Meatball Diet Playbook

48 recipes and four weeks of meal planning



Breakfast • Lunch • Dinner • Desserts

A practical system for portioning, preparing and enjoying flexible meals.

Welcome to Meatball Diet

What this Playbook helps you do

Meatball Diet is a flexible meal-preparation approach built around small, portionable balls made from poultry, fish, beans, tofu and other ingredients. Use this book to learn the method, choose meals you enjoy and build a repeatable weekly routine. You do not need to eat meatballs at every meal to benefit.

The everyday benefit

A prepared batch makes it easier to assemble lunch, change a sauce, add vegetables and keep a useful meal in the freezer. A consistent ball size makes portions easier to repeat. Variety comes from the whole plate as well as the ball itself.

What is inside

Start with the preparation and portion guidance. Then explore 12 breakfasts, 12 lunches, 16 dinners and 8 desserts. Each recipe has its own serving illustration, ingredients, directions and dietary-fit notes. Four weekly menus and calculated shopping lists follow the recipes.

A clear promise

This is a cooking and planning system, not a clinically validated weight-loss program. It does not promise a particular weight change or treat a medical condition. The weight-loss guidance is for adults; children can share suitable foods without following adult weight-loss portions.

How to use this edition

Recipe and image notes

These are newly developed recipes, not documented kitchen-tested recipes. Cooking times are starting estimates; use the stated internal-temperature endpoint. AI-generated food photographs illustrate serving ideas and are not photographs of tested batches. Actual appearance and portions will vary.

Weights make the system repeatable

Ingredient weights are in grams for reliable preparation and grocery calculations. Weigh foods after the preparation specified: beans drained, fruit peeled where stated, and zucchini squeezed where stated. Meat weights are raw. Dry grain and pasta weights are before cooking. One large egg is about 50 g without its shell.

Servings and nutrition

Savory recipes make 16 balls and four servings, including the listed sides. Dessert recipes make 16 balls and eight two-ball servings. A serving is a recipe division, not a calorie prescription. Nutrition panels have not been independently calculated or verified. Use your ingredient labels to calculate the whole meal when tracking calories, protein or carbohydrates.

Diet labels and allergens

Dietary tags describe ingredients or suggested adaptations; they are not certifications or endorsements by a named diet company. Allergens shown are the main obvious ingredients, not a guarantee. Check every packaged ingredient and preparation surface, especially for wheat, milk, egg, soy, sesame, peanuts, tree nuts, fish and shellfish.

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Tap a section name or use your PDF reader’s bookmarks. Recipe IDs also appear in the menus and shopping lists.

Why the method can help

Build a nourishing plate

A meatball can provide protein, but its nutritional value depends on the ingredients and what accompanies it. Rotate poultry, fish, beans and tofu. Include plenty of vegetables, fruit, whole grains or legumes where appropriate, and measured amounts of unsaturated oils. The overall eating pattern matters more than the shape of the food. [1]

Bake or air-fry with measured oil

Baking and air-frying can brown food with little added oil. Compared with deep-frying, they usually make it easier to limit the oil used. A lightly oiled skillet can also fit. Neither an oven nor an air fryer makes a high-fat, salty or oversized meal automatically healthy; meat choice, binders, sauces and portions still matter.

Make convenience work for you

Cook a batch, divide it before storing and keep sauces separate. A ready meal can reduce the work involved in choosing dinner on a busy night. Use the same ball in a bowl, salad or wrap without making three separate main dishes.

Keep the variety

Use bean and tofu recipes as part of the rotation, not only as substitutes. Nut-and-date dessert balls are concentrated foods, not unlimited snacks or automatic high-protein foods. Red meat and cheese can appear in a varied plan without becoming the foundation of every meal.

Use the system for weight loss

Start with a personal energy target

Weight loss generally requires eating less energy than your body uses over time. Meatball count alone cannot determine that balance. A clinician or registered dietitian can help set a suitable target; the NIDDK Body Weight Planner is another adult planning resource. It is not intended for children or pregnant or breastfeeding people. [2]

Build and record the whole meal

Begin with one recipe serving, then adjust to your needs. Include the sides, cooking oil, dressings, drinks and dessert in your record. Add nonstarchy vegetables for volume. Choose a suitable portion of starch or legumes, rather than assuming all carbs must be removed. If a meal is too light for you, add food deliberately instead of treating the printed serving as a ceiling.

Measure consistently and review gently

For a few days, record what you eat and drink, sleep and activity. Weigh under similar conditions if tracking weight is useful for you. Look for a trend over several weeks rather than reacting to one day. Gradual loss of about 1-2 pounds a week is common guidance, not a guarantee or a required minimum. [3]

Make sustainable adjustments

If progress stalls, review unmeasured oils, sauces, drinks and grazing before sharply cutting meals. Keep regular movement, sleep and support in the plan. Persistent hunger, weakness or dizziness calls for reassessment. If you use glucose-lowering medication or have kidney disease, discuss major carb or protein changes with your care team. Do not apply an adult weight-loss plan to children.

Choose a consistent meatball size

Use weight to standardize a batch. Diameter and scoop markings are convenient approximations because different mixtures have different densities.

Size	Raw mixture per ball	Best use
Mini	About 20 g	Soup, small bites or a smaller portion adjustment
Standard	About 35-45 g	Default savory size in this Playbook; usually about 1½ inches across
Large	About 60 g	A larger center portion; needs a longer cooking time
Dessert	About 20-30 g	Divide each recipe into 16 equal balls; serve two

Why the standard size works

Small, similar-size balls cook more evenly and are easy to distribute across containers. Most savory mixtures here weigh about 550-700 g. Weigh the finished raw mixture and divide by 16; follow that result instead of forcing every recipe to an identical gram weight.

A ball is not a calorie unit

A larger ball is not automatically a 100-calorie snack. Four turkey balls, four tofu balls and four dessert balls are nutritionally different. Smaller balls do not increase metabolism. If you change 16 balls into 32 minis, eight minis equal the original four-ball portion.

For young children, serve a developmentally appropriate texture and cut round foods into safe pieces. Whole firm balls are not a default toddler serving.

Make a reliable batch

1 Prepare the ingredients

Set out a scale, bowl, rimmed tray, parchment, scoop and food thermometer. Finely chop vegetables; squeeze watery zucchini and press tofu. Grind rolled oats before mixing savory recipes. Keep raw animal ingredients cold and use separate utensils for ready-to-eat foods.

2 Mix gently

Whisk the egg with the seasonings and binder, then fold in the main ingredient and vegetables. Stop once evenly combined. Overworking ground meat can make the balls dense. Chill soft mixtures for 15-20 minutes. Plant-based mixtures need thorough mashing so the binder has something to hold.

3 Portion and shape

Weigh the mixture and divide by 16. Scoop onto parchment, then shape with damp hands without compressing tightly. A scoop around two tablespoons is a useful starting tool; calibrate it on the scale. If too wet after chilling, add ground oats 5 g at a time; if too dry, add water 5 g at a time. Record any change.

4 Cook and check

Preheat the oven to 400°F / 205°C. Bake meat or fish balls about 16-22 minutes, or plant-based balls 20-26 minutes. Air-fry at 375°F / 190°C, usually 10-14 minutes for meat or fish and 12-18 minutes for plant-based balls. Turn gently halfway. Basket loads and appliances vary; the internal temperature on the recipe is the endpoint.

5 Finish the meal

Use the cooking time to prepare the listed sides and sauce. Divide the cooked balls and all sides into four portions. Let delicate plant balls stand 5 minutes to firm. Store portions promptly using the next page's guidance.

Glass containers and safe storage

Glass containers are useful because you can see portions, they resist many stains and odors, and suitable models can reheat food. They are an organizational choice, not a weight-loss treatment.

Choose and use glass carefully

A 3-4 cup container often accommodates a main meal; use small separate pots for sauce. Buy food-storage glass rated for its intended refrigerator, freezer, microwave or oven use. Follow the manufacturer's temperature limits. Avoid sudden temperature changes, chips and cracks; do not assume a frozen glass dish can go straight into a hot oven. Remove or vent lids as directed.

Action	Working rule
Refrigerate	Keep at 40°F / 4°C or below. Portion food into shallow containers promptly.
Time out	Refrigerate perishable food within 2 hours, or 1 hour when the ambient temperature exceeds 90°F / 32°C.
Use or freeze	Use cooked meat or poultry leftovers within 3-4 days. Freeze later-week cooked portions on preparation day.
Freezer	Keep at 0°F / -18°C. This book uses 2 months as a simple quality target for its cooked batches.
Thaw and reheat	Thaw in the refrigerator. Reheat cooked leftovers to 165°F / 74°C throughout. Keep cold salad components separate.

Sources: food handling [4], cold storage [5] and reheating temperatures [6]. Label recipe ID, cooking date, portion count and freeze date. Carry lunches with adequate ice packs or refrigerate on arrival.

Temperatures and better texture

Food in this book	Cook to the center
Turkey or chicken balls	165°F / 74°C
Ground beef or pork balls	160°F / 71°C
Fish or shrimp balls with egg	160°F / 71°C in these recipes
Bean or tofu balls with egg	165°F / 74°C as a conservative recipe endpoint
Previously cooked leftovers	165°F / 74°C

Fish alone is commonly cooked to 145°F, but these fish balls contain egg, so this Playbook uses 160°F. Check several balls with a thin-probe thermometer inserted from the side into the center. Color is not a safety test. [6]

Fix the cause of the texture problem

Problem	Next batch adjustment
Dry or tough	Stop at the safe endpoint; mix less and avoid overpacking. Add a little grated vegetable or water if needed.
Falls apart	Drain and mash more thoroughly; chill before shaping. Add binder in small measured increments.
Pale exterior	Space balls apart and avoid an overcrowded tray or basket.
Burned outside, raw inside	Lower heat and make balls smaller and more uniform; verify temperature.
Soggy lunch	Store sauce and raw vegetables separately; cool cooked portions promptly.

Match your eating style

Eating style	How to use the recipes
Mediterranean-style	Favor legumes, fish and poultry; include vegetables, whole grains and olive oil. A Greek flavor alone does not define the eating pattern. [1]
Keto	Use lower-starch candidates such as N15, with exact ingredient and portion calculations. A meatball is not automatically keto; ketosis depends on the whole day and person.
Atkins-style	Use the lower-carb adaptations as ideas. Check the requirements of your current phase and count the whole meal; this book is not an Atkins-approved plan.
Vegetarian	Choose bean, lentil and tofu recipes. Savory vegetarian recipes here contain egg; some sides contain dairy.
Vegan	Desserts use vegan ingredients. Savory recipes need the noted flax-egg adaptation and any dairy swaps; binding changes require testing.
Pescatarian	Fish and shrimp recipes fit alongside vegetarian choices. Check stock, sauces and other packaged ingredients.
Gluten-free	Use certified gluten-free oats and certified sauces; substitute wheat bread, wraps, pasta and couscous. Standard soy sauce often contains wheat.
Diabetes-aware	Count total carbohydrate in the actual meal and coordinate portions with your care plan. No recipe is universally “diabetic-safe.”

Lower-carb is a comparison, not a verified nutrient claim. Do not count a proposed swap as an approved keto recipe until you calculate it.

Build your own repeatable meal

Choose one main recipe

Pick a flavor and an ingredient you already enjoy. Start with one four-serving recipe, not a full freezer of an untried dish. Keep the written ingredient quantities and note changes so you can reproduce the result.

Change the plate with intention

The same turkey balls can go with a chopped salad, a whole-grain bowl or a lettuce wrap. Add a measured sauce and vegetables. When removing bread or rice for lower carbs, consider whether the new meal still supplies enough energy and variety for you.

Calculate your own portion

Add the calories and nutrients from the actual quantities of every ingredient in the batch. Divide ball-mixture totals by 16 for one ball, or by four for the ball portion. Add one quarter of the side and sauce totals for the full meal. For desserts, divide the batch by eight for two balls.

A numerical example

If a hypothetical ball batch contains 1,200 calories, 16 equal balls contain about 75 calories each, and four contain 300. If the sides total 800 calories for four portions, the full meal is about 500 calories. These numbers explain the math; they are not nutrition values for any recipe in this book.

Use snacks only when useful

A snack can fit hunger, activity and the time between meals. It is not necessary to eat a 100-calorie ball to “keep metabolism going.” Fruit, yogurt, nuts or a leftover portion can be options; record their quantities if tracking intake.

Breakfast recipes

Savory starts with fruit, vegetables, yogurt or grains. Prepare a batch for easier mornings.

B01 Apple Sage Turkey

B02 Spinach Feta Sunrise

B03 Maple Pepper Pork

B04 Southwest Morning Turkey

B05 Mushroom Thyme Chicken

B06 Lemon Dill Salmon Breakfast

B07 Garden Lentil Breakfast

B08 Broccoli Cheddar Morning

B09 Zucchini Basil Breakfast

B10 Ginger Scallion Breakfast

B11 Chickpea Cumin Brunch

B12 Tomato Oregano Turkey

Each recipe includes its listed sides unless identified as a dessert. Proposed dietary swaps are not included in the weekly grocery totals.

Apple Sage Turkey

A savory breakfast with sweet apple, earthy sage and a cool yogurt side.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
100 g apple (finely grated)
2 g dried sage

Sides and sauce for four

600 g apple (sliced)
600 g plain greek yogurt

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Divide the sliced apple and yogurt among four plates. Serve alongside four warm meatballs per plate.

Dietary fit

Balanced; Mediterranean-style adaptation. For a lower-carbohydrate plate, replace apple sides with cucumber and use 30 g almond flour in the balls; count yogurt carbs.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Spinach Feta Sunrise

Golden chicken bites with feta and spinach, served with warm tomatoes and toast.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
80 g spinach (finely chopped)
60 g feta
2 g dried oregano

Sides and sauce for four

400 g tomato (halved)
160 g whole grain bread
10 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Toss tomatoes with the oil and roast separately at 400°F for 15 minutes. Toast bread and divide both among four plates.

Dietary fit

Mediterranean-style. For a keto or Atkins-style adaptation, replace oats with 30 g almond flour and bread with extra spinach; verify your carb target.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Maple Pepper Pork

A breakfast-sausage flavor made with lean pork and a measured touch of maple.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g pork (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
20 g maple syrup
2 g dried thyme
80 g apple (finely grated)

Sides and sauce for four

600 g sweet potato (1 cm cubes)
10 g olive oil
200 g spinach

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Toss sweet potato with oil; roast at 400°F for 25-30 minutes until tender. Wilt spinach in a pan with a splash of water. Divide among four plates.

Dietary fit

Balanced. For lower carbs, replace sweet potato with zucchini, omit maple syrup, and replace oats with 30 g almond flour.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Southwest Morning Turkey

Smoky breakfast meatballs with black beans, salsa and creamy avocado.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)

40 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

80 g bell pepper (finely diced)

2 g ground cumin

2 g smoked paprika

Sides and sauce for four

400 g canned black beans (drained and rinsed)

120 g salsa

200 g avocado

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Warm the beans with a splash of water. Divide beans, salsa and diced avocado among four plates and add the cooked meatballs.

Dietary fit

Balanced; dairy-free ingredients. Beans make this unsuitable for a strict keto meal as written. Use sautéed cabbage instead and recalculate the whole plate.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Mushroom Thyme Chicken

Tender mushroom chicken bites with a refreshing cucumber yogurt spoonful.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
100 g mushroom (finely minced)
2 g dried thyme
6 g garlic (minced)

Sides and sauce for four

400 g plain greek yogurt
400 g cucumber (diced)
160 g whole grain bread

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Mix yogurt and cucumber. Divide among four plates with toasted bread and cooked meatballs.

Dietary fit

Mediterranean-style. Replace bread with tomato and oats with 30 g almond flour for a lower-carb version.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lemon Dill Salmon Breakfast

A bright seafood breakfast with dill, berries and a spoonful of yogurt.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g canned salmon (drained)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
8 g dill (chopped)
20 g lemon juice
40 g scallion (minced)

Sides and sauce for four

400 g plain greek yogurt
400 g berries
160 g whole grain bread

Make it

1. Flake the drained fish, removing any hard bones or skin. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Divide yogurt, berries and toasted bread among four plates; serve four salmon balls alongside each.

Dietary fit

Pescatarian; Mediterranean-style. For lower carbs, omit toast, replace oats with 30 g almond flour and fit berries and yogurt to your daily allowance.

Main allergens: Egg, milk, wheat, fish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Garden Lentil Breakfast

Savory lentil breakfast balls with fresh tomato and a yogurt side.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g cooked lentils (cooked and drained)
60 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
80 g carrot (finely grated)
2 g dried sage
6 g garlic (minced)

Sides and sauce for four

600 g plain greek yogurt
400 g tomato (sliced)
160 g whole grain bread

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Toast bread and divide with yogurt and tomato among four plates. Add four lentil balls to each.

Dietary fit

Vegetarian; Mediterranean-style. For vegan adaptation, replace egg with 10 g ground flax mixed with 30 g water and use unsweetened soy yogurt; test binding.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Broccoli Cheddar Morning

Broccoli and cheddar bring familiar comfort to a breakfast meatball.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
100 g broccoli (finely chopped)
60 g cheddar
2 g garlic powder

Sides and sauce for four

600 g orange (peeled segments)
160 g whole grain bread

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Toast bread and divide with orange segments among four plates. Serve with the hot meatballs.

Dietary fit

Balanced; family-friendly. For lower carbs, replace toast and orange with tomatoes and use 30 g almond flour instead of oats.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Zucchini Basil Breakfast

Juicy chicken bites with summer basil and zucchini, paired with peaches.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
100 g zucchini (grated and squeezed dry)
10 g basil (chopped)
30 g parmesan

Sides and sauce for four

600 g plain greek yogurt
600 g peach (sliced)

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Divide peaches and yogurt among four plates. Add four cooked meatballs to each.

Dietary fit

Mediterranean-style. Replace peaches with a smaller berry serving and oats with 30 g almond flour for lower carbs; recalculate.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Ginger Scallion Breakfast

Ginger-scented turkey meatballs over a small bed of rice and spinach.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
40 g scallion (minced)
15 g reduced sodium soy sauce

Sides and sauce for four

160 g dry brown rice
400 g spinach
8 g sesame oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Cook rice according to the package. Wilt spinach in sesame oil with a splash of water. Divide rice and spinach among four bowls and top with meatballs.

Dietary fit

Balanced; dairy-free ingredients. For lower carbs, use cauliflower rice instead of brown rice and 30 g almond flour instead of oats.

Main allergens: Egg, soy, wheat, sesame. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Chickpea Cumin Brunch

A falafel-inspired brunch with warm pita and cucumber yogurt.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g canned chickpeas (drained and rinsed)

60 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

15 g parsley (chopped)

3 g ground cumin

6 g garlic (minced)

Sides and sauce for four

600 g plain greek yogurt

400 g cucumber (diced)

200 g whole wheat pita

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Warm pita. Divide yogurt and cucumber among four plates with pita and chickpea balls.

Dietary fit

Vegetarian; Mediterranean-style. Chickpeas and pita are not strict-keto ingredients. For vegan adaptation use a flax egg and unsweetened soy yogurt.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Tomato Oregano Turkey

A rich tomato flavor in a simple breakfast that packs neatly for work.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)

40 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

40 g sun-dried tomatoes (drained and minced)

2 g dried oregano

60 g spinach (chopped)

Sides and sauce for four

600 g plain greek yogurt

600 g pear (sliced)

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Divide yogurt and pear among four plates. Serve with warm meatballs.

Dietary fit

Mediterranean-style. For lower carbs, use cucumber instead of pear and 30 g almond flour instead of oats.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lunch recipes

Portable bowls, wraps and salads with components that can be packed separately.

L01 Greek Turkey Pita Pockets

L02 Lemon Chickpea Grain Bowls

L03 Ginger Sesame Chicken Cups

L04 Tuna White Bean Salad

L05 Buffalo Chicken Crunch Bowls

L06 Black Bean Taco Bowls

L07 Italian Turkey Lunch Boxes

L08 Salmon Cucumber Quinoa

L09 Turkey Burger Bowls

L10 Lentil Roasted Pepper Wraps

L11 Peanut Lime Tofu Bowls

L12 Cumin Beef Couscous

Each recipe includes its listed sides unless identified as a dessert. Proposed dietary swaps are not included in the weekly grocery totals.

Greek Turkey Pita Pockets

A portable pita lunch with cool cucumber sauce and juicy turkey meatballs.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
6 g garlic (minced)
2 g dried oregano

Sides and sauce for four

240 g whole wheat pita
240 g plain greek yogurt
300 g cucumber (diced)
300 g tomato (diced)
20 g lemon juice

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Mix yogurt with half the cucumber and lemon juice. Fill four warmed pitas with four meatballs each, vegetables and yogurt sauce.

Dietary fit

Mediterranean-style. For a keto or Atkins-style adaptation use lettuce wraps, 30 g almond flour instead of oats, and count yogurt and tomato carbs.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lemon Chickpea Grain Bowls

Crisp chickpea bites meet a lemony quinoa salad.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g canned chickpeas (drained and rinsed)

60 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

15 g parsley (chopped)

6 g garlic (minced)

2 g ground cumin

Sides and sauce for four

160 g dry quinoa

300 g cucumber (diced)

300 g tomato (diced)

30 g lemon juice

15 g olive oil

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Cook quinoa as directed; cool promptly if packing. Toss with cucumber, tomato, lemon and oil. Divide among four bowls and add chickpea balls.

Dietary fit

Vegetarian; Mediterranean-style. For vegan adaptation use a flax egg. Chickpeas and quinoa make this unsuitable for strict keto as written.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Ginger Sesame Chicken Cups

Handheld lettuce cups with warm chicken, crunchy carrot and nutty sesame.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
40 g scallion (minced)
15 g reduced sodium soy sauce

Sides and sauce for four

240 g romaine lettuce
200 g carrot (shredded)
160 g dry brown rice
15 g sesame seeds
25 g lime juice

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Cook rice as directed. Divide lettuce into four portions; fill with rice, carrot, four meatballs, sesame and lime juice.

Dietary fit

Balanced; dairy-free ingredients. Replace rice with cauliflower rice and oats with 30 g almond flour for a lower-carb version.

Main allergens: Egg, soy, wheat, sesame. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Tuna White Bean Salad

A pantry-friendly lunch with tuna bites, tender beans and lemon dressing.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g canned tuna (drained)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
20 g lemon juice
40 g scallion (minced)

Sides and sauce for four

400 g cooked white beans
300 g tomato (diced)
240 g romaine lettuce
15 g olive oil
25 g lemon juice

Make it

1. Flake the drained fish, removing any hard bones or skin. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Toss beans and tomato with oil and lemon. Serve over lettuce with four warm or safely chilled tuna balls per plate.

Dietary fit

Pescatarian; Mediterranean-style. Use cucumber instead of white beans and 30 g almond flour instead of oats for lower carbs.

Main allergens: Egg, fish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Buffalo Chicken Crunch Bowls

A tangy Buffalo-style bowl with creamy yogurt dressing and plenty of crunch.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
80 g carrot (finely grated)
2 g garlic powder

Sides and sauce for four

40 g hot sauce
240 g plain greek yogurt
240 g celery (thinly sliced)
240 g romaine lettuce
160 g dry quinoa

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Cook quinoa. Mix yogurt with hot sauce. Divide quinoa, celery and lettuce among four bowls; top with meatballs and sauce.

Dietary fit

Balanced. For lower carbs replace quinoa with cauliflower rice and oats with 30 g almond flour; choose a no-sugar hot sauce.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Black Bean Taco Bowls

Smoky black bean balls anchor a colorful taco bowl.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g canned black beans (drained and rinsed)

60 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

80 g bell pepper (finely diced)

3 g ground cumin

2 g smoked paprika

Sides and sauce for four

160 g dry brown rice

160 g salsa

240 g romaine lettuce

200 g avocado

25 g lime juice

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Cook rice. Divide rice, shredded lettuce, diced avocado and salsa among four bowls; add black bean balls and lime juice.

Dietary fit

Vegetarian. For vegan adaptation use a flax egg. Beans and rice are not strict-keto choices.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Italian Turkey Lunch Boxes

A lunchbox classic with pasta, red sauce and a generous vegetable side.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
30 g parmesan
2 g dried oregano
6 g garlic (minced)

Sides and sauce for four

200 g dry whole wheat pasta
400 g marinara sauce
600 g zucchini (sliced)
10 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast zucchini with oil at 400°F for 20 minutes. Cook pasta as directed. Warm marinara; divide pasta, sauce, zucchini and meatballs among four containers.

Dietary fit

Mediterranean-style. Replace pasta with extra zucchini and oats with 30 g almond flour for lower carbs; check marinara labels.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Salmon Cucumber Quinoa

Salmon and dill with a cool cucumber crunch and tangy yogurt.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g raw salmon (finely chopped)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g dill (chopped)
20 g lemon juice
40 g scallion (minced)

Sides and sauce for four

160 g dry quinoa
400 g cucumber (diced)
240 g plain greek yogurt
25 g lemon juice

Make it

1. Finely chop or pulse the cold seafood into a coarse mince; do not puree. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Cook quinoa. Mix yogurt with lemon. Divide quinoa, cucumber, sauce and cooked salmon balls among four bowls.

Dietary fit

Pescatarian; Mediterranean-style. Use leafy greens instead of quinoa and 30 g almond flour instead of oats for lower carbs.

Main allergens: Egg, milk, fish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Turkey Burger Bowls

Burger-night flavors in a fork-friendly bowl with oven potato wedges.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
80 g onion (finely minced)
2 g garlic powder

Sides and sauce for four

300 g romaine lettuce
400 g tomato (diced)
80 g dill pickles (chopped)
160 g plain greek yogurt
20 g mustard
600 g potato (wedges)
10 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast potato with oil at 400°F for 30 minutes until tender. Mix yogurt and mustard. Divide vegetables, pickles, potatoes and meatballs among four bowls; add sauce.

Dietary fit

Balanced; family-friendly. For lower carbs replace potato with roasted cauliflower and oats with 30 g almond flour.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lentil Roasted Pepper Wraps

A hearty vegetarian wrap with hummus and sweet roasted peppers.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g cooked lentils (cooked and drained)
60 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
6 g garlic (minced)
2 g ground cumin

Sides and sauce for four

240 g whole wheat tortillas
240 g roasted red peppers (drained)
160 g hummus
160 g spinach

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Warm tortillas. Divide hummus, spinach, peppers and cooked lentil balls among four wraps. Roll tightly just before eating.

Dietary fit

Vegetarian; Mediterranean-style. For vegan adaptation use a flax egg and confirm tortilla ingredients. Lentils and wraps are not strict keto.

Main allergens: Egg, wheat, sesame. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Peanut Lime Tofu Bowls

Tofu bites with a crisp slaw and creamy peanut-lime dressing.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g firm tofu (pressed dry)
60 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
20 g reduced sodium soy sauce
40 g scallion (minced)

Sides and sauce for four

160 g dry brown rice
400 g cabbage (shredded)
60 g peanut butter
30 g lime juice
200 g carrot (shredded)

Make it

1. Crumble the pressed tofu very finely and squeeze out excess moisture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Cook rice. Whisk peanut butter and lime with 60 g warm water. Divide rice, cabbage, carrot and tofu balls among four bowls; drizzle sauce.

Dietary fit

Vegetarian. For vegan adaptation use a flax egg. For lower carbs use cauliflower rice; binding changes need testing.

Main allergens: Egg, soy, wheat, peanuts, soy. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Cumin Beef Couscous

Warm cumin beef bites beside a bright chopped salad and fluffy couscous.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g beef (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
3 g ground cumin
15 g parsley (chopped)
60 g onion (finely minced)

Sides and sauce for four

160 g dry whole wheat couscous
300 g cucumber (diced)
300 g tomato (diced)
30 g lemon juice
15 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Prepare couscous according to the package. Toss cucumber and tomato with lemon and oil. Divide couscous, salad and meatballs among four plates.

Dietary fit

Balanced. For lower carbs use cauliflower rice instead of couscous and 30 g almond flour instead of oats. Keep beef an occasional rotation.

Main allergens: Egg, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Dinner recipes

Comforting meals with vegetables, flexible sides and a range of protein choices.

N01 Classic Turkey Marinara

N02 Lemon Herb Chicken Tray

N03 Moroccan Chickpea Tomato

N04 Salmon Dill Green Plate

N05 Turkey Taco Skillet

N06 Beef Mushroom Comfort

N07 Tuscan White Bean Spinach

N08 Ginger Pork Cabbage Bowls

N09 Chicken Pesto Zucchini

N10 Smoky Lentil Sweet Potato

N11 Cod Parsley Tomato Bowls

N12 Chicken Curry Cauliflower

N13 Turkey Pizza Night Balls

N14 Shrimp Lime Rice Bowls

N15 Turkey Almond Herb Plate

N16 Sesame Tofu Broccoli

Each recipe includes its listed sides unless identified as a dessert. Proposed dietary swaps are not included in the weekly grocery totals.

Classic Turkey Marinara

A red-sauce dinner with lean turkey and a generous side of broccoli.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
30 g parmesan
6 g garlic (minced)
2 g dried oregano

Sides and sauce for four

200 g dry whole wheat pasta
500 g marinara sauce
600 g broccoli
10 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast broccoli with oil at 400°F for 20 minutes. Cook pasta; warm marinara. Divide pasta and sauce among four plates with four meatballs and broccoli.

Dietary fit

Mediterranean-style. For lower carbs replace pasta with zucchini noodles and oats with 30 g almond flour.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lemon Herb Chicken Tray

A colorful tray dinner with lemon chicken bites and roasted vegetables.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
6 g garlic (minced)
20 g lemon juice

Sides and sauce for four

600 g potato (1 cm cubes)
400 g zucchini (chunks)
300 g bell pepper (chunks)
20 g olive oil
25 g lemon juice

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast potato with half the oil at 400°F for 15 minutes. Add zucchini and pepper with remaining oil; roast 20 minutes more until tender. Finish with lemon and serve with meatballs.

Dietary fit

Mediterranean-style. Replace potato with cauliflower and oats with 30 g almond flour for a lower-carb dinner.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Moroccan Chickpea Tomato

Warm spices and a chunky tomato sauce turn chickpea balls into a cozy supper.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g canned chickpeas (drained and rinsed)

60 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

3 g ground cumin

1 g ground cinnamon

15 g parsley (chopped)

Sides and sauce for four

500 g canned crushed tomatoes

300 g carrot (thinly sliced)

100 g onion (diced)

15 g olive oil

160 g dry whole wheat couscous

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Soften onion in oil for 5 minutes. Add carrot, tomatoes and 100 g water; simmer 20 minutes until tender. Prepare couscous. Serve sauce, couscous and chickpea balls in four bowls.

Dietary fit

Vegetarian; Mediterranean-style. Use a flax egg for a vegan adaptation. Chickpeas and couscous are not strict keto.

Main allergens: Egg, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Salmon Dill Green Plate

Golden salmon bites with green beans, potatoes and a lemon yogurt sauce.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g raw salmon (finely chopped)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g dill (chopped)
40 g scallion (minced)
20 g lemon juice

Sides and sauce for four

600 g green beans (trimmed)
600 g potato (cubed)
240 g plain greek yogurt
25 g lemon juice
15 g olive oil

Make it

1. Finely chop or pulse the cold seafood into a coarse mince; do not puree. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Roast potato with oil at 400°F for 30 minutes. Steam green beans for 5-7 minutes. Mix yogurt and lemon; divide vegetables, sauce and salmon balls among four plates.

Dietary fit

Pescatarian; Mediterranean-style. Replace potato with cauliflower and oats with 30 g almond flour for lower carbs.

Main allergens: Egg, milk, fish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Turkey Taco Skillet

Turkey taco meatballs in a quick bean-and-tomato skillet.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
3 g ground cumin
2 g smoked paprika
60 g onion (finely minced)

Sides and sauce for four

400 g canned black beans (drained and rinsed)
400 g canned crushed tomatoes
300 g bell pepper (diced)
10 g olive oil
200 g avocado

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Soften pepper in oil for 5 minutes. Add beans and tomatoes; simmer 10 minutes. Fold in cooked meatballs, divide into four bowls and top with avocado.

Dietary fit

Balanced; dairy-free ingredients. Replace beans with zucchini and oats with 30 g almond flour for lower carbs.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Beef Mushroom Comfort

Lean beef bites with mushroom sauce and a simple potato mash.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g beef (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
60 g onion (finely minced)
2 g dried thyme

Sides and sauce for four

400 g mushroom (sliced)
300 g reduced sodium vegetable broth
160 g plain greek yogurt
600 g potato (cubed)
15 g olive oil
10 g cornstarch

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Boil potatoes 15-20 minutes; drain and mash with some cooking water. Sauté mushrooms in oil 8 minutes. Add broth and cornstarch mixed with 20 g water; simmer 3 minutes. Remove from heat and stir in yogurt. Serve with meatballs and mash.

Dietary fit

Balanced. Replace potato with cauliflower mash and oats with 30 g almond flour for lower carbs; sauce still contributes carbs.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Tuscan White Bean Spinach

Soft white bean balls with sun-dried tomato, spinach and pasta.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g cooked white beans (cooked and drained)

60 g rolled oats (finely ground)

1 large egg

2 g salt

0.5 g black pepper

40 g sun-dried tomatoes (drained and minced)

2 g dried oregano

6 g garlic (minced)

Sides and sauce for four

500 g marinara sauce

400 g spinach

200 g dry whole wheat pasta

10 g olive oil

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Cook pasta. Wilt spinach in oil for 2 minutes, add marinara and warm through. Divide pasta and sauce among four bowls; add white bean balls gently.

Dietary fit

Vegetarian; Mediterranean-style. Use a flax egg for a vegan adaptation. Beans and pasta are not strict keto.

Main allergens: Egg, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Ginger Pork Cabbage Bowls

Ginger pork meatballs with a tender-crisp cabbage stir-fry.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g pork (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
40 g scallion (minced)
20 g reduced sodium soy sauce

Sides and sauce for four

600 g cabbage (shredded)
200 g carrot (shredded)
160 g dry brown rice
10 g sesame oil
25 g lime juice

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Cook rice. Stir-fry cabbage and carrot in sesame oil for 6-8 minutes. Add lime juice and divide with rice and meatballs among four bowls.

Dietary fit

Balanced; dairy-free ingredients. Use cauliflower rice and 30 g almond flour instead of oats for a lower-carb version.

Main allergens: Egg, soy, wheat, sesame. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Chicken Pesto Zucchini

Basil chicken bites over lightly cooked zucchini noodles and cherry tomatoes.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g basil (chopped)
30 g parmesan
6 g garlic (minced)

Sides and sauce for four

1000 g zucchini (spiralized)
80 g basil pesto
400 g tomato (halved)

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Warm pesto in a large pan, add tomato and cook 3 minutes. Toss in zucchini noodles for 2-3 minutes only. Divide among four plates and top with meatballs.

Dietary fit

Mediterranean-style; lower-starch plate. For keto or Atkins-style adaptation use 30 g almond flour instead of oats. Check pesto and total daily carbs.

Main allergens: Egg, milk, tree nuts. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Smoky Lentil Sweet Potato

Smoky lentil balls with sweet roasted vegetables and lemon yogurt.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g cooked lentils (cooked and drained)
60 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
3 g smoked paprika
60 g onion (finely minced)
6 g garlic (minced)

Sides and sauce for four

600 g sweet potato (cubed)
600 g broccoli
20 g olive oil
240 g plain greek yogurt
25 g lemon juice

Make it

1. Mash the drained beans or lentils until mostly smooth, leaving a little texture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Roast sweet potato with half the oil at 400°F for 30 minutes. Roast broccoli with remaining oil for 20 minutes. Mix yogurt and lemon. Serve vegetables, sauce and lentil balls on four plates.

Dietary fit

Vegetarian; Mediterranean-style adaptation. For vegan adaptation use a flax egg and unsweetened soy yogurt. Lentils and sweet potato are not strict keto.

Main allergens: Egg, milk. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Cod Parsley Tomato Bowls

Mild cod and parsley bites in a zucchini tomato sauce.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g raw cod (finely chopped)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
6 g garlic (minced)
20 g lemon juice

Sides and sauce for four

500 g canned crushed tomatoes
500 g zucchini (diced)
15 g olive oil
160 g dry quinoa

Make it

1. Finely chop or pulse the cold seafood into a coarse mince; do not puree. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Cook quinoa. Sauté zucchini in oil 5 minutes; add tomatoes and simmer 10 minutes. Serve quinoa, sauce and cod balls in four bowls.

Dietary fit

Pescatarian; Mediterranean-style. Use cauliflower rice instead of quinoa and 30 g almond flour instead of oats for lower carbs.

Main allergens: Egg, fish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Chicken Curry Cauliflower

Chicken curry bites in a light coconut spinach sauce over cauliflower rice.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g chicken (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
4 g curry powder
60 g onion (finely minced)

Sides and sauce for four

400 g light coconut milk
400 g spinach
800 g cauliflower rice
10 g olive oil
3 g curry powder

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Warm curry powder in half the oil for 30 seconds. Add coconut milk and simmer 5 minutes; wilt spinach in sauce. Sauté cauliflower rice in remaining oil 5-7 minutes. Serve with meatballs in four bowls.

Dietary fit

Lower-starch plate; dairy-free ingredients. For keto or Atkins-style adaptation use 30 g almond flour instead of oats and check coconut milk carbs.

Main allergens: Egg. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Turkey Pizza Night Balls

A family pizza-night flavor with melty mozzarella and roasted peppers.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
3 g dried oregano
6 g garlic (minced)
30 g parmesan

Sides and sauce for four

500 g marinara sauce
100 g mozzarella
400 g bell pepper (sliced)
160 g whole grain bread
10 g olive oil

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast pepper with oil at 400°F for 20 minutes. Place cooked meatballs in warm marinara, scatter mozzarella and bake 5 minutes to melt. Divide with peppers and toasted bread.

Dietary fit

Balanced; family-friendly. For lower carbs replace bread with zucchini and oats with 30 g almond flour; check sauce labels.

Main allergens: Egg, milk, wheat. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Shrimp Lime Rice Bowls

Juicy shrimp bites with lime yogurt and a crisp cabbage cucumber salad.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g raw shrimp (finely chopped)
40 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
40 g scallion (minced)
20 g lime juice

Sides and sauce for four

160 g dry brown rice
400 g cabbage (shredded)
300 g cucumber (diced)
240 g plain greek yogurt
25 g lime juice

Make it

1. Finely chop or pulse the cold seafood into a coarse mince; do not puree. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 160°F / 71°C in the center; time alone is not the endpoint.

3. Cook rice. Mix yogurt and lime juice. Divide rice, cabbage, cucumber and shrimp balls among four bowls; add sauce.

Dietary fit

Pescatarian. For lower carbs replace rice with cauliflower rice and oats with 30 g almond flour.

Main allergens: Egg, milk, shellfish. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Turkey Almond Herb Plate

Herby almond-bound turkey bites with two roasted vegetables.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

450 g turkey (lean ground)
30 g almond flour
1 large egg
2 g salt
0.5 g black pepper
15 g parsley (chopped)
6 g garlic (minced)
2 g dried oregano

Sides and sauce for four

600 g broccoli
600 g cauliflower (florets)
25 g olive oil
240 g plain greek yogurt
25 g lemon juice

Make it

1. Keep the ground meat chilled while preparing the other ingredients. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 16-22 minutes. Or air-fry at 375°F / 190°C for about 10-14 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint.

3. Roast broccoli and cauliflower with oil at 400°F for 25 minutes. Mix yogurt and lemon. Divide vegetables, sauce and meatballs among four plates.

Dietary fit

Lower-starch plate; gluten-free ingredients. Keto or Atkins-style candidate: almond binder and nonstarchy sides, but verify all ingredients and daily carbs before using.

Main allergens: Egg, milk, tree nuts. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Sesame Tofu Broccoli

Sesame tofu bites with bright green broccoli and nutty brown rice.



Makes 16 balls • 4 servings with sides • 4 balls per serving • About 40-55 min

Ingredients for the balls

480 g firm tofu (pressed dry)
60 g rolled oats (finely ground)
1 large egg
2 g salt
0.5 g black pepper
10 g ginger (grated)
20 g reduced sodium soy sauce
6 g garlic (minced)

Sides and sauce for four

600 g broccoli
160 g dry brown rice
10 g sesame oil
15 g sesame seeds
25 g lime juice

Make it

1. Crumble the pressed tofu very finely and squeeze out excess moisture. Combine all ball ingredients, mixing gently. Chill 15 minutes if soft; weigh and divide into 16 equal balls.

2. Bake on a parchment-lined tray at 400°F / 205°C for about 20-26 minutes. Or air-fry at 375°F / 190°C for about 12-18 minutes, turning gently halfway. Cook to 165°F / 74°C in the center; time alone is not the endpoint. Let stand 5 minutes to firm.

3. Cook rice. Steam broccoli 5-7 minutes, then toss with sesame oil, seeds and lime. Divide with rice and tofu balls among four bowls.

Dietary fit

Vegetarian. For vegan adaptation use a flax egg. For lower carbs replace rice with cauliflower rice; test any binder changes.

Main allergens: Egg, soy, wheat, sesame, soy. Check labels.

Cool and refrigerate promptly; use within 3–4 days or freeze. Reheat cooked portions to 165°F. Pack raw sides separately.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Dessert recipes

Small sweet portions made with oats, nuts, fruit and flavor. These are desserts, not unlimited “diet” foods.

D01 Cocoa Peanut Butter Bites

D02 Lemon Coconut Bliss

D03 Cinnamon Apple Oat Bites

D04 Chocolate Orange Truffles

D05 Carrot Cake Bites

D06 Berry Almond Bites

D07 Pumpkin Spice Oat Bites

D08 Mocha Walnut Bites

Each recipe includes its listed sides unless identified as a dessert. Proposed dietary swaps are not included in the weekly grocery totals.

Cocoa Peanut Butter Bites

A fudgy chocolate-peanut bite for a portioned dessert.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

120 g rolled oats
100 g peanut butter
100 g pitted dates
20 g cocoa powder
4 g vanilla extract

Make it

1. Toast oats on a tray at 350°F for 8-10 minutes and cool. Soak dates in hot water for 10 minutes, drain well, then blend with peanut butter, cocoa and vanilla. Pulse in oats.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients; dates and oats make this unsuitable for strict keto. Use sunflower seed butter for a peanut-free ingredient swap; check labels.

Main allergens: peanuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Lemon Coconut Bliss

Bright lemon and coconut in a small, satisfying sweet.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

120 g rolled oats
100 g almond butter
100 g pitted dates
40 g unsweetened coconut
20 g lemon juice
3 g lemon zest

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Soak dates in hot water for 10 minutes and drain. Blend dates, almond butter, lemon juice and zest; pulse in oats and half the coconut. Reserve the rest for rolling.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. This date-sweetened dessert is not a keto recipe.

Main allergens: tree nuts, coconut. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Cinnamon Apple Oat Bites

Apple-pie flavors without a pastry crust.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

140 g rolled oats
100 g almond butter
120 g unsweetened applesauce
25 g maple syrup
3 g ground cinnamon
4 g vanilla extract

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Pulse all ingredients until a thick dough forms; refrigerate for 30 minutes before shaping.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Naturally occurring and added sugars still count; not strict keto.

Main allergens: tree nuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Chocolate Orange Truffles

Deep cocoa with a fresh orange finish.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

100 g rolled oats
100 g almond butter
120 g pitted dates
25 g cocoa powder
4 g orange zest
20 g orange juice

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Soak dates in hot water for 10 minutes and drain. Blend dates, almond butter, zest, juice and cocoa; pulse in oats.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Dates supply sugar and carbohydrates; this is a dessert rather than a protein replacement.

Main allergens: tree nuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Carrot Cake Bites

Carrot-cake spice and walnut crunch in two-bite portions.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

120 g rolled oats
100 g almond butter
100 g pitted dates
60 g carrot (finely grated)
3 g ground cinnamon
30 g walnuts (finely chopped)

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Soak dates in hot water for 10 minutes and drain. Blend dates and almond butter. Pulse in oats and cinnamon, then fold in carrot and walnuts.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Not keto; use sunflower butter and omit walnuts if avoiding tree nuts, with label checks.

Main allergens: tree nuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Berry Almond Bites

A berry-speckled dessert that travels well when kept chilled.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

120 g rolled oats
110 g almond butter
100 g pitted dates
20 g freeze dried berries
4 g vanilla extract

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Soak dates in hot water for 10 minutes and drain. Blend dates, almond butter and vanilla; pulse in oats and crushed freeze-dried berries.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Choose unsweetened freeze-dried fruit; still not a strict-keto dessert.

Main allergens: tree nuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Pumpkin Spice Oat Bites

A soft autumn-spiced bite with pumpkin and oats.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

150 g rolled oats
100 g peanut butter
120 g pumpkin puree
30 g maple syrup
3 g ground cinnamon
1 g ground ginger

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Pulse all ingredients into a thick dough, then chill 30 minutes before shaping. Use plain pumpkin puree, not pie filling.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Swap sunflower seed butter for peanut butter if needed; not keto.

Main allergens: peanuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Mocha Walnut Bites

A coffeehouse-inspired chocolate and walnut dessert.



Makes 16 balls • 8 servings • 2 balls per serving • About 50-65 min incl. chilling

Ingredients for the balls

110 g rolled oats
100 g almond butter
100 g pitted dates
20 g cocoa powder
30 g walnuts (finely chopped)
3 g decaf instant coffee

Make it

1. Toast oats at 350°F for 8-10 minutes and cool. Dissolve coffee in 10 g hot water. Soak dates 10 minutes and drain. Blend dates, almond butter, cocoa and coffee; pulse in oats and fold in walnuts.

2. If crumbly, pulse in water 5 g at a time; if too sticky, chill longer. Weigh and divide into 16 equal balls. Roll gently; use reserved coconut if specified.

3. Chill in a covered container for at least 30 minutes. Serve two balls per person. Keep refrigerated and use within 3-4 days; freeze extra portions promptly for up to 2 months for quality.

Dietary fit

Vegetarian dessert. Vegan ingredients. Use decaf as written; dates and oats make this unsuitable for strict keto.

Main allergens: tree nuts. Check labels.

AI-generated serving illustration. Portions follow the recipe, not the photograph.

Four weeks of meal planning

One adult as the planning unit

Each week uses two breakfast, two lunch and two dinner recipes. Make one full four-serving batch of each: 24 savory servings in total. The menu uses 21 servings, leaving one serving from the second breakfast, lunch and dinner recipe for the freezer. Double every quantity for two adults or multiply by four for four adults.

Dessert is optional

Each week includes one full 16-ball dessert batch, which yields eight two-ball servings. The menu includes dessert on four days. Freeze the other four dessert servings promptly. Omit the dessert ingredients from the list if you choose not to make it.

How to read the grocery lists

Lists include all ingredients in the six full savory batches and one full dessert batch, including sides, sauces, oils and pantry seasonings. They do not include optional substitutions, snacks, beverages or extra food you need to meet your individual energy needs. Check the pantry first.

No fixed daily calorie promise

These are preparation menus, not calorie-controlled prescriptions or nutritionally complete individualized diets. Add or adjust portions, snacks and drinks to your needs. If tracking calories or carbs, calculate them using your exact ingredients before using the menus for a target.

Use the schedule safely

The next page gives a preparation and thawing routine. Do not refrigerate a full Sunday batch until the following Sunday. Freeze later-week cooked components on preparation day and prepare fresh salads, yogurt and fruit closer to serving.

Your weekly preparation rhythm

Before shopping

Pick a week and read all seven recipes. Check eggs, binders, spices and sauces before buying. The first time you cook a recipe, make a small trial portion before committing to large batches. The lists use edible weights; allow for peels, stems and drained liquid.

Sunday preparation

Cook the six savory ball batches, grains and roastable sides, allowing roughly 2-3 hours depending on equipment. Keep raw mixtures cold while others cook. Divide each recipe into four labeled servings. Prepare the dessert and divide into eight servings. Refrigerate Monday-Wednesday cooked portions promptly; freeze Thursday-Sunday cooked portions and all surplus on Sunday.

Fresh components

Do not freeze assembled lettuce cups, raw salads or yogurt sauce. Keep those ingredients separate and prepare enough for Monday-Wednesday. Wash or cut the remaining fresh ingredients midweek; keep whole produce and unopened dairy appropriately refrigerated. Cut avocado just before serving. Freeze extra bread separately.

Wednesday refresh

Prepare Thursday-Sunday salad components and sauces in clean containers. Move Thursday's cooked portions from freezer to refrigerator on Wednesday night. Each subsequent evening, move the following day's frozen portions into the refrigerator. Allow longer thawing for dense portions if needed.

At serving and after the week

Reheat only cooked components to 165°F / 74°C. Add cold components afterward. Keep packed lunches cold in transit. The three surplus savory servings and four surplus dessert servings remain labeled in the freezer for another week; do not count them twice in a new grocery plan. [4-6]

Week 1 Everyday favorites

For one adult. One serving of each listed recipe includes its sides. Scale all recipes and grocery quantities by the number of adults.

Day	Breakfast	Lunch	Dinner	Dessert
Mon	B01	L01	N01	D01 × 2 balls
Tue	B02	L02	N02	Optional; not planned
Wed	B01	L01	N01	D01 × 2 balls
Thu	B02	L02	N02	Optional; not planned
Fri	B01	L01	N01	D01 × 2 balls
Sat	B02	L02	N02	Optional; not planned
Sun	B01	L01	N01	D01 × 2 balls

B01 Apple Sage Turkey • page 14

B02 Spinach Feta Sunrise • page 15

L01 Greek Turkey Pita Pockets • page 27

L02 Lemon Chickpea Grain Bowls • page 28

N01 Classic Turkey Marinara • page 40

N02 Lemon Herb Chicken Tray • page 41

D01 Cocoa Peanut Butter Bites • page 57

Batch accounting: 24 savory servings prepared; 21 eaten in this menu; 3 kept frozen. Eight dessert servings prepared; four planned; four kept frozen. Keep Thursday-Sunday cooked portions frozen until their planned thaw.

Week 1 grocery list 1

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Protein

- ☐ Canned chickpeas — 480 g
- ☐ Chicken — 900 g
- ☐ Large eggs — 6 eggs
- ☐ Turkey — 1.35 kg

Dairy

- ☐ Feta — 60 g
- ☐ Parmesan — 30 g
- ☐ Plain Greek yogurt — 840 g

Produce

- ☐ Apple — 700 g
- ☐ Bell pepper — 300 g
- ☐ Broccoli — 600 g
- ☐ Cucumber — 600 g
- ☐ Garlic — 24 g
- ☐ Parsley — 45 g
- ☐ Potato — 600 g
- ☐ Spinach — 80 g
- ☐ Tomato — 1 kg
- ☐ Zucchini — 400 g

Shopping weights: poultry and meat are raw; canned foods are drained; cooked beans and lentils are ready to use. Produce is edible weight after trimming. Buy whole citrus if using zest; juice can be fresh or bottled unsweetened.

Week 1 grocery list 2

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Grains and pantry

- ☐ Black pepper — 3 g
- ☐ Cocoa powder — 20 g
- ☐ Dried oregano — 6 g
- ☐ Dried sage — 2 g
- ☐ Dry quinoa — 160 g
- ☐ Dry whole wheat pasta — 200 g
- ☐ Ground cumin — 2 g
- ☐ Lemon juice — 95 g

Pantry continued

- ☐ Marinara sauce — 500 g
- ☐ Olive oil — 55 g
- ☐ Peanut butter — 100 g
- ☐ Pitted dates — 100 g
- ☐ Rolled oats — 380 g
- ☐ Salt — 12 g
- ☐ Vanilla extract — 4 g
- ☐ Whole grain bread — 160 g
- ☐ Whole wheat pita — 240 g

Grains are dry weights. Rolled oats are weighed before grinding. 450 g meat is approximately 1 lb; 30 g is approximately 1 oz. For beans, divide the required drained grams by the package's drained yield and round up. Water used for cooking is not a grocery item.

Week 2 Mediterranean inspired

For one adult. One serving of each listed recipe includes its sides. Scale all recipes and grocery quantities by the number of adults.

Day	Breakfast	Lunch	Dinner	Dessert
Mon	B06	L04	N03	D02 × 2 balls
Tue	B09	L08	N04	Optional; not planned
Wed	B06	L04	N03	D02 × 2 balls
Thu	B09	L08	N04	Optional; not planned
Fri	B06	L04	N03	D02 × 2 balls
Sat	B09	L08	N04	Optional; not planned
Sun	B06	L04	N03	D02 × 2 balls

B06 Lemon Dill Salmon Breakfast • page 19

B09 Zucchini Basil Breakfast • page 22

L04 Tuna White Bean Salad • page 30

L08 Salmon Cucumber Quinoa • page 34

N03 Moroccan Chickpea Tomato • page 42

N04 Salmon Dill Green Plate • page 43

D02 Lemon Coconut Bliss • page 58

Batch accounting: 24 savory servings prepared; 21 eaten in this menu; 3 kept frozen. Eight dessert servings prepared; four planned; four kept frozen. Keep Thursday-Sunday cooked portions frozen until their planned thaw.

Week 2 grocery list 1

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Protein

- ☐ Canned chickpeas — 480 g
- ☐ Canned salmon — 450 g
- ☐ Canned tuna — 450 g
- ☐ Chicken — 450 g
- ☐ Cooked white beans — 400 g
- ☐ Large eggs — 6 eggs
- ☐ Raw salmon — 900 g

Dairy

- ☐ Parmesan — 30 g
- ☐ Plain Greek yogurt — 1.48 kg

Produce

- ☐ Basil — 10 g
- ☐ Berries — 400 g
- ☐ Carrot — 300 g
- ☐ Cucumber — 400 g
- ☐ Dill — 28 g
- ☐ Green beans — 600 g
- ☐ Lemon zest — 3 g
- ☐ Onion — 100 g
- ☐ Parsley — 30 g
- ☐ Peach — 600 g
- ☐ Potato — 600 g
- ☐ Romaine lettuce — 240 g
- ☐ Scallion — 160 g
- ☐ Tomato — 300 g
- ☐ Zucchini — 100 g

Shopping weights: poultry and meat are raw; canned foods are drained; cooked beans and lentils are ready to use. Produce is edible weight after trimming. Buy whole citrus if using zest; juice can be fresh or bottled unsweetened.

Week 2 grocery list 2

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Grains and pantry

- ☐ Almond butter — 100 g
- ☐ Black pepper — 3 g
- ☐ Canned crushed tomatoes — 500 g
- ☐ Dry quinoa — 160 g
- ☐ Dry whole wheat couscous — 160 g
- ☐ Ground cinnamon — 1 g
- ☐ Ground cumin — 3 g

Pantry continued

- ☐ Lemon juice — 175 g
- ☐ Olive oil — 45 g
- ☐ Pitted dates — 100 g
- ☐ Rolled oats — 380 g
- ☐ Salt — 12 g
- ☐ Unsweetened coconut — 40 g
- ☐ Whole grain bread — 160 g

Grains are dry weights. Rolled oats are weighed before grinding. 450 g meat is approximately 1 lb; 30 g is approximately 1 oz. For beans, divide the required drained grams by the package's drained yield and round up. Water used for cooking is not a grocery item.

Week 3 Vegetarian variety

For one adult. One serving of each listed recipe includes its sides. Scale all recipes and grocery quantities by the number of adults.

Day	Breakfast	Lunch	Dinner	Dessert
Mon	B07	L06	N07	D05 × 2 balls
Tue	B11	L10	N10	Optional; not planned
Wed	B07	L06	N07	D05 × 2 balls
Thu	B11	L10	N10	Optional; not planned
Fri	B07	L06	N07	D05 × 2 balls
Sat	B11	L10	N10	Optional; not planned
Sun	B07	L06	N07	D05 × 2 balls

B07 Garden Lentil Breakfast • page 20

B11 Chickpea Cumin Brunch • page 24

L06 Black Bean Taco Bowls • page 32

L10 Lentil Roasted Pepper Wraps • page 36

N07 Tuscan White Bean Spinach • page 46

N10 Smoky Lentil Sweet Potato • page 49

D05 Carrot Cake Bites • page 61

Batch accounting: 24 savory servings prepared; 21 eaten in this menu; 3 kept frozen. Eight dessert servings prepared; four planned; four kept frozen. Keep Thursday-Sunday cooked portions frozen until their planned thaw.

Week 3 grocery list 1

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Protein

- ☐ Canned black beans — 480 g
- ☐ Canned chickpeas — 480 g
- ☐ Cooked lentils — 1.44 kg
- ☐ Cooked white beans — 480 g
- ☐ Large eggs — 6 eggs

Dairy

- ☐ Plain Greek yogurt — 1.44 kg

Produce

- ☐ Avocado — 200 g
- ☐ Bell pepper — 80 g
- ☐ Broccoli — 600 g
- ☐ Carrot — 140 g
- ☐ Cucumber — 400 g
- ☐ Garlic — 30 g
- ☐ Onion — 60 g
- ☐ Parsley — 30 g
- ☐ Romaine lettuce — 240 g
- ☐ Spinach — 560 g
- ☐ Sweet potato — 600 g
- ☐ Tomato — 400 g

Shopping weights: poultry and meat are raw; canned foods are drained; cooked beans and lentils are ready to use. Produce is edible weight after trimming. Buy whole citrus if using zest; juice can be fresh or bottled unsweetened.

Week 3 grocery list 2

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Grains and pantry

- ☐ Almond butter — 100 g
- ☐ Black pepper — 3 g
- ☐ Dried oregano — 2 g
- ☐ Dried sage — 2 g
- ☐ Dry brown rice — 160 g
- ☐ Dry whole wheat pasta — 200 g
- ☐ Ground cinnamon — 3 g
- ☐ Ground cumin — 8 g
- ☐ Hummus — 160 g
- ☐ Lemon juice — 25 g
- ☐ Lime juice — 25 g
- ☐ Marinara sauce — 500 g

Pantry continued

- ☐ Olive oil — 30 g
- ☐ Pitted dates — 100 g
- ☐ Roasted red peppers — 240 g
- ☐ Rolled oats — 480 g
- ☐ Salsa — 160 g
- ☐ Salt — 12 g
- ☐ Smoked paprika — 5 g
- ☐ Sun-dried tomatoes — 40 g
- ☐ Walnuts — 30 g
- ☐ Whole grain bread — 160 g
- ☐ Whole wheat pita — 200 g
- ☐ Whole wheat tortillas — 240 g

Grains are dry weights. Rolled oats are weighed before grinding. 450 g meat is approximately 1 lb; 30 g is approximately 1 oz. For beans, divide the required drained grams by the package's drained yield and round up. Water used for cooking is not a grocery item.

Week 4 Comfort and global flavors

For one adult. One serving of each listed recipe includes its sides. Scale all recipes and grocery quantities by the number of adults.

Day	Breakfast	Lunch	Dinner	Dessert
Mon	B04	L03	N08	D07 × 2 balls
Tue	B10	L09	N12	Optional; not planned
Wed	B04	L03	N08	D07 × 2 balls
Thu	B10	L09	N12	Optional; not planned
Fri	B04	L03	N08	D07 × 2 balls
Sat	B10	L09	N12	Optional; not planned
Sun	B04	L03	N08	D07 × 2 balls

B04 Southwest Morning Turkey • page 17

B10 Ginger Scallion Breakfast • page 23

L03 Ginger Sesame Chicken Cups • page 29

L09 Turkey Burger Bowls • page 35

N08 Ginger Pork Cabbage Bowls • page 47

N12 Chicken Curry Cauliflower • page 51

D07 Pumpkin Spice Oat Bites • page 63

Batch accounting: 24 savory servings prepared; 21 eaten in this menu; 3 kept frozen. Eight dessert servings prepared; four planned; four kept frozen. Keep Thursday-Sunday cooked portions frozen until their planned thaw.

Week 4 grocery list 1

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Protein

- ☐ Canned black beans — 400 g
- ☐ Chicken — 900 g
- ☐ Large eggs — 6 eggs
- ☐ Pork — 450 g
- ☐ Turkey — 1.35 kg

Dairy

- ☐ Plain Greek yogurt — 160 g

Produce

- ☐ Avocado — 200 g
- ☐ Bell pepper — 80 g
- ☐ Cabbage — 600 g
- ☐ Carrot — 400 g
- ☐ Cauliflower rice — 800 g
- ☐ Ginger — 40 g
- ☐ Onion — 140 g
- ☐ Potato — 600 g
- ☐ Romaine lettuce — 540 g
- ☐ Scallion — 120 g
- ☐ Spinach — 800 g
- ☐ Tomato — 400 g

Shopping weights: poultry and meat are raw; canned foods are drained; cooked beans and lentils are ready to use. Produce is edible weight after trimming. Buy whole citrus if using zest; juice can be fresh or bottled unsweetened.

Week 4 grocery list 2

Exact recipe-use quantities for one adult's full batches. Buy package sizes that cover these amounts; pantry leftovers are expected. Quantities include the planned dessert.

Grains and pantry

- ☐ Black pepper — 3 g
- ☐ Curry powder — 7 g
- ☐ Dill pickles — 80 g
- ☐ Dry brown rice — 480 g
- ☐ Garlic powder — 2 g
- ☐ Ground cinnamon — 3 g
- ☐ Ground cumin — 2 g
- ☐ Ground ginger — 1 g
- ☐ Light coconut milk — 400 g
- ☐ Lime juice — 50 g
- ☐ Maple syrup — 30 g

Pantry continued

- ☐ Mustard — 20 g
- ☐ Olive oil — 20 g
- ☐ Peanut butter — 100 g
- ☐ Pumpkin puree — 120 g
- ☐ Reduced sodium soy sauce — 50 g
- ☐ Rolled oats — 390 g
- ☐ Salsa — 120 g
- ☐ Salt — 12 g
- ☐ Sesame oil — 18 g
- ☐ Sesame seeds — 15 g
- ☐ Smoked paprika — 2 g

Grains are dry weights. Rolled oats are weighed before grinding. 450 g meat is approximately 1 lb; 30 g is approximately 1 oz. For beans, divide the required drained grams by the package's drained yield and round up. Water used for cooking is not a grocery item.

Build a community around cooking

Start with one shared recipe

Choose a recipe of the week and invite people to cook it in their own kitchens. Ask for the recipe ID, measured substitutions, cooking method and what worked. Compare texture and convenience rather than making unverified claims about weight loss.

A simple four-week challenge

Week 1: make one batch and label four portions. Week 2: try a bean or fish recipe. Week 3: share a useful freezer or lunch-packing tip. Week 4: repeat a favorite and record what made it easier. Participation can be about cooking confidence, time saved and food enjoyment.

Make sharing welcoming

Use #MeatballDiet with a meal photo, recipe ID and one practical tip. Ask permission before reposting someone's image or story. Welcome different dietary needs, budgets and bodies. Encourage appropriate professional help for medical questions instead of diagnosing members.

Keep the conversation useful

A good post might say: “I made L01, packed the yogurt separately and froze two portions. Next time I'll mince the parsley more finely.” Avoid pressure for before-and-after photos or promises that one recipe caused a health result.

Stay connected

Visit MeatballDiet.com for current information and available resources. Start your own cooking circle with a friend or family member today. Website references are invitations to check what is available, not a promise that memberships or features are already live.

Your next seven days

Week of _____ People _____ Preparation day _____

Day	Breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Plan the batches

Recipe IDs and batch multipliers

Refrigerator portions and use-by dates

Freezer portions and planned thaw dates

Fresh ingredients to prepare midweek

Extra foods needed for personal portions

Recipe feedback and progress

Recipe ID _____ Date _____ Cooking method _____ Appliance _____

Ingredient brands and exact changes

Raw mixture weight and number of balls

Cooking time and measured center temperature

Texture and flavor notes

How the leftovers reheated

What I will change next time

Notice practical progress

Meals prepared this week _____ Portions frozen _____ Food used before waste _____ One habit that helped _____

Weight tracking is optional. A recipe feedback log documents cooking results; it does not establish medical effectiveness.

Sources and editorial notes

[1] American Heart Association
What is the Mediterranean Diet?

[2] National Institute of Diabetes and Digestive and Kidney Diseases
About the Body Weight Planner

[3] Centers for Disease Control and Prevention
Steps for Losing Weight

[4] FoodSafety.gov
4 Steps to Food Safety

[5] FoodSafety.gov
Cold Food Storage Chart

[6] FoodSafety.gov
Cook to a Safe Minimum Internal Temperature

Sources checked September 19, 2026. Public-health sources support the general guidance; they do not endorse Meatball Diet or validate these recipes. Recipe formulations, menu combinations and cooking-time estimates were developed for this edition.

First edition • MeatballDiet.com • Brand palette: Tomato Red #C62828, Charcoal #171717, Warm Cream #FAF7F0, Basil Green #557A46, Warm Gray #E9E4DA, White #FFFFFF.

Before commercial release, complete kitchen testing of each recipe and proposed substitution, verify allergen statements against the final ingredients, and have any published nutrition figures independently checked. The recipe feedback sheet supports that process.