



nutrition
by *devika*

community membership






































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NUTRITION BY DEVIKA

DEVIKA SHARMA

Nutrition Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 French Toast with Strawberries, Greek Yogurt	 Egg White and Spinach Wrap	 Apple Pie Overnight Oats 2.0	 Egg White and Spinach Wrap	 French Toast with Strawberries, Greek Yogurt		
LUNCH	 Chickpea Avocado Bowl	 Cauliflower Chickpea Curry	 Philly-Style Wrap	 Leftover: Philly-Style Wrap	 Chicken BLT Salad Wrap		
DINNER	 Cheesy Lentil Pasta	 Salmon, Quinoa, and Broccoli	 Leftover: Cauliflower Chickpea Curry	 Beef Penne Bolognese	 Leftover: Beef Penne Bolognese		
SNACK	 Edamame	 Veggies & Hummus 2.0	 Edamame	 Veggies & Hummus 2.0	 Edamame		
2ND SNACK							



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Grocery List

BAKERY

- 1 loaf (24 oz) of White Bread
- 1 bag (6 ct) of Whole Wheat Pita Bread

BAKING GOODS

- 1/8 pounds of Chia Seeds
- 1 package (16 oz) of Granulated Sugar
- 1 can (5-7 fl oz) of Nonstick Cooking Spray

CANNED / JAR GOODS

- 1 can (14-15 oz) of Canned Diced Tomatoes
- 1 can (14.5 oz) of Canned Diced Tomatoes, No Salt Added
- 1 can (15 oz) of Canned Garbanzo Beans (Chickpeas)
- 1 container (32 oz) of Low Sodium Vegetable Broth
- 1 jar (8 oz) of Sun Dried Tomatoes
- 1 can (6 oz) of Tomato Paste

CEREALS

- 1/8 pounds of Rolled Oats

DAIRY

- 1 carton (16 oz) of Egg Whites
- 1 half dozen Eggs
- 1 container (4 oz) of Feta Cheese
- 1 package (8 oz) of Low-Fat Cream Cheese
- 1 pint of Milk, 2% fat
- 1 Box (16 oz) Milk, Low Fat (1%)



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Grocery List

DAIRY

- | | |
|---|--|
| <input type="checkbox"/> 1/2 ounces of Parmesan Cheese | <input type="checkbox"/> 2 containers (6 oz) of Plain Low-Fat Greek Yogurt |
| <input type="checkbox"/> 1 package (8 oz) of Shredded Mozzarella Cheese | <input type="checkbox"/> 2 ounces of Swiss Cheese |

DELI

- | | |
|--|---|
| <input type="checkbox"/> 1 Cooked Rotisserie Chicken | <input type="checkbox"/> 1 container (10 oz) Hummus |
|--|---|

DESSERTS

- 1 bottle (12 oz) of Maple Syrup

INTERNATIONAL / ETHNIC

- | | |
|--|--|
| <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) | <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas |
|--|--|

MEATS / SEAFOOD

- | | |
|--|---|
| <input type="checkbox"/> 1/2 pounds of Ground Turkey | <input type="checkbox"/> 1/2 pounds of Lean Ground Beef (85%) |
| <input type="checkbox"/> 1/4 pounds of Salmon | <input type="checkbox"/> 1 package (10 oz) of Turkey Bacon |

PASTA / RICE / BEANS

- | | |
|---|---|
| <input type="checkbox"/> 1/8 pounds of Farro | <input type="checkbox"/> 1 package (12 oz) of Gluten-Free Penne |
| <input type="checkbox"/> 1/8 pounds of Quinoa | <input type="checkbox"/> 1/8 pounds of Red Lentils |
| <input type="checkbox"/> 1 package (16 oz) of Whole Wheat Spaghetti | |



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Grocery List

PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> 1 Avocados | <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots |
| <input type="checkbox"/> 1 bunch of Broccoli | <input type="checkbox"/> 1/4 pounds of Carrots |
| <input type="checkbox"/> 1 head of Cauliflower | <input type="checkbox"/> 1 bunch of Celery |
| <input type="checkbox"/> 1 bunch of Curly Kale | <input type="checkbox"/> 1 bunch of Fresh Cilantro |
| <input type="checkbox"/> 1/4 ounces of Fresh Ginger | <input type="checkbox"/> 2 Gala Apples |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 1 Green Bell Peppers |
| <input type="checkbox"/> 1 bunch of Green Onion (Green Parts Only) | <input type="checkbox"/> 1 Lemon |
| <input type="checkbox"/> 1 Limes | <input type="checkbox"/> 2 Oranges |
| <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach | <input type="checkbox"/> 1 bag (12 oz) of Romaine Lettuce |
| <input type="checkbox"/> 1 Russet Potatoes | <input type="checkbox"/> 1 pint of Strawberries |
| <input type="checkbox"/> 3 Tomatoes | <input type="checkbox"/> 1 package (8 oz) of White Mushrooms |
| <input type="checkbox"/> 2 Yellow Onions | <input type="checkbox"/> 1 Zucchini |



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Grocery List

SNACKS

- 1/8 pounds of Pecans
- 1/8 pounds of Pumpkin Seeds (Pepitas)

SPICES / CONDIMENTS

- 1 bottle (8-9 fl oz) of Balsamic Vinegar
- 1 jar (2 oz) of Curry Powder
- 1 jar (0.75 oz) of Dried Oregano
- 1 bottle (2 oz) of Hot Sauce
- 1 bottle (16 fl oz) of Olive Oil
- 1 jar (1-2 oz) of Smoked Paprika
- 1 jar (2-3 oz) of Chili Powder
- 1 jar (0.1-1 oz) of Dried Basil
- 1 jar (1 oz) of Ground Cinnamon
- 1 jar (0.75 oz) of Italian Seasoning
- 1 bottle (12 fl oz) of Ranch Dressing
- 1 bottle (24 fl oz) of Vegetable Oil



NUTRITION BY DEVIKA

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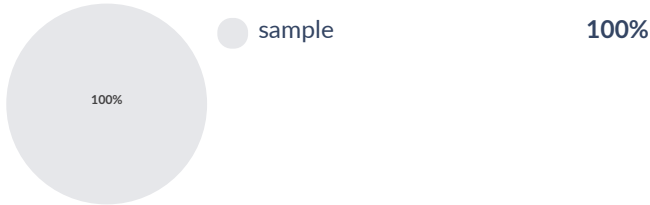
INGREDIENTS

- 1/2 cup chickpeas drained and rinsed
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 1 dash salt
- 2 teaspoons olive oil
- 2 cups kale chopped
- 1/2 teaspoon lime juiced
- 1 pinch pepper
- 1/2 apple thinly sliced
- 1/4 avocado sliced
- 1/2 tablespoon pumpkin seeds
- 2 tablespoons farro
- 3/8 cup water

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 402mg
Total Fat 20g	Saturated Fat 2.57g
Carbs 57g	Fruits 0.54 servings
Calories 447kcal	Vegetables 1 servings
Fiber 12g	Added Sugar 0g

PORTIONS



Chickpea Avocado Bowl

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 45 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Make the farro: Bring water to a boil and add farro. Lower heat to simmer, cover, and cook until farro is tender, 30-40 minutes. Drain well.
2. Pat chickpeas dry with a towel. Heat half the oil in a pan over medium heat. Add chickpeas and cook 5-8 minutes until golden brown. Sprinkle in smoked paprika, chili powder, and salt and stir to combine. Remove from heat.
3. Whisk together remaining olive oil, lime juice, and pepper.
4. Add kale to a bowl and drizzle half the dressing over. Massage the dressing in with your hands until the kale softens.
5. Place farro in the bottom of a serving bowl. Add kale, apples, avocado, and chickpeas on top.
6. Drizzle remaining dressing and sprinkle pumpkin seeds over.



NUTRITION BY DEVIKA

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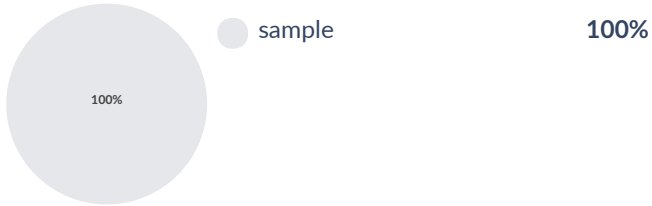
INGREDIENTS

- 2 slices white bread
- 1 egg
- 1/4 cup 1% milk
- 1 pinch cinnamon
- 2 teaspoons vegetable oil
- 2 teaspoons maple syrup
- 1/2 cup strawberries sliced

NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 411mg
Total Fat 17g	Saturated Fat 3g
Carbs 48g	Fruits 0.5 servings
Calories 395kcal	Vegetables 0 servings
Fiber 3.14g	Added Sugar 11g

PORTIONS



French Toast with Strawberries

BY EVERYDAY EATLOVE

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

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Whisk together egg, milk, and cinnamon and pour into a shallow container.
2. Heat oil in a skillet over medium heat.
3. Dip bread in egg mixture, then place on hot skillet and fry until golden brown. Flip and cook to brown the other side.
4. Serve with syrup and strawberries.



NUTRITION BY DEVIKA

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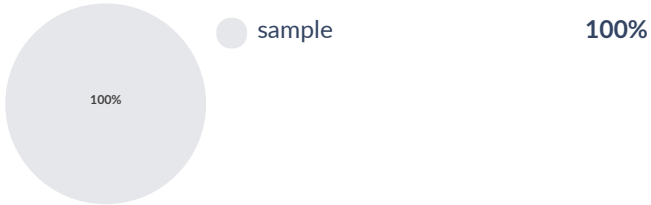
INGREDIENTS

1/2 cup greek yogurt

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 70mg
Total Fat 2.51g	Saturated Fat 1.51g
Carbs 6g	Fruits 0 servings
Calories 90kcal	Vegetables 0 servings
Fiber 0g	Added Sugar 0g

PORTIONS



Greek Yogurt

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Spoon greek yogurt into a bowl and serve.



NUTRITION BY DEVIKA

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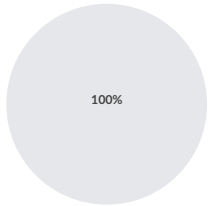
INGREDIENTS

- 1 teaspoon olive oil
- 1/4 onion diced
- 1 clove garlic minced
- 1/2 carrot diced
- 1/2 stalk celery diced
- 3 tablespoons red lentils
- 1/2 cup Canned Diced Tomatoes, No Salt Added diced
- 1/2 tablespoon tomato paste
- 1/2 tablespoon balsamic vinegar
- 1 teaspoon dried basil
- 1/2 cup low sodium vegetable broth
- 1 1/2 ounces whole wheat spaghetti
- 2 tablespoons Parmesan cheese grated

NUTRITION INFORMATION PER SERVING

Protein 22g	Sodium 365mg
Total Fat 9.6g	Saturated Fat 3.03g
Carbs 71g	Fruits 0 servings
Calories 440kcal	Vegetables 1.75 servings
Fiber 13g	Added Sugar 0g

PORTIONS



● sample

100%

Cheesy Lentil Pasta

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 30 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat oil in a large pan over medium low heat. Add onion, garlic, carrot, and celery. Cook, stirring occasionally, until tender, about 5 minutes.
2. Add lentils, tomatoes, tomato paste, vinegar, basil, and broth. Simmer 15-20 minutes until lentils are soft and sauce has thickened.
3. Meanwhile, cook pasta according to package instructions. Drain and add to a bowl.
4. Spoon sauce over pasta and sprinkle with Parmesan cheese.



NUTRITION BY DEVIKA

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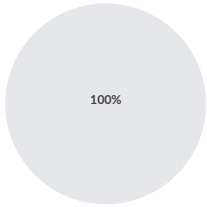
INGREDIENTS

1/2 cup edamame

NUTRITION INFORMATION PER SERVING

Protein 9.8g	Sodium 0mg
Total Fat 4.68g	Saturated Fat 0.56g
Carbs 8.9g	Fruits 0 servings
Calories 110kcal	Vegetables 0 servings
Fiber 4.68g	Added Sugar 0g

PORTIONS



● sample

100%

Edamame

BY EVERYDAY EATLOVE

🕒 7 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to 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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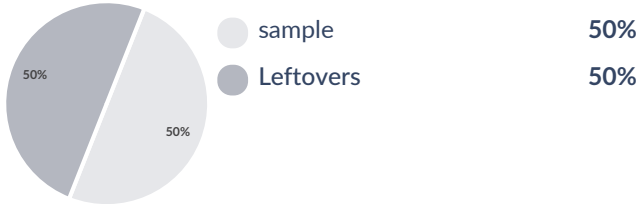
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 tablespoons olive oil
- 1/2 onion chopped
- 1 inch ginger minced
- 1 teaspoon curry powder
- 1 cup head cauliflower cut into florets
- 1/2 cup potato diced
- 2 tomatoes diced
- 1/2 cup chickpeas drained and rinsed
- 1/4 cup low sodium vegetable broth
- 1/2 lemon juiced
- 1/4 cup cilantro chopped
- 2 whole wheat pita

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 432mg
Total Fat 17g	Saturated Fat 2.37g
Carbs 64g	Fruits 0.25 servings
Calories 436kcal	Vegetables 1.44 servings
Fiber 12g	Added Sugar 0.52g

PORTIONS



Cauliflower Chickpea Curry

BY EVERYDAY EATLOVE

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

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat olive oil in a pot over medium heat. Add onion and cook until softened.
2. Add ginger and stir for 30 seconds.
3. Stir in curry powder.
4. Add cauliflower, potato, tomato, and broth. Simmer covered for 15 minutes. Add chickpeas and simmer another 5-10 minutes until cauliflower and potato are tender.
5. Remove from heat and stir in lemon juice and cilantro. Serve with pita.



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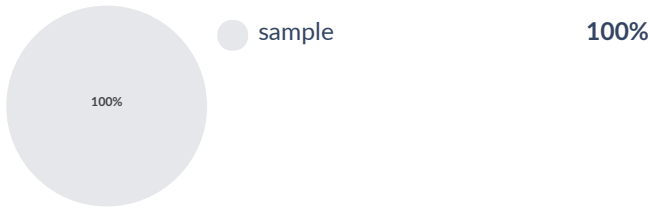
INGREDIENTS

- 4 ounces salmon
- 2 cups broccoli cut into florets
- 1/4 lemon sliced, juiced
- 1 tablespoon olive oil, divided
- 1/4 cup quinoa
- 1 dash salt
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 35g	Sodium 343mg
Total Fat 23g	Saturated Fat 3.58g
Carbs 40g	Fruits 0.25 servings
Calories 501kcal	Vegetables 2 servings
Fiber 8g	Added Sugar 0g

PORTIONS



Salmon, Quinoa, and Broccoli

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

Salmon

1. If you have a grill: Preheat grill for medium heat. Lightly oil grill grate. Season salmon fillets with lemon juice, oil, pepper, salt and pepper. Place salmon on the preheated grill. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.
2. If using an oven: Preheat oven to broil. Place foil on baking sheet or roasting pan. Drizzle oil and lemon juice over salmon and season with salt and pepper. Place the salmon in the roasting pan, skin-side down. Broil for 10-12 minutes or until fish flakes easily with a fork. Serve with sliced lemon, if desired.

Quinoa & Broccoli

1. Cook quinoa according to package directions.
2. Place approximately 1 inch of water in a saucepan with a steamer and bring to a boil. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender.
3. Season with salt and pepper. Serve.



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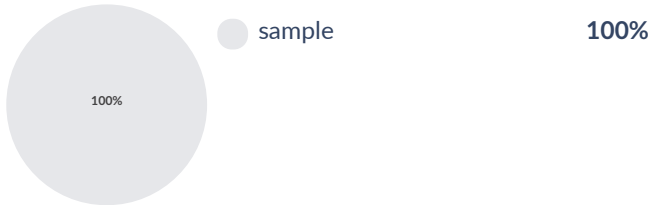
INGREDIENTS

- 1/4 cup baby carrots
- 3 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein 3.75g	Sodium 194mg
Total Fat 4.36g	Saturated Fat 0.65g
Carbs 8.9g	Fruits 0 servings
Calories 85kcal	Vegetables 0.25 servings
Fiber 0.87g	Added Sugar 0g

PORTIONS



Veggies & Hummus

2.0

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash baby carrots and remove edamame from shells. Serve with hummus.



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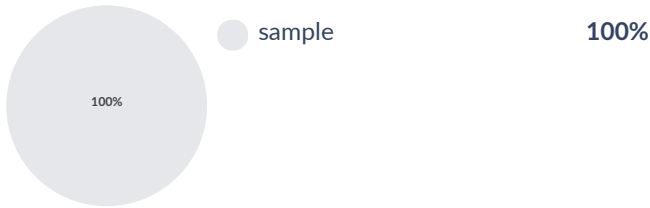
INGREDIENTS

- 1 whole wheat tortilla
- 1 tablespoon sun-dried tomatoes drained and chopped
- 2 cups spinach
- 3 egg whites
- 1 tablespoon Low-Fat Cream Cheese softened
- 1/2 teaspoon oregano
- 1 tablespoon feta crumbled
- 1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 583mg
Total Fat 10g	Saturated Fat 5g
Carbs 50g	Fruits 1 servings
Calories 363kcal	Vegetables 1.25 servings
Fiber 13g	Added Sugar 0g

PORTIONS



Egg White and Spinach Wrap

BY EVERYDAY EATLOVE

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

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a small frying pan, heat sun-dried tomatoes over medium-low heat. Cook, stirring frequently, until tomatoes are softened.
2. Add spinach and cover for 1-2 minutes or until spinach is wilted, stirring once or twice as needed. Remove from pan and set aside.
3. Return pan to medium-low heat. Add egg whites, stir once, and cover and cook for 4-5 minutes or until set.
4. Meanwhile, combine oregano and cream cheese. Spread on tortilla and top with tomatoes/spinach and feta.
5. Place cooked egg whites on top of feta and wrap tightly into a roll.
6. If desired, crisp the outside of the wrap by placing on a dry skillet over medium heat. Start seam side down and flip after 2-3 minutes or until golden brown on each side.
7. Serve with orange slices.



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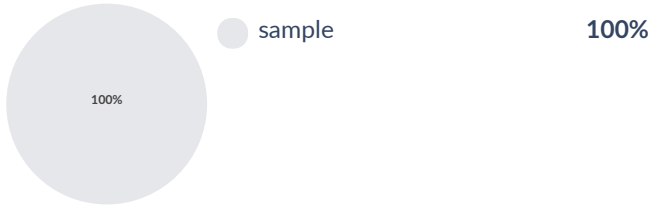
INGREDIENTS

- 1/3 cup old fashioned oats
- 1/2 cup plain Greek yogurt
- 1/3 cup low fat milk
- 1 teaspoon chia seeds
- 1/2 teaspoon cinnamon
- 1 apple diced
- 1 tablespoon pecans chopped

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 113mg
Total Fat 12g	Saturated Fat 3.41g
Carbs 60g	Fruits 1 servings
Calories 426kcal	Vegetables 0 servings
Fiber 10g	Added Sugar 0g

PORTIONS



Apple Pie Overnight Oats 2.0

BY BITE OF HEALTH NUTRITION

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a small Mason jar or container add oats, yogurt, milk, chia seeds, cinnamon. Mix to combine.
2. Cover and place in refrigerator overnight or for at least 8 hours. When ready to eat add in diced apple. Top with pecans.



NUTRITION BY DEVIKA

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INGREDIENTS

- 1/2 pound ground turkey
- 1/2 onion sliced
- 1/2 cup mushrooms sliced
- 1 bell pepper sliced
- 2 slices Swiss cheese sliced
- 2 whole wheat tortilla
- 1 dash hot sauce
- 1 pinch salt
- 1/4 teaspoon pepper
- 1 tablespoon water
- 1 spray cooking spray

NUTRITION INFORMATION PER SERVING

Protein 35g	Sodium 501mg
Total Fat 21g	Saturated Fat 9.3g
Carbs 28g	Fruits 0 servings
Calories 440kcal	Vegetables 0.97 servings
Fiber 6.2g	Added Sugar 0g

PORTIONS



Philly-Style Wrap

BY EVERYDAY EATLOVE

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

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Coat a large skillet with cooking spray.
2. Over medium heat, sauté turkey until done.
3. Add water, onion, mushrooms, salt, pepper, and hot sauce; stir well. Cover and reduce heat.
4. Simmer until vegetables are tender.
5. Lay slices of Swiss cheese over meat mixture; cover until cheese melts.
6. Spoon mixture over a warm tortilla and roll up tightly.



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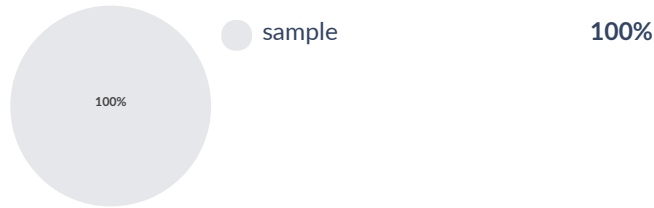
INGREDIENTS

- 1 slice turkey bacon
- 4 cups romaine lettuce shredded
- 1 tomato chopped
- 1/2 cup rotisserie chicken chopped
- 1/4 avocado chopped
- 1 tablespoon ranch dressing
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 490mg
Total Fat 21g	Saturated Fat 4.08g
Carbs 15g	Fruits 0 servings
Calories 339kcal	Vegetables 2.68 servings
Fiber 7.8g	Added Sugar 0.7g

PORTIONS



Chicken BLT Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 10 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Cook bacon according to package directions. Drain excess fat, then crumble or cut up into small pieces.
2. Place lettuce on plate and top with bacon, tomato, chicken, avocado, and dressing. Sprinkle with pepper. Serve with whole wheat roll on the side.



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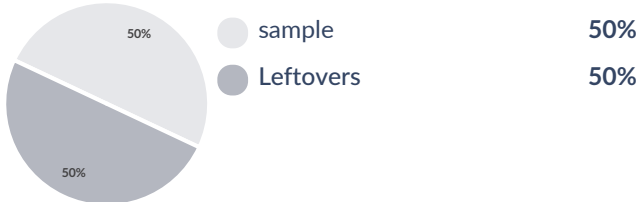
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1/2 pound lean ground beef	2 green onion (green part only)s diced
1 tablespoon olive oil, divided	1 cup diced tomatoes drained
1 carrot diced	1/4 teaspoon sugar
1 zucchini sliced	1 tablespoon tomato paste
1 tablespoon Italian seasoning	4 ounces gluten free penne
	2 tablespoons mozzarella

NUTRITION INFORMATION PER SERVING

Protein 30g	Sodium 346mg
Total Fat 27g	Saturated Fat 8.4g
Carbs 59g	Fruits 0 servings
Calories 587kcal	Vegetables 2.17 servings
Fiber 12g	Added Sugar 0.52g

PORTIONS



Beef Penne Bolognese

BY EVERYDAY EATLOVE

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

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat a medium pan on medium-high heat, add 1/2 of olive oil. Sauté ground beef, breaking it apart with a spatula or spoon. Season it to taste with salt and pepper. Beef is cooked when its either completely cooked through with no pink or only mildly pink, about 8-10 minutes.
2. Drain excess fat from the pan by pouring it off or blotting it in the pan with paper towels. Remove beef from pan, set aside and wipe the pan clean.
3. Return pan to medium heat and add remaining olive oil. Add carrots, zucchini, green onion tops and cook for 5-7 minutes, then add tomatoes and tomato paste. Reduce heat, add sugar and seasonings and let simmer for another 10 minutes.
4. While the sauce is simmering, bring a separate pot of water to a boil. Cook pasta according to instructions on the box. Drain water and divide evenly on a plate.
5. Stir sauce and ladle on top of pasta. Serve with mozzarella on top.

To freeze

1. Freeze cooked pasta and sauce in separate containers. Thaw overnight in the fridge.