



# PERSONALIZED NUTRI PLAN

L O W C A R B D I E T

*Please note that this is a sample report  
and not a complete report of the test*



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### **Dear Tested Person**

*Welcome to your own NutriPlan, which includes a personalised diet plan (menus and recipes) individually adjusted according to your nutritional needs. We congratulate you on this important step that you have made towards better well-being and a healthier life.*

*Nutrition and health go hand in hand. An optimal diet can undoubtedly represent one of the strongest preventive factors in your life while a diet which doesn't fulfil your body's needs negatively influences your health. However, how do you know what "good" and "bad" for someone is? Based on today's advanced technology it's well known that the "one size fits all" approach is no longer acceptable. And this is exactly what NutriPlan is about: NutriPlan reveals your individual nutritional needs and helps you develop optimal eating habits, all this based on the results of your genetic analysis.*

*Our diet experts have reviewed your DNA testing report and prepared your personalised diet plan according to the latest dietary guidelines. We are convinced that by following your personalised diet recommendations you have a great opportunity to improve your health and positively affect your energy level, body weight and overall well-being. We believe that with carefully prepared, personalised recommendations, our experts will justify the trust that you have invested in us. Don't forget that you yourself are the final key to success.*

SAMPLE REPORT



## WHAT CAN MY GENES TELL ME

## ABOUT MY OPTIMAL DIET?

### WHAT MY GENETIC ANALYSIS TELLS ME ABOUT MY OPTIMAL DIET?

Our DNA makes us different: we have different eye colour, different skin, talents, we are differently susceptible to illnesses, and we have completely unique nutritional needs.

The unique needs of every individual are the subject of a new branch of nutrigenomics – personalised nutrition. A personalised nutritional approach is essential and absolutely necessary for an optimal diet, in the same way as your personal physician, who knows you, is necessary for ensuring your health.

#### NUTRITIONAL NEEDS

An average person should eat at least 30 g of fibre/day, and cover 45-60 % of their daily energy needs with carbohydrates. The daily intake of fats should be between 25-30 %, and the intake of saturated fats should represent only 1/3 of it. An average active adult should ingest 0.8 g/kg body mass of proteins, or 10-15 % of daily calorie needs.

Scientific studies have shown that genetic variants have a great influence on our metabolism making the optimal nutritional needs very specific for each individual. Therefore, for achieving perfect well-being and health, the recommended daily intake of carbohydrates, saturated fats, unsaturated fats, and proteins should be adjusted in accordance to your genetic make-up.

#### Response to saturated fats:

Saturated fats are found mostly in food of animal origin. Our body uses them as a source of energy, but, unfortunately, in connection to genetic makeup, they also have the property of increasing the risk of becoming overweight. Through a 20 year-long study scientists have discovered a gene that causes some people gain weight quicker due to saturated fats than others. They discovered that saturated fats have an even more negative effect on people with an unfavourable variant of the gene APOA2. In case of excessive consumption of saturated fats, their risk of becoming overweight is twice as high, compared to carriers of the common variant of the gene.

#### Response to unsaturated fats:

Polyunsaturated fats are essential for our body – our body desperately needs to get them from food, as it cannot produce them. They are vital for a healthy heart and brain function, as well as our growth and development. Even though unsaturated fats are very beneficial for our body, they have an even more positive effect for some people. In the research study on which our analysis is





based, it has been discovered that a certain variant of the gene PPAR-alpha can determine the relationship between unsaturated fats and triglycerides in the blood. It has been proven that people with a risk variant of the gene, and with an inappropriate intake of unsaturated fats, have a 20 per cent higher triglyceride level compared to others. High intake of unsaturated fats has completely levelled out these differences, and it is therefore so much more important for people with a risk variant of the gene to adjust their diet and increase the intake of polyunsaturated fats.

### **Response to carbohydrates:**

Carbohydrates are the most basic source of energy needed for physical activity of our body. However, it has been discovered that people with a risk variant of the FTO gene, if they do not consume enough carbohydrates, are 3 times more susceptible to becoming overweight, compared to people who are carriers of two common variants of the FTO gene. With an adjusted intake of carbohydrates, they can considerably eliminate this risk. On the other hand, the gene KCTD10 determines the relationship between the intake of carbohydrates and the HDL cholesterol level and with an inappropriate intake and a risk variant of the mentioned gene the HDL cholesterol level can rapidly decrease.

## **LOW CARB DIET**

Genetic analysis shows that **a low carb diet is the most optimal choice for you.**

Read more about your perfect diet in the next chapter.



# LOW CARB DIET



A negative response to carbohydrates is the basis of a **low carb** diet. Since the body reacts negatively to carbohydrates you should accordingly lower the amount of carbohydrate intake. Your energy intake from carbs should fill 40-50 % of your daily energy needs. The rest should be fat and proteins. Choose from complex carbohydrates with a lot of fibre. Always eat them accompanied by fats, proteins or vegetables, to lower the glycaemic load. Try to avoid sugar, especially sugary drinks and sweets. If trying to lose weight, increase the proportion of food high in fibre, such as different vegetables and wholegrain starchy foods. Fibre cannot be digested and will make you feel full for a longer time.

We recommend you choose diverse food from different food groups. This food is also included in menus and recipes, personally prepared further in the book.

## MEAT AND FISH

You shouldn't opt for meat more than 4 times a week. Instead of beef and pork, try to opt for turkey more often. Choose lean parts of meat and meat products which are prepared out of whole chunks. If you are vegetarian, you will successfully replace animal proteins with soya foods such as tofu or soya burgers. Fish should be on your menu at least once a week. We recommend sea bass, sardines, mackerel or tuna.

## MILK AND DAIRY PRODUCTS

Drink a glass of milk or eat yoghurt every day. Yoghurt contains probiotic bacteria which regulate our digestion. Have a whole-wheat bun with your yoghurt or add it to your favourite cereal. Every now and then, prepare rice cooked in milk or similar milk dishes (milk millet porridge, semolina cooked in milk).

## OILS, NUTS AND SEEDS

When preparing food, do not add too much oil. Add only a necessary amount. We recommend pumpkin oil, virgin olive oil or rapeseed oil. Every day, eat a large spoonful of ground flaxseeds and a spoonful of pumpkin seeds for example. You can sprinkle them over salads and pasta, or mix them with yoghurt or cottage cheese. From nuts and seeds we especially recommend sesame seeds and Brazil nuts, which will deliciously enrich you dishes.





### **LEGUMES, VEGETABLES AND STARCHY FOODS**

Reduce your intake of carbohydrates to the recommended value, as excessive consumption of carbohydrates can affect your health unfavourably. Your diet should consist of complex carbohydrates. We recommend that you eat enough legumes and other vegetables, such as peas, beans, leek, kohlrabi, cauliflower, mangold, lamb's lettuce, lentils and dandelion. Prepare them as salads or side dishes, but they can also represent the main course. Instead of fried potatoes, prepare yourself roasted potatoes or boiled potato cubes with added pinch of chopped chives or a spoonful of sesame seeds. Avoid eating bread with your lunch, which will help you to additionally limit the intake of carbohydrates.

### **FRUIT**

Try to eat one of the following fruits every day: an apple or a pear, a handful of blueberries, gooseberries or blackcurrants. Choose those fruits with less sugar. Let fruit be the substitute for sweetened artificial beverages.

### **GENERAL RECOMMENDATIONS**

Eat at least 5 meals a day: breakfast, morning snack, lunch, afternoon snack and dinner. Opt for fresh, seasonal and unprocessed foods. Pre-prepared food contains a lot of unhealthy additives which allow it to have a longer expiration date. Avoid frying. Stewing food in its own juices or steaming is better choice. Also, avoid additionally salting your food and sweetening your drinks, because you will only mask their true flavour.



28 DAY  
**PERSONALISED  
NUTRITION PLAN**

LOW CARB DIET

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In this part of NutriPlan you will find **28 personalised menus**, adjusted to your calorie and nutritional requirements, all this determined based on the results of your genetic analysis.

In order to achieve optimal results, we have prepared the following tips:

- Use dairy products with a normal amount of fat like **3.4 or 3.6 %**. If it states low fat, choose the ones with **max 1.5 % fat**.
  - If it only states "oil" – use **olive oil or rapeseed oil**. If no heating is expected, you may also use **linseed or walnut oil**. Choose cold-pressed oil if possible.
  - Dark chocolate means anything over **70 % cocoa solids**.
  - Some meals, like breakfast and dinner, only have written ingredients, without recipes. They are really simple and basic. Mostly just mix all ingredients together and cook or bake. Add herbs and spices to achieve desired taste.
  - You can use any **wholegrain or brown bread** you have, but avoid white. Be sure to check the label – wholegrain is when the amount of fibre is at least **9 g per 100 g**. Choose one with as little additives as possible.
  - Fruit and vegetables - those included are just some examples. You might want to change them. Please use the **food group tables** at the end of the report that will help you make a proper change.
  - If you have an allergy to any ingredient, change it according to the food-group tables at the back.
  - Before you go to the grocery store, write a **shopping list**. Buy only those items you need – don't be misled by other sweets and salty snacks.
  - If eating out, choose a mixed salad without dressing and spice it up yourself with oil and vinegar. You may also choose grilled fish or chicken with grilled vegetables or potatoes. Try to avoid complex meals, as a lot of fat products are usually used to make them taste good.
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# DAY 01

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		616	14	109	13	7	6
Buckwheat bread	137	359	13	71	2	0	2
Fruit jam	55	154	0	38	0	0	0
Butter	21	102	1	0	11	7	4
<b>Morning snack</b>	0	357	7	78	2	0	1
Banana	164	144	2	33	0	0	0
Rice cakes	55	213	5	45	1	0	1
<b>Lunch</b>		738	76	45	28	7	21
Recipe page 88		738	76	45	28	7	21
<b>Afternoon snack</b>	0	251	8	39	7	5	2
Yoghurt	205	118	7	9	6	4	2
Blueberries, raw	205	133	2	30	1	0	1
<b>Dinner</b>	0	495	16	44	30	5	25
Salad with sun-dried tomatoes	261	364	10	19	29	5	25
<i>Lettuce</i>	205	41	2	7	0	0	0
<i>Olive oil</i>	18	163	0	0	18	3	16
<i>Pumpkin seeds</i>	21	118	6	3	10	2	8
<i>Tomatoes, sun-dried</i>	16	42	2	9	0	0	0
Wheat brown bread	55	131	5	25	1	0	0
<b>Total</b>		2457	120	314	80	23	57

Recipe page 88: ROAST PORK WITH PEAR, CRISPY SAGE & KOHLRABI

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		493	11	87	11	6	5
Buckwheat bread	109	287	10	57	2	0	2
Fruit jam	44	123	0	30	0	0	0
Butter	16	82	1	0	9	6	3
<b>Morning snack</b>	0	285	5	62	1	0	1
Banana	131	115	2	26	0	0	0
Rice cakes	44	170	4	36	1	0	1
<b>Lunch</b>		590	61	36	22	5	17
Recipe page 88		590	61	36	22	5	17
<b>Afternoon snack</b>	0	201	7	31	5	4	2
Yoghurt	164	95	5	7	5	4	1
Blueberries, raw	164	106	1	24	1	0	0
<b>Dinner</b>	0	396	13	36	24	4	20
Salad with sun-dried tomatoes	209	291	8	16	23	4	20
<i>Lettuce</i>	164	33	2	6	0	0	0
<i>Olive oil</i>	15	131	0	0	15	2	13
<i>Pumpkin seeds</i>	16	94	5	2	8	1	7
<i>Tomatoes, sun-dried</i>	13	34	2	7	0	0	0
Wheat brown bread	44	105	4	20	1	0	0
<b>Total</b>		1965	96	251	64	19	45

All measurements are in grams if no specified otherwise.





# DAY 05

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		648	21	109	14	6	8
Oat flakes	109	382	14	64	8	2	6
Yoghurt	205	118	7	9	6	4	2
Orange juice drink	274	148	1	37	0	0	0
<b>Morning snack</b>		311	5	68	2	0	1
Watermelon	821	311	5	68	2	0	1
<b>Lunch</b>		739	15	71	44	6	38
Recipe page 94		739	15	71	44	6	38
<b>Afternoon snack</b>		266	3	70	1	0	0
Dried mixed fruit	109	266	3	70	1	0	0
<b>Dinner</b>		508	40	32	24	4	21
Mediterranean tuna salad	479	508	40	32	24	4	21
Capers	17	5	0	1	0	0	0
Red peppers	97	24	1	5	0	0	0
Tuna, canned in water	156	138	32	0	1	0	1
Chickpeas, cooked	80	109	6	18	2	0	1
Lettuce	195	31	1	6	0	0	0
Onion	49	15	0	3	0	0	0
Olive oil	26	186	0	0	21	3	18
<b>Total</b>		2472	84	351	84	16	68

Recipe page 94: BASIL PESTO HADDOCK & AUBERGINE RATATOUILLE

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		518	17	87	11	5	6
Oat flakes	88	305	11	51	6	1	5
Yoghurt	164	95	5	7	5	4	1
Orange juice drink	219	118	0	29	0	0	0
<b>Morning snack</b>		249	4	54	1	0	1
Watermelon	657	249	4	54	1	0	1
<b>Lunch</b>		592	12	57	35	5	30
Recipe page 94		592	12	57	35	5	30
<b>Afternoon snack</b>		213	2	56	0	0	0
Dried mixed fruit	88	213	2	56	0	0	0
<b>Dinner</b>		406	32	25	19	3	17
Mediterranean tuna salad	383	406	32	25	19	3	17
Capers	13	4	0	1	0	0	0
Red peppers	78	19	1	4	0	0	0
Tuna, canned in water	125	111	25	0	1	0	1
Chickpeas, cooked	64	87	5	14	1	0	1
Lettuce	156	25	1	4	0	0	0
Onion	39	12	0	3	0	0	0
Olive oil	21	149	0	0	17	2	14
<b>Total</b>		1978	67	280	67	13	54

All measurements are in grams if no specified otherwise.





# DAY 13

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		606	19	57	34	9	25
Kefir	274	186	10	12	10	6	3
Pecans	27	194	3	4	20	2	19
Oat flakes	55	191	7	32	4	1	3
Maple syrup	14	36	0	9	0	0	0
<b>Morning snack</b>		385	15	62	8	3	5
Rice cakes	68	268	5	56	3	0	2
Smoked salmon	41	48	8	0	2	0	1
Cheese spread	14	41	1	0	4	2	1
Cucumber	205	29	2	5	0	0	0
<b>Lunch</b>		740	53	75	25	4	21
Recipe page 112		740	53	75	25	4	21
<b>Afternoon snack</b>		250	6	41	7	1	6
Hummus	68	121	3	14	6	1	5
Carrots, red peppers	356	129	4	27	5	0	5
<b>Dinner</b>		490	18	29	34	13	21
Gazpacho	643	307	6	28	19	3	16
Goat cheese	68	183	13	1	14	10	4
<b>Total</b>		2472	112	263	108	30	78

Recipe page 112: LAMB SOUVLAKI WITH GREEK-STYLE SALAD

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		485	15	46	27	7	20
Kefir	219	148	8	10	8	5	3
Pecans	22	155	2	3	16	1	15
Oat flakes	44	153	5	25	3	1	2
Maple syrup	11	29	0	7	0	0	0
<b>Morning snack</b>		308	12	49	7	3	4
Rice cakes	55	215	4	45	2	0	2
Smoked salmon	33	38	6	0	1	0	1
Cheese spread	11	32	1	0	3	2	1
Cucumber	164	23	1	4	0	0	0
<b>Lunch</b>		592	42	60	20	3	17
Recipe page 112		592	42	60	20	3	17
<b>Afternoon snack</b>		200	5	33	5	1	5
Hummus	55	97	3	11	5	1	4
Carrots, red peppers	285	103	3	22	4	0	4
<b>Dinner</b>		392	15	23	27	10	17
Gazpacho	514	246	5	22	15	2	13
Goat cheese	55	147	10	0	12	8	4
<b>Total</b>		1977	89	210	86	24	62

All measurements are in grams if no specified otherwise.





# DAY 17

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		641	32	53	34	12	22
Pesto genovese	41	224	7	2	21	5	16
Parmesan	41	160	16	0	11	7	4
Buckwheat bread	82	215	8	43	1	0	1
Tomato	205	41	2	8	0	0	0
<b>Morning snack</b>		359	16	45	13	9	4
Yoghurt	410	236	13	18	12	9	3
Peach	274	123	2	28	0	0	0
<b>Lunch</b>		739	57	48	35	6	29
Recipe page 120		739	57	48	35	6	29
<b>Afternoon snack</b>		244	7	10	21	3	18
Mixed nuts	41	244	7	10	21	3	18
<b>Dinner</b>		507	32	87	3	0	2
Lentil soup	465	507	32	87	3	0	2
Lentils, cooked	344	433	30	73	2	0	1
Onion	115	44	1	9	0	0	0
Spices, curry powder	7	30	1	4	1	0	1
<b>Total</b>		2489	144	243	105	30	75

Recipe page 120: ROASTED BASIL SALMON FILLET WITH ROSEMARY SQUASH MASH

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		513	26	42	27	9	18
Pesto genovese	33	179	5	2	17	4	13
Parmesan	33	128	13	0	9	5	3
Buckwheat bread	66	172	6	34	1	0	1
Tomato	164	33	1	6	0	0	0
<b>Morning snack</b>		287	12	36	10	7	3
Yoghurt	328	189	11	14	10	7	3
Peach	219	98	2	22	0	0	0
<b>Lunch</b>		591	46	38	28	5	23
Recipe page 120		591	46	38	28	5	23
<b>Afternoon snack</b>		195	6	8	17	2	15
Mixed nuts	33	195	6	8	17	2	15
<b>Dinner</b>		406	26	69	2	0	2
Lentil soup	372	406	26	69	2	0	2
Lentils, cooked	275	346	24	58	1	0	1
Onion	92	36	1	8	0	0	0
Spices, curry powder	6	24	1	3	1	0	1
<b>Total</b>		1991	116	194	84	24	60

All measurements are in grams if no specified otherwise.





# DAY 25

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		593	21	70	26	10	16
Yoghurt	410	236	13	18	12	9	3
Mango	274	155	2	34	1	0	1
Chia seeds	41	201	6	18	13	1	11
<b>Morning snack</b>		391	13	56	15	6	9
Oat muffin	96	259	7	46	7	1	6
Milk	205	133	6	10	8	5	3
<b>Lunch</b>		739	36	97	23	4	19
Recipe page 136		739	36	97	23	4	19
<b>Afternoon snack</b>		274	22	16	15	1	13
Broccoli	410	115	16	11	1	0	1
Almonds, toasted	27	159	6	5	14	1	13
<b>Dinner</b>		476	13	54	23	14	9
Roasted mixed vegetables	410	267	12	54	1	0	0
Butter, spices	41	209	1	0	23	14	9
<b>Total</b>		2472	105	292	101	36	65

Recipe page 136: BLACK BEAN & SALMON TOSTADAS

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		474	17	56	21	8	13
Yoghurt	328	189	11	14	10	7	3
Mango	219	124	1	27	1	0	1
Chia seeds	33	161	5	14	10	1	9
<b>Morning snack</b>		313	11	45	12	5	7
Oat muffin	77	207	5	37	6	1	5
Milk	164	106	5	8	6	4	2
<b>Lunch</b>		591	29	77	18	3	15
Recipe page 136		591	29	77	18	3	15
<b>Afternoon snack</b>		219	17	13	12	1	11
Broccoli	328	92	12	9	1	0	1
Almonds, toasted	22	127	5	4	11	1	10
<b>Dinner</b>		381	10	43	19	11	7
Roasted mixed vegetables	328	213	9	43	0	0	0
Butter, spices	33	167	1	0	18	11	7
<b>Total</b>		1978	84	234	81	29	52

All measurements are in grams if no specified otherwise.





# DAY 28

LOW CARB DIET

## KEEP WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		622	60	54	17	4	13
Salmon, canned in water	205	341	48	0	15	3	12
Wheat brown bread	109	262	11	50	2	1	1
Cucumber	137	19	1	4	0	0	0
<b>Morning snack</b>		334	4	43	19	11	7
Fruit salad, canned	410	123	1	32	0	0	0
Whipped cream	82	211	3	10	18	11	7
<b>Lunch</b>		739	64	77	19	5	14
Recipe page 142		739	64	77	19	5	14
<b>Afternoon snack</b>		443	4	84	12	1	11
Fruit cake	137	443	4	84	12	1	11
<b>Dinner</b>		317	4	33	19	3	16
Lettuce	205	41	2	7	0	0	0
Carrot	274	113	2	25	0	0	0
Olive oil	18	163	0	0	18	3	16
<b>Total</b>		2456	136	290	85	25	61

Recipe page : PORK, SMOKED PAPRIKA & PARSLEY MEATBALLS WITH SAUTEED PARSNIPS

## LOSE WEIGHT MENU

MEAL   FOOD	GRAMS	ENERGY KCAL	PROTEINS	CARBOHYDRATES	FATS	SATURATED FATTY ACIDS	UNSATURATED FATTY ACIDS
<b>Breakfast</b>		498	48	43	13	3	10
Salmon, canned in water	164	273	38	0	12	3	9
Wheat brown bread	88	210	8	40	1	1	1
Cucumber	109	15	1	3	0	0	0
<b>Morning snack</b>		267	3	34	15	9	6
Fruit salad, canned	328	99	1	26	0	0	0
Whipped cream	66	169	2	8	15	9	6
<b>Lunch</b>		592	51	62	15	4	11
Recipe page 142		592	51	62	15	4	11
<b>Afternoon snack</b>		355	3	67	10	1	9
Fruit cake	109	355	3	67	10	1	9
<b>Dinner</b>		254	3	26	15	2	13
Lettuce	164	33	2	6	0	0	0
Carrot	219	91	2	20	0	0	0
Olive oil	15	131	0	0	15	2	13
<b>Total</b>		1965	109	232	68	20	49

All measurements are in grams if no specified otherwise.





PERSONALISED  
**RECIPES**

LOW CARB DIET

The following sites are full of mouth-watering recipes carefully prepared based on your DNA results.

When you cook only for yourself, follow the personalised amounts of ingredients listed in the column **“one serving”**. When you cook for more people, we recommend you use the quantities of ingredients from the **“non-personalised main menu”** column.

All the ingredients in the recipes are presented in **grams**.

Enjoy cooking and remember: **“You can’t control everything in your life, but you can control what you put in your body.”**



LACTOSE FREE



GLUTEN FREE



VEGETARIAN



PREPARATION TIME



# CHICKEN ARRABBIATA

## WITH COURGETTE

## TAGLIATELLE

A SPICY TOMATO AND CHICKEN ITALIAN CLASSIC WITH OUR MINDFUL SWAP USING COURGETTE TAGLIATELLE FOR A LIGHTER SUMMER DISH.



INGREDIENTS	2 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
cherry tomatoes	120	87	70
olive oil	27	20	16
brown onion	150	109	87
courgette	300	217	174
tomato puree	200	145	116
capers	20	14	12
garlic	10	7	6
chicken thighs, boneless	300	217	174
black olives, pitted	30	22	17
fresh oregano			
salt and pepper			
calories	1020	739	591

**01** Finely chop or crush the garlic. Finely chop the red chilli and dice the onion. Cut the cherry tomatoes in half. Thinly slice the fresh oregano leaves.

**02** Cut the chicken thighs into bite-sized pieces.

**03** In a medium-sized pan heat 1 tbsp oil and add the garlic and onion for 3 min, then add the chicken and cook for 7 min until turning golden brown.

**04** Then add the red chilli, black olives, capers, cherry tomatoes and passata. Season with sea salt and black pepper and simmer gently for 8-10 min until the chicken is cooked through. Then stir in the fresh oregano.

**05** To make the courgette tagliatelle; remove the ends off the courgettes and using a peeler, slice the courgettes into long thin strips. Then cut the strips lengthways into three strips.

**06** In a frying pan, heat 1/2 tbsp oil on a gentle heat, add the courgette tagliatelle and cook for 2 min until beginning to soften.

**07** Spoon the courgette tagliatelle into two warm bowls and spoon over the chicken arrabbiata. Sprinkle over the pine nuts.



# SPICY CHICKEN, EGG & PEPPER SHAKSHUKA

FOR OUR TAKE ON THIS TRADITIONAL MIDDLE EASTERN & NORTH AFRICAN DISH WE'VE ADDED JUICY CHICKEN THIGHS TO OUR POACHED EGG SHAKSHUKA FOR AN EXTRA DOSE OF PROTEIN. A COMFORTING AND VERY DELICIOUS ONE PAN WONDER.



INGREDIENTS	2 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
sweet potato	200	137	109
eggs	120	82	66
chicken thighs	300	205	164
chopped tomatoes	400	274	219
onion	150	103	82
oil	13	9	7
red pepper	200	137	109
cumin			
red chilli			
smoked paprika			
salt and pepper			
calories	1080	739	591

**01** Finely dice the onion and cut the red pepper into bite-sized pieces. Peel and cut the sweet potato into 1 cm cubes. Finely slice the red chilli (remove the seeds for less heat) and remove the coriander leaves from the stalks.

**02** Season the chicken thighs with sea salt and black pepper. Heat a medium-sized pan with 1/2 tsp oil on a medium-high heat and brown the chicken for 4-5 min.

**03** In a large saucepan heat 1/2 tbsp oil on a medium heat and cook the onion for 5 min then add the sweet potato for 5 min.

**04** Stir in the ground cumin, smoked paprika, half of the chilli and half of the coriander. Then add the red pepper and chopped tomatoes. Simmer for 5 min and season with sea salt and black pepper.

**05** Place the chicken thighs into the tomatoes and gently crack the eggs separately, in between the chicken.

**06** Place a lid on the pan and gently simmer for 10-15 min until the egg whites have set (they will turn opaque) and the chicken is cooked through.

**07** Sprinkle over the remaining sliced chilli and the fresh coriander. Spoon the shakshuka into two warm bowls.



# PORK, SMOKED PAPRIKA

# & PARSLEY MEATBALLS

# WITH SAUTÉED

# PARSNIPS

THESE JUICY SMOKED PAPRIKA PORK MEATBALLS ARE PACKED WITH FRESH PARSLEY, FULL OF VITAMIN A, AN ANTI-INFLAMMATORY, AND SERVED WITH SWEET SAUTÉED PARSNIPS AND RICH GREEN KALE.



INGREDIENTS	2 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
onion	150	135	108
pork mince	300	270	216
parsnip	400	360	288
kale	80	72	58
garlic	20	18	14
olive oil	9	8	6
smoked paprika			
fresh parsley			
salt and pepper			
calories	820	739	591

**01** Preheat the oven to 200 °C.

**02** Peel and finely chop the onion and garlic. Roughly chop the kale and finely chop the parsley.

**03** In a bowl, mix together the pork mince, parsley, smoked paprika, garlic and onion. Season with sea salt and black pepper and roll into small 50 g balls.

**04** Place the meatballs on a baking tray, drizzle with 2 tsp olive oil and bake in the oven for 15-20 min, until cooked through.

**05** Meanwhile, boil a kettle. Peel the parsnips and chop into large pieces. Place the parsnips in a pan of boiling water and cook for 5-7 min until just soft, then drain.

**06** Heat a frying pan with 1 tsp oil and sauté the parsnips for 5 min, then add the kale and cook for a further 5 min until the parsnips turn golden.

**07** Place the sautéed parsnips on a warm plate with the kale, and top with the pork meatballs.





# CHILLED MAINE SHRIMP

## WITH CABBAGE &

## PEANUTS, VIETNAMESE-

## STYLE

THIS VIETNAMESE-INSPIRED SHRIMP SALAD IS PERFECT IF YOU'RE LOOKING FOR SOMETHING DIFFERENT TO BRING TO A SUMMER POTLUCK OR A LIGHT DISH FOR WARM-WEATHER ENTERTAINING AT HOME. THIS RECIPE CALLS FOR ASIAN HOT CHILLI SAUCE. THE DIFFERENT STYLES AND BRANDS OF SAUCE HAVE VARYING HEAT LEVELS, SO TASTE AS YOU GO.





INGREDIENTS	6 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
cooked and peeled shrimp	360	177	142
Chinese cabbage	200	99	79
rice vinegar	80	39	32
peanut oil	39	19	15
fish sauce	36	18	14
Asian chilli sauce	36	18	14
sugar	15	7	6
carrot	150	74	59
roasted unsalted peanuts	100	49	39
lettuce	100	49	39
fresh ginger, coriander			
salt and pepper			
calories	1500	739	591

**01** Pick over shrimp, discarding any pieces of shell. Cover and keep chilled until ready to toss the salad.

**02** Slice cabbage into chiffonade (very thin strips), about 1 to 2 inches long, to get 5 to 6 cups.

**03** Slice 12 coriander sprigs (stems and leaves) very thin; reserve remaining sprigs for garnish. Separate and wash lettuce leaves. Keep everything chilled until ready to toss the salad.

**04** Mix vinegar, peanut oil, fish sauce, chilli sauce, sugar and ginger in a small bowl. Keep at room temperature for up to 2 hours, or cover and refrigerate if making ahead; let cold dressing come to room temperature before tossing with the salad.

**05** Just before serving, toss the reserved shrimp, cabbage, sliced coriander, carrot and 6 tbsp chopped peanuts with the dressing in a large bowl.

**06** Arrange the reserved lettuce leaves on a serving platter or in a large, shallow serving bowl. Mound the salad on the lettuce and garnish with the remaining 2 tbsp peanuts and 8 coriander sprigs.



# ROAST RADISH, NEW

# POTATO & PEPPERED

# MACKEREL SALAD

THIS QUICK AND EASY LUNCH OR SUPPER FEATURES OMEGA-3 RICH FISH AND A CREAMY YOGHURT AND LEMON DRESSING.



**01** Heat oven to 220 °C.

**02** Put the radishes and potatoes in a shallow roasting tin. Drizzle with 2 tbsp of the olive oil and season. Roast in the oven for 30 min, tossing once, until tender and golden.

**03** Meanwhile, make the dressing. Whisk together the remaining oil, the yoghurt, lemon juice, garlic, chopped dill and seasoning. It may separate slightly and need whisking again before serving.

**04** Remove the veg from the oven and allow to cool for 5 min.

**05** Toss the lettuce in the dressing, top with the veg and then the fish.

**06** Sprinkle over the reserved dill fronds and serve.

INGREDIENTS	4 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
radishes	400	185	148
baby new potatoes	500	231	185
olive oil	54	25	20
Greek-style yoghurt	45	21	17
lemon juice	25	12	9
lettuce	140	65	52
smoked mackerel fillets	300	139	111
dill			
salt and pepper			
calories	1600	739	591



# SALMON PASTA SALAD

## WITH LEMON & CAPERS



USE FROZEN, SKINLESS WILD SALMON FILLETS FOR A CHEAP AND FILLING LUNCH ON THE GO. THIS LOW-CALORIE, HEALTHY DISH COULDN'T BE EASIER TO WHIP UP



INGREDIENTS	2 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
wholewheat penne	140	98	78
rapeseed oil	14	10	8
red pepper	200	139	112
salmon fillets	240	167	134
lemon, zest and juice	50	35	28
shallot	50	35	28
garlic	20	14	11
capers	20	14	11
Kalamata olives	40	28	22
olive oil	5	3	3
salt and pepper, rocket			
calories	1060	739	591

**01** Cook the pasta following pack instructions.

**02** Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 min until it softens and starts to char a little.

**03** Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 min until just cooked.

**04** Meanwhile, mix the lemon zest and juice in a large bowl with the garlic, shallot, capers and olives.

**05** Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil.

**06** Toss everything together, flaking the salmon as you do so.

**07** If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.



# SEARED DUCK WITH MANGO, CHILLI & COURGETTI

CRISP FRESH COURGETTI IS TOPPED WITH SLICED DUCK BREAST, TOASTED CASHEW AND CORIANDER PESTO AND CHUNKS OF FRESH MANGO. MANGO IS HIGH IN BETA-CAROTENE AND VITAMIN C FOR BOOSTING THE IMMUNE SYSTEM.



INGREDIENTS	2 SERVINGS	1 SERVING	1 SERVING
	MAIN MENU (g)	KEEP WEIGHT (g)	LOSE WEIGHT (g)
lime	50	29	23
mango	200	115	92
spring onions	100	58	46
sesame oil	27	16	12
duck breast	320	185	148
courgette	300	173	139
cashew nuts	50	29	23
sugar snap peas	80	46	37
tamari	32	18	15
fresh coriander			
salt and pepper			
calories	1280	739	591

**01** Prepare the courgetti noodles using a peeler and slice the courgettes into long thin strips.

**02** Slice the sugar snap peas in half lengthways. Finely slice the chilli. Cut mango into small 1 cm cubes. Remove the root end of the spring onions and, using a peeler, make long ribbons.

**03** Heat a dry frying pan and toast the cashew nuts for 2-3 min, until turning golden brown.

**04** Finely slice the coriander and finely chop half of the cashews. Place the chopped cashews and coriander in a bowl with half of the sesame oil and half of the lime juice. Season.

**05** Heat the remaining sesame oil and cook the duck breasts for 3-4 min each side, then add the tamari and peas to the pan and cook for 2 min, or until the duck is cooked. Remove from the pan, cover the duck breasts and leave to rest for 4-5 min.

**06** In a bowl, mix together the raw courgetti, coriander and cashew pesto, mango, chilli and sugar snaps. Thinly slice the duck.

**07** Spoon the courgetti onto two warm plates and top with the duck, spring onions and remaining cashews. Drizzle with the remaining lime juice.



## HOW TO MODIFY YOUR MENUS?

### How to modify your menus?

For optimal results we recommend you follow the menus as much as possible. You can change dinner for lunch if you don't have time to cook during the day. However, it's wise not to miss a meal, and to eat regularly every 3 hours. You can also mix days from the weekly menu plan.

If it sometimes happens that you don't have all the ingredients required to prepare your meal (or you don't like a certain ingredient, or you have an allergy to this ingredient), you may choose from the wide variety of other similar foods. The tables below will help you to change the ingredient in a recipe or in the menus, without changing the calorie and macronutrient intake.

The food group tables below include information on the amount of ingredients that represent one unit in the particular food group. For example, instead of using 1 unit of mushrooms (that is 200 g) you can use 150 g of courgette or 100 g of asparagus, or 25 g of corn.

Calculate the exact amounts by using the amounts from the ingredient list in the Recipes. If you are vegetarian, you can simply replace meat with other substitutes. For instance, 3 units of chicken (120 g) can be replaced with 3 units of any other substitute found in meat substitutes, for example 3 units of tofu (270 g).

Ingredients can also be replaced in the same way in Menus. For example, replace 400 g of mandarins with 500 g of melon or 200 g of blueberries. If you forget to buy fresh fruit for your snack, you can use dried fruit instead. Be careful to check the table and adjust the amounts correctly. For example, if the menu says eat 300 g of pineapple, you can change it with 50 g of dried apricots or raisins.

The calculated amounts are approximations and do not represent the precise value, so deviations in the amounts of macronutrients and calories are possible.



# FOOD-GROUP TABLES



FOOD	PER UNIT   G
Melon, strawberries, raspberries, watermelon, redcurrants	250
Mandarins, blackcurrants, grapefruit, oranges, apricots	200
Pineapple, pear, apple, kiwi, papaya, plums, peaches, sour cherries	150
Blueberries, grapes, mango, cherries, nectarines, figs	100
Persimmon, banana, pomegranate	80
Dried apricots, dates, dried figs, dried apples, raisins, prunes	25

*Fruits: 1 unit = 60 kcal, 15 g CH, 0g P, 0g F*

FOOD	PER UNIT   G
Chicory, mushrooms, pak choi, lettuce, spinach	200
Artichoke, asparagus, broccoli, Brussels sprouts, cauliflower, onion, black radish, chives, carrots, cucumber, kale, parsley, leek, beetroot, red cabbage, turnip, green beans, cabbage	100
Courgette, aubergine, pepper, tomato	150
Horseradish	40
Corn	25

*Vegetables: 1 unit = 25 kcal, 5g CH, 2g P, 0g F*

FOOD	PER UNIT   G
Lean beef, chicken, squid, lean pork, ham, rabbit, veal	40
Various fish, cottage cheese, tuna, seitan	50
Cured ham	30
Tofu	90
Egg whites	70
Soybean flakes	15

*Meat without visible fat, fish and meats substitutes: 1 unit = 45 kcal, 0 g CH, 7 g P, 2 g F*

FOOD	PER UNIT   G
Milk, low fat	200
Yogurt, low fat	180
Kefir	150
Soya milk	250

*Milk and dairy products:  
1 unit = 83 kcal, 10 g CH, 7 g P, 2 g F*

FOOD	PER UNIT   G
Chickpeas, lentils, beans*	25
Peas*	50
Soybeans*	80
Potato	45
Chestnuts	30
Bread	20
Buckwheat, breadcrumbs, popcorn, corn flakes, polenta, muesli, oatmeal, millet, wheat flour, rice, barley, crackers, pasta	

*Starchy food: 1 unit = 70 kcal, 15 g CH, 2 g P, 0 g F  
Legumes\*: 1 unit = 83 kcal, 15 g OH, 5g P, 0 g F*