

# 3-Day Starter Plan

Everyday meals. Thoughtful portions. Flexible swaps.



**Evelyn Brooks**  
Simple food for your everyday kitchen.

6 recipes / 3 days / A simple shopping list

YOUR PRACTICAL GUIDE TO PLANNING, SHOPPING & COOKING

# Six recipes, repeated on purpose

## A compact introduction

Two breakfasts, two main dishes, cookies and one yogurt dessert form this starter. Each main appears three times. It is a small set of combinations, not nine different main dishes or a personalized diet.

## Prepare manageable amounts

For one person, make two portions of chicken for Day 1 lunch and Day 2 dinner, then cook the Day 3 portion fresh. Make two portions of fish and rice for Day 1 dinner and Day 2 lunch; chill the later portion promptly and use within 24 hours. Cook the Day 3 fish and rice fresh.

## For two people

Each doubled one-serving recipe supplies one shared meal. If saving another shared meal, cook two separate two-person batches with adequate space. Make eggs and toast fresh, and keep yogurt bowls cold.

## One snack is one stated portion

The cookies make three two-cookie servings. Freeze suitable extras promptly if needed beyond the short storage period. Nutrition and times are estimates; these formulations are not represented as kitchen-tested.

## About Evelyn and the visuals

Evelyn Brooks is a fictional, AI-created character. Food images are AI-generated illustrations, not photographs of cooking tests.

STARTER / MENU EXAMPLE

# Your day, made simpler

DAY 1

BREAKFAST

## Spinach Eggs on Whole-Grain Toast



EK1-B01

LUNCH

## Lemon Chicken with Potatoes and Zucchini



EK1-M01

DINNER

## Baked Fish with Rice and Carrots



EK2-M01

OPTIONAL SNACK / DESSERT

## Peanut Butter Banana Oat Cookies



EK3-N01

Repeats are intentional. Use the stated serving per person; prepare fresh or follow the recipe storage guidance. Meal ideas, not a prescribed daily intake. Adjust or add food for your needs.

STARTER / MENU EXAMPLE

# Your day, made simpler

DAY 2

BREAKFAST

## Lactose-Free Blueberry Yogurt Oats



EK2-B01

LUNCH

## Baked Fish with Rice and Carrots



EK2-M01

DINNER

## Lemon Chicken with Potatoes and Zucchini



EK1-M01

OPTIONAL SNACK / DESSERT

## Cocoa Yogurt Dessert Pot



EK3-D01

Repeats are intentional. Use the stated serving per person; prepare fresh or follow the recipe storage guidance. Meal ideas, not a prescribed daily intake. Adjust or add food for your needs.

STARTER / MENU EXAMPLE

# Your day, made simpler

DAY 3

BREAKFAST

## Spinach Eggs on Whole-Grain Toast



EK1-B01

LUNCH

## Lemon Chicken with Potatoes and Zucchini



EK1-M01

DINNER

## Baked Fish with Rice and Carrots



EK2-M01

OPTIONAL SNACK / DESSERT

## Peanut Butter Banana Oat Cookies



EK3-N01

Repeats are intentional. Use the stated serving per person; prepare fresh or follow the recipe storage guidance. Meal ideas, not a prescribed daily intake. Adjust or add food for your needs.

STARTER / SHOPPING

# Core meals / 1 person

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                 | Used   | Prepare | Buy at least              |
|----------------------------|--------|---------|---------------------------|
| Dried oregano              | 1.5 g  | 1.5 g   | about 2 tsp<br>2 g        |
| Fine table salt            | 5.25 g | 5.25 g  | about 1 tsp<br>6 g        |
| Ground cinnamon            | 0.65 g | 0.65 g  | about 0.38 tsp<br>1 g     |
| Olive oil                  | 63 g   | 63 g    | about 4.81 tbsp<br>65 g   |
| Blueberries                | 75 g   | 75 g    | 2.6 oz by weight<br>75 g  |
| Fresh lemon juice          | 90 g   | 90 g    | about 6 tbsp<br>90 g      |
| Fresh parsley              | 12 g   | 12 g    | 0.5 oz by weight<br>15 g  |
| Fresh spinach              | 100 g  | 100 g   | 3.5 oz by weight<br>100 g |
| Fresh tomato               | 160 g  | 160 g   | 6.2 oz by weight<br>175 g |
| Long-grain white rice, dry | 165 g  | 165 g   | about 1 cup<br>175 g      |

**Check pantry first:** Dried oregano, Fine table salt, Ground cinnamon, Olive oil

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

STARTER / SHOPPING

# Core meals / 1 person

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                                 | Used  | Prepare | Buy at least               |
|--------------------------------------------|-------|---------|----------------------------|
| Raw carrot                                 | 450 g | 450 g   | 15.9 oz by weight<br>450 g |
| Raw potato, skin on                        | 540 g | 540 g   | 19.4 oz by weight<br>550 g |
| Raw zucchini                               | 540 g | 540 g   | 19.4 oz by weight<br>550 g |
| Rolled or quick oats, dry                  | 20 g  | 20 g    | about 1/4 cup<br>20 g      |
| Unsalted pumpkin seed kernels              | 8 g   | 8 g     | 0.3 oz by weight<br>8 g    |
| Large egg, out of shell                    | 200 g | 200 g   | 4 large eggs<br>200 g      |
| Plain lactose-free low-fat yogurt          | 170 g | 170 g   | about 3/4 cup<br>175 g     |
| Plain raw boneless skinless chicken breast | 450 g | 450 g   | 15.9 oz by weight<br>450 g |
| Raw cod fillet                             | 480 g | 480 g   | 17.6 oz by weight<br>500 g |
| Whole-wheat bread                          | 70 g  | 70 g    | 2.5 oz by weight<br>70 g   |

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

STARTER / SHOPPING

# Optional snacks / 1 person

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                                    | Used     | Prepare | Buy at least              |
|-----------------------------------------------|----------|---------|---------------------------|
| Ground cinnamon                               | 0.667 g  | 1 g     | about 0.38 tsp<br>1 g     |
| Pure maple syrup                              | 10 g     | 10 g    | about 1 1/2 tsp<br>10 g   |
| Pure vanilla extract                          | 1 g      | 1 g     | about 1/4 tsp<br>1 g      |
| Unsweetened cocoa powder                      | 5 g      | 5 g     | about 3 tsp<br>5 g        |
| Peeled banana                                 | 80 g     | 120 g   | 4.4 oz by weight<br>125 g |
| Raspberries                                   | 60 g     | 60 g    | 2.1 oz by weight<br>60 g  |
| Rolled or quick oats, dry                     | 53.333 g | 80 g    | about 1 cup<br>80 g       |
| Large egg, out of shell                       | 33.333 g | 50 g    | 1 large egg<br>50 g       |
| Plain nonfat Greek yogurt                     | 170 g    | 170 g   | about 3/4 cup<br>175 g    |
| Unsalted smooth peanut butter, no added sugar | 21.333 g | 32 g    | about 2.2 tbsp<br>35 g    |

**Check pantry first:** Ground cinnamon, Pure maple syrup, Pure vanilla extract, Unsweetened cocoa powder

**Extra portions from full batches:** Peanut Butter Banana Oat Cookies: 1. Freeze suitable extras promptly if needed later.

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

STARTER / SHOPPING

# Core meals / 2 people

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                 | Used   | Prepare | Buy at least               |
|----------------------------|--------|---------|----------------------------|
| Dried oregano              | 3 g    | 3 g     | about 1 tbsp<br>3 g        |
| Fine table salt            | 10.5 g | 10.5 g  | about 2 1/2 tsp<br>15 g    |
| Ground cinnamon            | 1.3 g  | 1.3 g   | about 3/4 tsp<br>2 g       |
| Olive oil                  | 126 g  | 126 g   | about 11.11 tbsp<br>150 g  |
| Blueberries                | 150 g  | 150 g   | 5.3 oz by weight<br>150 g  |
| Fresh lemon juice          | 180 g  | 180 g   | about 13.33 tbsp<br>200 g  |
| Fresh parsley              | 24 g   | 24 g    | 0.9 oz by weight<br>25 g   |
| Fresh spinach              | 200 g  | 200 g   | 7.1 oz by weight<br>200 g  |
| Fresh tomato               | 320 g  | 320 g   | 11.5 oz by weight<br>325 g |
| Long-grain white rice, dry | 330 g  | 330 g   | about 2 cups<br>350 g      |

**Check pantry first:** Dried oregano, Fine table salt, Ground cinnamon, Olive oil

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

STARTER / SHOPPING

# Core meals / 2 people

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                                 | Used   | Prepare | Buy at least                |
|--------------------------------------------|--------|---------|-----------------------------|
| Raw carrot                                 | 900 g  | 900 g   | 31.7 oz by weight<br>900 g  |
| Raw potato, skin on                        | 1080 g | 1080 g  | 38.8 oz by weight<br>1100 g |
| Raw zucchini                               | 1080 g | 1080 g  | 38.8 oz by weight<br>1100 g |
| Rolled or quick oats, dry                  | 40 g   | 40 g    | about 1/2 cup<br>40 g       |
| Unsalted pumpkin seed kernels              | 16 g   | 16 g    | 0.7 oz by weight<br>20 g    |
| Large egg, out of shell                    | 400 g  | 400 g   | 8 large eggs<br>400 g       |
| Plain lactose-free low-fat yogurt          | 340 g  | 340 g   | about 1 1/2 cups<br>350 g   |
| Plain raw boneless skinless chicken breast | 900 g  | 900 g   | 31.7 oz by weight<br>900 g  |
| Raw cod fillet                             | 960 g  | 960 g   | 34.4 oz by weight<br>975 g  |
| Whole-wheat bread                          | 140 g  | 140 g   | 5.3 oz by weight<br>150 g   |

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

STARTER / SHOPPING

# Optional snacks / 2 people

Used = planned servings. Prepare = enough for the scheduled batches.  
Buy = an edible minimum, before peel, cores and package sizes.

| Ingredient                                    | Used      | Prepare | Buy at least              |
|-----------------------------------------------|-----------|---------|---------------------------|
| Ground cinnamon                               | 1.333 g   | 2 g     | about 3/4 tsp<br>2 g      |
| Pure maple syrup                              | 20 g      | 20 g    | about 3 tsp<br>20 g       |
| Pure vanilla extract                          | 2 g       | 2 g     | about 1/2 tsp<br>2 g      |
| Unsweetened cocoa powder                      | 10 g      | 10 g    | about 2 tbsp<br>10 g      |
| Peeled banana                                 | 160 g     | 240 g   | 8.8 oz by weight<br>250 g |
| Raspberries                                   | 120 g     | 120 g   | 4.4 oz by weight<br>125 g |
| Rolled or quick oats, dry                     | 106.667 g | 160 g   | about 2.19 cups<br>175 g  |
| Large egg, out of shell                       | 66.667 g  | 100 g   | 2 large eggs<br>100 g     |
| Plain nonfat Greek yogurt                     | 340 g     | 340 g   | about 1 1/2 cups<br>350 g |
| Unsalted smooth peanut butter, no added sugar | 42.667 g  | 64 g    | about 4 tbsp<br>65 g      |

**Check pantry first:** Ground cinnamon, Pure maple syrup, Pure vanilla extract, Unsweetened cocoa powder

**Extra portions from full batches:** Peanut Butter Banana Oat Cookies: 2. Freeze suitable extras promptly if needed later.

Cooked or drained foods are bought/measured in that state. Allow for trim on whole produce. Check citrus juice and zest together. Exact package sizes and labels vary; see the detailed shopping notes in the editable companion.

# Spinach Eggs on Whole-Grain Toast



|       |       |       |        |
|-------|-------|-------|--------|
| PREP  | COOK  | WAIT  | TOTAL  |
| 5 min | 7 min | 0 min | 12 min |

1 serving; the entire recipe is one portion

Equipment: skillet, toaster.

## Your ingredients

| Ingredient              | For one                   | For two                   |
|-------------------------|---------------------------|---------------------------|
| Large egg, out of shell | 2 large eggs<br>100 g     | 4 large eggs<br>200 g     |
| Fresh spinach           | 1.8 oz by weight<br>50 g  | 3.5 oz by weight<br>100 g |
| Whole-wheat bread       | 1.2 oz by weight<br>35 g  | 2.5 oz by weight<br>70 g  |
| Fresh tomato            | 2.8 oz by weight<br>80 g  | 5.6 oz by weight<br>160 g |
| Olive oil               | about 1 tsp<br>4.5 g      | about 2 tsp<br>9 g        |
| Fine table salt         | about 1/16 tsp<br>0.375 g | about 1/8 tsp<br>0.75 g   |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

1. Slice the tomato and toast the bread. Beat the eggs with the measured salt.
2. Heat the oil in a small nonstick skillet over medium-low heat. Wilt the spinach for 1-2 minutes.
3. Add the eggs and fold gently for 3-5 minutes until set without runny streaks; egg dishes should reach 160 F (71 C). Serve on the toast with tomato alongside.

## Why this recipe fits

Two eggs make the protein component explicit. The bread and tomato are included in the serving, rather than treated as unlimited extras.

## Estimated nutrition / serving

|                       |                       |                        |
|-----------------------|-----------------------|------------------------|
| Calories<br>297 kcal  | Protein<br>19.1 g     | Carbohydrate<br>20.6 g |
| Fiber<br>4.2 g        | Fat<br>15.6 g         | Saturated fat<br>4.1 g |
| Total sugars<br>4.2 g | Added sugars<br>1.5 g | Sodium<br>490 mg       |

**Allergen / ingredient notes:** egg, wheat. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** Keep the main ingredient proportions. Adjust only the small herb or spice amount to preference; packaged sauces, sweeteners and protein substitutions can alter nutrition and cooking behavior.

**Keep and reheat:** Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. Use refrigerated leftovers within 3 days, or earlier if an ingredient was already partway through its safe storage period. Freeze suitable plain cooked portions promptly for longer holding; aim to use within 1 month for quality. Texture after freezing is an estimate, not a tested result. Reheat hot leftovers to 165 F (74 C) throughout, checking several spots. Add a little water only if the texture needs loosening. Reheat the needed portion; the original storage clock does not restart.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

# Lemon Chicken with Potatoes and Zucchini



|        |        |       |            |
|--------|--------|-------|------------|
| PREP   | COOK   | WAIT  | TOTAL      |
| 15 min | 45 min | 3 min | 1 hr 3 min |

1 chicken cutlet with all the potatoes and zucchini; double ingredients for two people

Equipment: oven, sheet pan, food thermometer.

• Your ingredients

| Ingredient                                 | For one                   | For two                    |
|--------------------------------------------|---------------------------|----------------------------|
| Plain raw boneless skinless chicken breast | 5.3 oz by weight<br>150 g | 10.6 oz by weight<br>300 g |
| Raw potato, skin on                        | 6.3 oz by weight<br>180 g | 12.7 oz by weight<br>360 g |
| Raw zucchini                               | 6.3 oz by weight<br>180 g | 12.7 oz by weight<br>360 g |
| Olive oil                                  | about 2 tsp<br>9 g        | about 1 1/4 tbsp<br>18 g   |
| Fresh lemon juice                          | about 1 tbsp<br>15 g      | about 2 tbsp<br>30 g       |
| Dried oregano                              | about 1/2 tsp<br>0.5 g    | about 1 tsp<br>1 g         |
| Fine table salt                            | about 1/8 tsp<br>0.75 g   | about 1/4 tsp<br>1.5 g     |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

1. Set a conventional oven to 425 F (220 C), with a rack in the middle. Prepare the potato and zucchini first. Pat the chicken dry with paper towel; do not rinse it. If needed, gently flatten the cutlet to about 3/4 inch (2 cm) thick. Clean the raw-chicken board and wash your hands before handling other ingredients.
2. For each person, toss the potato cubes on the pan with 1 tsp oil, about half the salt, and half the oregano. Spread them out and roast for 20 minutes. The edges should begin to color; they do not need to be fully tender yet.
3. Turn the potatoes and make room on the pan. For each person, coat the chicken with 1/2 tsp oil, 1/2 tbsp lemon juice, and the remaining oregano. Add it to the pan. Toss the zucchini with the remaining 1/2 tsp oil and the remaining salt, then spread it around the chicken in a single layer. Keep the reserved lemon juice separate from raw chicken and its utensils.
4. Roast for another 20 to 25 minutes. The thickest part of every cutlet must reach 165 F (74 C) on a food thermometer. The potato centers should yield to a fork and the zucchini should be tender with light browning. If the chicken finishes first, move it to a clean plate and continue roasting the vegetables until tender.
5. Rest the chicken for 3 minutes for texture. Spoon the reserved 1/2 tbsp lemon juice per person over the finished food. Serve all three components; for two people, divide each component evenly. Do not use liquid or utensils that touched raw chicken as a finishing sauce.

## Why this recipe fits

A clearly portioned chicken cutlet, potato and vegetable dinner. All measured olive oil and salt are included in the estimate.

## Estimated nutrition / serving

|                       |                       |                        |
|-----------------------|-----------------------|------------------------|
| Calories<br>433 kcal  | Protein<br>39.7 g     | Carbohydrate<br>38.5 g |
| Fiber<br>5.8 g        | Fat<br>13.7 g         | Saturated fat<br>2.3 g |
| Total sugars<br>6.4 g | Added sugars<br>0.0 g | Sodium<br>384 mg       |

**Allergen / ingredient notes:** No major US allergen intentionally added in the specified base. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** Yellow summer squash can replace zucchini by raw edible weight; keep the same cut size and check tenderness.

**Keep and reheat:** Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. Use refrigerated leftovers within 3 days, or earlier if an ingredient was already partway through its safe storage period. Freeze suitable plain cooked portions promptly for longer holding; aim to use within 1 month for quality. Texture after freezing is an estimate, not a tested result. Reheat hot leftovers to 165 F (74 C) throughout, checking several spots. Add a little water only if the texture needs loosening. Reheat the needed portion; the original storage clock does not restart.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

# Lactose-Free Blueberry Yogurt Oats



|       |       |        |        |
|-------|-------|--------|--------|
| PREP  | COOK  | WAIT   | TOTAL  |
| 5 min | 0 min | 20 min | 25 min |

1 serving; the entire recipe is one portion

Equipment: bowl, refrigerator.

• Your ingredients

| Ingredient                        | For one                  | For two                   |
|-----------------------------------|--------------------------|---------------------------|
| Plain lactose-free low-fat yogurt | about 2/3 cup<br>170 g   | about 1.39 cups<br>340 g  |
| Rolled or quick oats, dry         | about 1/4 cup<br>20 g    | about 1/2 cup<br>40 g     |
| Blueberries                       | 2.6 oz by weight<br>75 g | 5.3 oz by weight<br>150 g |
| Unsalted pumpkin seed kernels     | 0.3 oz by weight<br>8 g  | 0.6 oz by weight<br>16 g  |
| Ground cinnamon                   | about 1/4 tsp<br>0.65 g  | about 1/2 tsp<br>1.3 g    |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

- 1. Stir the plain lactose-free yogurt with oats and cinnamon. Cover and refrigerate for 15-30 minutes so quick oats soften; rolled oats may need longer.
- 2. Wash and dry blueberries. Add them and the measured pumpkin seeds just before eating.
- 3. Serve the entire bowl as one breakfast. The dairy is lactose-free but still contains milk protein.

## Why this recipe fits

This adaptation changes the lactose in the dairy choice. It does not promise freedom from bloating, and the oats and seed portion still matter.

## Estimated nutrition / serving

|                        |                       |                        |
|------------------------|-----------------------|------------------------|
| Calories<br>272 kcal   | Protein<br>14.6 g     | Carbohydrate<br>37.8 g |
| Fiber<br>4.6 g         | Fat<br>8.1 g          | Saturated fat<br>2.6 g |
| Total sugars<br>19.8 g | Added sugars<br>0.0 g | Sodium<br>122 mg       |

**Allergen / ingredient notes:** milk. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** If lactose is not a concern, the corresponding plain regular dairy can be used by weight. For milk allergy, choose a different suitable recipe; plant drinks and vegan cheeses are not automatically equivalent in cooking or nutrition.

**Keep and reheat:** Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. For this kit, use assembled cold dishes within 2 days, or earlier if any ingredient label or original cooked-food date requires it. Keep crisp bread/crackers separate until eating. Freezing is not recommended for fresh leafy salads or assembled wraps.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

# Baked Fish with Rice and Carrots



|        |        |       |        |
|--------|--------|-------|--------|
| PREP   | COOK   | WAIT  | TOTAL  |
| 10 min | 35 min | 0 min | 45 min |

1 serving; the entire recipe is one portion

Equipment: oven, saucepan, food thermometer.

## Your ingredients

| Ingredient                 | For one                   | For two                    |
|----------------------------|---------------------------|----------------------------|
| Raw cod fillet             | 5.6 oz by weight<br>160 g | 11.3 oz by weight<br>320 g |
| Long-grain white rice, dry | about 0.3 cup<br>55 g     | about 0.59 cup<br>110 g    |
| Raw carrot                 | 5.3 oz by weight<br>150 g | 10.6 oz by weight<br>300 g |
| Olive oil                  | about 2 tsp<br>9 g        | about 1 1/4 tbsp<br>18 g   |
| Fresh lemon juice          | about 1 tbsp<br>15 g      | about 2 tbsp<br>30 g       |
| Fresh parsley              | 0.1 oz by weight<br>4 g   | 0.3 oz by weight<br>8 g    |
| Drinking water             | 0.6 cups<br>140 g         | 1.2 cups<br>280 g          |
| Fine table salt            | about 1/8 tsp<br>0.75 g   | about 1/4 tsp<br>1.5 g     |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

1. Heat the oven to 400 F (200 C). Rinse rice, add measured water in a small covered pan and simmer about 15-18 minutes, following its package. Rest covered 5 minutes.
2. Slice carrots into 1/4-inch coins. Toss with half the oil and salt in a small roasting dish; roast 15 minutes.
3. Brush cod with remaining oil and add beside the carrots. Roast 12-18 minutes more, until the fish reaches 145 F (63 C) and carrots are tender. Add lemon and parsley; serve with all the rice.

## Why this recipe fits

A simple fish, rice and cooked-carrot plate, without onion or garlic added. These features do not establish universal digestive tolerance.

## Estimated nutrition / serving

|                       |                       |                        |
|-----------------------|-----------------------|------------------------|
| Calories<br>478 kcal  | Protein<br>34.0 g     | Carbohydrate<br>59.6 g |
| Fiber<br>5.1 g        | Fat<br>10.9 g         | Saturated fat<br>1.6 g |
| Total sugars<br>7.6 g | Added sugars<br>0.0 g | Sodium<br>492 mg       |

**Allergen / ingredient notes:** fish. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** A similar-thickness plain cod, haddock or sole fillet can replace the listed white fish. Check 145 F (63 C) rather than assuming the same time; nutrients change.

**Keep and reheat:** Cool rice dishes in shallow portions promptly, ideally within 1 hour, then refrigerate at 40 F (4 C) or below. This kit uses a conservative rice policy: eat within 24 hours or freeze promptly. For longer holding, freeze individual portions at 0 F (-18 C) or below; aim to use within 1 month for quality. Thaw in the refrigerator and use within 24 hours. Reheat only the portion needed, only once, to 165 F (74 C) throughout; stir, check several spots and follow microwave standing instructions. Reheating does not reset the original storage time.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

EK3-N01 / SNACK

# Peanut Butter Banana Oat Cookies



|       |        |        |        |
|-------|--------|--------|--------|
| PREP  | COOK   | WAIT   | TOTAL  |
| 8 min | 20 min | 10 min | 38 min |

6 soft cookies; 2 cookies per serving

Equipment: oven, baking sheet.

• **Your ingredients**

| Ingredient                                    | Whole batch               |
|-----------------------------------------------|---------------------------|
| Rolled or quick oats, dry                     | about 1 cup<br>80 g       |
| Peeled banana                                 | 4.2 oz by weight<br>120 g |
| Unsalted smooth peanut butter, no added sugar | about 2 tbsp<br>32 g      |
| Large egg, out of shell                       | 1 large egg<br>50 g       |
| Ground cinnamon                               | about 0.38 tsp<br>1 g     |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

1. Heat the oven to 350 F (175 C) and line a baking sheet. Mash banana until smooth, then beat in the egg, peanut butter and cinnamon.
2. Stir in oats and leave 10 minutes to hydrate. Divide into six equal mounds and flatten to about 1/2 inch thick; they will not spread like butter cookies.
3. Bake 15-20 minutes until set through, with no wet centers; the egg mixture must reach 160 F (71 C). Cool 10 minutes on the tray. One serving is two soft, chewy cookies.

## Why this recipe fits

These are banana-oat cookies, not crisp sugar cookies. The banana and peanut butter bring energy as well as flavor; the portion is explicit.

## Estimated nutrition / serving

|                       |                       |                        |
|-----------------------|-----------------------|------------------------|
| Calories<br>225 kcal  | Protein<br>8.4 g      | Carbohydrate<br>30.0 g |
| Fiber<br>4.4 g        | Fat<br>8.9 g          | Saturated fat<br>2.0 g |
| Total sugars<br>6.3 g | Added sugars<br>0.0 g | Sodium<br>28 mg        |

**Allergen / ingredient notes:** egg, peanut. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** Keep the listed egg, flour and liquid proportions for this formulation. If you need an egg-free or wheat-free choice, choose a different indexed recipe rather than assuming a one-for-one baking substitute will work.

**Keep and reheat:** Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. Use refrigerated leftovers within 3 days, or earlier if an ingredient was already partway through its safe storage period. Freeze suitable plain cooked portions promptly for longer holding; aim to use within 1 month for quality. Texture after freezing is an estimate, not a tested result. Reheat hot leftovers to 165 F (74 C) throughout, checking several spots. Add a little water only if the texture needs loosening. Reheat the needed portion; the original storage clock does not restart.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

# Cocoa Yogurt Dessert Pot



|       |       |        |        |
|-------|-------|--------|--------|
| PREP  | COOK  | WAIT   | TOTAL  |
| 5 min | 0 min | 15 min | 20 min |

1 serving; the entire recipe is one portion

Equipment: bowl, refrigerator.

• Your ingredients

| Ingredient                | For one                  | For two                   |
|---------------------------|--------------------------|---------------------------|
| Plain nonfat Greek yogurt | about 2/3 cup<br>170 g   | about 1.39 cups<br>340 g  |
| Unsweetened cocoa powder  | about 3 tsp<br>5 g       | about 2 tbsp<br>10 g      |
| Pure maple syrup          | about 1 1/2 tsp<br>10 g  | about 3 tsp<br>20 g       |
| Pure vanilla extract      | about 1/4 tsp<br>1 g     | about 1/2 tsp<br>2 g      |
| Raspberries               | 2.1 oz by weight<br>60 g | 4.2 oz by weight<br>120 g |

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

# Cook, enjoy & keep

## Make it

- 1. Sift cocoa into a small bowl and mix with maple syrup and vanilla to make a paste.
- 2. Stir in yogurt gradually until evenly chocolate-colored, scraping the sides. Spoon into one small glass.
- 3. Top with raspberries and chill 15 minutes if desired. Serve the full glass; the measured syrup is added sugar.

## Why this recipe fits

A stirred yogurt dessert avoids baking a whole cake. Cocoa adds flavor; it is not a promise about blood sugar or weight.

## Estimated nutrition / serving

|                        |                       |                        |
|------------------------|-----------------------|------------------------|
| Calories<br>172 kcal   | Protein<br>19.0 g     | Carbohydrate<br>23.0 g |
| Fiber<br>5.8 g         | Fat<br>1.7 g          | Saturated fat<br>0.6 g |
| Total sugars<br>14.4 g | Added sugars<br>6.2 g | Sodium<br>64 mg        |

**Allergen / ingredient notes:** milk. Check all packaged ingredients and cross-contact for your needs.

**Flexible choice:** For lactose intolerance, a plain lactose-free dairy product with a similar fat/protein profile can replace the corresponding dairy by weight. Flavor and nutrition can change; milk protein remains. This does not address milk allergy.

**Keep and reheat:** Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. For this kit, use assembled cold dishes within 2 days, or earlier if any ingredient label or original cooked-food date requires it. Keep crisp bread/crackers separate until eating. Freezing is not recommended for fresh leafy salads or assembled wraps.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See Kitchen Companion for calculation assumptions.

**SOURCES & METHOD**

# Where the guidance comes from

**USDA FoodData Central, SR Legacy dataset**

Ingredient nutrient references. Specific food records, nutrient supplements and calculation assumptions are logged internally.

**USDA FSIS: Safe Minimum Internal Temperature Chart**

Minimum internal temperatures for poultry, ground meat, intact cuts, fish, egg dishes and reheated leftovers.

**USDA FSIS: Leftovers and Food Safety**

Prompt refrigeration, shallow containers, cold holding and reheating. Recipe-specific freezer texture is not established by general guidance.

**UK Food Standards Agency: Starting university safely, September 2026**

Additional conservative rice policy: refrigerate for no more than one day or freeze, and reheat only once. This kit chooses a stricter rice holding rule than general US leftover guidance.

**NIDDK: Treatment for Gas in the Digestive Tract**

Individual variability with lactose, certain carbohydrates, fiber and sugar alcohols; no universal anti-bloating recipe claim.

**NIDDK: Eating and Physical Activity to Lose or Maintain Weight**

Context for sustainable eating patterns; not evidence of a weight-loss effect for one recipe.

**FDA: Added Sugars on the Nutrition Facts Label**

Distinguishing total and added sugars, including honey and syrups.

## SOURCES &amp; METHOD

# Where the guidance comes from

**King Arthur Baking: Basic Muffins and Quick-Bread Method**

Reference for wet/dry mixing, avoiding overmixing and checking baked centers. Our formulations are original and have not inherited the source recipe testing.

**Oregon State University Food Hero: Overnight Oatmeal**

Reference for refrigerated oat hydration; the specific ingredient proportions here are different.

**Oregon State University Food Hero: Community Cookbook**

Reference for the soft banana-oat cookie technique. Our peanut-butter-and-egg formulation differs and is not described as tested by Food Hero.

**Purdue Extension: Chicken Vegetable Soup with Kale**

Reference for sequential vegetable softening and using cooked ingredients in soup. Recipes here use their own ingredient amounts and steps.

**Foodland Ontario: Mediterranean Baked Fish**

Reference for oven fish preparation and timing ranges. Temperature is checked against current USDA guidance.

**Nasoya: Extra Firm Tofu Preparation**

Pressing or blotting tofu and its use in baking and stir-frying.