

SAAM Example Menu 3

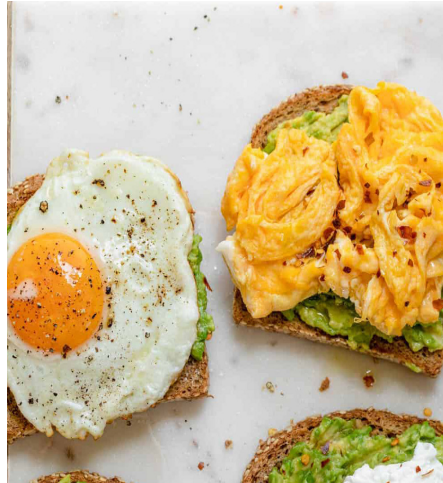
For people weighing around 250 lb
Ca 2250 mg SAA

SAAM example menu 3a

For people weighing around 250 lb
Ca 2250 mg SAA

BREAKFAST:
Coffee with cream
2 Egg and avocado toasts

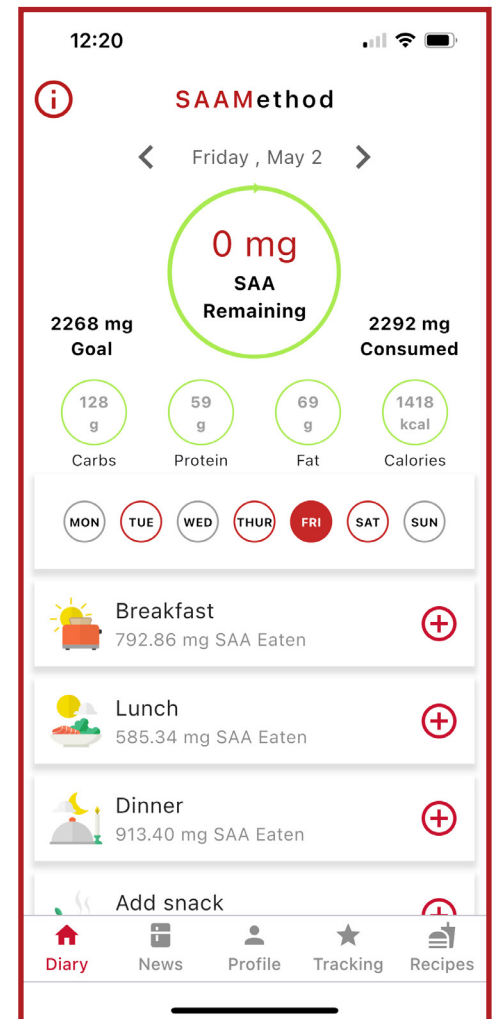
SAA: 792 mg



LUNCH:
Falafel salad with hummus
SAA: 585 mg



DINNER
Salmon with broccoli and
roasted potatoes
SAA: 913 mg



FALAFEL SALAD WITH HUMMUS

INGREDIENTS

1 box or bag of store-bought frozen falafel (12 to 16 pieces)
1 tub (8 oz.) plain or garlic hummus
4 cups chopped Romaine lettuce
1 cup cucumber (diced)
1 cup cherry tomatoes (halved)
1/4 cup red onion (thinly sliced)
2 tbsp. olive oil
1 tbsp. lemon juice
Salt, pepper, & warm pita bread for serving

Step 1

Bake or Fry the Falafel: Preheat your oven or air fryer according to the directions on your store-bought falafel package. Cook them until they are crispy and deep golden-brown on the outside and thoroughly hot on the inside.

Step 2

Prep the Salad Base: While the falafel cooks, combine the chopped Romaine lettuce, diced cucumber, halved cherry tomatoes, and sliced red onion in a large mixing bowl.

Step 3

Toss with Dressing: Drizzle the olive oil and lemon juice directly over the fresh vegetables. Sprinkle with a pinch of salt and black pepper, then gently toss everything together until the salad greens are lightly and evenly coated.

ROASTED SALMON WITH BROCCOLI & POTATOES

INGREDIENTS

Yield:
2 servings

2 salmon fillets (approx. 6 oz. each)
1 lb. baby potatoes (halved)
1 large head of broccoli (cut into florets)
4 tbsp. olive oil (divided)
1 tsp. garlic powder
1 lemon (sliced into rounds)
Salt & black pepper to taste

Step 1

Roast the Potatoes: Preheat your oven to 400°F. On a large baking sheet, toss the halved baby potatoes with 2 tablespoons of olive oil, the garlic powder, and a generous pinch of salt and pepper. Spread them out in a single layer and roast for 15 minutes, as they need a head start to get perfectly crispy.

Step 2

Prep the Salmon and Broccoli: While the potatoes are in the oven, pat the salmon fillets dry with a paper towel. Season both sides with salt and pepper. In a bowl, toss the broccoli florets with 1 tablespoon of olive oil and a pinch of salt.

Step 3

Add to the Sheet Pan: Carefully remove the hot baking sheet from the oven. Move the potatoes to one side of the pan. Place the salmon fillets in the center and arrange the broccoli florets on the empty side. Drizzle the final tablespoon of olive oil over the salmon and top each fillet with a couple of lemon slices.

Step 4

Bake and Serve: Return the baking sheet to the oven and roast for another 12 to 15 minutes. The meal is ready when the salmon flakes easily with a fork, the broccoli edges are slightly charred, and the potatoes are fork-tender and golden-brown. Divide onto plates and serve hot.

SAAM example menu 3b

For people weighing around 250 lb
Ca 2250 mg SAA

BREAKFAST:
Yoghurt with fruit and granola

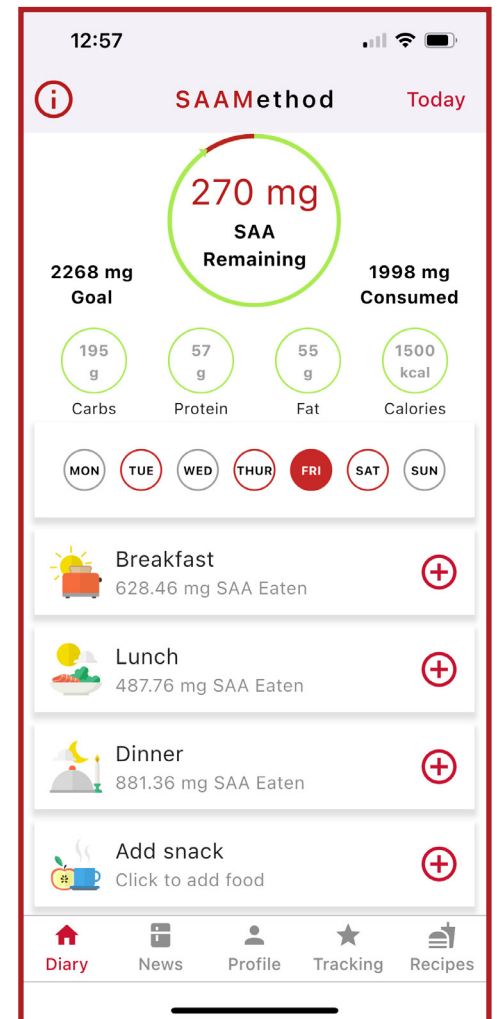
SAA: 628 mg



LUNCH:
California roll
Spicy tuna roll
Miso soup
SAA: 487 mg



DINNER
Lasagna
SAA: 881 mg



CALIFORNIA & SPICY TUNA ROLLS

INGREDIENTS

For the Sushi Base:

2 cups sushi rice (cooked and seasoned with 3
tbsp. rice vinegar)
4 sheets nori (seaweed)
1 tbsp. sesame seeds

For the California Roll Filling:

1/2 cup imitation crab meat (shredded and mixed
with 1 tbsp. mayo)
1/2 small cucumber (cut into thin matchsticks)
1/2 avocado (sliced thin)

For the Spicy Tuna Roll Filling:

4 oz. sashimi-grade tuna (finely diced)
1 tbsp. Sriracha
1 tsp. mayonnaise
Soy sauce, wasabi, & pickled ginger for serving

Step 1

Prep the Fillings: In one small bowl, mix the shredded imitation crab with mayonnaise. In a second bowl, mix the diced tuna, Sriracha, and mayonnaise to create your spicy tuna filling. Lay out a bamboo sushi rolling mat covered tightly in plastic wrap to keep the rice from sticking.

Step 2

Roll the California Roll: Lay a sheet of nori on the mat. Wet your hands slightly and press 1/2 cup of sushi rice evenly across the entire sheet of nori. Sprinkle with sesame seeds, then carefully flip the sheet over so the rice faces down. Line up half of the crab mixture, cucumber matchsticks, and avocado slices along the bottom edge. Roll tightly from the bottom up, using the mat to press it into a firm cylinder. Slice into 8 pieces.

Step 3

Roll the Spicy Tuna Roll: Place another sheet of nori on your mat. Wet your hands and press 1/2 cup of sushi rice evenly over the top, leaving a 1/2-inch bare border at the top edge (keeping the rice on the inside for this traditional style). Arrange half of the spicy tuna mixture along the bottom edge. Roll up tightly, sealing the bare edge with a tiny dab of water on your finger. Slice into 8 pieces.

Step 4

Slice and Serve: Repeat the rolling steps for your remaining ingredients so you have four rolls total. Use a very sharp knife wiped with a damp cloth between cuts to cleanly slice each log into pieces. Arrange your California and spicy tuna rolls on a large platter and serve fresh with soy sauce, wasabi, and pickled ginger.

EASY MEAT LASAGNA

INGREDIENTS

1 lb. ground Italian sausage or lean ground beef
1 jar (24 oz.) marinara or tomato pasta sauce
1 container (15 oz.) ricotta cheese
1 large egg
1/2 cup grated Parmesan cheese
12 no-boil lasagna noodles
16 oz. shredded mozzarella cheese
Salt & black pepper to taste

Step 1

Make the Meat Sauce: Preheat your oven to 375°F. Heat a large skillet over medium-high heat. Add the ground meat and cook for 5 to 6 minutes, breaking it up with a spoon, until it is completely browned. Drain off any excess fat, then stir in the entire jar of marinara sauce. Remove from the heat.

Step 2

Mix the Cheese Filling: In a medium bowl, combine the ricotta cheese, the egg, the grated Parmesan cheese, and a pinch of salt and black pepper. Stir vigorously with a fork until the mixture is smooth and well blended.

Step 3

Layer the Lasagna: In a 9x13-inch baking dish, spread 1 cup of the meat sauce across the bottom. Place 3 or 4 no-boil noodles side-by-side over the sauce. Spread 1/3 of the ricotta mixture over the noodles, then top with 1/3 of the remaining meat sauce and a generous handful of mozzarella cheese. Repeat this layering pattern (noodles, ricotta, sauce, mozzarella) two more times. Finish with a final layer of noodles topped with the last bit of meat sauce and the rest of the mozzarella cheese.

Step 4

Bake and Rest: Cover the baking dish loosely with aluminum foil (make sure it doesn't touch the cheese). Bake for 25 minutes. Carefully remove the foil and bake uncovered for another 15 minutes until the top cheese layer is bubbly and golden-brown. Let the lasagna rest on the counter for 15 minutes before slicing so the layers can set beautifully.

SAAM example menu 3c

For people weighing around 250 lb
Ca 2250 mg SAA

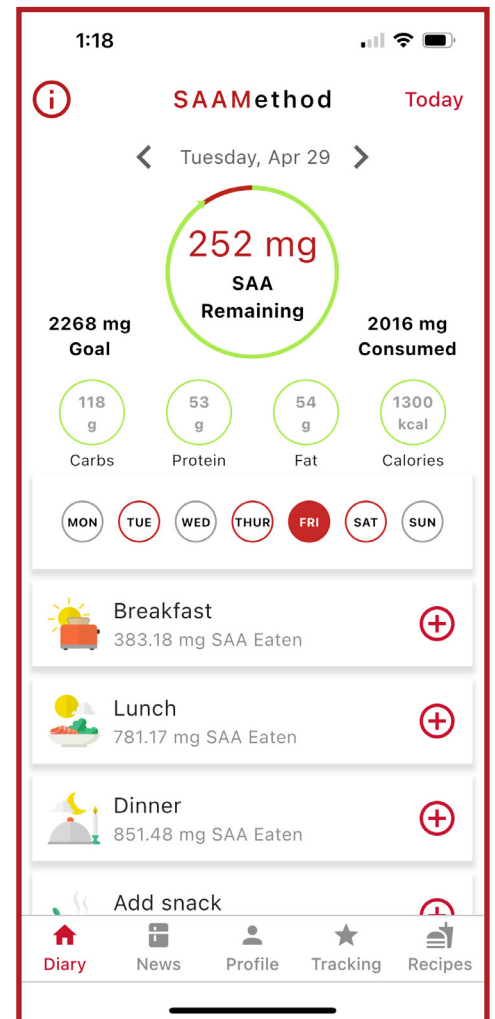
BREAKFAST:
Waffle with bacon
SAA: 628 mg



LUNCH:
Penne Mozzarella salad
SAA: 487 mg



DINNER
Grilled chicken thigh
Rice with peas and asparagus
SAA: 851 mg



PENNE MOZZARELLA SALAD

INGREDIENTS

12 oz. penne pasta
8 oz. fresh mozzarella pearls (or cherry-sized balls, halved)
1 cup cherry tomatoes (halved)
1 cup English cucumber (quartered and sliced)
1/2 cup store-bought basil pesto or Italian vinaigrette
1/4 cup fresh basil leaves (torn or chopped)
Salt & black pepper to taste

Step 1

Cook the Pasta: Bring a large pot of salted water to a boil. Add the penne pasta and cook for about 10 to 11 minutes (or according to package directions) until it is al dente. Drain the pasta and immediately rinse it under cold water for 1 minute to stop the cooking process and cool it down.

Step 2

Prep the Mix-ins: While the pasta drains, slice your cherry tomatoes and cucumbers, and halve the mozzarella pearls if they are a bit large.

Step 3

Toss Everything: Transfer the cooled, drained penne pasta to a large mixing bowl. Add the fresh mozzarella pearls, halved cherry tomatoes, and sliced cucumbers. Pour the basil pesto (or Italian vinaigrette) over the top.

Step 4

Chill and Serve: Gently toss all the ingredients together until the pasta and vegetables are evenly coated in the dressing. Season with a pinch of salt and pepper to taste. Fold in the fresh torn basil leaves, then cover and refrigerate for at least 30 minutes before serving to let the flavors blend together beautifully.

ROASTED CHICKEN THIGHS WITH ASPARAGUS PEA RICE

INGREDIENTS

4 bone-in, skin-on chicken thighs
1 bunch fresh asparagus (woody ends trimmed, cut into 1-inch pieces)
2 tbsp. olive oil
1 tsp. garlic powder
1 tsp. dried thyme or rosemary
1 cup long-grain white rice
1/2 cup frozen peas
2 cups chicken broth
Salt & black pepper to taste

Step 1

Season and Roast the Chicken: Preheat your oven to 425°F. Pat the chicken thighs dry with a paper towel. Rub them with 1 tablespoon of olive oil, then season generously with the garlic powder, dried thyme, salt, and black pepper. Place the chicken thighs skin-side up on a rimmed baking sheet and roast for 20 minutes.

Step 2

Cook the Rice: While the chicken is in the oven, combine the white rice, chicken broth, and a pinch of salt in a medium saucepan. Bring to a boil over high heat. Once boiling, cover with a tight-fitting lid, lower the heat to low, and let it simmer undisturbed for 15 minutes.

Step 3

Add the Asparagus: After the chicken has roasted for 20 minutes, remove the baking sheet from the oven. Toss the cut asparagus pieces with the remaining 1 tablespoon of olive oil and a pinch of salt and pepper, then scatter them all around the chicken thighs on the pan. Return the sheet to the oven and roast for another 15 minutes, until the chicken skin is incredibly crispy and the internal temperature reaches 165°F.

Step 4

Finish the Rice and Serve: Once the rice is done simmering and the water is absorbed, turn off the heat. Remove the lid, quickly stir in the frozen peas and the roasted asparagus from the baking sheet, then put the lid back on for 2 minutes so the peas can steam through. Fluff the green-flecked rice with a fork, plate it alongside a crispy chicken thigh, and serve hot.