

SAAM Example Menu 2

For people weighing 150-200lb
1600-1800 mg SAA

SAAM example menu 2a

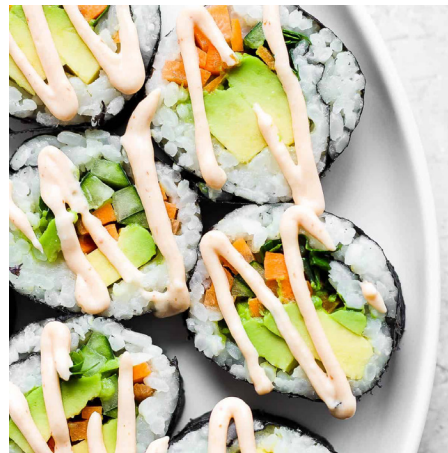
For people weighing 150-200lb
1600-1800 mg SAA

BREAKFAST:
Coffe with cream
2 egg Spinach and mushroom omelette
SAA: 513mg

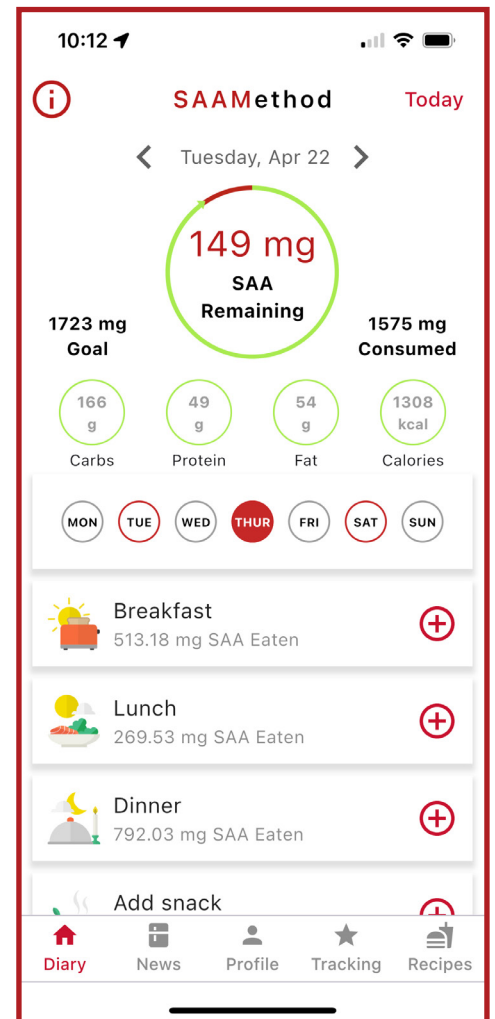


LUNCH:
Callifornia roll
Avocado roll
Miso soup
Sliced apple

SAA: 269 mg



DINNER
Chicken noodle soup with
Grilled Cheese Sandwich
SAA: 792 mg



CALIFORNIA AND AVOCADO 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.

For the avocado rolls, same procedure, just omit the imitation crab.

CHICKEN NOODLE SOUP

INGREDIENTS

Yield:
4 servings

2 tbsp. olive oil or butter
1 medium yellow onion (chopped)
3 medium carrots (sliced into coins)
3 stalks celery (sliced)
2 cloves garlic (minced)
6 cups chicken broth or stock
2 cups cooked chicken (shredded or diced)
2 cups wide egg noodles
Salt, black pepper, & fresh parsley to taste

Step 1

Sauté the Veggies: Heat the olive oil or butter in a large pot or Dutch oven over medium heat. Add the chopped onion, carrots, and celery. Cook for about 6 to 8 minutes, stirring occasionally, until the vegetables start to soften and the onions become translucent.

Step 2

Aromatics and Broth: Stir in the minced garlic and cook for just 1 minute until fragrant. Pour in the chicken broth, scraping up any tasty bits from the bottom of the pot. Season with a pinch of salt and black pepper, then bring the liquid to a boil.

Step 3

Simmer and Pasta: Once boiling, reduce the heat to low, cover the pot, and let it simmer for 10 minutes so the veggies get tender. Turn the heat back up slightly to a gentle boil, stir in the egg noodles, and cook uncovered for 6 to 8 minutes (or according to package directions) until the noodles are soft.

Step 4

Finish and Serve: Stir in the cooked chicken and let it sit in the hot soup for 2 to 3 minutes until heated through. Taste the broth and add more salt or pepper if needed. Remove from heat, stir in a handful of fresh chopped parsley for a pop of color, and ladle into bowls.

GRILLED CHEESE

INGREDIENTS

2 slices of bread (white or sourdough work best)
2 slices of American or Cheddar cheese
1 tbsp. butter (softened at room temperature)

Step 1

Prep the Bread: Heat a skillet or non-stick pan over medium-low heat. While it warms up, spread the softened butter evenly on one side of each slice of bread.

Step 2

Assemble: Place one slice of bread, butter-side down, into the warm skillet. Layer the cheese slices evenly on top of the bread, then top with the second slice of bread, butter-side up.

Step 3

Toast and Melt: Cook for 3 to 4 minutes until the bottom bread is golden-brown. Carefully flip the sandwich over and cook the other side for another 2 to 3 minutes, pressing down gently with a spatula, until the second side is golden and the cheese is completely melted. Slice and serve hot.

SAAM example menu 2b

For people weighing 150-200lb
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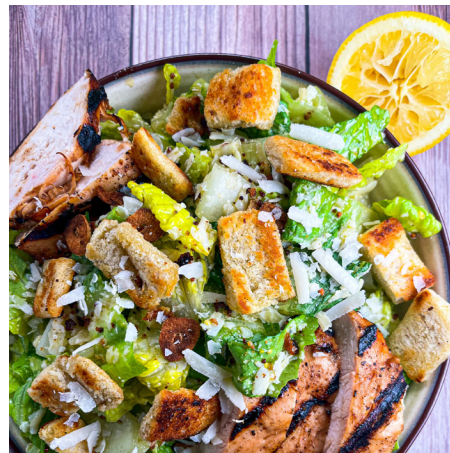
BREAKFAST:

Coffee with cream
Oatmeal with almond milk.
Blueberries and bananas
SAA: 469 mg



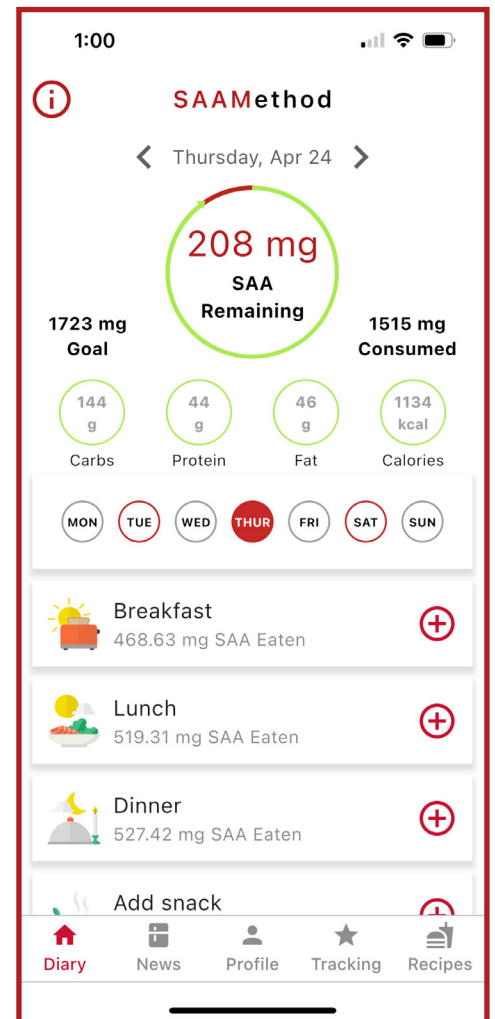
LUNCH:

Chicken Caesar Salad
with parmesan crutons
SAA: 519 mg



DINNER

Spicy Coconut Chickpeas with
rice and broccoli
SAA: 527 mg



CHICKEN CAESAR SALAD WITH PARMESAN CROUTONS

INGREDIENTS

Yield:
4 servings

2 cups crusty bread (cut into 1-inch cubes)
1/4 cup grated Parmesan cheese (divided)
3 tbsp. olive oil (divided)
2 boneless, skinless chicken breasts
1 large head of Romaine lettuce (chopped)
1/2 cup store-bought Caesar dressing
Salt & black pepper to taste

Step 1

Make the Croutons: Preheat your oven to 400°F. In a bowl, toss the bread cubes with 2 tablespoons of olive oil, 2 tablespoons of the grated Parmesan cheese, and a pinch of salt and pepper. Spread them in a single layer on a baking sheet and bake for 8 to 10 minutes until golden and crunchy. Set aside to cool.

Step 2

Cook the Chicken: Season both sides of the chicken breasts generously with salt and black pepper. Heat the remaining 1 tablespoon of olive oil in a skillet over medium-high heat. Cook the chicken for about 6 to 7 minutes per side, until the outside is beautifully browned and the inside is fully cooked through. Transfer to a cutting board, let it rest for a few minutes, then slice into strips.

Step 3

Dress the Greens: In a large mixing bowl, combine the chopped Romaine lettuce and the cool, crispy Parmesan croutons. Pour the Caesar dressing over the top and toss everything together until the leaves are evenly coated.

Step 4

Assemble and Serve: Divide the dressed lettuce and croutons into bowls or platters. Arrange the warm, sliced chicken strips across the top. Finish by sprinkling the remaining 2 tablespoons of grated Parmesan cheese over everything, along with a final crack of fresh black pepper.

GRILLED CHEESE

INGREDIENTS

1/4 cup olive oil
1 large can of chickpeas, drained and rinsed
2 onions
4 garlic cloves, minced
2-4 tbsp grated ginger
1/2 tsp red chilli flakes
1 1/2 tsp turmeric
1/4 tsp cumin
1 can of coconut milk
1.5 cup chicken stock
1 tbsp agave or honey
Juice from one lime, about 3-4 tbsp
2-3 cups chopped spinach
Salt and pepper

Step 1

Chop and cook onion in olive oil until it starts to brown. Add turmeric, chili flakes, cumin, salt and pepper, and chickpeas and cook until the chickpeas start to crisp and brown, about 10 min, stirring frequently. Add garlic and ginger and cook for another minute or 2.

Step 2

Pour in the coconut milk and the chicken stock, stirring and mashing some of the chickpeas to get a nice thick consistency. Add the spinach and bring to a simmer.

Step 3

Keep simmering and mashing some chickpeas until you get the desired consistency. Add lime and agave to taste. Serve with noodles, rice, or on its own. I like it with a side of broccoli.

SAAM example menu 2c

For people weighing 150-200lb
1600-1800 mg SAA

BREAKFAST:
Coffe with milk
English muffin with butter
and jam

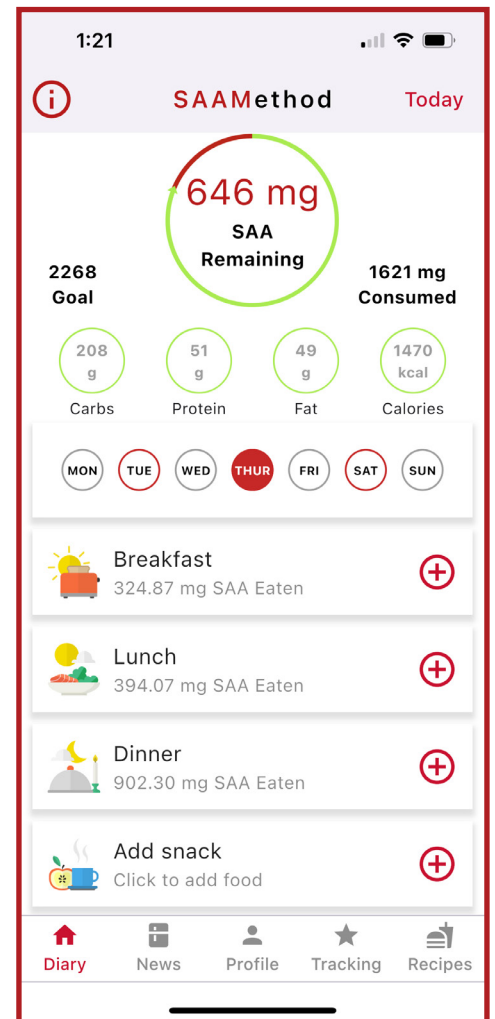
SAA: 325 mg



LUNCH:
Tuna salad wrap
Green smoothie
SAA: 394 mg



DINNER
Spaghetti Bolognese
SAA: 902 mg



TUNA SALAD WRAP & GREEN SMOOTHIE

INGREDIENTS

For the Tuna Wrap:

1 can (5 oz.) tuna (drained)
2 tbsp. mayonnaise or Greek yogurt
1 tbsp. celery (finely chopped)
1 large flour tortilla or lavash wrap
1/2 cup fresh spinach or shredded lettuce

For the Green Smoothie:

1 cup fresh spinach leaves
1 cup milk (dairy or almond milk)
1 frozen banana (sliced)
1/2 cup frozen mango or pineapple chunks

Step 1

Mix the Tuna: In a small bowl, combine the drained tuna, mayonnaise (or Greek yogurt), and chopped celery. Use a fork to flake the tuna and stir everything together until well blended. Season with a tiny pinch of salt and pepper if desired.

Step 2

Build the Wrap: Lay your tortilla flat on a clean surface. Arrange the fresh spinach or lettuce across the center, then spoon the tuna mixture evenly over the greens. Fold in the sides of the tortilla and roll it up tightly from the bottom. Slice it in half.

Step 3

Blend the Smoothie: Add the fresh spinach and milk into a high-speed blender first. Blend for 20 to 30 seconds until the leaves are completely pulverized and smooth—this prevents any leafy bits later.

Step 4

Frost and Serve: Add the frozen banana slices and mango or pineapple chunks to the blender. Blend on high until the mixture is thick, creamy, and completely smooth. Pour into a glass and serve immediately alongside your freshly made tuna wrap.

SPAGHETTI BOLOGNESE

INGREDIENTS

1 tbsp. olive oil
1 lb. lean ground beef
1 medium onion (finely chopped)
2 cloves garlic (minced)
1 jar (24 oz.) marinara or tomato pasta sauce
1/2 cup beef broth or water
12 oz. spaghetti noodles
Grated Parmesan cheese & salt to taste

Step 1

Brown the Beef: Heat the olive oil in a large skillet or pot over medium-high heat. Add the ground beef and cook for 5 to 6 minutes, breaking it up with a wooden spoon, until it is entirely browned and no pink remains. Carefully drain off any excess grease.

Step 2

Build the Sauce: Lower the heat to medium. Stir the chopped onion into the meat and cook for 3 to 4 minutes until it turns soft and translucent. Add the minced garlic and cook for just 1 minute until you can smell it. Pour in the jar of tomato sauce and the beef broth, stirring well to combine.

Step 3

Simmer: Turn the heat down to low, cover the skillet with a lid, and let the meat sauce simmer gently for 15 to 20 minutes. This gives the flavors plenty of time to meld together into a rich, deeply savory sauce. Give it a taste and add a pinch of salt if needed.

Step 4

Cook and Toss: While the sauce simmers, bring a large pot of salted water to a boil. Add the spaghetti noodles and cook for 8 to 10 minutes (or according to package directions) until they are al dente—meaning they still have a slight bite to them. Drain the water, toss the hot pasta directly into the meat sauce, and serve hot with plenty of Parmesan cheese sprinkled over the top.