

7-DAY MEAL

Starter Pack

by Nutrifymy.life

NUTRIFFY MYLIFE

GROCERY LIST

Proteins

Eggs (12)

Chicken breast or thighs

Shrimps/salmon

Canned tuna (2–3 cans)

Greek yogurt (1 large tub, unsweetened)

Chickpeas (2 cans)

Halloumi or feta (1 block)

Carbohydrates

Oats

Wholegrain wraps or bread

Quinoa (1 pack)

Sweet potatoes (3–4)

Brown rice (1 pack or microwave pouches)

Healthy Fats

Olive oil

Avocado (3–4)

Nuts: almonds or walnuts

Hummus

GROCERY LIST

Vegetables & Greens

- Spinach
- Cherry tomatoes
- Cucumbers
- Mixed salad greens
- Bell peppers
- Broccoli
- Red onion
- Frozen mixed vegetables (for quick dinners)

Fruits

- Berries (any type: blueberries, strawberries, raspberries)
- Green apples
- Kiwi
- Oranges
- Grapefruit
- Pears (crisp varieties)
- Plums

Flavor additions

- Paprika
- Garlic powder
- Lemon juice
- Honey
- Chili flakes

7 SIMPLE BREAKFASTS

ALL UNDER 5 INGREDIENTS.



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Oatmeal with Fresh Berries

Ingredients

- Rolled oats
- Milk (or water for a lighter option)
- Fresh berries (strawberries, blueberries, raspberries)
- Honey or maple syrup (optional)

Instructions

- Cook oats with water. Top with yogurt, berries,. You can add a light drizzle of honey or maple syrup



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Avocado Toast

Ingredients

- 2 slices of whole-grain bread
- 1 ripe avocado
- Salt and pepper to taste
- Optional toppings: sliced tomatoes, poached eggs, red pepper flakes, or feta cheese

Instructions

- Toast the bread slices to your desired level of crispiness.
- While the bread is toasting, cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.
- Mash the avocado with a fork and season it with salt and pepper.
- Once the bread is toasted, spread the mashed avocado evenly on each slice.
- Add your favorite toppings, such as sliced tomatoes, poached eggs, red pepper flakes, or crumbled feta cheese.
- Serve immediately.













Classic Scrambled Eggs

Ingredients:

- Eggs
- Salt and pepper to taste
- Butter or cooking oil

Instructions:

- Crack the eggs into a bowl, add a pinch of salt and pepper, and whisk until well combined.
- Heat a pan over medium-low heat and add a small amount of butter or cooking oil.
- Pour the beaten eggs into the pan and stir continuously until they are cooked to your desired consistency.



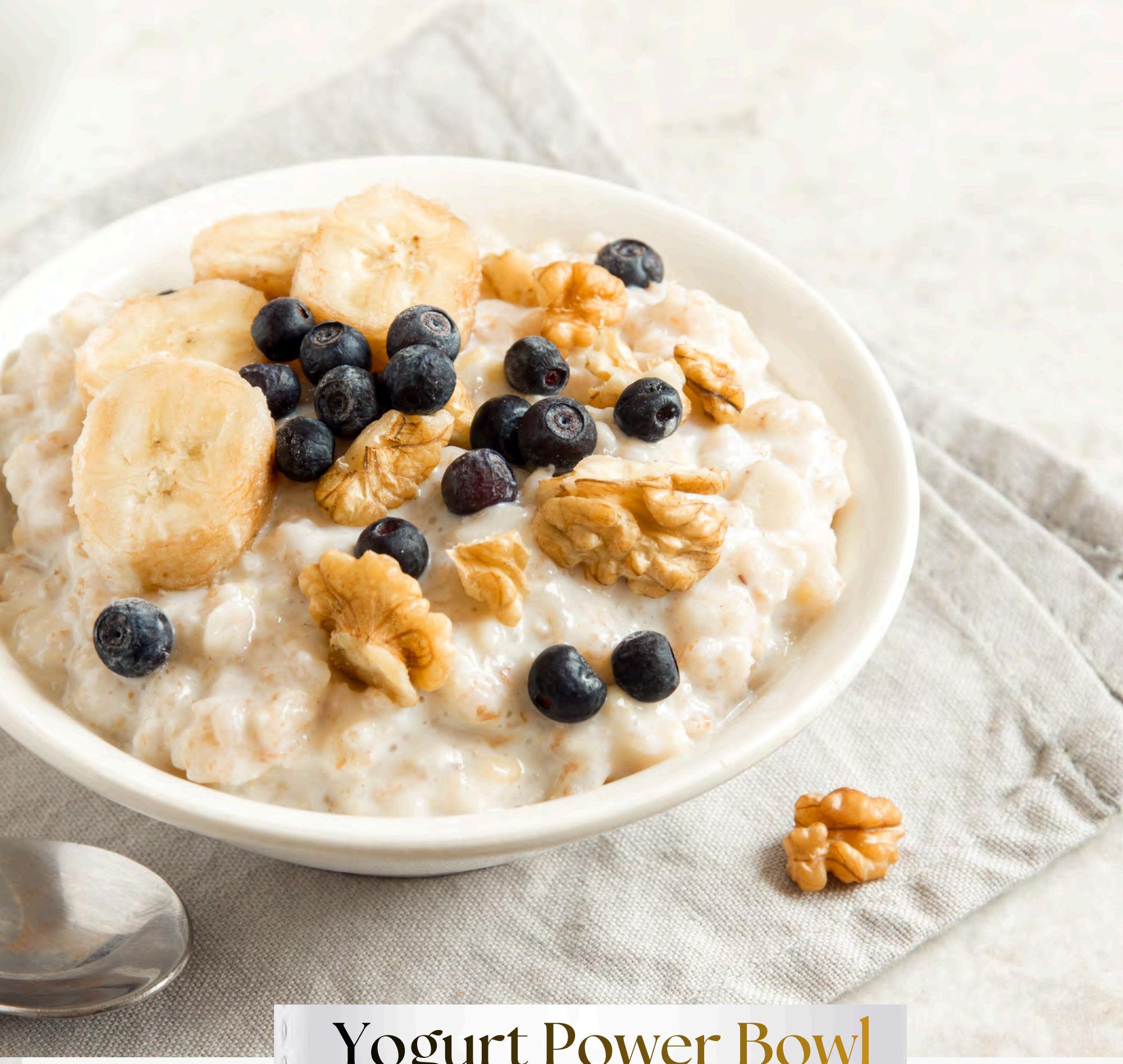
Greek Yogurt Parfait

Ingredients

- Greek yogurt
- Granola
- Mixed berries (strawberries, blueberries, raspberries)
- Honey

Instructions

- In a glass or bowl, layer Greek yogurt, granola, and mixed berries.
- Drizzle honey over the top for sweetness.
- Repeat the layers as desired.
- Enjoy a healthy and delicious yogurt parfait.



Yogurt Power Bowl

Ingredients

- Greek yogurt
- Banana
- Nuts
- Cinnamon

Instructions

- Add sliced banana and a handful of nuts to your yogurt. Sprinkle cinnamon. You can add berries to it

make it now



Fluffy Blueberry Pancakes

Ingredients :

- 1 cup all-purpose flour
- 1 teaspoon baking powder or 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup milk
- 1 tablespoon white vinegar
- 1 egg
- 2 tablespoons melted butter
- 1 cup fresh blueberries

Instructions :

- In a large bowl, combine flour, baking powder/ baking soda, and salt.
- In a separate bowl, mix the milk with white vinegar and let sit for 5 minutes to sour the milk.
- Add eggs and melted butter to the milk mixture.
- Pour the liquid mixture into the flour mixture. Stir well, but don't stir too much, so the batter remains crumbly and the pancakes are soft.
- Heat a flat frying pan with a little oil or butter.
- Serve pancakes with maple syrup or honey.

Vegetable Omelette

Ingredients :



- Eggs (2-3 items)
- Red, green and yellow bell peppers (diced)
- Cherry tomatoes (cut in half)
- Onions (finely chopped)
- Grated parmesan cheese
- Salt and pepper to taste
- Olive oil





Instructions

- Heat some olive oil in a frying pan.
- Saute the onions until fragrant and transparent.
- Add chopped bell peppers and cherry tomatoes.
- Stir well and cook until the vegetables are slightly soft.
- Beat the eggs in a bowl and add salt and pepper to taste.
- Pour the eggs into the skillet with the vegetables. Let it be half cooked.
- Sprinkle parmesan cheese over the eggs.
- Fold the omelette into a half moon and let it cook completely.

7 SIMPLE LUNCHES

BALANCED, FILLING, MINIMAL PREP.



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Chicken & Greens Bowl

Ingredients:

- Cooked chicken
- Cooked quinoa, bulgur, or brown rice
- Mixed greens
- Cherry tomatoes
- Olive oil
- Lemon

Instructions:

- Add a layer of cooked quinoa, bulgur, or rice to your bowl.
- Top with mixed greens, cherry tomatoes, and sliced cooked chicken.
- Drizzle with olive oil and a squeeze of lemon just before serving.



Tuna Wrap

Ingredients:

- Tuna
- wrap
- cucumber
- hummus

Instructions:

- Spread hummus, add tuna + sliced cucumber, roll.
- Mix awesome and fun together.
- Add a dash of color.
- Add a dash of simplicity.
- Don't forget the personility.
- Flavor everything with kindness.
- Serve fresh with smile.
- Enjoy!

- Notes:
- Enjoyed best when shared with friends



Chicken Sweet Potato Plate

Ingredients:

- Chicken
- Roasted sweet potato
- Broccoli
- Olive oil
- Salt & pepper

Instructions:

- Preheat the oven to 200°C (400°F). Slice the sweet potato into rounds or cubes. Toss with a little olive oil, salt, and pepper, then spread on a baking tray.
- Bake the sweet potato for 25–30 minutes, turning once halfway, until soft and lightly golden.
- Season the chicken with salt and pepper. Pan-sear over medium heat for 5–7 minutes per side, or bake it in the oven beside the sweet potatoes until fully cooked through.
- Steam for 5 minutes the broccoli until bright green and tender, or roast it with a drizzle of olive oil during the last 12–15 minutes of the sweet potato cooking time.

Assemble:

- Plate the roasted sweet potato, broccoli, and sliced chicken. Drizzle a small amount of olive oil on top before serving.

Create the perfect salad Lunch

Ingredients:

BASE GREENS (Choose 1)

- Mixed salad greens
- Spinach
- Arugula (rocket)
- Romaine lettuce

PROTEIN (Choose 1)

- Cooked chicken
- Tuna
- Boiled eggs
- Chickpeas
- Halloumi or feta

COLOUR / VEGGIES (Choose 2–3)

- Cherry tomatoes
- Cucumber
- Bell peppers
- Carrot (shredded or thinly sliced)
- Red onion
- Steamed broccoli florets

HEALTHY FAT (Choose 1)

- Olive oil
- Avocado
- Walnuts or almonds
- Feta or halloumi (if not used as protein)
-

SIMPLE DRESSING (Choose 1)

- Lemon & Olive Oil: lemon + olive oil + pinch of salt
- Vinaigrette: olive oil + vinegar (apple cider or balsamic)
- Yogurt dressing: Greek yogurt + lemon + pinch of salt



Instructions:

Combine everything in a bowl and toss with olive oil.
Add lemon if you want more freshness.



Rice & Tuna Quick Bowl

Ingredients:

- Cooked rice (brown, basmati, or jasmine)
- Tuna (canned, drained)
- Spinach (fresh)
- Olive oil
- Lemon

Instructions:

- ~~Warm your cooked rice and add it to a bowl as the base.~~
- Add fresh spinach on top (it will soften naturally from the heat of the rice).
- Flake the tuna and layer it over the spinach.
- Drizzle with olive oil and a squeeze of fresh lemon.
- Season with salt and pepper if desired.



Chickpea Curry

Ingredients:

- Chickpeas (canned, drained)
- Cherry tomatoes
- Spinach
- Olive oil
- Curry spices (e.g., curry powder, paprika, garlic powder)

Instructions:

- Heat a drizzle of olive oil in a pan over medium heat.
- Add cherry tomatoes (whole or halved) and cook until they soften and release their juices.
- Stir in the chickpeas and season with curry spices of your choice.
- Add spinach and cook until just wilted.
- Adjust seasoning and serve warm.



Simple Beef/Chicken/ Vegetarian Stir-Fry

Ingredients:

- Protein of choice: beef strips, chicken strips, or sliced mushrooms
- Frozen vegetables (stir-fry mix)
- Soy sauce (optional)
- Olive oil
- Garlic powder or simple seasoning

Instructions:

- Heat olive oil in a pan.
- Add your chosen protein (beef, chicken, or mushrooms) and cook until browned.
- Add frozen vegetables and stir-fry until tender.
- Season with garlic powder and a splash of soy sauce if using.
- Cook a few more minutes until everything is heated through.

7 SIMPLE DINNERS

BALANCED, FILLING, MINIMAL PREP.



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Caprese Salad







Ingredients

Fresh tomatoes, mozzarella cheese, fresh basil, balsamic vinegar, olive oil, salt, and pepper.

Instructions

Layer tomato, mozzarella, and basil, drizzle with balsamic vinegar and olive oil, and season with salt and pepper.



Baked Sweet Potato Plate

Ingredients:

- Sweet potato
- Tuna (or chickpeas for a vegetarian option)
- Spinach
- Olive oil
- Salt & pepper

Instructions:

- Preheat oven to 200°C (400°F).
- Bake the sweet potato for 40–50 minutes until soft.
- Slice open and fluff the inside with a fork.
- Add tuna or chickpeas and a handful of spinach.
- Drizzle with olive oil and season with salt and pepper.



One-Pan Chicken & Veg

Ingredients:

- Chicken pieces (breast or thighs)
- Frozen mixed vegetables
- Olive oil
- Paprika
- Salt & pepper

Instructions:

- Preheat oven to 200°C (400°F).
- Place chicken and frozen vegetables on a baking tray.
- Drizzle with olive oil and season with paprika, salt, and pepper.
- Toss lightly to coat.
- Bake for 25–30 minutes, or until the chicken is fully cooked and vegetables are tender.



Simple Noodle & Egg Bowl

Ingredients:

- Noodles (rice noodles or egg noodles)
- Eggs
- Broth (chicken or vegetable)
- Green onions
- Olive oil or soy sauce

Instructions:

- Boil the noodles according to package instructions and drain.
- Boil the eggs (7–8 minutes) and slice.
- Heat the broth in a pot and season with a little soy sauce or olive oil.
- Add the noodles to a bowl and pour the hot broth over them.
- Top with sliced eggs and chopped green onions.
- Serve warm.



Broccoli Soufflé with Ham & Pine Nuts

Ingredients: (4 portions)

- Broccoli (1 kg)
- Cooked ham (250 g), diced
- Parmesan (75 g), grated
- Eggs (4, medium size)
- Low-fat cream cheese (2 packs, 175 g each)
- Milk (150 ml)
- Pine nuts (30 g)
- Salt, pepper, nutmeg
- A little butter or oil for greasing the dish

Instructions:

- Preheat oven to 175°C (350°F).
- Wash and drain the broccoli. Cut into florets and small pieces. Boil for 2–3 minutes, drain, and rinse briefly under cold water.
- Dice the ham. Mix the eggs with cream cheese, half the parmesan, milk, salt, pepper, and nutmeg.
- Grease a baking dish and add the broccoli evenly. Spread the ham on top, then pour the egg mixture over it.
- Sprinkle the remaining parmesan on top. Bake for about 25 minutes.
- Add pine nuts during the last 5 minutes of baking.
- Serve warm.



Creamy Champignon Mushrooms (Pan-Fried)

Ingredients: (2 portions)

- Champignon mushrooms (500 g), quartered
- Cooking cream (200 g)
- One small onion
- Butter (1–2 tbsp)
- Salt & pepper
- Optional: garlic, herbs

Instructions:

- Chop the onion. Mix the cream with ½ tsp salt, pepper, and herbs if using.
- Heat butter in a pan. Sauté the onion until soft. Add garlic if desired.
- Add the mushrooms and cook for 5–6 minutes until lightly browned.
- Pour in the cream mixture, stir, and let simmer briefly until the sauce thickens.
- Adjust seasoning and serve warm.



Shrimp/Salmon Zoodles

Ingredients:

- ~~Shrimp (peeled, deveined)~~ or salmon peeled
- Zucchini noodles (zoodles)
- Olive oil
- Garlic (fresh or powder)
- Lemon

Instructions:

- Heat olive oil in a pan.
- Add shrimp/salmon pieces and cook until pink on both sides.
- Add zoodles and sauté for 2–3 minutes until just softened.
- Season with garlic and a squeeze of lemon.
- Serve immediately.

Couch to Confidence: 7-Day Meal Starter Overview

Your 7-Day Meal Starter Pack makes the first steps of Couch to Confidence simple, structured, and stress-free. These breakfasts, lunches, and dinners are designed to give you steady energy, balanced nutrition, and confidence in your routine—without complicated cooking.

Simple & Minimal

Every recipe uses 5 ingredients or fewer to reduce decisions, save time, and keep you consistent.

Balanced for Results

Meals follow the Couch to Confidence method:

- Protein at every meal
- Fiber-rich vegetables and fruits
- Clean carbs, used intentionally
- Healthy fats for hormonal balance

Quick & Realistic

Most meals take 5–15 minutes and fit easily into workdays, family life, and busy schedules.

Flexible & Repeatable

Swap meals, repeat favorites, and adjust portions or vegetables to your needs. These are frameworks you can use all 12 weeks.

Easy to Shop & Prepare

All ingredients are available in any supermarket—no specialty items, no complicated steps.