

SAAM Example Menu 1

For people weighing 110-150lb
1100-1400 mg SAA

SAAM example menu 1a

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1100-1400 mg SAA

BREAKFAST:
Coffe with milk
2 eggs and tomatoes

SAA: 664mg



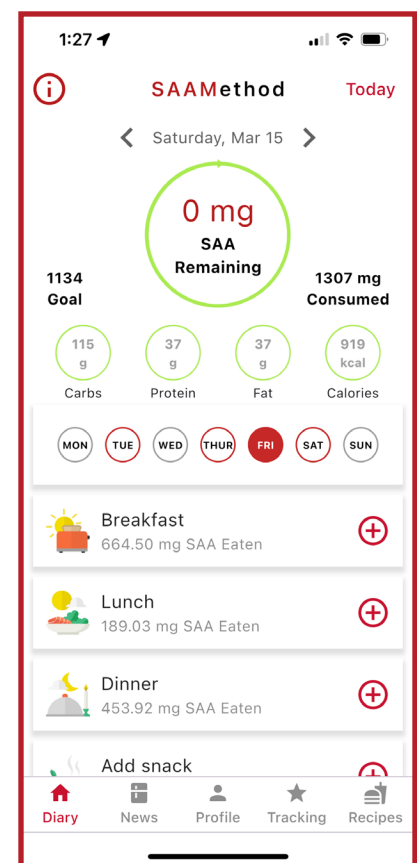
LUNCH:
Callifornia roll
Miso soup
Sliced apple

SAA: 189mg



DINNER
Roasted Squash
with chickpeas

SAA: 454mg



CALIFORNIA ROLLS

INGREDIENTS

Yield: 9 rolls

For the rice:

2 cups sushi rice
2 1/2 cups cold water
5 Tbsp Sushi Vinegar

For the California Rolls:

1/2 lb Imitation crab meat, p.s. the “log” shaped crab meat is the easiest to work with
1 Avocado, ripe but still firm
1/2 medium cucumber, peeled and sliced into long julienne strips
Toasted Nori Seaweed
Toasted sesame seeds

A sushi rolling mat, \$2 at Cost Plus World Market
If you don’t have a sushi mat, try using parchment paper instead.

Dips/Sauces:

Soy sauce, regular or low sodium
Wasabi paste
Spicy mayo: Mayonnaise, ~1 Tbsp and Sriracha hot chili sauce (~1 tsp) or to taste

Step 1

Wash the rice with cold water until the water runs clear. Drain well. Cook according to instructions on the package. Let the rice cool down until it is just warm, then stir in the sushi vinegar

Step 2

To assemble California rolls, wrap a bamboo mat in plastic wrap. Place a half-sheet of nori on it, spread prepared sushi rice evenly, and sprinkle with sesame seeds. Flip it over, layer with imitation crab, avocado, and cucumber. Roll tightly using the mat, then slice into eight pieces.

ROASTED SQUASH WITH CHICKPEAS

INGREDIENTS

Yield: 4 servings

2 (14.5-ounce) cans chickpeas drained and rinsed
2 1/2 pounds honey nut or butternut squash, peeled, trimmed, seeded and cut into 1-inch cubes (6 cups)
1 3/4 teaspoons baharat, garam masala or another spice blend
1 1/4 teaspoons fine salt, plus more as needed
5 thyme sprigs
1/8 teaspoon red-pepper flakes
3 tablespoons extra-virgin olive oil
1 small red onion, thinly sliced
1 teaspoon cider vinegar or rice wine vinegar, plus more as needed
1/2 cup fresh cilantro leaves or dill sprigs, or a combination
1 to 2 tablespoons hot honey, plus more to taste
Plain whole-milk yogurt or sour cream, for serving (optional)

Step 1

Heat oven to 425 degrees. Line one sheet pan with parchment paper and a second sheet pan with a clean kitchen towel or paper towels. Place drained chickpeas on the towel-lined sheet pan and gently rub them dry. Place the pan on the back of the stove and let the chickpeas dry as you prepare the other ingredients.

Step 2

Place the squash on the parchment paper-lined pan and toss with 1 teaspoon baharat, 1/2 teaspoon salt, thyme sprigs, red-pepper flakes and 2 tablespoons oil. Spread squash into an even layer and roast for 20 minutes.

Step 3

After 20 minutes of roasting, in a medium bowl, combine chickpeas, red onion, remaining 3/4 teaspoon baharat, 3/4 teaspoon salt and 1 tablespoon oil, and toss until well combined. Add the mixture to the pan of squash and stir everything well. Continue roasting for another 30 minutes, tossing the mixture halfway through, until the squash is golden brown and tender, and the chickpeas and onions are slightly crispy.

Step 4

Remove the pan from the oven, sprinkle vinegar and herbs on top and toss. Drizzle with hot honey and toss again to combine. Taste and season with more salt, more hot honey and vinegar to taste. Serve with dollops of yogurt if you’d like.

SAAM example menu 1b

For people weighing 110-150lb

1100-1400 mg SAA

BREAKFAST:
Coffe with milk
Banana
Croissant

SAA: 230 mg



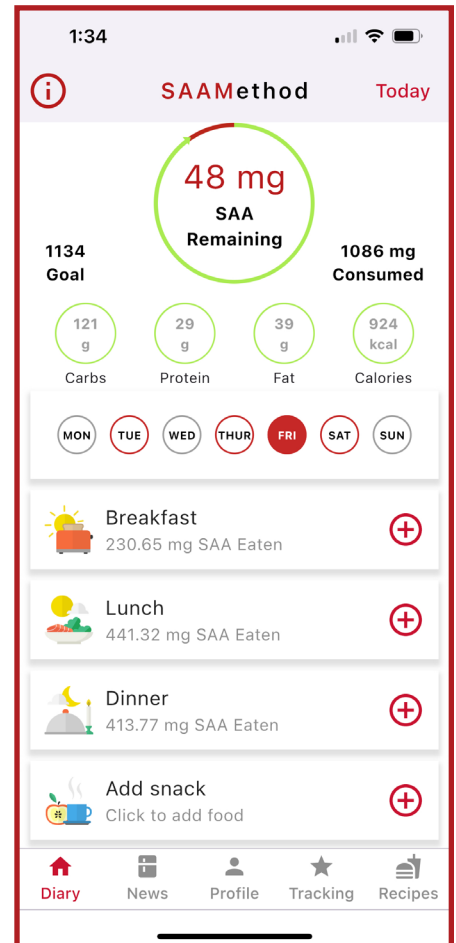
LUNCH:
Grilled Vegetable salad
With crumbled blue cheese
Pita bread

SAA: 441 mg



DINNER
Spinach and feta orzo
with peas and scallions

SAA: 413 mg



GRILLED VEGETABLE SALAD

INGREDIENTS

Vegetables:

Choose 4 to 5 grill-friendly varieties like zucchini, yellow squash, red bell peppers, and asparagus.

1/2 cup high-quality, crumbled blue cheese (like Maytag, Gorgonzola, or Roquefort)

Dressing: Whisk a quick vinaigrette using 3 parts extra-virgin olive oil, 1 part balsamic or lemon juice, and a dash of Dijon mustard

Step 1

Brush the vegetables lightly with olive oil and season with salt and pepper. The Sear: Grill over medium-high heat for 3 to 5 minutes per side until they are nicely charred and tender.

Step 2

Cut the veggies into half inch pieces, dress with the vinaigrette and top with the crumbled cheese

SPINACH AND FETA ORZO

INGREDIENTS

Yield: 4 servings

2 (14.5-ounce) cans chickpeas drained and rinsed
2½ pounds honey nut or butternut squash, peeled, trimmed, seeded and cut into 1-inch cubes (6 cups)
1¼ teaspoons baharat, garam masala or another spice blend

1¼ teaspoons fine salt, plus more as needed

5 thyme sprigs

½ teaspoon red-pepper flakes

3 tablespoons extra-virgin olive oil

1 small red onion, thinly sliced

1 teaspoon cider vinegar or rice wine vinegar, plus more as needed

½ cup fresh cilantro leaves or dill sprigs, or a combination

1 to 2 tablespoons hot honey, plus more to taste

Plain whole-milk yogurt or sour cream, for serving (optional)

Step 1

Heat oven to 425 degrees. Line one sheet pan with parchment paper and a second sheet pan with a clean kitchen towel or paper towels. Place drained chickpeas on the towel-lined sheet pan and gently rub them dry. Place the pan on the back of the stove and let the chickpeas dry as you prepare the other ingredients.

Step 2

Place the squash on the parchment paper-lined pan and toss with 1 teaspoon baharat, ½ teaspoon salt, thyme sprigs, red-pepper flakes and 2 tablespoons oil. Spread squash into an even layer and roast for 20 minutes.

Step 3

After 20 minutes of roasting, in a medium bowl, combine chickpeas, red onion, remaining ¾ teaspoon baharat, ¾ teaspoon salt and 1 tablespoon oil, and toss until well combined. Add the mixture to the pan of squash and stir everything well. Continue roasting for another 30 minutes, tossing the mixture halfway through, until the squash is golden brown and tender, and the chickpeas and onions are slightly crispy.

Step 4

Remove the pan from the oven, sprinkle vinegar and herbs on top and toss. Drizzle with hot honey and toss again to combine. Taste and season with more salt, more hot honey and vinegar to taste. Serve with dollops of yogurt if you'd like.

SAAM example menu 1c

For people weighing 110-150lb
1100-1400 mg SAA

BREAKFAST:
Coffee
Pancakes with
butter and fruit

SAA: 182.58 mg



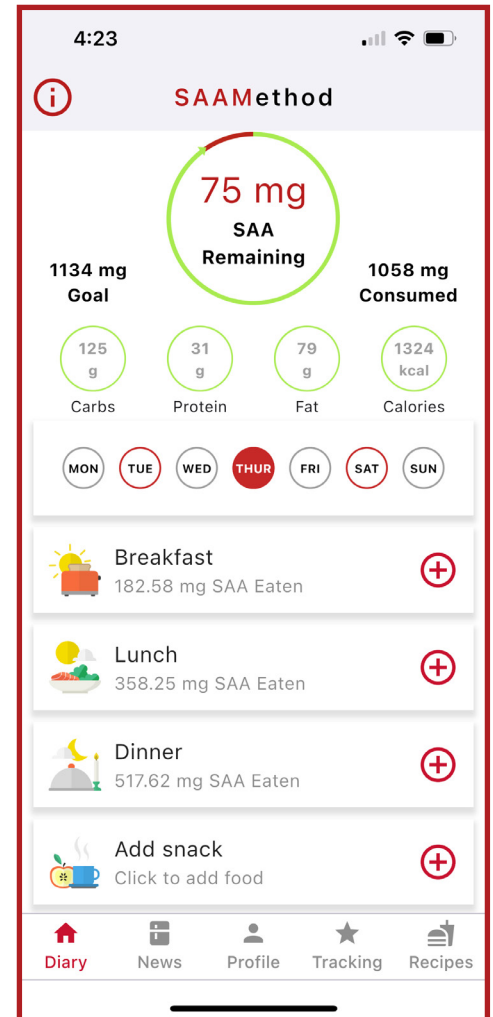
LUNCH:
Roasted Cauliflower
& Halloumi salad

SAA: 358.25 mg



DINNER
Margherita Pizza

SAA: 517.62 mg



EASY MARGHERITA PIZZA

INGREDIENTS

1 lb. store-bought pizza dough (fresh or thawed)
1/2 cup crushed peeled tomatoes
1 tsp. minced garlic (optional)
8 oz. fresh mozzarella cheese (slice or tear into pieces)
1/2 cup fresh basil leaves
Extra virgin olive oil & salt to taste

Step 1

Prep the Dough: Remove the dough from the fridge and let it sit on the counter for at least 30 to 60 minutes to come to room temperature. This relaxes the gluten and makes it easy to stretch.

Step 2

Preheat the Oven: Turn your oven to its maximum temperature (usually 500°F to 550°F). If you own a pizza stone or baking steel, leave it inside to pre-heat.

Step 3

Stretch the Dough: On a floured surface or a piece of parchment paper, gently stretch and shape your dough by hand into a 12-inch circle. Be careful not to flatten the outer edges so you get a nice, puffy crust. **Sauce and Top:** Brush the edges of the dough lightly with olive oil. Spread the crushed tomatoes over the dough, leaving a 1/2-inch border. Sprinkle lightly with salt and garlic, then arrange the mozzarella pieces over the sauce.

Step 4

Bake for 8 to 12 minutes (or 5 to 7 minutes on a preheated steel) until the crust is golden-brown and the cheese is bubbly. Immediately upon removing from the oven, top with fresh basil leaves, gently pressing them into the melted cheese. Drizzle with a little extra virgin olive oil before slicing.

ROASTED CAULIFLOWER SALAD WITH HALLOUMI AND LEMON

INGREDIENTS

Yield:

4 servings

1 medium head of cauliflower (cut into bite-sized florets)
8 oz. halloumi cheese (sliced into 1/2-inch thick slabs)
4 tbsp. olive oil (divided)
1 tsp. smoked paprika or cumin
4 cups baby arugula or mixed salad greens
1/4 cup dried cranberries or pomegranate seeds
1/4 cup sliced red onion
2 tbsp. lemon juice or balsamic vinegar
Salt & black pepper to taste

Step 1

Roast the Cauliflower: Preheat your oven to 425°F. On a large baking sheet, toss the cauliflower florets with 2 tablespoons of olive oil, the smoked paprika (or cumin), and a pinch of salt and pepper. Spread them out evenly and roast for 20 to 25 minutes, flipping halfway through, until the edges are beautifully charred and tender.

Step 2

Sear the Halloumi: While the cauliflower finishes roasting, heat 1 tablespoon of olive oil in a non-stick skillet over medium-high heat. Add the halloumi slices and cook for 1 to 2 minutes per side. Watch them closely—you want them to develop a gorgeous, golden-brown crust while getting soft and warm on the inside. Remove from heat.

Step 3

Whisk the Dressing: In a small bowl or jar, whisk together the remaining 1 tablespoon of olive oil, the lemon juice (or balsamic vinegar), and a tiny pinch of salt and pepper until smooth.

Step 4

Toss and Serve: In a large serving bowl, layer the salad greens, sliced red onion, warm roasted cauliflower, and pan-seared halloumi slices. Drizzle the dressing evenly over the top, then scatter the dried cranberries across the salad for a perfect pop of sweetness to balance the salty cheese. Serve immediately while the cauliflower and halloumi are still warm.