/4 cup instant rice
- 4 cups mixed greens
- 1 carrot grated
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1/2 tablespoon tahini
- 2 tablespoons sunflower seeds

### NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 54mg
Total Fat 24g	Fruits 0 servings
Carbs 22g	Vegetables 1.24 servings
Calories 347kcal	Saturated Fat 2.72g
Phosphorus 323mg	Fiber 3.55g
Potassium 509mg	Added Sugar 0g

## PORTIONS



# Tofu and Rice Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

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

## Method

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Toss tofu with sesame oil and spread out on baking sheet. Bake 15-20 minutes until golden.
3. Meanwhile, bring water to a boil in a pot on the stove. Stir in rice, cover, and remove from heat. Let sit for 5 minutes or until water is absorbed.
4. In a large bowl, combine rice, greens, carrots, and tofu.
5. In a small bowl, whisk together vinegar, olive oil, and tahini. Add water as needed to thin the dressing.
6. Pour dressing over salad and toss to combine.
7. Divide salad into serving bowls and sprinkle with sunflower seeds.





# NUTRITION BY DEVIKA

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## INGREDIENTS

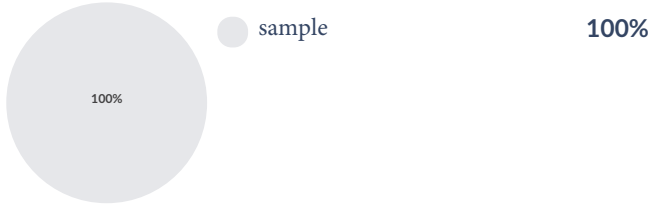
8 chips corn tortilla chips

1/4 cup pico de gallo

### NUTRITION INFORMATION PER SERVING

Protein <b>1.32g</b>	Sodium <b>222mg</b>
Total Fat <b>4.47g</b>	Fruits <b>0 servings</b>
Carbs <b>19g</b>	Vegetables <b>0.5 servings</b>
Calories <b>119kcal</b>	Saturated Fat <b>0.56g</b>
Phosphorus <b>47mg</b>	Fiber <b>0.94g</b>
Potassium <b>41mg</b>	Added Sugar <b>0g</b>

## PORTIONS



# Chips & Salsa

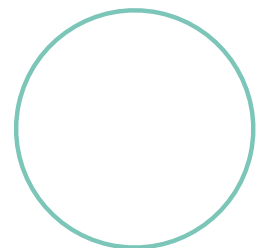
BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Serve chips with pico de gallo.





# NUTRITION BY DEVIKA

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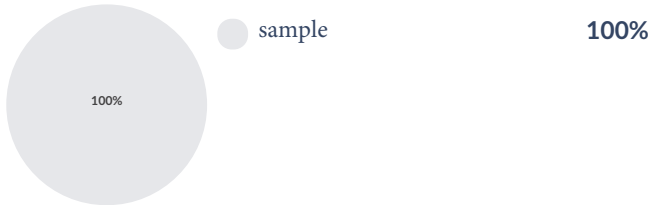
## INGREDIENTS

1/2 cup edamame

### NUTRITION INFORMATION PER SERVING

Protein <b>9.8g</b>	Sodium <b>0mg</b>
Total Fat <b>4.68g</b>	Fruits <b>0 servings</b>
Carbs <b>8.9g</b>	Vegetables <b>0 servings</b>
Calories <b>110kcal</b>	Saturated Fat <b>0.56g</b>
Phosphorus <b>152mg</b>	Fiber <b>4.68g</b>
Potassium <b>392mg</b>	Added Sugar <b>0g</b>

## PORTIONS



# Edamame

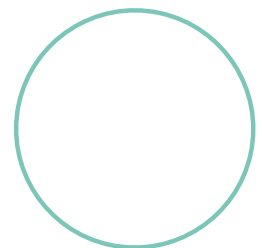
BY EVERYDAY EATLOVE

🕒 7 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Boil water in a saucepan. Add edamame and cook for 5 minutes or according to package instructions.
2. Once done, remove from heat, drain water, remove the edamame beans from the pods as pods are not edible and serve.





## NUTRITION BY DEVIKA

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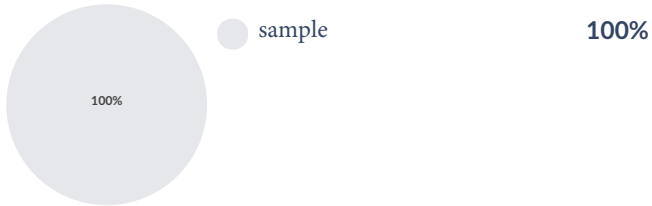
### INGREDIENTS

- 1/2 cup rolled oats
- 1 cup 1% milk
- 1/2 cup Pineapple chopped
- 1/2 cup red apple chopped
- 1/2 teaspoon cinnamon

#### NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 112mg
Total Fat 5.9g	Fruits 0.98 servings
Carbs 67g	Vegetables 0 servings
Calories 375kcal	Saturated Fat 2.13g
Phosphorus 458mg	Fiber 8.4g
Potassium 709mg	Added Sugar 0g

### PORTIONS



# Pineapple & Apple Overnight Oats

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 8 HRS COOK | 🍴 1 SERVINGS

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

## Method

1. Combine all ingredients in a microwave-safe bowl. Cover and let sit in the fridge overnight.
2. Serve cold or heat in the microwave for 1 minute.



# NUTRITION BY DEVIKA

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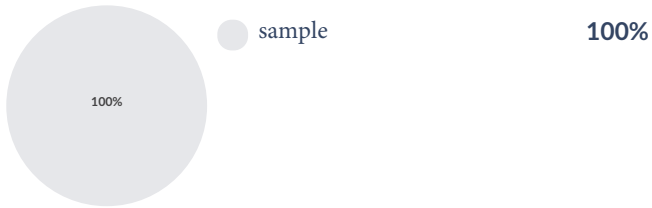
## INGREDIENTS

- 1 cup non-fat Greek yogurt
- 1 cup frozen berries
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds

### NUTRITION INFORMATION PER SERVING

Protein 31g	Sodium 85mg
Total Fat 9.4g	Fruits 2 servings
Carbs 38g	Vegetables 0 servings
Calories 346kcal	Saturated Fat 1.09g
Phosphorus 604mg	Fiber 13g
Potassium 693mg	Added Sugar 0g

## PORTIONS



# Lean Berry Parfait with Superfood Seeds

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Place fruit in a bowl and microwave for 1-2 minutes until warm. Top with Greek yogurt and chia/hemp seeds, enjoy!



# NUTRITION BY DEVIKA

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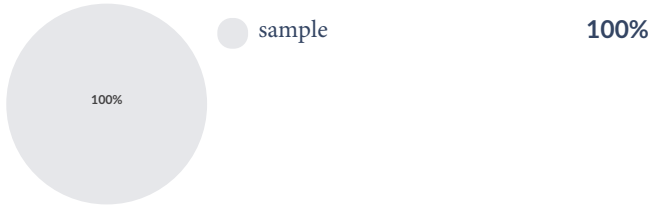
## INGREDIENTS

- 1/2 cup milk
- 1/2 cup plain greek yogurt
- 1 banana frozen
- 2 cups raw spinach
- 1/4 cup ice
- 1/2 tablespoon ground flaxseed

### NUTRITION INFORMATION PER SERVING

Protein <b>19g</b>	Sodium <b>180mg</b>
Total Fat <b>7.7g</b>	Fruits <b>1.97 servings</b>
Carbs <b>42g</b>	Vegetables <b>1 servings</b>
Calories <b>296kcal</b>	Saturated Fat <b>3.4g</b>
Phosphorus <b>353mg</b>	Fiber <b>5.7g</b>
Potassium <b>1123mg</b>	Added Sugar <b>0g</b>

## PORTIONS



# Banana Spinach Smoothie 2.0

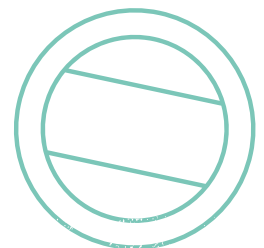
BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Add all ingredients to a blender and blend until smooth.
2. Add more ice or water, if needed, to reach desired consistency.





# NUTRITION BY DEVIKA

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## INGREDIENTS

- 1/2 tablespoon sugar
- 1 tablespoon red wine vinegar
- 1/2 tablespoon water
- 1 pinch salt
- 1 tablespoon extra-virgin olive oil
- 2 spinach tortilla wraps
- 4 leaves leafy greens or romaine lettuce
- 1 cup rotisserie chicken breast shredded
- 1/2 cup strawberries stemmed, halved
- 1/2 avocado pitted, peeled, sliced
- 1/8 red onion sliced
- 2 tablespoons sliced almonds

### NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 889mg
Total Fat 26g	Fruits 0.25 servings
Carbs 48g	Vegetables 0.66 servings
Calories 527kcal	Saturated Fat 4.25g
Phosphorus 404mg	Fiber 6.8g
Potassium 721mg	Added Sugar 3.14g

## PORTIONS



# Chicken Strawberry Salad Wrap

BY MUY BUENO

🕒 15 MINS PREP | 🍴 2 SERVINGS

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

## Method

1. To prepare dressing, combine sugar, red wine vinegar, water, and salt in a small bowl.
2. Gradually drizzle in oil, stirring constantly with a whisk.
3. Layer the spinach wraps with lettuce, chicken, strawberries, avocado, red onion, and almonds.
4. Drizzle dressing over each serving.
5. Wrap in fun parchment paper and serve.



# NUTRITION BY DEVIKA

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## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 4 teaspoons olive oil
- 20 cherry tomatoes chopped
- 8 ounces chicken breast
- 1/4 cup red onion minced
- 2 cups cooked brown rice
- 2 teaspoons oregano

### Cooked Brown Rice

- 1 cup brown rice
- 2 1/2 cups water

### NUTRITION INFORMATION PER SERVING

Protein <b>31g</b>	Sodium <b>66mg</b>
Total Fat <b>14g</b>	Fruits <b>0 servings</b>
Carbs <b>49g</b>	Vegetables <b>1.1 servings</b>
Calories <b>447kcal</b>	Saturated Fat <b>2.23g</b>
Phosphorus <b>425mg</b>	Fiber <b>4.26g</b>
Potassium <b>893mg</b>	Added Sugar <b>0g</b>

## PORTIONS



# Greek Chicken Kebab

BY EVERYDAY EATLOVE

⌚ 5 MINS PREP | ⌚ 40 MINS COOK | 🍴 2 SERVINGS

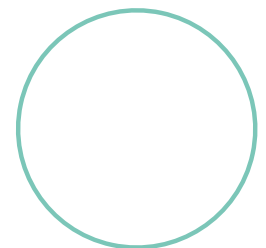
🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Preheat the oven's broiler.
2. Toss chicken breast in half the olive oil.
3. Thread chicken breast onto metal skewers. Broil for 5 minutes, turn the chicken over, and broil for 5 minutes more.
4. Remove chicken from oven. Serve with brown rice, cherry tomatoes, red onions, and top with remaining olive oil and oregano.

### Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.







# NUTRITION BY DEVIKA

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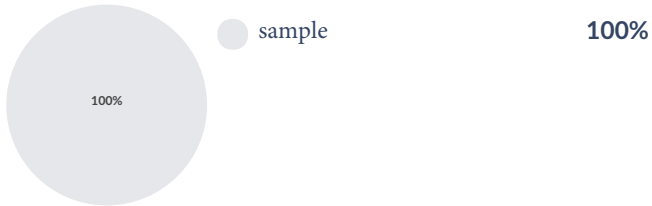
## INGREDIENTS

- 1/2 cup sugarsnap peas
- 1/2 orange sliced
- 1/2 cup cherry tomatoes
- 2 slices whole wheat bread
- 2 slices deli turkey
- 1 slice cheddar
- 1 teaspoon mustard
- 1 tablespoon ranch

### NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 1131mg
Total Fat 19g	Fruits 0.5 servings
Carbs 60g	Vegetables 1 servings
Calories 503kcal	Saturated Fat 5.7g
Phosphorus 480mg	Fiber 8.6g
Potassium 913mg	Added Sugar 0.75g

## PORTIONS



# Turkey & Cheese Sandwich Bento

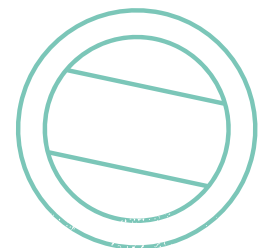
BY EVERYDAY EATLOVE

🕒 6 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Wash and prepare sugarsnap peas, orange, and cherry tomatoes.
2. Toast bread if desired.
3. Spread mustard onto one slice of bread. Top with deli turkey and cheddar. Press the remaining slice on top.
4. Serve altogether with ranch. Alternatively, pack into a lunch box for later consumption.





# NUTRITION BY DEVIKA

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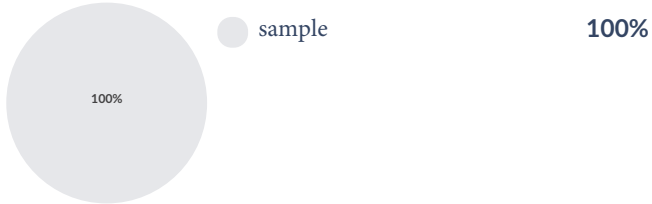
## INGREDIENTS

- 1 cooking spray
- 2 eggs
- 1/2 tablespoon low fat milk
- 1 pinch pepper
- 2 cups spinach chopped
- 1/2 ounce Swiss cheese
- 1 orange sliced

### NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 188mg
Total Fat 15g	Fruits 1 servings
Carbs 29g	Vegetables 1 servings
Calories 317kcal	Saturated Fat 5.9g
Phosphorus 350mg	Fiber 8.5g
Potassium 808mg	Added Sugar 0g

## PORTIONS



# Spinach and Cheese Omelette

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 5 MINS COOK | 🍴 1 SERVINGS

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

## Method

1. Crack eggs into a bowl and beat with milk and pepper.
2. Spray a skillet with cooking spray and heat over medium high heat.
3. Add eggs and tilt pan to evenly spread out the egg mixture on the bottom of the pan.
4. When the top is half cooked, add the spinach and cheese.
5. Once fully cooked, fold the omelette in half and slide onto a plate.
6. Serve with orange slices.



# NUTRITION BY DEVIKA

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## INGREDIENTS

1/2 cup strawberries

20 minis Mini Pretzels, Unsalted

### NUTRITION INFORMATION PER SERVING

Protein <b>3.51g</b>	Sodium <b>81mg</b>
Total Fat <b>0.23g</b>	Fruits <b>0.5 servings</b>
Carbs <b>31g</b>	Vegetables <b>0 servings</b>
Calories <b>134kcal</b>	Saturated Fat <b>0.01g</b>
Phosphorus <b>18mg</b>	Fiber <b>2.51g</b>
Potassium <b>116mg</b>	Added Sugar <b>0g</b>

# Strawberries & Pretzels 2.0

BY EVERYDAY EATLOVE

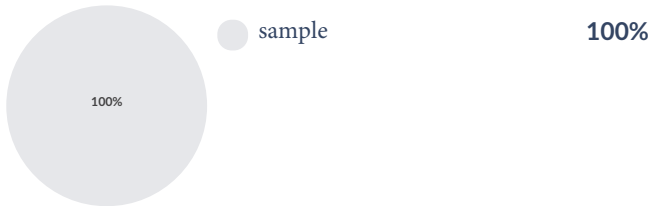
🕒 5 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Place strawberries and pretzels on a plate and serve.

## PORTIONS





# NUTRITION BY DEVIKA

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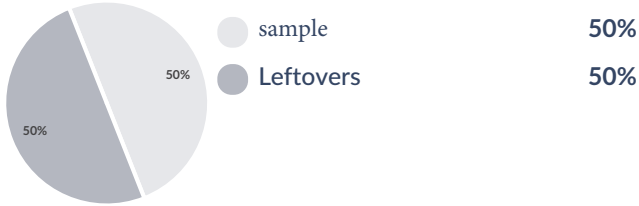
## INGREDIENTS

- 2 3-oz fillets salmon
- 1 bunch asparagus trimmed
- 2 sweet potatoes cut into steak fries
- 1/2 lemon sliced
- 1 1/2 tablespoons olive oil, divided
- 1 dash salt
- 1 dash pepper

### NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 229mg
Total Fat 15g	Fruits 0.25 servings
Carbs 29g	Vegetables 1.69 servings
Calories 341kcal	Saturated Fat 2.52g
Phosphorus 391mg	Fiber 8g
Potassium 1086mg	Added Sugar 0g

## PORTIONS



# One-Pan Salmon, Asparagus & Sweet Potatoes

BY BITE OF HEALTH NUTRITION

🕒 5 MINS PREP | 🕒 30 MINS COOK | 🍴 2 SERVINGS

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

## Method

1. Preheat oven to 425 degrees F.
2. Line baking sheet with aluminum foil.
3. Toss cut sweet potato sticks with half of the olive oil and salt/pepper to taste. Line evenly on baking sheet. Bake for 20 minutes.
4. While sweet potato is cooking, prepare asparagus by tossing in remaining olive oil and salt/pepper to taste. Sprinkle salmon with salt/pepper, drizzle with olive oil, and top with two slices of lemon.
5. When sweet potatoes are done baking, move to one side. Line asparagus in an even layer over the bottom of the baking sheet then top with salmon filets. Bake for 10 minutes or until salmon opaque and flakey.



# NUTRITION BY DEVIKA

DEVIKA SHARMA

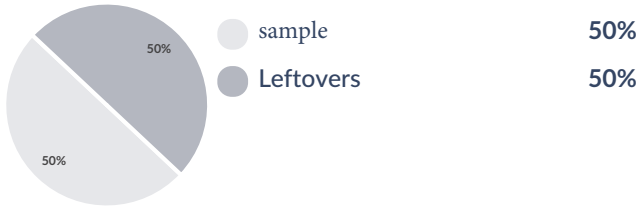
## INGREDIENTS

- 2 teaspoons olive oil
- 1/3 apple peeled and shredded
- 1/4 cup onion thinly sliced
- 1 sweet potato shredded
- 1 pinch cinnamon
- 1 pinch salt
- 1 pinch pepper

### NUTRITION INFORMATION PER SERVING

Protein 1.04g	Sodium 221mg
Total Fat 4.58g	Fruits 0.17 servings
Carbs 15g	Vegetables 0.18 servings
Calories 105kcal	Saturated Fat 0.64g
Phosphorus 31mg	Fiber 2.55g
Potassium 220mg	Added Sugar 0g

## PORTIONS



# Sweet Potato Hash

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

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

## Method

1. Squeeze excess water out of the apples and sweet potatoes.
2. Combine all ingredients except oil in a large bowl. Mix well.
3. Heat oil in a large skillet over medium high heat. Spread potato mixture in the skillet in an even layer, pressing down lightly with a spatula.
4. Cook until golden brown, about 5 minutes.
5. Flip and cook an additional 3-5 minutes.