

Compile Once

Compile once, eat twice.

2-DAY MENU

BREAKFAST

~768 kcal

Shakshuka with tomato passata and cheese + graham roll

Spices: Salt, Black pepper, Smoked paprika

Chicken eggs, whole	4 pcs (200g)	1. Heat oil in a pan.
Onion	half ~ 50g	2. Dice the ham, slice the onion into thin wedges, and sauté until golden
Rapeseed oil	5mL (≈ 1 tsp)	3. Then add the passata and season to taste with salt, pepper, smoked paprika, and parsley. Optionally, add dried garlic or garlic pressed through a press.
Parsley leaves	6g	4. Cook the tomato sauce over medium heat for 5–7 minutes, until it slightly thickens.
Gouda cheese ~ 30g (2 slices)		5. Once the sauce has reached the right consistency, make small wells in it and carefully crack the eggs into them.
Turkey ham ~30g (2 slices)		6. Cover the pan with a lid and simmer the dish over low heat for 3–5 minutes — depending on whether you want runny or more set yolks.
Tomato passata with garlic (any brand)	200mL (≈ ¾ cup)	7. At the end, add cheese slices, or you can grate the cheese on top.
Graham roll	90g	

LUNCH

~833 kcal

Turkey roulades with rice

Spices: Salt, pepper

Chicken breast fillet	220g	1. Pound the chicken breast flat, season it, and place chopped sun-dried tomatoes inside.
Rice	100g (dry) (≈ ½ cup dry)	2. Roll the meat into roulades and secure with a toothpick.
Sun-dried tomatoes in oil	40g	3. Fry in oil for about 2-3 minutes on each side.
Tomato concentrate 30%	20g	4. After browning, add a splash of water and simmer covered for about minutes.
Ready-made coleslaw	200g	5. At the end, thicken the remaining sauce with tomato paste and season to taste.
		6. Pour the rice into salted, boiling water (typical ratio 1:2) and cook covered on low heat for about 12-15 minutes, until the water is absorbed. Once cooked, season to taste (e.g. with chili paprika, rosemary, cumin) and optionally fry briefly in a pan with a little butter for extra flavor.

DINNER

~661 kcal

Goulash soup with turkey

Spices: Hot paprika, sweet paprika, salt, pepper, bay leaf, allspice

Turkey breast fillet	200g
Olive oil	5g
Button mushrooms	100g
Potatoes	300g
Tomato purée/paste	100g
Vegetable broth	100g
Red bell pepper	130g
Tomato	150g
Garlic	1 clove
Onion	half ~ 50g

1. Dice the turkey into 2cm cubes, the potatoes into 2cm cubes, and the red pepper and fresh tomato into 1.5cm cubes. Slice the mushrooms and finely chop the onion and garlic.
2. Heat the olive oil in a wide pot over medium-high heat, add the onion and sauté for 2–3 minutes until translucent, then add the garlic for the last 30 seconds.
3. Add the diced turkey and brown on all sides for 3–4 minutes — you're not cooking it through, just getting some color.
4. Add the mushrooms and cook for another 3–4 minutes, until most of their water has evaporated.
5. Add the red pepper and cook for 2 more minutes.
6. Lower the heat to medium, stir in the tomato paste along with sweet (and optionally hot) paprika, and cook for about 1 minute so the paste fries slightly and the paprika releases its aroma into the fat — be care not to burn it, as paprika turns bitter quickly.
7. Add the potatoes and fresh tomato, pour in the broth, and top up with water until the ingredients are just covered (around 400–500ml).
8. Bring to a boil, then reduce the heat, cover with a slightly tilted lid, and simmer for 20–25 minutes, until the potatoes are tender and the turkey is fully cooked.
9. Season with salt and pepper at the end. If the soup is too acidic, add pinch of sugar; if too thin, simmer uncovered for another 5 minutes to reduce.
10. Optional: Add 1–2 bay leaves and allspice berries together with the broth, and finish with fresh or dried marjoram for a classic goulash flavor.

SNACK

~260 kcal

Skyr drinking yogurt, blueberry — 330mL (≈ 1⅓ cup)

Shopping list

Scaled for 2 days

GRAIN PRODUCTS

Graham roll x2	180g	Rice	200g (dry) (≈ 1 cup dry)
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VEGETABLES

Onion	200g	Sun-dried tomatoes in oil	80g
Garlic	2 clove	Tomato passata with garlic (any brand)	200mL (≈ ¾ cup)
Parsley leaves	6g	Tomato concentrate 30%	40g
Button mushrooms	200g	Tomato purée/paste	200g
Potatoes	600g	Vegetable broth	200g
Red bell pepper	260g	Ready-made coleslaw mix (cabbage + carrot)	400g
Fresh tomato	300g		

MEAT AND EGGS

Chicken eggs	8 pcs - 400g	Turkey breast fillet	400g
Chicken breast fillet	400g	Turkey ham	60g

MILK AND DAIRY PRODUCTS

Gouda cheese	60g	Skyr drinking yogurt, blueberry	330mL (x2) (≈ 1⅓ cup)
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OILS AND FATS

Rapeseed oil	5mL (≈ 1 tsp)	Olive oil	5g
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SPICES AND SEASONINGS

White salt	Hot paprika (ground)
Black pepper	Sweet paprika (ground)
Smoked paprika	