

# Diet & Nutrition

## Summary Report



REPORT CATEGORY —



DIET & NUTRITION

Report date: 10 January 2024

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REPORT PROVIDED BY

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for Dummy Persson

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🌐 <https://gettested.io>



## DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

# How this works

Our Health Reports analyze how your DNA influences your health. We then use this analysis to give you personalized risk estimates and recommendations.



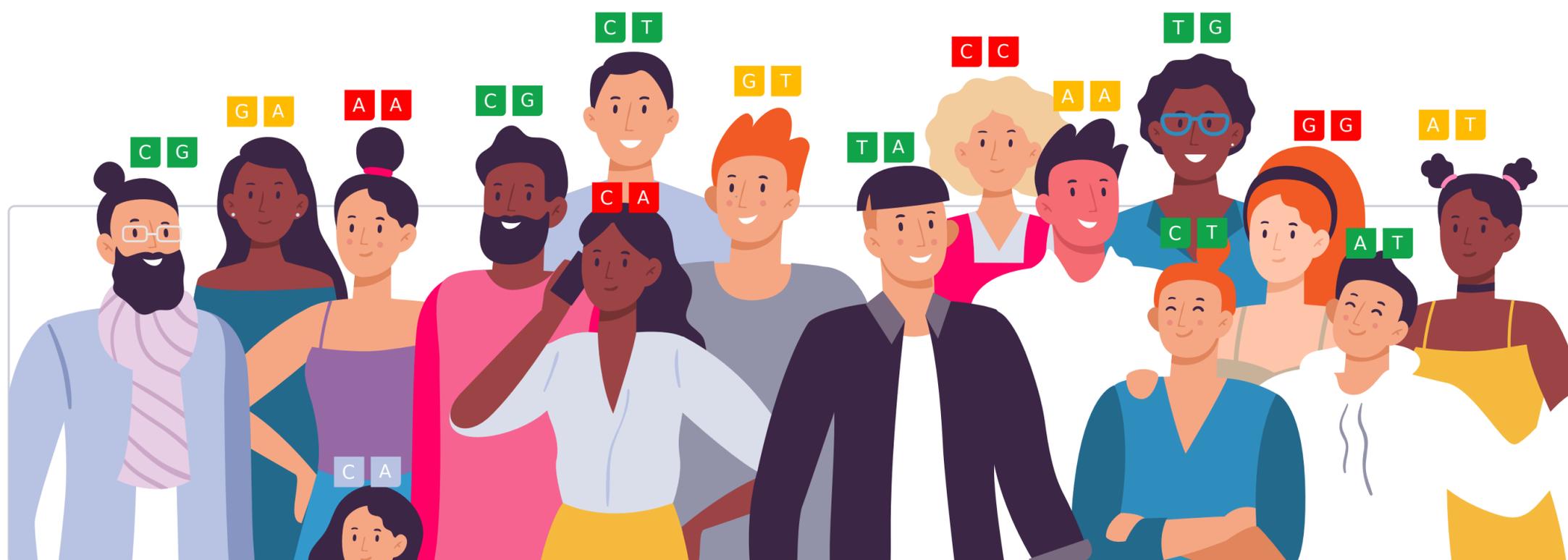
Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information. You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.

In total, we analyze up to 83M genetic variants.

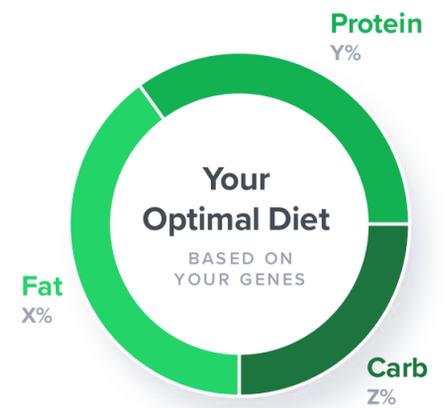
We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.



## Summary

**The gauge** shows you the ratio of three main macronutrients—fat, carbs, and protein—in your optimal diet.

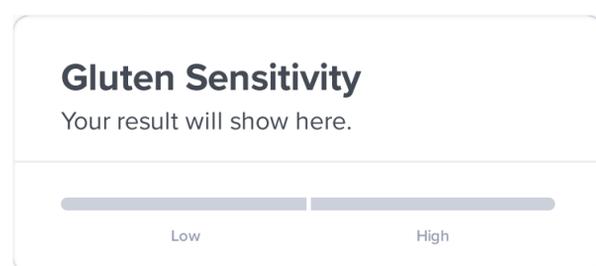
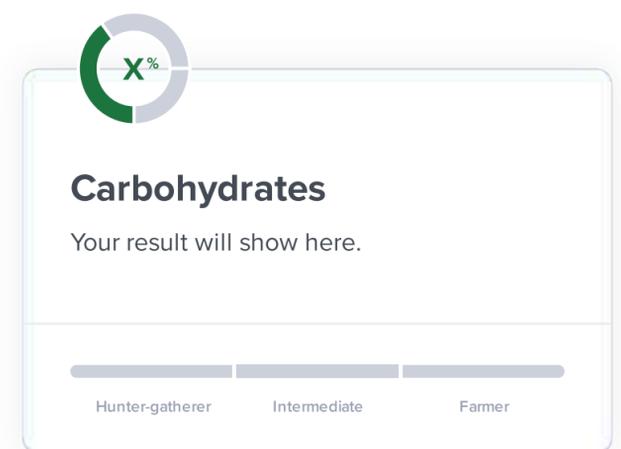
**The percentage** means how much of your energy needs you should meet with that nutrient. For example, 40% for fat means that 40% of your energy should come from fat. On a typical 2,000-calorie diet, that's 800 calories from fat or about 89 g of fat per day (1 g of fat provides 9 calories).



## Macronutrients

**The bar** for each macronutrient tells you how well you respond to it. Each bar has up to three segments, corresponding to a worse, typical, and better response to that macronutrient.

**The gauge** for each macronutrient displays a percentage of your daily energy needs you should meet with that nutrient. For example, 40% for carbs means that 40% of your energy should come from carbs. On a typical 2,000-calorie diet, that's 800 calories or 200 grams of carbs per day (1 gram of carbs provides 4 calories).

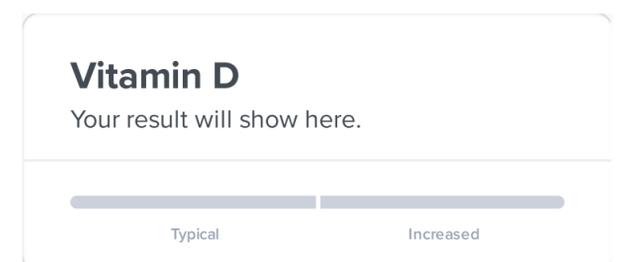


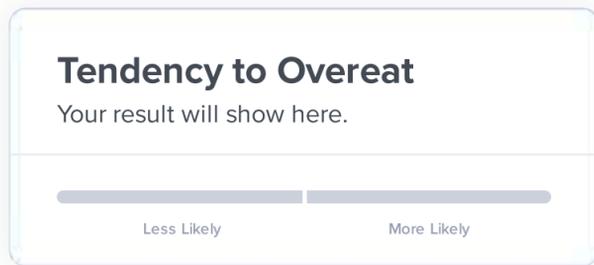
## Food sensitivities

For food sensitivities, the bar tells you how likely you are to be sensitive to a particular nutrient or food component. Each bar has two segments, corresponding to lower (typical) and higher sensitivity.

## Vitamins, Minerals & Omega-3s

For vitamins, minerals, and omega-3s, the bar tells you about your needs for a particular nutrient. Each bar has two segments, corresponding to typical and increased needs. People with increased needs for a certain nutrient may benefit from getting more of that nutrient from their diets.





## Eating Habits

For eating habits, the bar tells you how likely you are to have a particular food habit. Each bar has two segments, corresponding to lower and higher likelihood of having a particular habit.

## Some things to keep in mind:

- The scores/gauges use the latest scientific studies. But they are not perfect and will change as the models improve.
- Not everyone with risk variants will develop a health condition.
- Genetics is not the whole story. Your health is most often a combination of genetics, lifestyle, and environmental factors. Great news, as this means that you can often change your lifestyle to lower your risk.
- Results might be more accurate for some ethnic groups than others. This depends on the studies used in each report.
- People without risk variants can also develop health conditions.
- It's important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

# Summary

Have you ever lost weight, only to gain it right back? Or tried a diet that worked great for your friend but didn't seem to make a difference for you? It isn't your fault! There is no such thing as a one-size-fits-all diet.

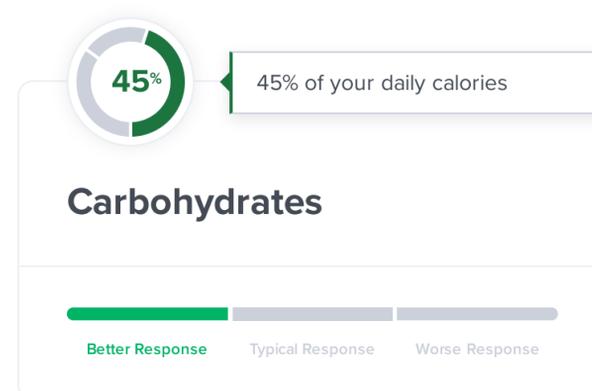
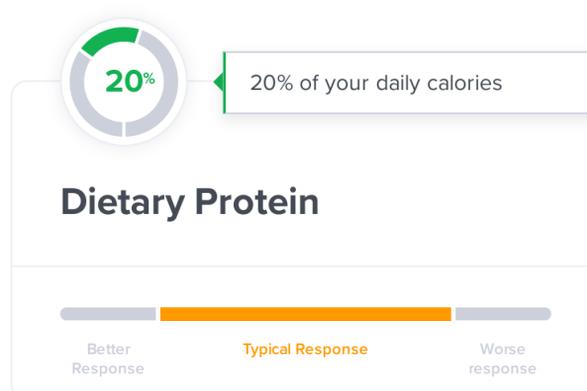
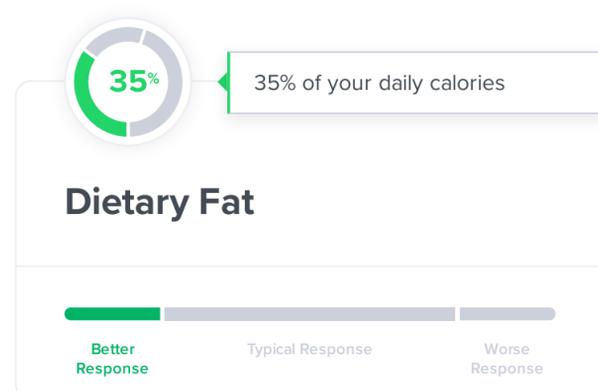
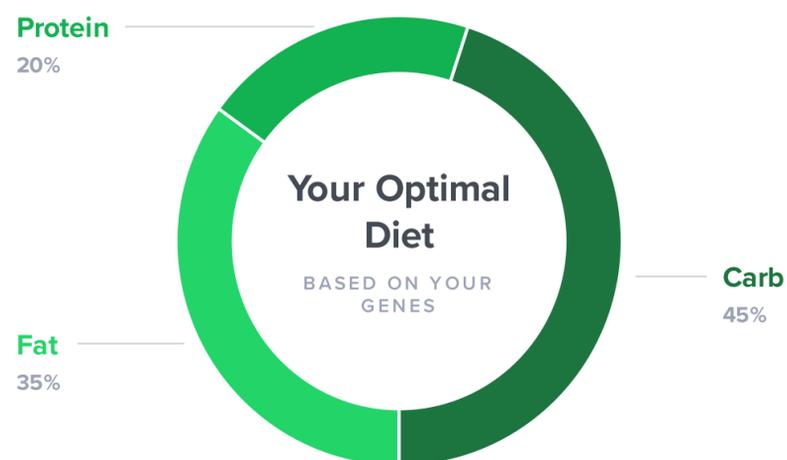
Diets plans often focus on controlling the amount of macronutrients you eat: carbohydrates, fats, and protein. However, they don't account for a major factor: genetics!

Depending on your genes, you may need to adjust your macros based on your ability to process them. Taking this personalized approach to your nutrition is how you can build a diet plan that will help you feel your best!

This report shows you how you process each macronutrient, helping you choose a diet that makes sense for you and your genes! The chart on the right shows your optimal macronutrient ratio. The percentages show you how much of your daily energy intake should come from each macro.

We also check your genes and give you personalized, actionable advice for:

- Choosing the right types of dietary fat
- Getting enough vitamins and minerals
- Addressing food sensitivities
- Improving your eating habits



**\* FRIENDLY TIP**

If you're struggling to reach your macros, just make sure you prioritize your **protein intake** and consume your minimum amount per day.

# Your Optimal Diet

The following is your optimal diet based on your genetic results



## Mediterranean

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions such as Greece, Spain, southern Italy, and southern France. It gained popularity when researchers noticed significantly **lower heart disease rates** and higher life expectancy among Mediterranean folks [\[R, R\]](#).

This diet doesn't actually represent the way people eat in the Mediterranean regions today, given the growing influence of Western dietary habits. A proper Mediterranean diet abounds in [\[R, R\]](#):

- Vegetables
- Fruits
- Whole grains
- [Olive oil](#)

The following foods are eaten in moderation [\[R, R\]](#):

- Fish and seafood
- Eggs and poultry
- Dairy

Red meat and sweets are eaten sparingly [\[R, R\]](#).

The Mediterranean diet provides a balanced ratio of carbs, fat, and protein. It's one of the healthiest diets due to a diversity of **whole foods** that deliver essential nutrients such as [\[R\]](#):

- Vitamins and minerals
- Polyphenols and other antioxidants
- Healthy unsaturated fats
- Dietary fiber

# Your Mediterranean Diet Meal Plan

The following meals are suggested taking into consideration your goals, genetic results and self-reported conditions.

## Breakfast



Tofu scramble

CALORIES ~ 374 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Soft-boiled eggs with avocado toast

CALORIES ~ 440 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Grilled chicken and mango salad

CALORIES ~ 400 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Sweet potato and black bean hash

CALORIES ~ 590 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Buckwheat crepes

CALORIES ~ 490 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Oatmeal with coconut milk and berries

CALORIES ~ 510 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Muesli with nuts and dried fruit

CALORIES ~ 483 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Scrambled eggs with spinach and mushrooms

CALORIES ~ 300 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Fruit bowl with chia seeds

CALORIES ~ 400 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Banana bread

CALORIES ~ 500 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Blueberry banana smoothie

CALORIES ~ 350 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Granola with dried fruits and nuts

CALORIES ~ 580 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Vegan banana pancakes

CALORIES ~ 540 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Pumpkin coconut smoothie

CALORIES ~ 235 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving



Date and chia pudding

CALORIES ~ 440 KCAL  
CARBS   
FAT   
PROTEIN

\* per serving





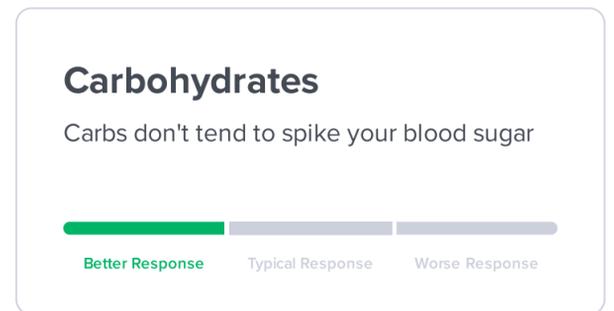
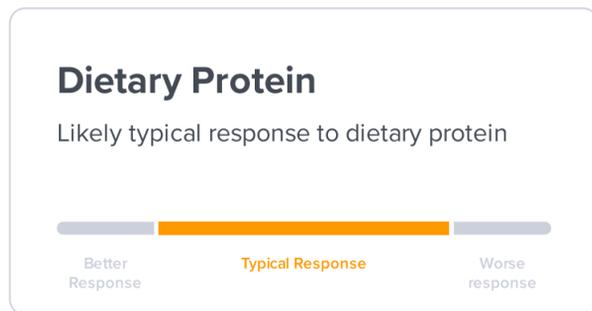




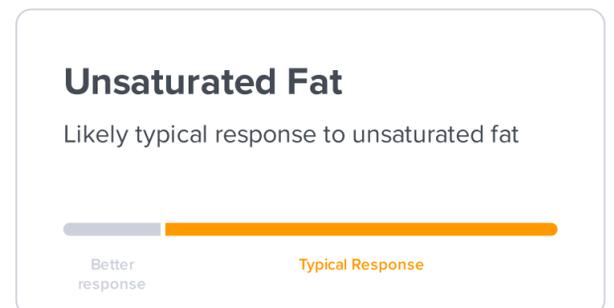
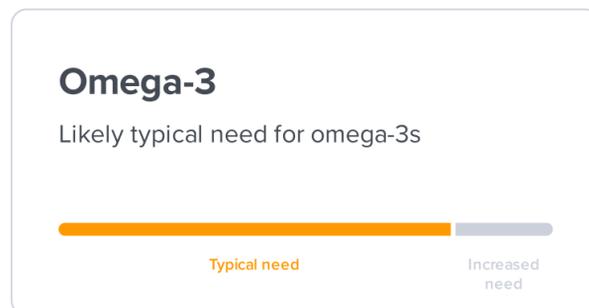
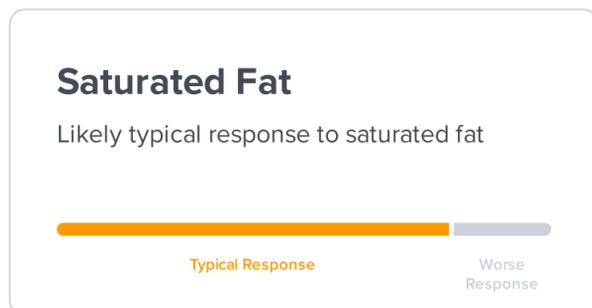


# Overview of Your Results

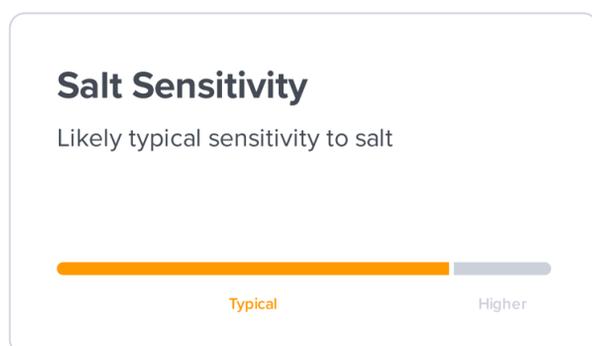
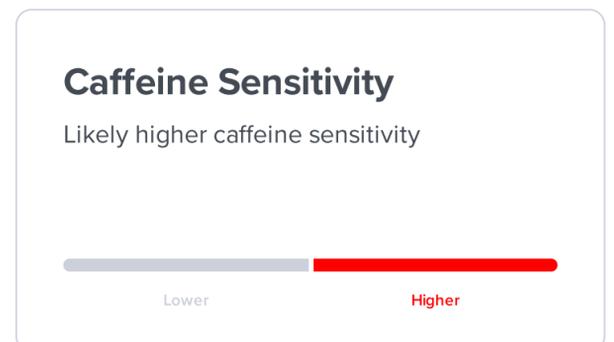
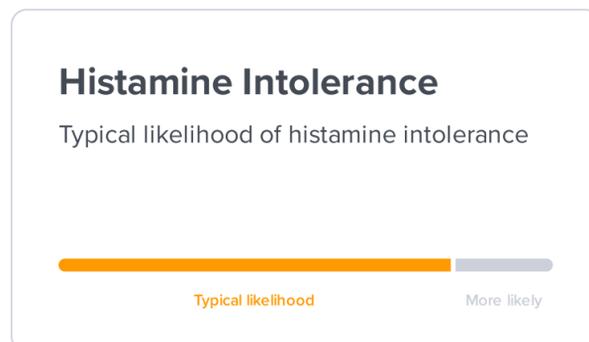
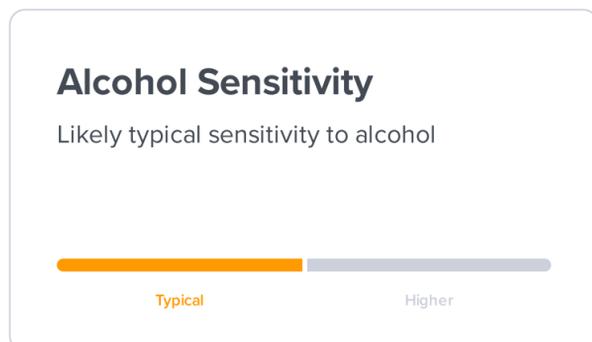
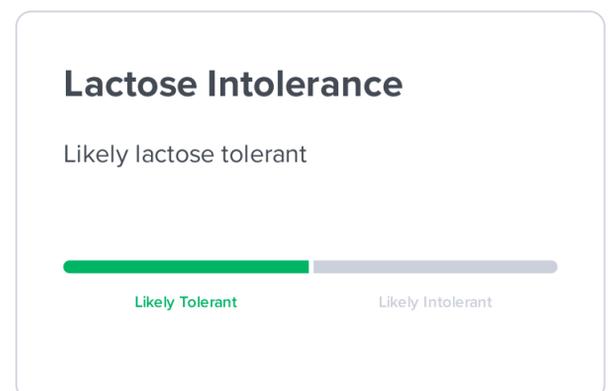
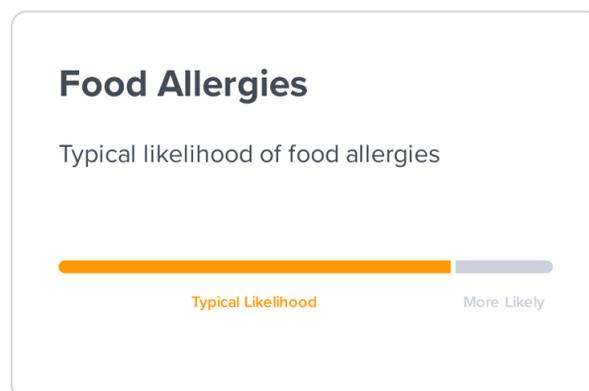
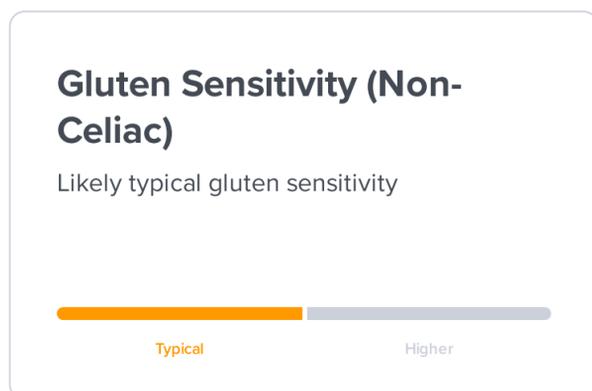
## Macronutrients



## Fats Breakdown



## Sensitivities



## Vitamins

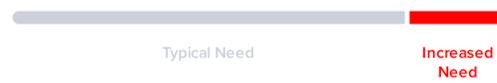
### Vitamin B6

Likely typical need for vitamin B6



### Vitamin E

Likely increased need for vitamin E



### Vitamin D

Likely typical need for vitamin D



### Vitamin B12

Likely typical need for vitamin B12



### Folate (Vitamin B9)

Likely typical need for folate



### Riboflavin (Vitamin B2)

Likely typical need for riboflavin



### Vitamin C

Likely typical need for vitamin C



### Vitamin A

Likely increased need for vitamin A



### Vitamin K

Likely increased vitamin K need



## Minerals

### Zinc

Likely typical need for zinc



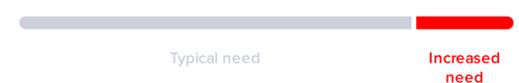
### Magnesium

Likely typical need for magnesium



### Iron

Likely increased need for iron



### Potassium

Likely typical need for potassium



### Selenium

Likely typical need for selenium



### Calcium

Likely typical need for calcium



## Eating Habits

### Tendency to Overeat

Likely higher tendency to overeat



### Sugar Cravings

Less likely to crave sugar



### Snacking

Less likely to snack



# Your Results in Details



## Macronutrients

Macronutrients are nutrients your body needs in large amounts. Many diet plans focus on controlling the amount of macronutrients you eat: carbohydrates, fats, and protein. Research shows that people have different abilities to process macronutrients. Find out how you process each macronutrient below. Adjusting your macros based on your genes may help improve your weight, blood sugar, cholesterol levels, and more!

20%

### Dietary Protein

Likely typical response to dietary protein



35%

### Dietary Fat

Likely better response to dietary fat



45%

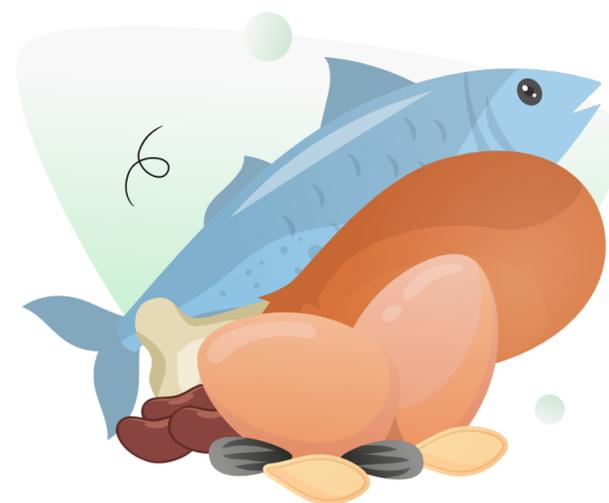
### Carbohydrates

Carbs don't tend to spike your blood sugar



# Dietary Protein

Proteins are essential building blocks that help make muscles, hormones, and more. They can also be used for energy. Healthy protein sources include poultry, fish, eggs, legumes, whole grains, and dairy [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genes we looked at, you may have an intermediate response to dietary protein. High-protein diets may not have significant effects on your weight, metabolism, and cholesterol levels..

**You may thrive on a diet with moderate amounts of protein.**

## Healthy protein food sources

- Eggs
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Lean meat (chicken, turkey)
- Fish
- Soy products (soybeans, tofu, tempeh, etc.)

## Your Gene Table

We tested several genetic variants because they affect how your body uses proteins. Some people carry variants that may cause more weight loss on a high-protein diet [\[R, R, R, R\]](#).

GENE	VARIANT	GENOTYPE
GLP1R	rs6923761	GG
FTO	rs9939609	TA
CNDP1	rs7244647	CC
CNDP2	rs4891558	TT
CLOCK	rs3749474	CC
FTO	rs1558902	TA
NTN5	rs838147	AG
MTNR1B	rs10830963	CC
ADRB3	rs4994	AA
FUCA1	rs3123554	GG
ST6GAL1	rs1501299	GG
TFAP2B	rs987237	AA
MICB	rs1800629	GG
NADSYN1	rs12785878	TT

# Dietary Fat

Fats are an important source of energy. Fats are divided into saturated and unsaturated fats. Unsaturated fats, including olive oil and omega-3 fatty acids, are considered healthier [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the gene variants we looked at, you may respond well to dietary fat. A high amount of dietary fat is less likely to increase your weight and cholesterol.

**You may thrive on a high-fat diet.** Make sure to choose healthier fats from whole food sources.

## Healthy fats food sources

- Avocado
- Olive Oil
- Fatty fish (salmon, sardines, herring, etc.)
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)

## Your Gene Table

We tested several genetic variants because they affect how your body uses fat. Some people carry variants that cause them to gain more weight on high-fat diets [\[R, R\]](#).

GENE	VARIANT	GENOTYPE
FTO	rs9939609	TA
APOB	rs693	AA
APOC1	rs405509	TG
STAT3	rs8069645	AG
STAT3	rs744166	AG
STAT3	rs2293152	GC
CETP	rs5882	GA
NLRC5	rs708272	AG
AHSG	rs4917	CT
CD36	rs1984112	GA
NSMAF	rs3808607	GT
CLOCK	rs1801260	GA
PPARA	rs135549	TC
AGT	rs699	GA
APOA1	rs670	CT
ADAM10	rs1800588	TC
ADAM10	rs2070895	AG
TCF7L2	rs7903146	CC
FCER1G	rs5082	AA
PPARG	rs1801282	CC

# Carbohydrates

Carbohydrates are the main source of energy in our modern diets. Carbs include simple carbs like candy, honey, and fruit juice, and healthier complex carbs like whole grains and vegetables [\[R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

You carry two copies of the variant linked to a better response to carbs—the so-called "farmer" variant. **This means carb-rich foods such as whole grains aren't likely to spike your blood sugar.** People with your variant who eat more whole grains and fiber may be at a lower risk of diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#).

**You may thrive on a high-carb diet.** Try focusing on complex carb sources, such as whole grains, legumes, and vegetables. You should still limit your intake of sugars and refined carbs.

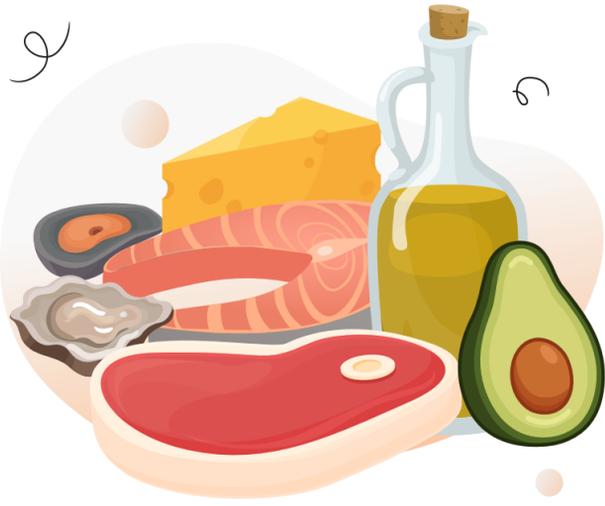
## Healthy carbs food sources

- Root vegetables (sweet potatoes, carrots, beets, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Whole grains (brown rice, wheat, barley, oats, rye, etc.)
- Pseudo-grains (quinoa, amaranth, buckwheat, etc.)
- Fruits and vegetables

## Your Gene Table

We tested one TCF7L2 gene variant because it affects how your body uses carbohydrates. Some people carry a genetic variant that makes it difficult to process carbs well [\[R\]](#).

GENE	VARIANT	GENOTYPE
TCF7L2	rs7903146	CC



# Fats Breakdown

Fats in our diet are divided into two major groups: saturated and unsaturated fat. Omega-3 fatty acids are one of the healthiest unsaturated fats. We all have different abilities to break down and use these fats! For some people, adjusting the amount of certain types of dietary fats may help them feel better and experience better health.

## Saturated Fat

Likely typical response to saturated fat



## Omega-3

Likely typical need for omega-3s



## Unsaturated Fat

Likely typical response to unsaturated fat



# Saturated Fat

The main sources of saturated fat in our diet are meat and dairy. Increased intake of saturated fat has been linked to heart disease and high cholesterol [\[R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical response to saturated fat. Moderate amounts of saturated fat may not have adverse effects on your weight and cholesterol levels.

**You may tolerate saturated fat in moderation.** It's still important to avoid saturated fat from processed foods and choose healthy whole food sources instead.

## Your Gene Table

We tested several genetic variants because they affect how your body uses saturated fat. Some people carry variants that cause them to gain weight when eating more saturated fat [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
TLR4	rs5030728	GG
APOB	rs693	AA
LPL	rs328	CC
LPL	rs13702	TT
LPL	rs1121923	GG
FTO	rs9939609	TA
CETP	rs5882	GA
PPARA	rs135549	TC
APOC1	rs405509	TG
AGT	rs699	GA
APOA1	rs670	CT
ADAM10	rs1800588	TC
STAT3	rs8069645	AG
STAT3	rs744166	AG
STAT3	rs2293152	GC
AHSG	rs4917	CT
CD36	rs1984112	GA
CLOCK	rs1801260	GA
SIDT2	rs5070	GA
FCER1G	rs5082	AA

# Omega-3

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Good sources of omega-3s include fatty fish, flaxseed, chia seeds, and walnuts [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for omega-3s.

**Make sure to get enough omega-3s from fish, flaxseed, walnuts, and other sources.**

## Your Gene Table

We tested several genetic variants because they affect how your body uses omega-3 fatty acids. Some people carry variants that are linked to lower omega-3 levels [\[R\]](#).

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
COL11A1	rs11164689	GG
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
TMEM258	rs174532	GG
PIK3C2A	rs7949405	CC
FADS2	rs174579	CC
MYOM1	rs949306	GG
TMEM258	rs108499	CT
WSB1	rs17703271	TC
PRR11	rs2291193	GA
SYCP2L	rs953413	AG
/	rs2129588	CT
ADRA1A	rs558455	AG

# Unsaturated Fat

Unsaturated dietary fat is considered healthier than saturated fat. Good sources of unsaturated fats include olive oil, nuts and seeds, fatty fish, and avocados [R, R].



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical response to unsaturated fat. It may not have a major effect on your weight, cholesterol, and blood sugar levels.

**You may thrive on a diet with moderate amounts of unsaturated fat.**

## Your Gene Table

We tested several genetic variants because they affect how your body uses unsaturated fat. Some people carry variants linked to a lower weight when consuming unsaturated fat [R, R, R, R, R].

GENE	VARIANT	GENOTYPE
PPARG	rs1801282	CC
FADS2	rs174550	TT
RFC4	rs17300539	GG
UCP3	rs1800849	AG
PON1	rs662	TT
RFC4	rs266729	CC
PPARA	rs1800206	CC
FABP2	rs1799883	CC
ABTB1	rs1466571	GG
ABTB1	rs6776142	CC
ABTB1	rs549662	AA
ANKK1	rs1800497	GG
ABTB1	rs782444	CT
KCNMB3	rs7645550	CT
APOA1	rs670	CT
ABTB1	rs555183	AG
ST6GAL1	rs3774261	AG
NOS3	rs1799983	GT
NECTIN2	rs1064725	GT
ADAM17	rs10495563	AG



# Sensitivities

Have you ever felt that certain foods like wheat or dairy make you feel sick? If so, you're not alone! Many people suffer from food sensitivities, and there's a genetic basis for many of them. For some people with a food sensitivity, changing the diet can make an incredible impact! We tested your genes for some of the most common food sensitivities. Read below to find out more about your results.

## Gluten Sensitivity (Non-Celiac)

Likely typical gluten sensitivity



## Food Allergies

Typical likelihood of food allergies



## Lactose Intolerance

Likely lactose tolerant



## Alcohol Sensitivity

Likely typical sensitivity to alcohol



## Histamine Intolerance

Typical likelihood of histamine intolerance



## Caffeine Sensitivity

Likely higher caffeine sensitivity



## Salt Sensitivity

Likely typical sensitivity to salt



# Gluten Sensitivity (Non-Celiac)

Gluten is a protein found in some common grains and their products like wheat, rye, and barley. Common foods with gluten include pasta, flour, crackers, pastries, and bread. In people with gluten sensitivity, gluten consumption causes digestive issues and other adverse effects. They may need to follow a strict gluten-free diet [\[R, R\]](#).

## Your Result



## Your Gene Table

GENE	VARIANT	GENOTYPE
AMY1A	rs10785777	CT

# Food Allergies

Food allergies are reactions that occur when eating a food that is normally harmless. Reactions can range from annoying to life-threatening. Common reactions include flushing, itching, and stomach upset. Common food allergies are allergies to peanuts, seafood, milk, and eggs [R,R].



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have typical sensitivity to common food allergens, such as peanuts, seafood, milk, and eggs. You are less likely to have digestive, respiratory, and other symptoms after consuming these foods.

Feel free to continue enjoying these foods if they are not causing you unpleasant symptoms. **If you still suspect that you may have food allergies, let your doctor know.**

## Your Gene Table

We tested several genetic variants to determine your risk for food allergies. Up to 80% of differences in people's chances of having food allergies may be due to genetics [R].

GENE	VARIANT	GENOTYPE
HLA-DPA1	rs9277630	AC
LRR32	rs7936434	GC
TLR1	rs2101521	GG
LRR32	rs2212434	CT
FHIT	rs142617341	CC
GSTP1	rs1871042	CC
FLG	rs1933064	AG
TMEM243	rs6942407	AG
SPINK6	rs9325071	AA
RBFOX1	rs59325236	GG
LINGO4	rs12123821	CC
HLA-DQA2	rs9271588	CC
KIZ	rs17664036	TT
SERPINB10	rs12964116	AA
HLA-DQA2	rs9275596	TT
HLA-DRA	rs7192	GG
SERPINB10	rs1243064	TT
BMP1B	rs17023017	TT
SLC22A5	rs1295686	TC
DIPK2A	rs115529815	TT

# Lactose Intolerance

Lactose intolerance means a person cannot digest lactose, a sugar found in dairy. To be able to digest lactose, you need an enzyme called lactase. We produce less and less of this enzyme as we age. Lactase production also depends on genetics [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the variant we looked at, your lactase gene may be “turned on.” You are likely to be able to digest milk as an adult. However, lactose is not the only issue. People can be sensitive to proteins in milk, such as casein.

**Continue to enjoy dairy in moderation if it’s not causing you digestive issues.**

## Your Gene Table

We tested one LCT variant because it affects how your body uses lactose. Some people carry a variant that allows the body to continue to break down lactose into adulthood [\[R, R\]](#).

GENE	VARIANT	GENOTYPE
LCT	rs4988235	AG

# Alcohol Sensitivity

In people who are sensitive to alcohol, alcohol breakdown is inefficient and causes the buildup of a toxic compound called acetaldehyde. Symptoms of alcohol sensitivity include flushing, nausea, headache, and fast heart rate [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have typical sensitivity to alcohol. This means you are unlikely to experience symptoms after having a single drink.

If you drink alcohol, you should still **consider limiting its intake** to support overall health.

## Your Gene Table

We tested several genetic variants because they affect your ability to process alcohol [\[R\]](#).

GENE	VARIANT	GENOTYPE
ALDH2	rs671	GG
ADH1B	rs1229984	CC

# Histamine Intolerance

Histamine-rich foods include certain fish, fermented foods, processed meats, and some fruits and vegetables. Frying food increases its histamine levels. People with histamine intolerance may have digestive issues and other uncomfortable symptoms after eating foods containing histamine [\[R, R, R\]](#).



## Your Result



## Your Gene Table

We tested several genetic variants because they affect the way your body processes histamine [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
AOC1	rs1049748	<b>TT</b>
AOC1	rs2071517	<b>GG</b>
AOC1	rs2071514	<b>GG</b>
HNMT	rs1050891	<b>AA</b>
HNMT	rs2071048	<b>CT</b>
AOC1	rs10156191	<b>CC</b>
AOC1	rs2268999	<b>AA</b>
AOC1	rs2052129	<b>GG</b>
AOC1	rs1049793	<b>CC</b>
HNMT	rs11558538	<b>CC</b>
AOC1	rs1049742	<b>CC</b>

# Caffeine Sensitivity

Some people can't break down caffeine well. They may experience increases in blood pressure or unpleasant symptoms after drinking coffee. These symptoms can include feeling jittery, difficulty sleeping, headaches, and muscle twitches [R, R].



## Your Result



PERSONALIZED TO YOUR GENES

Based on the variants we looked at, you may be a slow metabolizer of caffeine. Slow metabolizers break down caffeine more slowly. Thus, caffeine has a stronger effect on them.

**If caffeine is causing you high blood pressure, sleep problems, or other unpleasant symptoms, consider cutting back on it.**

## Your Gene Table

We tested one CYP1A2 variant (also linked to the gene) because it affects your ability to break down caffeine [R, R].

GENE	VARIANT	GENOTYPE
ULK3	rs762551	CC

# Salt Sensitivity

People who are salt sensitive will experience a bump in blood pressure when they eat salty foods. This happens because their kidneys function a bit differently. It is partially due to genetics, but can also be linked to other factors, such as age, diet, and chronic health conditions [R, R, R].

## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical sensitivity to salt. Salty foods may have a moderate effect on your blood pressure.

**Continue to enjoy salt in moderation if you don't have high blood pressure.** You should still try to limit your salt intake to one teaspoon per day.



## Your Gene Table

We tested several genetic variants because they affect the way your body handles sodium from salt [R].

GENE	VARIANT	GENOTYPE
BCAT1	rs7961152	AA
NR2F2	rs2398162	GG
WNK1	rs12828016	GG
RAD52	rs2301880	CC
POC1B	rs2681472	AG
ACE	rs4343	GA
SGK1	rs9376026	CT
SLC8A1	rs11893826	GA
PRKG1	rs7905063	TC
PRKG1	rs7897633	AC
ADRB2	rs1042714	CG
FGF5	rs16998073	TA
SCNN1G	rs4073930	TT
SCNN1G	rs4073291	AA
SCNN1G	rs7404408	CC
SCNN1G	rs5735	TT
SCNN1G	rs4299163	GG
CLGN	rs2567241	CC
GC	rs4254735	TT
TNFRSF1A	rs11614164	AA



# Vitamins

Vitamins are a group of nutrients that your body needs in relatively small amounts to maintain health. Vitamins are essential nutrients, meaning that we can't make them in our bodies in sufficient amounts. Thus, we need to get all the vitamins from our diet. Some people are genetically inclined to need a little more of a certain vitamin than others—that's why we created this section! Read below to learn how your genes may be affecting your vitamin needs.

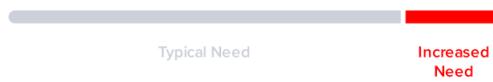
## Vitamin B6

Likely typical need for vitamin B6



## Vitamin E

Likely increased need for vitamin E



## Vitamin D

Likely typical need for vitamin D



## Vitamin B12

Likely typical need for vitamin B12



## Folate (Vitamin B9)

Likely typical need for folate



## Riboflavin (Vitamin B2)

Likely typical need for riboflavin



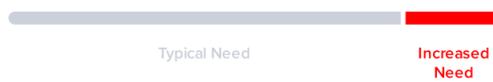
## Vitamin C

Likely typical need for vitamin C



## Vitamin A

Likely increased need for vitamin A



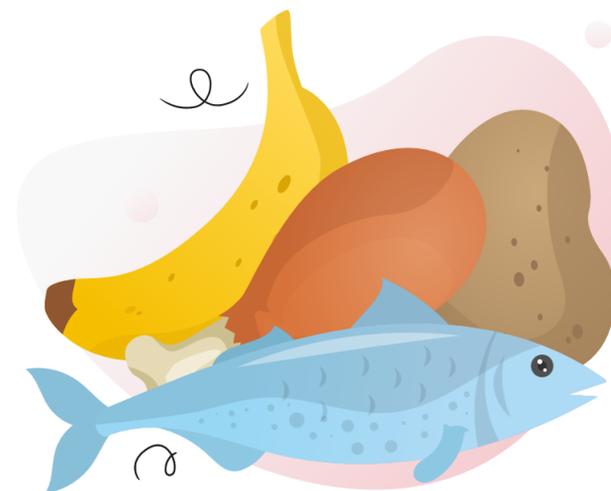
## Vitamin K

Likely increased vitamin K need



# Vitamin B6

Vitamin B6, or pyridoxine, is important for nervous and immune system health. It also supports brain development. Vitamin B6 is found in a variety of foods, and deficiency is uncommon [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin B6.

**Try to aim for the recommended daily amount of vitamin B6.** For most adults, that's **1.3 mg** of vitamin B6 per day [\[R\]](#).

## Your Gene Table

We tested several genetic variants because they affect your vitamin B6 levels [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
ALPL	rs1256341	TC
NBPF3	rs4654748	TT
NBPF3	rs1697421	TT
ALPL	rs1772719	AA
ALPL	rs1256335	AA

# Vitamin E

Vitamin E is the name given to a group of antioxidant nutrients. There are eight forms of vitamin E. This vitamin is a crucial antioxidant and helps with immune function [R].



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for vitamin E.

**You may benefit from eating more foods rich in vitamin E or monitoring your vitamin E levels.** Try to get at least the recommended daily amount of vitamin E (15 mg) [R].

**Please note:** Vitamin E supplements may not be safe for everyone and may have significant adverse effects. Consult your doctor before taking vitamin E supplements [R].

## Your Gene Table

We tested several genetic variants because they affect your vitamin E levels [R].

GENE	VARIANT	GENOTYPE
PAFAH1B2	rs12272004	CC
SIDT2	rs964184	CC
SCARB1	rs11057830	GG
CYP4F2	rs2108622	CC

# Vitamin D

You get vitamin D by absorbing sunlight through your skin and by eating foods rich in vitamin D. Vitamin D is important for strong bones, mood, immunity, and heart health [\[R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for vitamin D.

**Try to aim for the recommended daily amount of vitamin D.** For most adults, that's **600 IU** of vitamin D per day.

## Your Gene Table

We tested several genetic variants related to vitamin D to determine your need for it [\[R\]](#).

GENE	VARIANT	GENOTYPE
GC	rs2282679	GT
GC	rs7041	AC
/	rs558560635	GG
/	rs189918701	GG
/	rs375984409	GG
/	rs201561609	TT
GC	rs11723621	GA
ADH1B	rs1229984	CC
COPB1	rs10832289	AT
PDE3B	rs201501563	CT
RRAS2	rs117206369	TT
COPB1	rs148514005	CC
/	rs561089663	GG
PSMA1	rs577185477	TT
/	rs557657187	GG
COPB1	rs117913124	GG
PDE3B	rs188480917	CC
GC	rs565277381	TT
/	rs567415847	GG
/	rs529640451	CC

# Vitamin B12

Vitamin B12, or cobalamin, is a nutrient that helps make energy, support nerve function, build DNA, and form red blood cells. Vitamin B12 is plentiful in animal products like meat, fish, eggs, and dairy. Vegetarians and vegans sometimes have difficulty getting enough vitamin B12 [\[R,R\]](#).

## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for vitamin B12.

**Try to aim for the recommended daily amount of vitamin B12.** For most adults, that's **2.4 mcg** of vitamin B12 per day [\[R\]](#).



## Your Gene Table

We tested several genetic variants related to vitamin B12 to determine your need for it. Some people have variants that make it harder to absorb vitamin B12 from food [\[R\]](#).

GENE	VARIANT	GENOTYPE
FUT2	rs602662	AG
CUBN	rs11254363	AA
FUT5	rs3760775	GG
FAM240C	rs12478296	CC
/	rs1513859	AA
RGS7	rs7544372	TT
SLC25A2	rs3749779	AA
FO XK1	rs314590	AA
LAMA4	rs76190642	GG
CHODL	rs34988353	AA
ARAP2	rs142554771	TT
LAMA4	rs144505878	GG
C1QL3	rs79770840	GG
RGS18	rs114973754	CC
ADGRL3	rs545255284	TT
C16ORF82	rs139645308	CC
POU3F3	rs188141458	GG
KCNK2	rs72761546	TT
KCNK2	rs189754522	AA
PCSK2	rs141477158	GG

## Folate (Vitamin B9)

Vitamin B9, also known as folate or folic acid, is an essential nutrient. It helps protect DNA from damage, support heart and brain health, and make red blood cells. Folate is vital for a healthy pregnancy [\[R,R\]](#).



### Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for folate.

**Try to get the recommended daily amount of folate.** For most adults, that's **400 mcg** of folate per day. You can get enough of this vitamin by eating a variety of fruits and vegetables.

### Your Gene Table

We tested one MTHFR gene variant because it affects how your body uses folate. Some people carry a genetic variant linked to lower folate levels [\[R\]](#).

GENE	VARIANT	GENOTYPE
MTHFR	rs1801133	GG

## Riboflavin (Vitamin B2)

Riboflavin (vitamin B2) helps our cells create energy. It's also important for growth and development, nervous system function, and skin and eye health [\[R, R\]](#).



### Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for riboflavin.

**Try to aim for the recommended daily amount of riboflavin.** For most adults, that's **1.3 mg** of riboflavin per day [\[R\]](#).

### Your Gene Table

We tested one MTHFR gene variant because it affects how your body uses riboflavin. Some people carry a genetic variant linked to lower riboflavin levels [\[R\]](#).

GENE	VARIANT	GENOTYPE
MTHFR	rs1801133	GG

# Vitamin C

Vitamin C, or ascorbic acid, is an antioxidant that helps reduce oxidative stress. It also helps make collagen, a protein that builds connective tissue. Vitamin C is important for immune function, heart and lung health, and wound healing [\[R\]](#), [\[R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin C.

**Try to aim for the recommended daily amount of vitamin C.** For most adults, that's **90 mg** of vitamin C per day (125 mg/day for smokers) [\[R\]](#).

## Your Gene Table

We tested one SLC23A1 gene variant because it affects how your body uses vitamin C. Some people carry a genetic variant linked to lower vitamin C levels [\[R\]](#), [\[R\]](#).

GENE	VARIANT	GENOTYPE
SLC23A1	rs33972313	CC

# Vitamin A

Vitamin A is a nutrient important for vision, immunity, gut health, and skin health. Animal foods like beef liver, fish, and cheese contain active vitamin A. Plant foods like sweet potatoes, pumpkin, and carrots contain provitamin A, which our bodies turn into vitamin A [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for vitamin A.

**You may benefit from eating more foods rich in vitamin A or monitoring your vitamin A levels.** Try to get at least the recommended daily amount of vitamin A (900 mcg) [\[R\]](#).

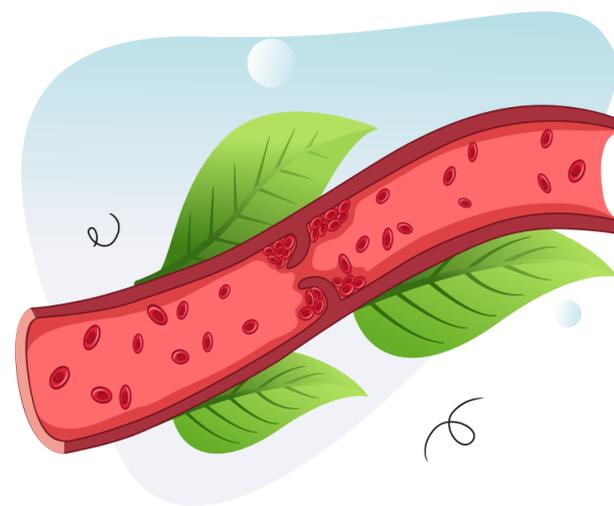
## Your Gene Table

We tested several genetic variants because they affect your vitamin A levels [\[R, R\]](#).

GENE	VARIANT	GENOTYPE
BCO1	rs7501331	TT
BCO1	rs12934922	AT
FFAR4	rs10882272	TT

# Vitamin K

**Vitamin K** is essential for **blood clotting and bone health**. Good sources of vitamin K include leafy greens, soy products, carrots, and pumpkin. People on certain blood thinners (warfarin) should maintain a steady vitamin K intake due to potential interactions [\[R\]](#)



## Your Result



PERSONALIZED TO YOUR GENES

Based on the gene variants that we looked at, you may have an increased need for vitamin K. You may benefit from eating more vitamin K-rich foods. Try to get at least the recommended daily amount of 120 micrograms. Discuss your vitamin K intake with your doctor if you are taking blood thinners.

## Your Gene Table

We tested several gene variants that influence vitamin K levels. They may play a role in vitamin K breakdown, fat metabolism, and more [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
/	rs2192574	TT
SIDT2	rs964184	CC
CTNNA2	rs4852146	TT
CYP4F2	rs2108622	CC
CYP4F11	rs12609820	TT
ATG12	rs6862909	GG
CDO1	rs6862071	AA
CDO1	rs4122275	GG
KCNK9	rs4645543	CC
KCNK9	rs2199565	GG
KCNK9	rs7018214	TT



# Minerals

Minerals are elements that our bodies need to survive and thrive. Minerals are essential nutrients, which means we must get them from our diet. However, people may have higher needs for certain minerals based on their genes. The four most important minerals that humans need are listed below. Some people may need more of a certain mineral due to genetics. In such cases, getting more of that mineral may help!

## Zinc

Likely typical need for zinc



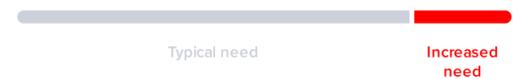
## Magnesium

Likely typical need for magnesium



## Iron

Likely increased need for iron



## Potassium

Likely typical need for potassium



## Selenium

Likely typical need for selenium



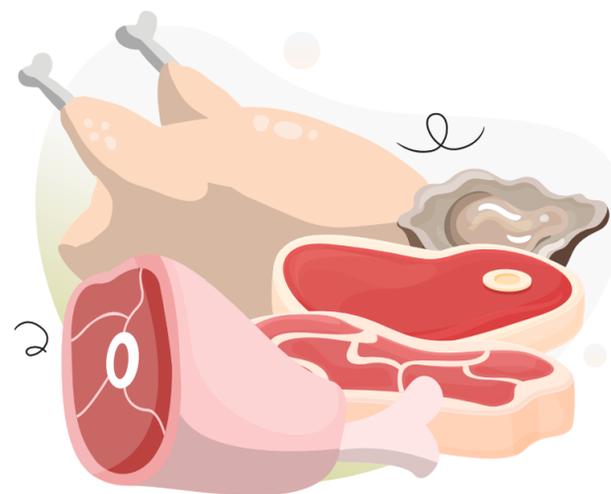
## Calcium

Likely typical need for calcium



# Zinc

Zinc is an essential mineral. Your body uses it to defend against disease, protect DNA from damage, heal wounds, and control blood sugar. Some of the best sources of zinc include shellfish, pork, beef, and beans [\[R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for zinc.

**Try to aim for the recommended daily amount of zinc.** For most adults, that's 11 mg of zinc per day [\[R\]](#).

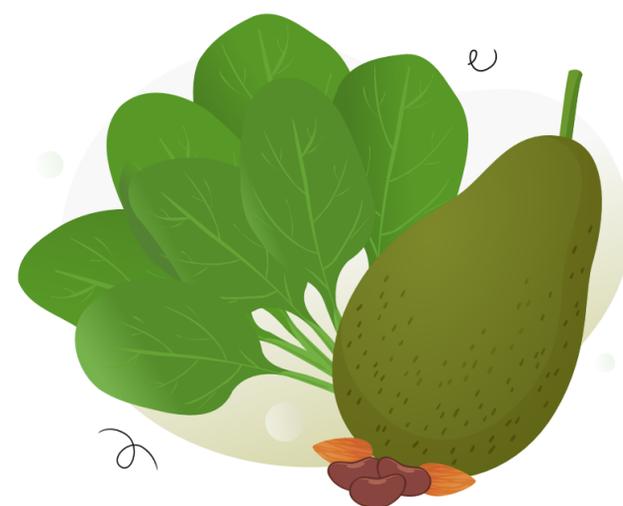
## Your Gene Table

We tested several genetic variants because they affect your zinc levels [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
SORBS3	rs4872479	GG
SLC5A6	rs11126936	GG
CA2	rs1532423	GA
SLC39A8	rs233804	AC
SCAMP5	rs2120019	TT
NBDY	rs4826508	T

# Magnesium

Magnesium is required for DNA and protein production, muscle and heart function, and immune function. Foods rich in magnesium include leafy greens, nuts, and seeds [\[R, R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for magnesium.

**Try to aim for the recommended daily amount of magnesium.** For most adults, that's **420 mg** of magnesium per day [\[R\]](#).

## Your Gene Table

We tested several genetic variants because they affect your magnesium levels [\[R, R\]](#).

GENE	VARIANT	GENOTYPE
MTMR7	rs3764796	TT
VIPR1	rs11718502	CC
CSTA	rs1801725	GG
FGFR2	rs1219515	GG
RALGDS	rs7032317	TT
CDKL2	rs6838240	TT
PAPSS2	rs791888	GG
CDKL2	rs6852678	CC
RTL1	rs915364	AC
ALPK1	rs2074379	AG
METTL21C	rs603894	TC
CANT1	rs11891	AG
PAPSS2	rs1969821	GA
DLK1	rs4905994	CT
THBS3	rs4971100	GA
TRPM6	rs113607577	GG
TRPM6	rs11144134	TT
HDHD2	rs117060920	GG
THBS3	rs4072037	CT
SHROOM3	rs9993810	AG

# Iron

Iron is an essential mineral. It helps make hemoglobin, a protein that red blood cells need to carry oxygen throughout the body. In this way, iron supports energy production and fights fatigue [\[R, R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for iron.

**You may benefit from eating more foods rich in iron or monitoring your iron levels.** Try to get at least the recommended daily amount of iron (8 mg for men and 18 mg for women). If you suspect you may be deficient, talk to your doctor [\[R\]](#).

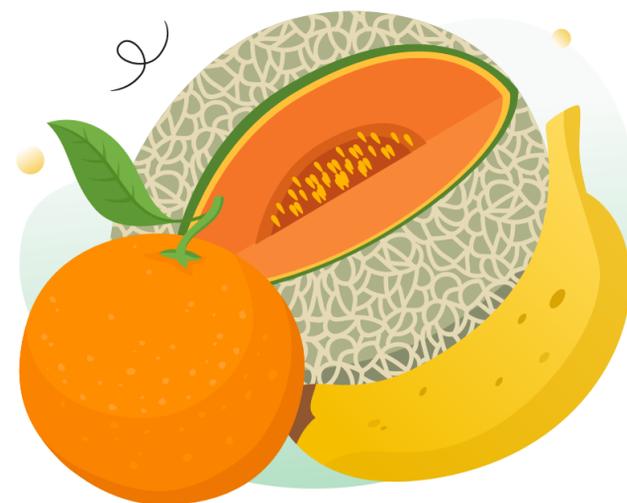
## Your Gene Table

We tested several genetic variants related to iron to determine your need for it. Some people have variants that make it harder to absorb iron from food [\[R\]](#).

GENE	VARIANT	GENOTYPE
TMPRSS6	rs228916	TT
IGLV4-60	rs987710	AA
TMPRSS6	rs4820268	GA
TMPRSS6	rs855791	AG
MAPRE1	rs146680938	CC
CDH19	rs181670562	CC
CLDN11	rs113286612	GG
DTWD2	rs2442120	CC
SLC24A2	rs142401741	GG
IRX2	rs62330869	AA
ERG	rs117910189	TT
ZFAT	rs2315834	CC
HFE	rs1799945	CC
SCGN	rs115809796	AA
NOTCH4	rs41270472	AA
TMC5	rs4780797	GA
CARMIL1	rs111722075	CC
H3C6	rs113507773	GG
PLCG2	rs9934030	AG
PLAAT1	rs9849045	TC

# Potassium

Potassium is an essential mineral. It supports our heart, kidneys, muscles, and more. The recommended potassium intake is **4,700 mg/day**. Foods rich in this mineral include vegetables, potatoes, legumes, and dried fruits [\[R, R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants that we looked at, you are likely predisposed to typical potassium needs. Try to get the recommended daily amount of 4,700 mg.

## Your Gene Table

We tested a lot of gene variants that affect potassium levels. They may play a role in potassium transport, kidney function, and more [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
RGS7	rs183294212	CC
LURAP1	rs111512785	AA
PRG4	rs141261421	GG
NVL	rs78473436	AA
HMCN1	rs138057810	AA
CASQ2	rs117999962	GG
FMO2	rs184768578	AA
SSBP3	rs182561930	CC
PTPRC	rs141793725	TT
ETV3	rs75349367	GG
GALNT2	rs80258856	CC
BEND5	rs139642127	GG
FYB2	rs143507390	GG
SSBP3	rs117932658	TT
RRAGC	rs144130357	CC
DMBX1	rs78451089	GG
/	rs80302144	CC
/	rs7548119	GG
OLFM3	rs140864890	CA
RGS13	rs12071444	GG

# Selenium

[Selenium](#) is a mineral that supports reproduction, thyroid health, antioxidant protection, and more. Adults should be getting **55 micrograms** of selenium per day. Good sources include **Brazil nuts**, meat, fish, and eggs [\[R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

Based on the gene variants that we looked at, you likely have a typical need for selenium. Try to get the recommended daily amount of 55 micrograms.

## Your Gene Table

We tested several gene variants that influence selenium levels. They may play a role in selenium transport, storage, and metabolism [\[R, R\]](#).

GENE	VARIANT	GENOTYPE
ARSB	rs921943	CC
BHMT	rs11960388	TT
COG1	rs891684	GG
AGA	rs1395479	AA

# Calcium

Calcium is the main component of your teeth and bones. It's also important for muscle and nerve function. Dairy products are an important source of calcium [\[R, R, R\]](#).



## Your Result



PERSONALIZED TO YOUR GENES

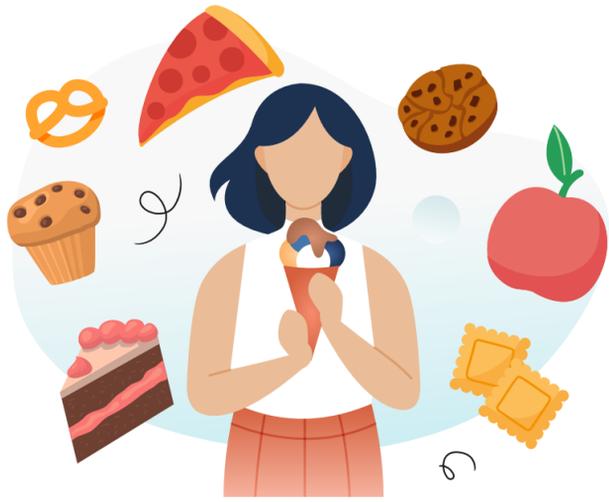
Based on the genetic variants we looked at, you likely have a typical need for calcium.

**Try to aim for the recommended daily amount of calcium.** For most adults, that's **1000 mg** per day [\[R\]](#).

## Your Gene Table

We tested several genetic variants related to calcium to determine your need for it. Some people have variants that make it harder to absorb calcium from food [\[R, R, R\]](#).

GENE	VARIANT	GENOTYPE
FAM216B	rs9525667	CT
GAL	rs880610	GG
MECOM	rs784288	AG
RSPO3	rs9482772	CC
SMOC1	rs3742909	GG
CPED1	rs10242100	AA
ARL4C	rs12151790	GG
DOK6	rs17184557	TT
SEM1	rs4448201	GC
CDC42SE1	rs2864700	TC
GALNT3	rs10204976	GC
CCDC170	rs4869744	TC
TNFRSF11B	rs2062375	GC
STK39	rs578031265	CC
MARCO	rs115242848	CC
ALDH7A1	rs13182402	AA
PRSS3	rs10814041	GG
MN1	rs139959245	CC
NUDT2	rs307646	AA
ARRDC3	rs7733007	GG



# Eating Habits

You may be surprised to learn that some of the eating habits you have are affected by your genes! Eating is a complex behavior, but scientists have been able to link eating habits with certain genes. Read below to learn more about what your genes may be influencing!

## Tendency to Overeat

Likely higher tendency to overeat



## Sugar Cravings

Less likely to crave sugar



## Snacking

Less likely to snack



# Tendency To Overeat

Hunger is the body's signal to eat. When we eat, we experience satiety - the feeling of fullness between meals. However, some people tend to overeat and feel hungry more often. Genetics may play a role in this.



## Your Result



PERSONALIZED TO YOUR GENES

Based on the variants we looked at, you may be more likely to feel hungry after meals and to overeat. You may also be more likely to eat in the absence of hunger.

Increased physical activity and a Mediterranean-style diet may help counteract the effect of this variant on body weight [[R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

## Your Gene Table

We tested one FTO gene variant to determine whether or not you have a tendency to overeat. Some people have a variant linked to an increased appetite and higher food intake.

GENE	VARIANT	GENOTYPE
FTO	rs9939609	TA

# Sugar Cravings

Do you have a sweet tooth? Or do you find some foods unpleasantly sweet? Differences in the genes that code for our taste receptors may affect our preference for sweets. People who have less sensitive sweet receptors may have a “sweet tooth”. They may prefer sweet foods and eat more of them [\[R, R\]](#).

## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be less likely to prefer sweets.

**Listen to your genes and limit your intake of sweets to maintain optimal health.**



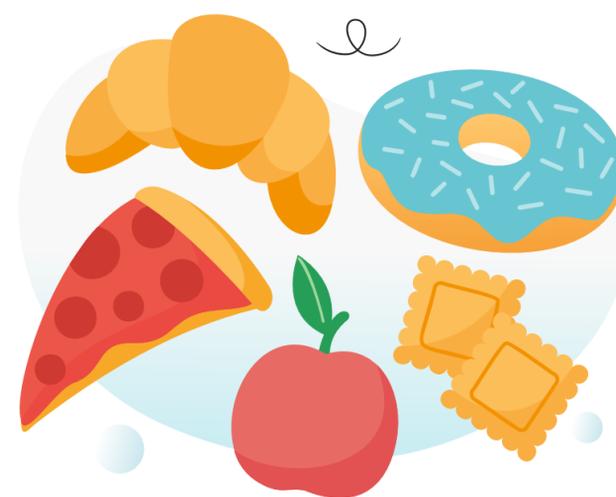
## Your Gene Table

We tested several genetic variants to determine how likely you are to have a sweet tooth. People with a sweet tooth may have less sensitive sweet taste receptors on their tongues [\[R, R, R\]](#)!

GENE	VARIANT	GENOTYPE
FUT2	rs838133	AG
/	rs56404116	AA
/	rs13347339	TT
/	rs13182470	CC
ITGA4	rs13029040	TC
SERPINA1	rs11568814	CC
GOLGA8B	rs2433267	AA
ORC5	rs10953405	AA
WSCD1	rs35253088	TT
RELN	rs62485870	TT
FSCB	rs537022264	AA
AGMO	rs12699747	CT
KISS1R	rs350132	TA
MTDH	rs2448140	TC
CLMP	rs17127163	AT
HTR5A	rs7795216	GA
CST7	rs62215296	GA
NOTCH1	rs710411	GA
DNAJA4	rs4887033	TG
RARB	rs7619139	TA

# Snacking

Snacking is eating or drinking something between meals. Some people may snack more than others. This may partly be due to genetics. Genes involved with snacking may influence hormones linked to appetite and hunger [R, R, R].



## Your Result



PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be less likely to snack.

**If you snack, try to avoid snacks with unhealthy fats and added sugar and salt.** Instead, choose snacks higher in protein, fiber, and healthy fats. Try to portion your snack instead of eating it from the package [R, R, R].

## Your Gene Table

We tested several genetic variants because they affect your appetite and tendency to snack [R, R, R, R, R, R].

GENE	VARIANT	GENOTYPE
HES6	rs2304672	GG
LEP	rs791607	AA
LRRC4	rs4577902	GA
LIN7C	rs925946	TG
MC4R	rs17782313	TT
LEPR	rs2025804	AA
SH2B1	rs7498665	AA

# Your Meal Plan Recipes



CALORIES ~ 374 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Tofu scramble

1 SERVING

### Ingredients

- 2/3 cups tofu
- 1 tbsp olive oil
- 1 pinch powdered turmeric
- 2 slices gluten-free bread

### Instructions

1. Heat olive oil in a non-stick pan over medium heat.
2. Add crumbled tofu to the pan and stir gently.
3. Add turmeric powder to the pan and continue to stir until the tofu is evenly coated.
4. Cook the tofu for 5-7 minutes, stirring occasionally, until it is slightly browned and crispy.
5. Season with salt and pepper, to taste.
6. Serve with gluten-free bread or other whole-grain bread of your choice



CALORIES ~ 440 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin E

This meal may raise blood sugar

## Soft-boiled eggs with avocado toast

1 SERVING

### Ingredients

- 1/2 an avocado
- 2 large eggs
- 2 slices, gluten-free bread

### Instructions

1. Bring a small pot of water to a rolling boil over high heat.
2. Gently add the eggs to the boiling water and cook for 5 minutes for a soft-boiled egg.
3. While the eggs are cooking, toast 2 slices of gluten-free bread (or a whole-grain bread of your choice) in a toaster or on a skillet until crispy.
4. Cut the avocado in half and remove the pit. Scoop out the flesh into a small bowl and mash it with a fork until it reaches your desired consistency.
5. Once the eggs are cooked, remove them from the boiling water using a slotted spoon and place them in an egg cup or small bowl. Use a spoon to gently crack the top of the eggshell and remove it.
6. Place the soft-boiled eggs on a plate with the toasted bread.
7. Spread the mashed avocado on the toast slices, and sprinkle with salt and pepper to taste.
8. Dip the toast into the soft-boiled egg yolk and enjoy!

**Allergens: eggs**



CALORIES ~ 400 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin K

## Grilled chicken and mango salad

1 SERVING

### Ingredients

- 1 small tomato
- 4-oz raw chicken breast
- 1/2 mango, diced
- 1 tbsp olive oil
- 1 medium red onion

### Instructions

Dice the mango, onion, and tomato into small chunks. Grill the chicken in a grill pan (or sear in a standard pan) over medium high heat about 4 minutes per side. Dice chicken into chunks of similar size and toss with other ingredients along with olive oil. Season to taste with salt and pepper.



CALORIES ~ 590 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Sweet potato and black bean hash

1 SERVING

### Ingredients

- 1 small sweet potato
- 1/2 cup canned pinto beans
- 1 medium avocado
- 1 red bell pepper
- 1 egg
- 1/2 onion, diced
- 1 garlic clove
- 1 tbsp olive oil

### Instructions

Dice the sweetpotato into small cubes (1 cm), peeled or unpeeled. Drained or cooked pinto beans (about 1/4 can). Dice onion and red bell pepper. Mince one clove of garlic. Slice avocado (half) into thin wedges.

Saute garlic, onion and red bell pepper until onion is just turning translucent with olive oil in skillet over medium-high heat. Feel free to add other seasonings as you see fit. Add sweet potato and cook until just starting to brown or fork tender. Stir in beans and add salt/pepper to taste. Create well in middle for egg, add egg, and cover until the egg is done to your liking.

**Allergens: eggs**



CALORIES ~ 490 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Buckwheat crepes

1 SERVING

### Ingredients

- 1/2 cup buckwheat flour
- 1 large egg
- 1/2 tbsp butter
- 1/4 cup grilled turkey breast, diced

### Instructions

Mix flour, 200 ml of water, egg, melted butter, and pinch of salt (if using unsalted butter) in blender or mixing bowl until smooth. Let batter rest for at least 1 hour (up to overnight). Note, for one serving this is only using half of an egg. Doubling other ingredients to utilize whole egg will yield about 6 crepes instead of 3.

Heat non-stick skillet or crepe pan over medium-high heat with small amount of butter. Add 1/3 of batter to pan and tilt/swirl pan to coat bottom with batter. Cook until batter sets and is browned around edges or about 2 minutes. Carefully use rubber spatula to flip and cook an additional 30 seconds. Add more butter (or oil) to pan as needed to cook rest of crepes.

Chop turkey breast into small chunks, divide into thirds and roll it into each crepe.

**Allergens: eggs**



CALORIES ~ 510 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

This meal may raise blood sugar

This meal is a source of vitamin K

## Oatmeal with coconut milk and berries

1 SERVING

### Ingredients

- 1/2 cup rolled oats
- 1/2 cup coconut milk
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 tbsp chia seeds

### Instructions

Bring 120 ml coconut milk just to a boil and add oats. Reduce heat to medium and simmer until liquid absorbed and place in bowl. Rinse fruit and add to bowl.

Sprinkle chia seeds on top. Add dash of coconut milk Optional: add butter and/or honey to taste.



CALORIES ~ 483 KCAL  
CARBS ██████  
FAT ██████  
PROTEIN ██████  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

This meal may raise blood sugar

## Muesli with nuts and dried fruit

1 SERVING

### Ingredients

- 1/2 cup rolled oats
- 1 tbsp dried cranberries
- 1/2 tbsp honey or maple syrup
- 1 tbsp almonds
- 1 tbsp walnuts
- 1 cup almond milk
- 1 tbsp raisins

### Instructions

1. Preheat the oven to 350°F (180°C).
2. Spread the rolled oats, almonds, and walnuts in a single layer on a baking sheet.
3. Bake the oats, almonds, and walnuts for 5-7 minutes or until they are lightly toasted and fragrant.
4. Remove the baking sheet from the oven and let the oats, almonds, and walnuts cool.
5. In a large mixing bowl, combine the toasted oats, almonds, walnuts, dried cranberries, and raisins.
6. Drizzle the honey over the mixture and stir until everything is well coated.
7. Serve the muesli with almond milk (or any milk or yogurt of your choice) and enjoy!

**Allergens: nuts**



CALORIES ~ 390 KCAL  
CARBS ██████  
FAT ██████  
PROTEIN ██████  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal is a source of vitamin K

## Hummus veggie wrap

1 SERVING

### Ingredients

- 1 cup lettuce, shredded
- 1/2 avocado, sliced
- 1 medium carrot
- 1/2 red bell pepper, sliced
- 1/2 cucumber, sliced
- 1 small wheat tortilla
- 3 tbsp hummus

### Instructions

1. Spread the hummus on the tortilla. Note: look up the recipe for hummus if you prefer making your own. It's easy!
2. Layer the avocado, carrots, red pepper, cucumber, and lettuce on top of the hummus.
3. Roll the tortilla tightly and slice it in half diagonally.
4. Serve immediately.



CALORIES ~ 300 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

This meal is a source of iron

This meal is a source of vitamin K

## Scrambled eggs with spinach and mushrooms

1 SERVING

### Ingredients

- 1 cup mushrooms, sliced
- 2 tbsp chopped chives
- 2 large eggs
- 2 cups fresh spinach leaves
- 1 tbsp olive oil

### Instructions

1. Heat the olive oil in a non-stick pan over medium heat.
2. Add the sliced mushrooms to the pan and sauté them for 2-3 minutes until they are soft and slightly browned.
3. Add the spinach leaves to the pan and cook for an additional 1-2 minutes until they have wilted.
4. Crack the eggs into the pan and scramble them with a spatula.
5. Cook the eggs until they are set to your desired level of doneness.
6. Season with salt and pepper to taste.
7. Sprinkle the chopped chives on top of the scrambled eggs.

**Allergens: eggs**



CALORIES ~ 400 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin K

## Fruit bowl with chia seeds

1 SERVING

### Ingredients

- 1 tbsp chia seeds
- 1/4 cup Blueberries
- 1/4 cup raspberries
- 1 tbsp coconut flakes
- 1/2 cup coconut milk

### Instructions

1. In a bowl, mix the chia seeds and coconut milk together. Stir well to combine.
2. Let the mixture sit for 10 minutes, stirring occasionally, until the chia seeds have absorbed most of the liquid and formed a gel-like consistency.
3. Add the blueberries and raspberries on top of the chia seed mixture.
4. Sprinkle the coconut flakes on top of the fruit.
5. Enjoy your delicious and healthy chia seed and fruit bowl!



CALORIES ~ 330 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

## Spaghetti squash with tomato-basil sauce

1 SERVING

### Ingredients

- 1 garlic clove
- 10 basil leaves
- 1 small tomato
- 1 tbsp olive oil
- 1 lb spaghetti squash

### Instructions

1. Preheat the oven to 375°F (190°C).
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
3. Brush the flesh of the spaghetti squash with 7.5ml of olive oil and season with salt and pepper.
4. Place the spaghetti squash halves cut-side down on a baking sheet and roast in the oven for 30-40 minutes or until the flesh is tender and can be easily scraped out with a fork.
5. While the spaghetti squash is cooking, prepare the tomato-basil sauce.
6. Dice the tomato and finely chop the garlic.
7. Heat the remaining 7.5ml of olive oil in a saucepan over medium heat.
8. Add the garlic and sauté for 1-2 minutes or until fragrant.
9. Add the diced tomato to the saucepan and cook for 5-7 minutes or until the tomato has broken down and become saucy.
10. Add the fresh basil leaves to the sauce and stir to combine.
11. Once the spaghetti squash is cooked, scrape out the flesh with a fork to create spaghetti-like strands.
12. Serve the spaghetti squash topped with the tomato-basil sauce.



CALORIES ~ 350 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Spicy shrimp and avocado salad

1 SERVING

### Ingredients

- 1/2 medium tomato, diced
- 1/2 medium cucumber, diced
- Juice of one lime
- 1 tbsp olive oil
- 2 tbsp fresh cilantro, chopped
- 8 large shrimp, peeled and deveined
- 1/2 medium avocado, diced
- 1/2 medium red onion, thin sliced

### Instructions

1. Heat a non-stick pan over medium heat. Add the shrimp and cook for 2-3 minutes on each side, or until they are pink and cooked through. Remove from heat and set aside.
2. In a large bowl, combine the avocado, tomato, cucumber, and red onion.
3. In a small bowl, whisk together the lime juice, cilantro, olive oil, salt, pepper, and cayenne pepper (if using).
4. Pour the dressing over the vegetables and toss gently to combine.
5. Add the cooked shrimp to the bowl and gently toss everything together.
6. Serve immediately.



CALORIES ~ 357 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Black bean and corn salad

1 SERVING

### Ingredients

- 1/2 cup cooked corn
- 1/2 medium avocado
- 1 tbsp lime juice
- 4-5 cherry tomatoes
- 1/2 cup canned black beans
- 1/4 medium red bell pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp pumpkin seeds
- 2 large lettuce leaves

### Instructions

1. In a large bowl, combine the black beans, yellow corn, cherry tomatoes, red pepper, cilantro, and pumpkin seeds.
2. In a separate small bowl, mash the avocado with a fork until smooth.
3. Add the lime juice to the mashed avocado and stir until combined.
4. Pour the avocado dressing over the bean and corn mixture and toss to coat evenly.
5. Serve the salad on a bed of chopped lettuce.



CALORIES ~ 579 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Lentil and vegetable curry with brown rice

1 SERVING

### Ingredients

- 1/2 cup brown rice
- 1/2 cup lentils
- 1/4 medium yellow onion
- 1/2 medium red bell pepper
- 1 small carrot
- 1/2-inch piece ginger
- 1 small tomato
- 1 tbsp green curry paste
- 1 garlic clove
- 1/2 cup coconut milk
- 1 tbsp olive oil

### Instructions

1. Rinse the brown rice and cook it according to package instructions. Set aside.
2. Rinse the dry lentils and place them in a large pot with 2 cups (500ml) of water. Bring the lentils to a boil and then reduce the heat to low and let them simmer for 20-25 minutes or until they are tender. Drain any excess water and set aside.
3. In a large pan, heat the olive oil over medium heat.
4. Add the chopped onion, red bell pepper, carrot, garlic, and grated ginger to the pan and sauté for 5-7 minutes or until the vegetables are soft.
5. Add the chopped tomato and green curry paste to the pan and stir to combine.
6. Add the cooked lentils and coconut milk to the pan and stir to combine.
7. Cook for an additional 5-10 minutes or until the sauce has thickened and the flavors have melded together.
8. Season the curry with salt and pepper to taste.



CALORIES ~ 600 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal may raise blood sugar

This meal is a source of vitamin K

# Roasted vegetables with quinoa and hummus

1 SERVING

## Ingredients

- 1/4 cup quinoa
- 1 small carrot
- 1 small beetroot
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1/4 cup sweet potato
- 1 garlic clove
- 1 tbsp lemon juice
- 1/4 cup canned chickpeas
- 1 tbsp tahini

## Instructions

1. Rinse the quinoa and cook it according to package instructions. Set aside.
2. Preheat the oven to 400°F (200°C).
3. In a large bowl, toss the cubed sweet potato, sliced carrot, cubed beet, and broccoli florets with the olive oil to coat.
4. Spread the vegetables out in a single layer on a baking sheet.
5. Roast the vegetables in the preheated oven for 20-25 minutes, stirring halfway through, until they are tender and slightly caramelized.
6. In a food processor or blender, combine the chickpeas, lemon juice, tahini, minced garlic, salt, and pepper.
7. Blend the ingredients until smooth.
8. If the hummus is too thick, add water a tablespoon at a time until it reaches the desired consistency.
9. Taste the hummus and adjust the seasoning with salt, pepper, or lemon juice as needed.
10. To assemble the dish, place the cooked quinoa in a bowl and top with the roasted vegetables.
11. Add dollops of hummus on top of the vegetables.
12. Serve warm.



CALORIES ~ 620 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

# Tuna poke bowl

1 SERVING

## Ingredients

- 1/2 medium cucumber, peeled and diced
- 1 small can of tuna in water, drained and flaked
- 1 medium avocado, diced
- 1/2 cup uncooked sushi rice
- 1/2 tbsp honey or maple syrup
- 1 small green onion, thinly sliced
- 1 tbsp sesame seeds
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 garlic clove, minced

## Instructions

1. Rinse the sushi rice several times until the water runs clear, then drain.
2. Combine the rice and water in a medium saucepan and bring to a boil over high heat.
3. Reduce the heat to low, cover the pan, and simmer for 15-20 minutes until the water is fully absorbed and the rice is tender.
4. Remove the pan from the heat and let the rice rest, covered, for 10 minutes.
5. In a small bowl, whisk together the ingredients for the marinade: soy sauce, rice vinegar, honey, sesame oil, and garlic.
6. In a bowl, combine the drained tuna, diced avocado, diced cucumber, and thinly sliced green onions.
7. Pour the marinade over the tuna mixture and toss to combine.
8. Top the rice with the marinated tuna mixture.
9. Sprinkle the bowl with 1 tablespoon of sesame seeds.
10. Serve and enjoy!

**Allergens: fish**



CALORIES ~ 390 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal is a source of vitamin K

# Vegetable and bean soup with quinoa

1 SERVING

## Ingredients

- 1/4 medium yellow onion
- 1/2 medium carrot, sliced
- 1 garlic clove
- 1/4 cup quinoa
- 1/2 half stalk celery
- 1 small tomato
- 1/4 cup canned red kidney beans
- 6 basil leaves
- 1 tbsp lemon juice
- 1 cup fresh spinach leaves
- 1 tbsp olive oil
- 1 tbsp oregano

## Instructions

1. Rinse the quinoa and cook it according to package instructions. Set aside.
2. In a large pot, heat the olive oil over medium heat.
3. Add the chopped onion, carrot, garlic, and celery to the pot and sauté for 5-7 minutes or until the vegetables are soft and fragrant.
4. Add the chopped tomato to the pot and cook for an additional 5 minutes or until the tomato has broken down and become saucy.
5. Add the cooked red kidney beans, dried oregano, and chopped basil to the pot and stir to combine.
6. Add 1 1/2 cups (375ml) of water to the pot and bring the soup to a boil.
7. Reduce the heat to low and simmer the soup for 10-15 minutes or until the vegetables are tender and the flavors have melded together.
8. Add the cooked quinoa and spinach to the pot and stir to combine.
9. Cook for an additional 3-5 minutes or until the spinach has wilted and the soup is heated through.
10. Season the soup with salt and pepper to taste and squeeze in the juice of half a lemon before serving.



CALORIES ~ 600 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED  
ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

# Chickpea and vegetable tagine

1 SERVING

## Ingredients

- 1/3 cup buckwheat
- 1/4 medium yellow onion
- 1/2 cup canned chickpeas
- 1 medium carrot
- 1/2 medium zucchini
- 1 garlic clove
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp parsley
- 1 tbsp rice flour

## Instructions

1. Rinse the buckwheat and cook it according to package instructions. Set aside.
2. In a large pan or tagine, heat the olive oil over medium heat.
3. Add the chopped onion and minced garlic to the pan and sauté for 2-3 minutes or until the onion is translucent.
4. Add the chopped carrot, zucchini, and tagine seasoning blend to the pan and sauté for 5-7 minutes or until the vegetables are tender.
5. Add the chickpeas to the pan and stir to combine.
6. In a small bowl, whisk together the rice flour and water to make a slurry. Pour the slurry over the vegetables and chickpeas and stir to combine.
7. Add the lemon juice to the pan and stir to combine.
8. Cook for an additional 2-3 minutes or until the sauce has thickened.
9. Season the tagine with salt and pepper to taste.
10. Serve the chickpea and vegetable tagine over the cooked buckwheat and sprinkle with chopped parsley.



CALORIES ~ 570 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Barley risotto with mushrooms

1 SERVING

### Ingredients

- 1/4 cup grated Parmesan cheese
- 1 tbsp butter
- 4-5 spears trimmed asparagus
- 1/2 cup pearl barley
- 1 cup vegetable broth
- 1 cup portobello mushrooms
- 1 tbsp olive oil

### Instructions

1. Rinse the pearl barley in cold water and drain.
2. Heat 15ml of olive oil in a saucepan over medium heat. Add the sliced mushrooms and sauté for 3-4 minutes, until tender and slightly browned.
3. Add the rinsed pearl barley to the pan, and stir for 1-2 minutes until lightly toasted.
4. Gradually add vegetable broth to the pan, stirring constantly. Once the liquid has been absorbed, add more broth and repeat until the barley is cooked and the risotto is creamy. This should take approximately 30-35 minutes.
5. Meanwhile, blanch the asparagus in boiling water for 2-3 minutes, then drain and set aside.
6. Once the barley is cooked, stir in 1 tablespoon of butter and 20g of grated Parmesan cheese.
7. Serve the barley risotto in a bowl, and top with sautéed mushrooms and asparagus pieces.



CALORIES ~ 640 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Black bean and quinoa salad

1 SERVING

### Ingredients

- 1/2 cup quinoa
- 1/2 cup canned pinto beans
- 1/2 medium avocado
- 2 tbsp cilantro
- 1/4 medium red onion, diced
- 1 tbsp lime juice
- 1 garlic clove, minced

### Instructions

1. Rinse the quinoa and drain well. In a medium saucepan, bring 1 cup (240ml) of water to a boil. Add the quinoa and a pinch of salt. Reduce the heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is tender and the water is absorbed.
2. In a small bowl, whisk together the olive oil, minced garlic, fresh lime juice, and a pinch of salt and pepper.
3. In a large mixing bowl, combine the cooked quinoa, rinsed pinto beans, diced avocado, chopped cilantro, and diced red onion. Pour the lime dressing over the top and toss to combine.
4. Season the salad with additional salt and pepper to taste. Serve immediately or chill in the refrigerator until ready to serve.



CALORIES ~ 484 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of vitamin K

## Chicken tagine

1 SERVING

### Ingredients

- 1/4 medium onion, chopped
- 1/2 cup diced carrot
- 4-5 green olives
- 5-oz raw chicken breast, skinless and chopped
- 1 garlic clove
- 1 tbsp olive oil
- 1 tbsp fresh parsley
- 1 tbsp whole-wheat flour
- 1 tbsp tagine seasoning
- 2 tsp honey or maple syrup
- 1/4 medium lemon

### Instructions

1. In a bowl, mix together the chicken pieces, whole-wheat flour, and tagine seasoning blend until the chicken is coated.
2. Heat the olive oil in a tagine or a heavy-bottomed pot over medium heat.
3. Add the chicken and cook until browned on all sides, about 5 minutes.
4. Add the onion, garlic, and sliced carrots, and cook until the vegetables are tender, about 5-7 minutes.
5. Pour in 150 ml water and bring to a boil. Reduce the heat and let the mixture simmer for 15-20 minutes or until the chicken is cooked through.
6. Add the green olives, sliced lemon, honey, and chopped parsley. Cook for an additional 5 minutes.
7. Serve hot with a side of couscous or bread.



CALORIES ~ 600 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal may raise blood sugar

## Grilled salmon with sweet potatoes

1 SERVING

### Ingredients

- 1 medium sweet potato
- 10 trimmed asparagus spears
- 1 tbsp olive oil
- 5-oz salmon fillet

### Instructions

Peel the sweet potatoes and cut in wedges. Drizzle with olive oil, season with salt and pepper, and bake in the oven for 15-25 minutes. Bring a pot of water to boil and blanch the asparagus for 10 seconds. Sauté in olive oil and set aside. Season the salmon with olive oil, salt, and pepper, and grill for 10-12 minutes (5-6 on each side).

**Allergens: fish**



CALORIES ~ 348 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal may raise blood sugar

This meal is a source of vitamin K

## Vegetable and brown rice stir-fry

1 SERVING

### Ingredients

- 1/2 cup brown rice
- 1 cup broccoli florets
- 1/2 medium Green bell pepper
- 1 garlic clove
- 1/4 medium yellow onion
- 1/2 medium zucchini
- 1 tbsp olive oil
- 1 tbsp fresh parsley

### Instructions

1. Heat the olive oil in a large skillet or wok over medium-high heat.
2. Add the broccoli florets, sliced bell pepper, sliced onion, and sliced zucchini to the skillet.
3. Stir-fry the vegetables for 4-5 minutes until they are tender but still crisp.
4. Add the minced garlic to the skillet and stir-fry for another 30 seconds.
5. Add the cooked brown rice to the skillet and stir-fry for 2-3 minutes until the rice is heated through.
6. Season the stir-fry with salt and pepper to taste.
7. Transfer the stir-fry to a bowl and sprinkle with chopped fresh parsley.

## Ceviche

1 SERVING

### Ingredients

- Juice of 4 limes
- 2 medium tomatoes, diced
- 1 medium cucumber, diced
- 1 medium avocado, diced
- 8 ounces red snapper, cut into small pieces
- 2 tbsp fresh cilantro, chopped
- 1/2 cup cooked corn
- 1/2 medium red onion, diced

### Instructions

1. In a medium bowl, combine the snapper and lime juice. Make sure the fish is fully covered by the juice. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or until the fish is opaque and has a slightly firm texture.
2. After the fish is marinated, drain off the excess lime juice.
3. Add the tomato, cucumber, avocado, red onion, and cilantro to the bowl with the snapper.
4. Toss everything gently to combine.
5. Add salt and pepper to taste.
6. Serve in a bowl with the corn on top.

**Allergens: fish**



CALORIES ~ 432 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron



CALORIES ~ 384 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin E

## Grilled portobello mushrooms with vegetables

1 SERVING

### Ingredients

- 2 stalks green onion
- 2/3 cup cherry tomatoes
- 7 spears trimmed asparagus
- 2 tbsp olive oil
- 1 medium green bell pepper, diced
- 4 portobello mushrooms caps

### Instructions

1. Preheat the grill or a grill pan to medium-high heat.
2. Brush the portobello mushroom caps with 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.
3. Grill the portobello mushrooms for 3-4 minutes on each side or until tender and lightly charred.
4. While the mushrooms are grilling, prepare the roasted vegetables.
5. Preheat the oven to 400°F (200°C).
6. Slice the green onion into 1-inch pieces and halve the cherry tomatoes.
7. Toss the sliced bell pepper, asparagus spears, green onion, and cherry tomatoes with the remaining 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.
8. Arrange the vegetables in a single layer on a baking sheet and roast in the oven for 15-20 minutes or until tender and lightly caramelized.
9. Serve the grilled portobello mushrooms with the roasted vegetables on the side.



CALORIES ~ 310 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal may raise blood sugar

## Baked vegetable chips

1 SERVING

### Ingredients

- 1 medium beetroot, sliced
- 1 medium zucchini, sliced
- 1 small parsnip, sliced
- 1 small sweet potato, sliced
- 1 tbsp olive oil

### Instructions

1. Preheat the oven to 375°F (190°C).
2. Slice the vegetables thinly using a mandoline or a sharp knife.
3. In a large bowl, toss the vegetable slices with olive oil to coat evenly.
4. Arrange the vegetable slices in a single layer on a baking sheet lined with parchment paper.
5. Bake for 15-20 minutes or until the edges are golden brown and crispy.
6. Remove from the oven and let cool for a few minutes before serving.
7. Salt and pepper to taste.



CALORIES ~ 252 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal is a source of vitamin K

## Carrot sticks with guacamole

1 SERVING

### Ingredients

- 1 medium avocado
- 1/4 medium red onion
- 1/2 medium tomato
- 1 tbsp lime juice
- 3 medium carrots
- 1 tbsp cilantro

### Instructions

1. Cut the avocado in half and remove the pit. Scoop out the flesh into a bowl.
2. Mash the avocado with a fork until it reaches your desired consistency.
3. Finely chop the red onion, tomato, and cilantro leaves.
4. Add the chopped onion, tomato, cilantro leaves, and lime juice to the bowl with the mashed avocado.
5. Season with salt and pepper to taste, then mix everything together until well combined.  
For the carrot sticks:
  1. Peel and cut the carrots into sticks.
  2. Serve the carrot sticks with the guacamole on the side.



CALORIES ~ 135 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Apple slices with honey and cinnamon

1 SERVING

### Ingredients

- 1 tsp honey or maple syrup
- 1 small apple
- 1 tsp cinnamon

### Instructions

1. Rinse the apple under running water and pat it dry with a clean towel. Core the apple and slice it into thin wedges.
2. In a small bowl, mix the honey and cinnamon until well combined.
3. Dip the apple slices into the honey and cinnamon mixture, making sure to coat each slice evenly.
4. Arrange the apple slices on a plate and sprinkle any remaining cinnamon and honey mixture on top.
5. Serve and enjoy!



CALORIES ~ 220 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Grilled turkey roll-ups

1 SERVING 

### Ingredients

- 2-3 slices grilled turkey breast
- 1 small wheat tortilla
- 1/4 green onion, chopped
- 1/4 green bell pepper, thinly sliced
- 1 tbsp cream cheese

### Instructions

1. Spread cream cheese on each tortilla.
2. Layer 3 slices of grilled turkey on each tortilla.
3. Sprinkle the chopped green onion and thinly sliced bell pepper on top of the turkey.
4. Roll up the tortillas tightly.
5. Cut the roll-ups into slices and serve.



CALORIES ~ 255 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

## Cilantro lime shrimps

1 SERVING 

### Ingredients

- 2 garlic cloves, minced
- 1/2 cup raw shrimp, peeled and deveined
- Juice of 1 lime
- 1 tbsp fresh cilantro leaves, chopped
- 1 tbsp olive oil

### Instructions

1. In a small bowl, whisk together the lime juice, minced garlic, cilantro leaves, and olive oil.
2. Place the shrimp in a separate bowl and pour the lime-cilantro marinade over the shrimp, making sure each piece is coated. Let the shrimp marinate in the fridge for at least 10 minutes.
3. Heat a non-stick skillet over medium-high heat. Once hot, add the marinated shrimp and cook for 2-3 minutes per side or until the shrimp turns pink and is fully cooked.
4. Serve the shrimp hot with your favorite side dish, such as rice, quinoa, or a salad.

**Allergens: shellfish**



CALORIES ~ 290 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Roasted chickpeas with chili and lime

1 SERVING

### Ingredients

- 1/2 cup raw chickpeas
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 lime, juiced

### Instructions

1. Preheat the oven to 200°C.
2. Spread the chickpeas out on a baking sheet and drizzle with olive oil.
3. Sprinkle the chili powder over the chickpeas and toss to coat evenly.
4. Roast in the oven for 20-25 minutes, or until crispy and golden brown.
5. Remove from the oven and drizzle with lime juice.
6. Serve hot or at room temperature.



CALORIES ~ 157 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

## Fresh fruit salad with honey and mint

1 SERVING

### Ingredients

- 1/2 cup strawberries, halved
- 1/2 cup peaches, sliced
- 1/2 cup watermelon, cubed
- 1/2 cup green grapes
- 4-5 leaves peppermint
- 2 tsp honey or maple syrup

### Instructions

1. Rinse the peach, strawberries (2-3 large berries), and grapes
2. Dice the peaches, strawberries, and watermelon into small, bite-sized chunks.
3. Finely chop the peppermint (about 3-4 leaves) and toss lightly with fruit in a bowl.
4. Drizzle with honey to taste.



CALORIES ~ 420 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Oat and raisin cookies

2 SERVINGS

### Ingredients

- 1/4 cup whole-wheat flour
- 1/4 cup rolled oats
- 2 tbsp raisins
- 1/4 tsp cinnamon
- 1 tbsp butter
- 1 tbsp brown sugar
- 1/4 large egg

### Instructions

1. Preheat the oven to 180°C/350°F.
2. In a mixing bowl, combine the whole-wheat flour, rolled oats, raisins, and cinnamon.
3. In a separate bowl, cream together the softened butter and brown sugar until light and fluffy.
4. Add the beaten egg to the butter and sugar mixture and stir until well combined.
5. Add the dry ingredients to the wet ingredients and mix until just combined.
6. Roll the dough into 6-8 balls and place them on a lined baking sheet.
7. Bake for 10-12 minutes, or until golden brown.
8. Remove the cookies from the oven and allow them to cool on a wire rack.
9. Enjoy your delicious oat and raisin cookies!

**Allergens: eggs**



CALORIES ~ 545 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin A

## Calçots with romesco sauce

1 SERVING

### Ingredients

- 10-12 spring onions
- 2 roasted red bell pepper
- 3 tbsp almonds
- 2 sun-dried tomatoes
- 1 tbsp red wine vinegar
- 1 garlic clove, minced
- 1/4 tbsp cayenne pepper
- 2 tbsp olive oil

### Instructions

1. Preheat the grill to high heat.
2. Wash the spring onions and trim the roots. Grill the spring onions until charred and tender, about 10-15 minutes.
3. While the spring onions are grilling, make the romesco sauce. In a blender or food processor, combine the roasted red pepper, almonds, sun-dried tomatoes, garlic, red wine vinegar, and cayenne pepper. Pulse until coarsely chopped.
4. With the blender running, slowly pour in the olive oil until the sauce is smooth and creamy.
5. Serve the grilled spring onions with the romesco sauce on the side for dipping. Enjoy!



CALORIES ~ 455 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Curry lentil soup

1 SERVING

### Ingredients

- 1/3 cups lentils
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 small carrot, chopped
- 1 tbsp olive oil
- 4 garlic cloves
- 1 tbsp grated ginger
- 1/2 medium tomato, chopped
- 1 tbsp green curry paste
- 1/2 cup coconut milk

### Instructions

1. Rinse lentils and soak them in water for at least 1 hour.
2. In a medium pot, heat olive oil over medium heat. Add onion, red pepper, carrots, garlic, and ginger. Sauté for 5-7 minutes, or until the vegetables are tender.
3. Add chopped tomato and sauté for another 2-3 minutes.
4. Add drained lentils, green curry paste, water, and coconut milk. Stir well to combine.
5. Bring the soup to a boil, then reduce heat to low and simmer for about 20-25 minutes, or until the lentils are tender.
6. Season with salt and pepper to taste.
7. Serve hot and enjoy!



CALORIES ~ 432 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal is a source of vitamin K

## Tofu and vegetable stir-fry

1 SERVING

### Ingredients

- 1 tbsp canola oil
- 3/4 cups extra firm tofu, drained and pressed
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1/2 medium onion
- 2 small carrots, sliced
- 1 cup broccoli florets
- 2 cups Chinese cabbage, chopped

### Instructions

1. Cut the tofu into bite-sized pieces.
2. Heat a wok or large frying pan over medium-high heat and add the canola oil.
3. Add the tofu and stir-fry for 2-3 minutes until lightly browned. Remove from the pan and set aside.
4. Add the onion and carrots to the pan and stir-fry for 2-3 minutes until they start to soften.
5. Add the broccoli florets, red and yellow bell pepper and stir-fry for another 2-3 minutes.
6. Finally, add the Chinese cabbage and stir-fry for another 1-2 minutes until it wilts.
7. Return the tofu to the pan and stir everything together for a final minute.
8. Salt and pepper to taste or sprinkle with soy sauce.



CALORIES ~ 675 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Pizza all'ortolana

1 SERVING

### Ingredients

- 3/4 cups whole-wheat flour
- 1/2 tsp yeast
- 1/2 cup tomato sauce
- 1/2 cups mozzarella cheese, sliced
- 1 tbsp olive oil
- 10 basil leaves
- 1 small eggplant, sliced
- 1/2 medium zucchini, sliced
- 1/2 medium red bell pepper

### Instructions

1. Preheat oven to 200°C.
2. In a large mixing bowl, combine the whole-wheat flour and yeast. Gradually add 50ml of water and mix until a dough forms.
3. Knead the dough for about 5 minutes, then roll it out into a thin crust.
4. Spread the tomato sauce over the crust, leaving a 1cm border around the edge.
5. Place the sliced mozzarella over the tomato sauce.
6. Arrange the sliced eggplant, zucchini, and red pepper on top of the mozzarella.
7. Drizzle with olive oil and sprinkle with torn basil leaves.
8. Bake the pizza for 15-20 minutes, or until the crust is crispy and the cheese is melted and bubbly.
9. Slice and serve hot.



CALORIES ~ 500 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Banana bread

1 SERVING

### Ingredients

- 2 tsp brown sugar
- 1 ripe banana
- 1/2 cup whole-wheat flour
- 2 tsp butter
- 1 medium egg

### Instructions

1. Preheat the oven to 350°F (175°C).
2. Mash the banana in a mixing bowl.
3. Add the melted butter and brown sugar to the mashed banana and stir to combine.
4. Beat the egg and add it to the bowl, mixing well.
5. Add the whole-wheat flour to the bowl and stir until just combined.
6. Pour the batter into a greased loaf pan.
7. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the banana bread cool for a few minutes in the pan before removing it and slicing it.

**Allergens: eggs**



CALORIES ~ 407 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

## Veggie burger

1 SERVING

### Ingredients

- 1 large portobello mushroom cap
- 1 lettuce leaf
- 1 garlic clove, minced
- 1 small shallots
- 1/2 medium or 1 small tomato
- 2 small pickles
- 1/2 cup walnuts
- 1 small whole-wheat bun

### Instructions

1. Preheat the oven to 375°F (190°C).
2. Remove the stem from the portobello mushroom and scrape out the gills with a spoon.
3. Finely chop the garlic and shallot.
4. Toast the walnuts in a dry pan over medium heat for 5-7 minutes, stirring occasionally, until fragrant and lightly browned.
5. In a food processor, combine the mushroom, garlic, shallot, and walnuts. Pulse until the mixture is finely chopped and well combined.
6. Form the mixture into a patty and place it on a baking sheet lined with parchment paper.
7. Bake for 20-25 minutes, until the patty is firm and lightly browned.
8. Slice the tomato and pickles.
9. Toast the burger bun.
10. Assemble the burger with the patty, tomato, lettuce, and pickles.

**Allergens: nuts**



CALORIES ~ 519 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

## Andalusian-style spinach and chickpeas

1 SERVING

### Ingredients

- 4 cups fresh spinach
- 1 tsp cumin
- 1 tsp paprika
- 1 slice whole-wheat bread
- 1/2 cup canned chickpeas
- 2 tbsp olive oil
- 2 garlic cloves

### Instructions

1. Wash the spinach and drain it well.
2. Heat 1 tablespoon of olive oil in a pan over medium heat. Add the minced garlic, ground cumin, and paprika. Cook for about 1-2 minutes, stirring frequently, until fragrant.
3. Add the chickpeas to the pan and stir to coat them in the spice mixture. Cook for another 2-3 minutes.
4. Add the spinach to the pan and stir to combine with the chickpeas. Cook for another 3-5 minutes until the spinach is wilted and cooked through.



CALORIES ~ 349 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Greek salad

1 SERVING

### Ingredients

- 1/4 cup feta cheese, crumbled
- 1/4 medium red onion
- 2 tbsp black olives
- 1 tbsp olive oil
- 1 large tomato
- 1 medium cucumber

### Instructions

1. Wash and chop the tomato into bite-sized pieces.
2. Wash and chop the cucumber into bite-sized pieces.
3. Peel and thinly slice the red onion.
4. Crumble the feta cheese.
5. Add the tomato, cucumber, red onion, and black olives to a salad bowl.
6. Drizzle with olive oil.
7. Toss the salad ingredients together.
8. Add the crumbled feta cheese on top.
9. Serve immediately.



CALORIES ~ 544 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

## Chicken and vegetable couscous

1 SERVING

### Ingredients

- 1 medium zucchini, diced
- 1/3 cup couscous
- 1/2 medium onion, diced
- 2 small carrots, diced
- 1 medium sweet potato, diced
- 1 raw chicken thigh
- 1 tbsp olive oil

### Instructions

1. Preheat the oven to 200°C.
2. In a small pot, bring 75ml of water to a boil. Once boiling, remove from heat and add the couscous, stirring once. Cover the pot and let it sit for 5 minutes.
3. In the meantime, place the diced zucchini, carrots, sweet potato, onion, and chicken on a baking sheet. Drizzle with olive oil and toss to coat.
4. Bake the vegetables and chicken in the preheated oven for 20-25 minutes, until the vegetables are tender and the chicken is cooked through.
5. Fluff the couscous with a fork and transfer it to a large mixing bowl. Add the roasted vegetables and chicken, and mix well.
6. Serve immediately or chill in the refrigerator for later.



CALORIES ~ 350 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin K

## Blueberry banana smoothie

1 SERVING

### Ingredients

- 1/2 cup blueberries
- 1 large, ripe banana
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds

### Instructions

1. Peel the banana and place it in a blender.
2. Add the blueberries, almond milk, and chia seeds to the blender.
3. Blend the ingredients until smooth and creamy, adding more almond milk if needed to reach your desired consistency.
4. Pour the smoothie into a glass and enjoy!

**Allergens: nuts**



CALORIES ~ 584 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Zucca ripiena

1 SERVING

### Ingredients

- 1 tsp rosemary
- 1 small pumpkin
- 2 tbsp black olives
- 1/4 cup canned chickpeas
- 3/4 cups cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp thyme
- 1 tsp oregano
- 1/4 cup canned white beans

### Instructions

1. Preheat your oven to 180°C.
2. Cut off the top of the pumpkin and scoop out the seeds and fibrous flesh from the inside.
3. In a mixing bowl, combine the black olives, small white beans, cherry tomatoes, chickpeas, minced garlic, olive oil, thyme, oregano, and rosemary. Mix well.
4. Fill the pumpkin with the mixture and cover with the pumpkin top.
5. Place the pumpkin on a baking dish and bake in the oven for about 1 hour or until the pumpkin is soft when pierced with a fork.
6. Remove from the oven and let it cool for a few minutes before serving. Cut into slices and enjoy!



CALORIES ~ 580 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Granola with dried fruits and nuts

1 SERVING

### Ingredients

- 1/2 cup rolled oats
- 2 tbsp dried cranberries
- 2 tbsp raisins
- 1 tbsp almonds
- 2 tbsp coconut flakes
- 1 tbsp cashews
- 1/2 tbsp honey or maple syrup

### Instructions

1. Preheat the oven to 160°C.
2. In a bowl, mix together the rolled oats, dried cranberries, raisins, coconut flakes, honey, almonds, and cashews.
3. Spread the mixture on a baking sheet lined with parchment paper.
4. Bake in the oven for 20-25 minutes, stirring occasionally, until the granola is golden brown.
5. Let the granola cool completely, then store in an airtight container.

**Allergens: nuts**



CALORIES ~ 500 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may raise blood sugar

## Chili sin carne

1 SERVING

### Ingredients

- 2 garlic cloves, minced
- 1/2 medium onion, chopped
- 1/2 medium green bell pepper, diced
- 1 cup sweet potatoes, diced
- 1/2 medium red bell pepper, diced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 medium tomato
- 1/2 cup canned pinto beans
- 1/2 cup canned red kidney beans
- 1 tbsp oregano
- 1 tsp cumin
- 1/2 tsp paprika

### Instructions

1. Heat a non-stick pan over medium-high heat. Add the onion and garlic, and cook until the onion is translucent, about 2-3 minutes.
2. Add the sweet potato, red and green pepper, and cook for about 5 minutes or until the vegetables are slightly tender.
3. Add the tomato, pinto beans, and red kidney beans, along with cumin, oregano, and paprika. Cook for another 5 minutes.
4. Add the parsley and cilantro, and cook for an additional 2-3 minutes.
5. Serve hot and top with crushed tortilla chips or potatoe chips (**optional**).



CALORIES ~ 540 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Vegan banana pancakes

1 SERVING

### Ingredients

- 1 ripe banana
- 1/2 cup unsweetened almond milk
- 1/2 cup oat flour
- 1 tbsp olive oil
- 1 tbsp maple syrup

### Instructions

1. In a mixing bowl, mash the banana with a fork until it has a smooth consistency.
2. Add the almond milk and maple syrup and mix until well combined.
3. Add the oat flour and mix until you have a smooth batter.
4. Heat a non-stick pan over medium heat and spray with cooking spray or oil.
5. Pour the batter onto the pan, about 1/4 cup at a time, and cook until the edges start to dry and the surface is bubbly.
6. Flip the pancake and cook for another minute or until lightly browned on both sides.
7. Repeat with the remaining batter, adjusting the heat as necessary.
8. Serve the pancakes warm with your favorite toppings.

**Allergens: nuts**



CALORIES ~ 400 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Tacos with tofu

1 SERVING

### Ingredients

- 2 wheat tortillas
- 1/4 medium avocado
- 1/4 medium red bell pepper
- 1/4 medium green bell pepper
- 1/2 medium onion
- 1 tbsp fresh cilantro, chopped
- 3 oz extra firm tofu

### Instructions

1. Cut the tofu into small cubes and season with salt and pepper to taste.
2. Heat a non-stick skillet over medium-high heat and add the tofu cubes. Cook for 5-7 minutes or until crispy, stirring occasionally.
3. While the tofu is cooking, thinly slice the red pepper, green pepper, and onion.
4. Warm the tortillas in the microwave for 15-20 seconds or in a dry skillet over medium-high heat for 10-15 seconds on each side.
5. Assemble the tacos by dividing the crispy tofu, sliced red pepper, green pepper, and onion evenly between the two tortillas.
6. Top each taco with slices of avocado and a few cilantro leaves.



CALORIES ~ 559 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Roasted vegetable lasagna

1 SERVING

### Ingredients

- 1 medium eggplant
- 1 medium tomato
- 1 small onion
- 1/2 cups tomato sauce
- 1/4 cups mozzarella cheese, grated
- 1 small carrot, shredded
- 1 medium zucchini
- 1/4 head cauliflower
- 1 stalk celery
- 2 lasagna sheets
- 1 garlic clove

### Instructions

1. Preheat the oven to 200°C (400°F).
2. Cut the zucchini, eggplant, cauliflower, tomato, and carrot into thin slices.
3. Finely chop the onion, garlic, and celery.
4. Toss the vegetables in olive oil and spread them out on a baking sheet. Sprinkle with dried oregano.
5. Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly browned.
6. Cook the lasagna sheets in boiling water according to package instructions, then drain.
7. Assemble the lasagna by placing a layer of roasted vegetables in the bottom of an oven-safe dish. Top with a layer of cooked lasagna sheets, followed by a layer of tomato sauce.
8. Repeat the layers, finishing with a layer of tomato sauce on top. Sprinkle with grated mozzarella cheese.
9. Bake in the oven for 25-30 minutes, until the cheese is melted and golden brown.
10. Let cool for a few minutes before serving.



CALORIES ~ 299 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

## Caprese skewers

1 SERVING

### Ingredients

- 2/3 cups cherry tomatoes
- 2/3 cups mozzarella cheese, cubed
- 10 basil leaves

### Instructions

1. Cut the mozzarella into small cubes.
2. Wash the cherry tomatoes and pat them dry with a paper towel.
3. Wash the basil leaves and set them aside.
4. Thread the cherry tomatoes, mozzarella cubes, and basil leaves onto skewers in any order you prefer.
5. Optional: drizzle with olive oil
6. Serve immediately.



CALORIES ~ 480 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Falafel

1 SERVING

### Ingredients

- 1 tsp cumin, ground
- 1/2 tbsp sesame seeds
- 2 tsp olive oil
- 1/2 cups chickpea flour
- 1 tbsp parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp fresh dill, chopped
- 1 garlic clove, minced

### Instructions

1. In a mixing bowl, combine the chickpea flour, parsley, cilantro, dill, garlic, cumin, sesame seeds, salt, and pepper.
2. Add enough water to the bowl and mix until you have a thick and sticky batter.
3. Let the batter rest in the refrigerator for at least 30 minutes.
4. Using a small cookie scoop or spoon, form small balls of the mixture.
5. Heat some vegetable oil in a frying pan over medium-high heat.
6. Fry the falafel balls in the hot oil until they are crispy and golden brown, about 2-3 minutes per side.
7. Remove the falafel from the pan and place them on a paper towel to remove excess oil.
8. Serve the falafel hot, as a snack or in a pita bread with some tzatziki or hummus.



CALORIES ~ 235 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of vitamin K

## Vietnamese summer rolls

1 SERVING

### Ingredients

- 2 rice paper wrappers
- 1 cup lettuce, shredded
- 1 small carrot, sliced
- 1/4 cups fresh cilantro, chopped
- 1/4 cups peppermint leaves, chopped
- 1/2 matchstick cucumber, sliced
- 10 basil leaves, chopped
- 1/8 cup soybean noodles
- Juice of 1 lime

### Instructions

1. Cook the soybean noodles according to the package instructions, and set them aside to cool.
2. Prepare the vegetables: wash and chop the basil, cilantro, peppermint, cucumber, carrot, and lettuce.
3. Fill a shallow dish with warm water. Dip one rice paper wrapper in the water for about 10-15 seconds until it softens.
4. Carefully transfer the rice paper wrapper to a plate. Place some of the cooked soybean noodles on the lower third of the wrapper, leaving about an inch of space on both sides.
5. Add some of the vegetables on top of the noodles: cucumber, carrot, lettuce, basil, cilantro, and peppermint.



CALORIES ~ 280 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of vitamin K

## Tzatziki with sliced vegetables

1 SERVING

### Ingredients

- 1 tsp lemon juice
- 1/2 medium green bell pepper
- 1 small carrot
- 1 small cucumber
- 1/2 cup low-fat Greek yogurt
- 1 tbsp olive oil
- 1 tbsp dried dill
- 1 tbsp peppermint leaves, chopped
- 1 garlic clove, minced

### Instructions

1. In a bowl, mix together the Greek yogurt, minced garlic, olive oil, dill, peppermint leaves, and lemon juice.
2. Stir well and refrigerate for 30 minutes to allow the flavors to blend.
3. While the Tzatziki is chilling, prepare the sliced vegetables by washing and slicing the bell peppers, carrots, and cucumber.
4. Once the Tzatziki is ready, serve it in a small bowl and add the sliced vegetables on a plate alongside it.



CALORIES ~ 394 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Roasted nuts

1 SERVING

### Ingredients

- 1/8 cups almonds
- 1/8 cups walnuts
- 1/8 cups pecans
- 2 tbsp hazelnuts

### Instructions

1. Preheat the oven to 350°F (180°C).
2. Spread the almonds, walnuts, pecans, and hazelnuts in a single layer on a baking sheet.
3. Roast the nuts in the preheated oven for 8-10 minutes or until they are lightly browned and fragrant. Be careful not to over-roast them as they can burn quickly.
4. Once roasted, remove the baking sheet from the oven and let the nuts cool for a few minutes.
5. Serve the nuts as a healthy snack or add them to salads, oatmeal, or yogurt bowls for added crunch.

**Allergens: nuts**



CALORIES ~ 300 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

# Muhammara

1 SERVING

## Ingredients

- 1/2 medium red bell pepper
- 1/8 cup bread crumbs
- 1/4 cup walnuts
- 1 tbsp olive oil
- 1/2 tbsp pomegranate molasses

## Instructions

1. Preheat the oven to 200°C (400°F). Cut the red pepper in half, remove the stem and seeds, and place it cut-side down on a baking sheet. Roast the pepper for 15-20 minutes until the skin is charred and the flesh is soft.
2. Once the pepper is done, remove it from the oven and let it cool for a few minutes.
3. In a food processor, pulse the walnuts until they are coarsely ground.
4. Add the roasted red pepper, olive oil, and pomegranate molasses to the food processor, and pulse until everything is combined and the mixture is smooth.
5. Add the breadcrumbs and pulse again until they are fully incorporated.
6. Taste the muhammara and adjust the seasoning as needed. You can add a pinch of salt, more olive oil, or more pomegranate molasses to taste.
7. Serve the muhammara with pita bread, crackers, or fresh vegetables.

**Allergens: nuts**



CALORIES ~ 248 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

# Cauliflower popcorn

1 SERVING

## Ingredients

- 1.5 tbsp coconut oil
- 2 cups cauliflower

## Instructions

1. Preheat the oven to 200°C.
2. Cut the cauliflower into small bite-sized pieces
3. Toss the cauliflower pieces with the coconut oil in a mixing bowl until they are coated evenly.
4. Spread the cauliflower pieces in a single layer on a baking sheet lined with parchment paper.
5. Roast in the oven for 15-20 minutes, or until the cauliflower is tender and slightly browned.
6. Serve hot as a healthy snack or a side dish.



CALORIES ~ 574 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may be high in cholesterol

This meal is a source of vitamin K

## Eggplant lasagna

1 SERVING

### Ingredients

- 1/2 medium onion
- 1 small carrot
- 1 stalk celery
- 1 garlic clove
- 1 small eggplant
- 1 tbsp olive oil
- 2 medium tomatoes, crushed
- 1/2 cup ground beef

### Instructions

Stir-fry the onion and garlic for 5 minutes. Add the carrot and celery, and stir-fry for 5 more minutes. Add the ground beef, season with salt, pepper, and oregano, and stir-fry for 6-8 minutes. Add the crushed tomato and cook for 1 hour. In the meantime, cut the eggplant in slices, drizzle with olive oil, sprinkle with salt, and bake on an oven tray for 25 minutes. Lay eggplant slices, cover with the beef and tomato sauce, and add another layer of eggplant slices on top. Bake in the oven for 25-30 minutes.



CALORIES ~ 424 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

## Zucchini noodles with grilled turkey

1 SERVING

### Ingredients

- 1 medium zucchini, spiralized
- 1/2 cup fresh basil leaves
- 1 tsp pine nuts
- 2 tsp olive oil
- 1 garlic clove, minced
- 3-oz grilled turkey breast, sliced

### Instructions

For the pesto:

1. In a food processor, combine the basil leaves, garlic, pine nuts, and olive oil.
2. Pulse until a thick paste forms. Season with salt and pepper to taste.

For the zucchini noodles:

1. Heat a tablespoon of olive oil in a large pan over medium-high heat.
2. Add the zucchini noodles and cook for 3-5 minutes until tender.
3. Once the noodles are cooked, add the grilled turkey breast and stir to combine.
4. Add the pesto to the pan and stir to coat the noodles and turkey evenly.
5. Cook for an additional 1-2 minutes until everything is heated through.
6. Serve hot.



CALORIES ~ 364 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Hummus with vegetables

1 SERVING

### Ingredients

- 1/2 medium red bell pepper
- 1 stalk celery
- 1 small carrot
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1/2 cup canned chickpeas

### Instructions

1. Drain and rinse the chickpeas, then place them in a food processor or blender.
2. Add lemon juice, minced garlic, and tahini to the chickpeas.
3. Blend the ingredients until smooth and creamy.
4. If the hummus is too thick, add a tablespoon of water at a time until you reach your desired consistency.
5. Transfer the hummus to a serving bowl and garnish with a drizzle of olive oil, a sprinkle of paprika, or chopped fresh herbs, if desired.
6. Prepare the vegetables by washing and cutting them into sticks.
7. Arrange the vegetable sticks around the bowl of hummus and serve immediately.



CALORIES ~ 368 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may contain trace amounts of peanuts

This meal may raise blood sugar

## Dark chocolate with hazelnuts

1 SERVING

### Ingredients

- 1.5 oz dark chocolate, chopped
- 1/4 cup roasted hazelnuts

### Instructions

1. Line a small baking sheet or plate with parchment paper.
2. In a heatproof bowl set over a saucepan of simmering water, melt the chopped dark chocolate, stirring frequently, until smooth.
3. Remove the bowl from the heat and let it cool for a few minutes.
4. Stir in the chopped hazelnuts, reserving a small amount for garnish if desired.
5. Pour the chocolate and hazelnut mixture onto the prepared baking sheet or plate, using a spatula to spread it out into an even layer.
6. Sprinkle the reserved chopped hazelnuts over the top, if desired.
7. Let the chocolate cool and harden at room temperature for at least 30 minutes.
8. Once the chocolate has hardened, break it into pieces or cut it into squares and serve.

**Allergens: nuts**



CALORIES ~ 240 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Artichoke hearts

1 SERVING

### Ingredients

- 1/2 can artichoke hearts, drained and rinsed
- 1 tbsp olive oil
- 1/2 tbsp lemon juice

### Instructions

1. Rinse and drain the artichoke hearts and pat them dry with a paper towel.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the dressing.
3. Add the artichoke hearts to the bowl and toss to coat them evenly in the dressing.
4. Serve the artichoke hearts immediately, garnished with a slice of lemon or chopped fresh herbs if desired.



CALORIES ~ 235 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

## Pumpkin coconut smoothie

1 SERVING

### Ingredients

- 1/2 cup coconut milk
- 1/4 cup pumpkin puree
- 1/2 medium banana

### Instructions

Add the coconut milk, pumpkin puree, frozen banana, pumpkin pie spices, and 1 cup of ice to the blender. Blend until smooth.



CALORIES ~ 440 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

This meal may raise blood sugar

This meal is a source of vitamin K



CALORIES ~ 520 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may be high in cholesterol

This meal is a source of vitamin K

## Date and chia pudding

1 SERVING

### Ingredients

- 2 tsp honey or maple syrup
- 1/4 cup blueberries
- 1 cup almond milk
- 1 date
- 1/4 cup chia seeds

### Instructions

Mix all the ingredients except the dates in a bowl. Quarter the dates and stir them into the mixture until well combined. Cover and chill for at least 4 hours. Stir once or twice to loosen any seeds that may have clumped together. Divide into bowls and top with the blueberries.

**Allergens: nuts**

## Butternut squash breakfast hash

1 SERVING

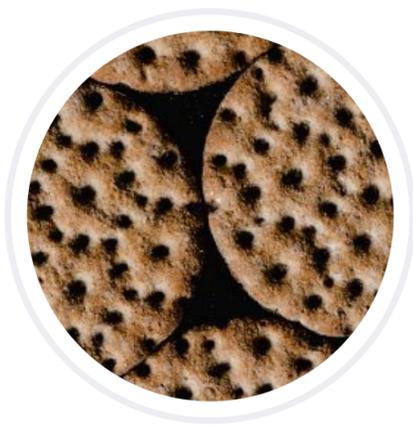
### Ingredients

- 1 garlic clove
- 3 cups fresh spinach
- 1 small butternut squash
- 1 medium onion
- 2 eggs
- 3.5 ounces of ground turkey sausage
- 1 tbsp olive oil

### Instructions

Cut the butternut squash in cubes and sauté for 5 minutes. Add the onion and sauté for 5 more minutes. Add in the sausage, garlic, and thyme, and let cook for 1-2 minutes. Add the spinach and let cook for 3-5 minutes. Create divets in the squash hash, pour in the eggs and cook for 15-20 minutes. Remove from heat and season with salt and pepper to taste.

**Allergens: eggs**



CALORIES ~ 455 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin E

## Almond flour crackers

1 SERVING

### Ingredients

- 1 tbsp ground flaxseed
- 1/2 cup almond flour
- 1/8 tsp sea salt
- 1/2 tbsp olive oil

### Instructions

1. Preheat the oven to 170°C.
2. Mix the almond flour, ground flaxseed, and sea salt in a mixing bowl.
3. Add water and olive oil to the mixture, and stir until the mixture becomes a dough.
4. Place the dough between two pieces of parchment paper and roll it out until it's about 1/8 inch thick.
5. Cut the dough into small crackers with a pizza cutter or a sharp knife.
6. Transfer the crackers onto a baking sheet lined with parchment paper.
7. Bake for 10-12 minutes or until the crackers are golden brown.
8. Allow the crackers to cool for a few minutes before serving.

**Allergens: nuts**



CALORIES ~ 625 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

This meal may be high in cholesterol

This meal is a source of vitamin K

## Blueberry muffins

2 SERVINGS

### Ingredients

- 1/4 cup blueberries
- 1/4 cup almond milk
- 1/2 cup almond flour
- 1.5 tbsp coconut oil
- 1 medium egg
- 1/2 tsp baking soda
- 1 tsp vanilla extract

### Instructions

Stir the almond flour with baking powder and salt in a bowl. Add the coconut oil, almond milk, eggs, vanilla extract, and blueberries. Transfer the batter to a lined muffin tin and bake for 10-12 minutes until the tops are golden. Let them cool down on a rack.

**Allergens: eggs and nuts**



CALORIES ~ 345 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal is a source of vitamin K

## Acai bowl

1 SERVING

### Ingredients

- 1/2 cup açai puree
- 1/5 cup blueberries
- 1 small banana, sliced
- 1 cup almond milk
- 1/4 cup walnuts
- 1/4 cup strawberries,

### Instructions

Slice the banana and put it in a freezing bag. Add the strawberries and blueberries and keep in the freezer until completely frozen. Transfer to a bowl, add the almond milk and açai puree, and blend until smooth. Serve and top with walnuts.

**Allergens: nuts**



CALORIES ~ 413 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Tuna salad

1 SERVING

### Ingredients

- 1 can tuna
- 1/4 medium red onion
- 1/2 medium avocado
- 1 stalk celery, chopped
- 2 tsp capers
- 1/2 cup lettuce, shredded
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp Dijon mustard

### Instructions

Make the dressing by combining the olive oil, parsley, dill, Dijon mustard, red wine vinegar, and salt. Chop the onion, celery, and avocado. In a bowl, mix the lettuce, tuna, chopped vegetables, and capers. Season with the dressing.

**Allergens: fish**



CALORIES ~ 489 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED  
ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Avocado toast with veggies

1 SERVING

### Ingredients

- 1 small radish, sliced
- 1 large avocado
- 1 stalk green onion
- 1 small jalapeño pepper
- 2 slices gluten-free bread

### Instructions

1. Toast 2 slices of gluten-free bread to preferred darkness.
2. Mash an avocado in a bowl until smooth (or just use slices).
3. Optionally, slice 1 green onion stalk, 1 medium radish, and/or 1 small jalapeño pepper to add on top.
4. Salt and pepper to taste.



CALORIES ~ 350 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

## Greek yogurt with honey and nuts

1 SERVING

### Ingredients

- 2 tbsp almonds
- 2 tbsp walnuts
- 1 cup Greek yogurt
- 2 tsp honey or maple syrup

### Instructions

1. Place the low-fat Greek yogurt in a serving bowl.
2. Drizzle honey over the top of the yogurt.
3. Roughly chop the almonds and walnuts and sprinkle over the yogurt.
4. Serve and enjoy!

**Allergens: nuts**



CALORIES ~ 360 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

## Zucchini and tomato frittata

1 SERVING

### Ingredients

- 1 medium zucchini, sliced
- 1/2 tomato, chopped
- 1 tsp oregano
- 1 tbsp olive oil
- 2 tbsp almond milk
- 3 large eggs

### Instructions

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the eggs, almond milk, dried oregano, salt, and pepper.
3. In an oven-safe skillet, heat the olive oil over medium heat. Add the sliced zucchini and sauté for 3-4 minutes, until slightly softened.
4. Add the chopped tomato to the skillet and stir for another minute.
5. Pour the egg mixture into the skillet and gently stir to combine with the vegetables.
6. Transfer the skillet to the preheated oven and bake for 15-20 minutes, until the frittata is cooked through and slightly golden on top.
7. Let the frittata cool for a few minutes before slicing and serving.

**Allergens: eggs and nuts**



CALORIES ~ 650 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

## Eggplant rollatini

1 SERVING

### Ingredients

- 1/2 medium eggplant
- 1/4 cup almond flour
- 1/8 cup coconut flour
- 1 egg, whisked
- 1/2 cup marinara sauce
- 1/4 cup ricotta cheese
- 1/4 cup mozzarella cheese, grated
- 1 tbsp olive oil

### Instructions

1. Preheat the oven to 375°F (190°C).
2. In a shallow dish, mix together the almond flour and coconut flour.
3. Dip the eggplant slices in the whisked egg and then coat them in the flour mixture.
4. In a large skillet, heat the olive oil over medium heat. Add the eggplant slices and sauté for 2-3 minutes on each side until slightly browned.
5. Spread a spoonful of marinara sauce on each eggplant slice and top with a dollop of ricotta cheese.
6. Roll up the eggplant slices and place them in a baking dish.
7. Pour the remaining marinara sauce over the rolls and top with shredded mozzarella cheese.
8. Bake in the preheated oven for 20-25 minutes until the cheese is melted and bubbly.



CALORIES ~ 540 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

## Sweet potato and kale salad

1 SERVING

### Ingredients

- 1 cup sweet potato, cubed
- 2 cups kale, chopped
- 1/4 cup sliced almonds
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard

### Instructions

1. Preheat the oven to 400°F (200°C). Spread the sweet potato cubes out on a baking sheet and drizzle with 1 tbsp olive oil. Roast for 20-25 minutes or until tender and golden.
2. In a large bowl, combine the kale and almonds.
3. In a small bowl, whisk together the remaining 1 tbsp olive oil, apple cider vinegar, Dijon mustard, salt, and pepper to make the dressing.
4. Add the roasted sweet potato cubes to the bowl with the kale and almonds. Drizzle the dressing over the top and toss well to coat.
5. Serve immediately.

**Allergens: nuts**



CALORIES ~ 325 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Fried cauliflower with mushrooms

1 SERVING

### Ingredients

- 1.5 cups cauliflower, grated
- 1/2 cups mushrooms, sliced
- 1 medium green bell pepper, sliced
- 2 tbsp coconut oil
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1 medium onion, chopped

### Instructions

1. In a large pan, heat coconut oil over medium-high heat.
2. Add the onion and cook until soft.
3. Add the mushrooms, bell pepper, garlic powder, ginger, salt, and pepper, and stir-fry until tender.
4. Add the grated cauliflower and continue to stir-fry until the cauliflower is cooked through.
5. Serve hot.



CALORIES ~ 253 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin K

## Creamy broccoli soup

1 SERVING

### Ingredients

- 1 cup broccoli florets
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tbsp coconut oil
- 1/2 cups vegetable broth
- 1/4 cups coconut milk

### Instructions

1. In a large saucepan, heat the coconut oil over medium heat. Add the chopped onion and sauté for 2-3 minutes until softened.
2. Add the minced garlic and chopped broccoli to the saucepan and stir for another minute.
3. Pour in the vegetable broth and bring to a boil. Reduce the heat and let simmer for 10-15 minutes until the broccoli is tender.
4. Using an immersion blender or a regular blender, puree the soup until smooth.
5. Stir in the coconut milk and season with salt and pepper to taste.
6. Serve hot.



CALORIES ~ 450 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

This meal is a source of vitamin K

## Polenta with sautéed mushrooms and spinach

1 SERVING

### Ingredients

- 1/2 cup sliced mushrooms
- 1/2 cup fresh spinach
- 1 tbsp olive oil
- 1/2 cup cornmeal
- 1/2 tsp sea salt

### Instructions

1. In a medium saucepan, bring 2 cups of water to a boil. Add salt and slowly pour in 1/2 cup of cornmeal, whisking constantly to prevent lumps.
2. Reduce heat to low and continue to whisk for 5-10 minutes, until the mixture thickens and pulls away from the sides of the pan.
3. Remove from heat and let it rest for 2-3 minutes.
4. In a skillet, heat olive oil over medium-high heat. Add sliced mushrooms and cook until browned, stirring occasionally.
5. Add fresh spinach to the skillet and cook until wilted.
6. Serve polenta with the sautéed mushrooms and spinach on top.



CALORIES ~ 330 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may raise blood sugar

## Chickpea and vegetable bowl

1 SERVING

### Ingredients

- 1/2 cup sweet potato, diced
- 1/2 cup zucchini, sliced
- 1/4 onion, chopped
- 1 tbsp olive oil
- 1/2 cup canned chickpeas

### Instructions

1. Heat olive oil in a skillet over medium-high heat.
2. Add sweet potato, zucchini, and onion and cook until tender, stirring occasionally.
3. Add chickpeas and cook until heated through.



CALORIES ~ 450 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

## Smoothie bowl with hemp seeds

1 SERVING

### Ingredients

- 1 cup frozen mixed berries
- 1 banana
- 2 tbsp hemp seeds
- 1/2 cup coconut milk

### Instructions

1. Blend the frozen berries, banana, and coconut milk until smooth.
2. Pour into a bowl and top with hemp seeds.



CALORIES ~ 350 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Quinoa breakfast bowl

1 SERVING

### Ingredients

- 2 tsp honey or maple syrup
- 3/4 cup fortified soy milk
- 1/4 cup blueberries
- 2 tbsp flaxseed
- 1/4 cup quinoa

### Instructions

1. Cook the quinoa in a double amount of water
2. Mix the cooked quinoa, flaxseed, and soy milk in a bowl.
3. Top with blueberries.
4. Drizzle with honey.



CALORIES ~ 500 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Buckwheat pancakes with strawberry jam

1 SERVING

### Ingredients

- 1/2 cup buckwheat flour
- 1/2 cup coconut milk
- 1 tbsp strawberry jam

### Instructions

1. Mix the buckwheat flour and coconut milk in a bowl.
2. Optionally, add water for a desired consistency.
3. Heat a skillet over medium heat and pour the batter into the skillet, cooking until both sides are browned.
4. Top with strawberry jam.



CALORIES ~ 290 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

This meal is a source of vitamin K

## Veggie breakfast burrito

1 SERVING

### Ingredients

- 1/2 avocado, sliced
- 1/4 cup salsa
- 1 large lettuce leaf
- 1 corn tortilla
- 1/4 cup canned black beans

### Instructions

1. Warm the tortilla, and spread avocado on top.
2. Add lettuce, black beans, and salsa.
3. Fold the tortilla into a burrito.



CALORIES ~ 420 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Roasted chicken with vegetables

1 SERVING

### Ingredients

- 6-oz raw chicken breast
- 1/2 small zucchini
- 1/2 onion
- 1/2 tomato, diced
- 1 red bell pepper
- 2 tbsp olive oil

### Instructions

1. Chop the vegetables and place them on an oven tray with olive oil.
2. Season the chicken with olive oil, salt, pepper, and tarragon, and put on top of the vegetables.
3. Roast in the oven for 1 hour (half an hour on each side).



CALORIES ~ 380 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

## Shrimp and beet winter salad

1 SERVING

### Ingredients

- 1/8 cup walnuts, chopped and toasted
- 1 medium beetroot, sliced
- 1 cup cooked shrimp, peeled and deveined
- 1.5 cups mixed salad greens
- 1 tsp Dijon mustard
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice

### Instructions

1. Preheat oven to 375°F.
2. Wash beets under cold water and cut off the top and bottom.
3. Cut the beet in slices and roast for 30-40 mins or until they are tender when poked with a fork.
4. In a large mixing bowl, add the mixed salad greens, cooked shrimp, and roasted beets. Toss to combine.
5. In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper until well combined.
6. Pour the dressing over the salad and toss to coat.
7. Top the salad with chopped and toasted walnuts.

**Allergens: shellfish and nuts**



CALORIES ~ 580 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin A

This meal is a source of iron

This meal may be high in cholesterol

This meal is a source of vitamin K

## Quiche with a sweet potato crust

1 SERVING

### Ingredients

- 2 large eggs
- 1 tbsp olive oil
- 1.5 cups sweet potato, peeled and grated
- 50 g onion, diced
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1 cup spinach, chopped
- 1/4 cup crumbled feta cheese
- 3 tbsp milk

### Instructions

1. Preheat the oven to 180°C.
2. Mix together the grated sweet potato and egg in a bowl. Season with salt and pepper.
3. Grease a 20cm quiche dish with the olive oil and press the sweet potato mixture into the dish, forming a crust. Bake for 10 minutes.
4. In a pan, sauté the onion and garlic in olive oil until softened. Add the spinach and red pepper and cook for a few more minutes until the spinach is wilted. Season with salt and pepper.
5. In a separate bowl, whisk together one egg yolk, milk, and crumbled feta cheese.
6. Spread the vegetable mixture over the sweet potato crust, then pour the egg and milk mixture over the top.
7. Bake for 25-30 minutes, until the quiche is set and golden on top.
8. Let cool for a few minutes before slicing and serving.



CALORIES ~ 450 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin E

This meal may raise blood sugar

## Almond-honey breakfast bar

1 SERVING

### Ingredients

- 1/2 tbsp honey or maple syrup
- 1/4 cup almond flour
- 1/4 cup almonds, chopped
- 1/8 cup unsweetened shredded coconut
- 1 tbsp coconut oil, melted
- 1/2 tsp vanilla extract

### Instructions

1. Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper.
2. In a mixing bowl, stir together the almond flour, chopped almonds, and shredded coconut.
3. Add the honey, melted coconut oil, and vanilla extract to the bowl. Stir until all ingredients are well combined.
4. Press the mixture into the prepared baking dish, using a spatula or the back of a spoon to make it even.
5. Bake the power bar for 10-12 minutes, until it is lightly golden brown on top.
6. Let the power bar cool completely before slicing it into portions.

**Allergens: nuts**



CALORIES ~ 500 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal may be high in cholesterol

## Veggie breakfast bowl

1 SERVING

### Ingredients

- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- 1 cup red bell pepper, chopped
- 2 tbsp olive oil
- 2 large eggs
- 1/2 avocado, diced

### Instructions

1. Preheat the oven to 200°C (400°F).
2. Toss the chopped cauliflower, zucchini, and red bell pepper with olive oil, salt, and pepper on a baking sheet.
3. Roast the vegetables for 20-25 minutes until they are tender and slightly charred.
4. While the vegetables are roasting, heat a non-stick pan over medium heat.
5. Crack the eggs into the pan and cook until the white is set and the yolk is still runny.
6. Once the vegetables are roasted, transfer them to a bowl.
7. Top the vegetables with the fried eggs and diced avocado.
8. Serve hot.

**Allergens: eggs**



CALORIES ~ 500 KCAL  
CARBS  
FAT  
PROTEIN  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal is a source of vitamin K

## Soybean noodles with walnut pesto

1 SERVING

### Ingredients

- 1 cup cauliflower florets
- 1/2 cup soybean noodles
- 1/4 cup roasted red peppers
- 1.5 tbsp walnuts
- 1 tbsp olive oil
- 1 garlic clove
- 1/4 cup grated parmesan cheese

### Instructions

1. Preheat your oven to 200°C.
2. Cook the pasta according to package instructions until al dente. Reserve 1/4 cup of the pasta cooking water before draining the pasta.
3. While the pasta is cooking, place the cauliflower florets on a baking sheet and roast for 15-20 minutes, until tender and slightly browned.
4. In a food processor, pulse together the roasted red peppers, walnuts, garlic, parmesan cheese, and olive oil until smooth.
5. In a large bowl, toss the cooked pasta with the roasted cauliflower and the walnut pesto, adding the reserved pasta cooking water as needed to loosen the sauce. Season with salt and pepper to taste.
6. Serve immediately, garnished with additional parmesan cheese and chopped walnuts if desired.

**Allergens: nuts**



CALORIES ~ 370 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

## Ratatouille with goat cheese

1 SERVING

### Ingredients

- 3.5 tbsp crumbled goat cheese
- 1 garlic clove, minced
- 1 tsp oregano
- 1 cup chopped eggplant
- 1 cup chopped zucchini
- 1 cup chopped red bell pepper
- 3 tbsp chopped onion

### Instructions

1. Heat the olive oil in a large pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until softened.
2. Add the eggplant, zucchini, and red bell pepper to the pan and sauté for 5-7 minutes until they begin to soften.
3. Add the canned chopped tomatoes, oregano, salt, and pepper to the pan and stir to combine. Reduce the heat to low and let the ratatouille simmer for 10-15 minutes until the vegetables are tender and the sauce has thickened.
4. Serve the ratatouille in a bowl and top with the crumbled goat cheese.



CALORIES ~ 410 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may raise blood sugar

## Harissa baby potato salad

1 SERVING

### Ingredients

- 1/2 tbsp honey or maple syrup
- 1 tbsp olive oil
- 1/2 tbsp harissa paste
- 1/2 tbsp lemon juice
- 1/4 tsp salt
- 1.5 cups baby potatoes, halved
- 1/4 tsp black pepper
- 1 small cucumber, chopped
- 1/2 small red onion, thinly sliced
- 1 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped

### Instructions

1. Preheat your oven to 200°C (400°F).
2. In a bowl, mix together the olive oil, harissa paste, honey, lemon juice, salt, and black pepper.
3. Add the halved baby potatoes to the bowl and toss to coat them in the harissa mixture.
4. Spread the potatoes out on a baking tray and roast for 20-25 minutes or until they're tender and lightly browned.
5. In a separate bowl, mix together the chopped cucumber, sliced red onion, chopped parsley, and chopped mint.
6. Once the potatoes are cooked, let them cool for a few minutes before adding them to the bowl with the cucumber mixture. Toss everything together until well combined.
7. Serve the potato salad warm or chilled.



CALORIES ~ 350 KCAL  
CARBS — — —  
FAT — — —  
PROTEIN — — —  
\* per serving

WHAT YOU SHOULD KNOW, BASED  
ON YOUR GENETIC RESULTS

This meal is a source of iron

# Grilled sea bass with olive tomato salsa

1 SERVING

## Ingredients

- 1/2 lemon, juiced
- 1/4 cup chopped, pitted, kalamata olives
- 1 tbsp olive oil
- 5-6 cherry tomatoes, chopped
- 1 tsp capers, chopped
- 2 tbsp fresh parsley, chopped
- 6 oz sea bass fillet
- 20 basil leaves, chopped
- 1 garlic clove, minced

## Instructions

1. Preheat the oven to 200°C.
2. Season the sea bass fillet with salt and black pepper on both sides.
3. In a bowl, mix together the chopped kalamata olives, cherry tomatoes, parsley, basil, capers, minced garlic, lemon juice, and extra virgin olive oil. Season with salt and black pepper to taste.
4. Spread the olive tomato salsa on top of the sea bass fillet.
5. Place the sea bass fillet on a baking sheet lined with parchment paper and bake for 15-20 minutes, until the fish is cooked through and the salsa is lightly browned on top.
6. Serve hot with a side of your choice.

**Allergens: fish**



CALORIES ~ 440 KCAL  
CARBS ———  
FAT ———  
PROTEIN ———  
\* per serving

#### WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

This meal may be high in cholesterol

# Zucchini tortilla with vegetables

1 SERVING

## Ingredients

- 1/2 zucchini, grated
- 1 small onion, finely chopped
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 large eggs
- 1 medium potato, peeled and sliced into thin rounds
- 1 tbsp parsley, chopped

## Instructions

1. Preheat the oven to 180°C.
2. Heat the olive oil in a frying pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until the onion is softened.
3. Add the red bell pepper and grated zucchini to the pan and sauté for another 5-7 minutes until the vegetables are tender. Remove the vegetables from the pan and set aside.
4. Add the sliced potatoes to the same pan and cook for about 10 minutes until they are tender and lightly browned.
5. Beat the eggs in a mixing bowl and add the cooked vegetables. Season with salt and pepper.
6. Pour the egg and vegetable mixture into the frying pan and cook over medium heat for 5-7 minutes until the bottom is set.
7. Transfer the pan to the preheated oven and bake for 10-15 minutes until the top is set and lightly golden.
8. Remove from the oven and let cool for a few minutes before slicing into wedges. Garnish with fresh parsley before serving.

**Allergens: eggs**



CALORIES ~ 390 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of iron

# Mushroom Stroganoff

1 SERVING

## Ingredients

- 1 large zucchini
- 2 tbsp olive oil
- 1/2 onion, diced
- 1 cup mushrooms, sliced
- 1/4 tsp thyme, dried
- 1/2 cup vegetable broth
- 1/4 cup sour cream
- 1/2 tsp dried rosemary
- 1/4 tsp smoked paprika
- 1 garlic clove, minced

## Instructions

1. Use a spiralizer to turn the zucchini into noodles (or buy frozen).
2. Heat the olive oil in a large pan over medium heat.
3. Add the diced onion and minced garlic and cook for 2-3 minutes until the onion is translucent.
4. Add the sliced mushrooms, thyme, rosemary, and smoked paprika to the pan.
5. Cook for another 3-4 minutes until the mushrooms have released their liquid and are tender.
6. Pour in the vegetable broth and let the mixture come to a simmer.
7. Reduce the heat to low and stir in the sour cream.
8. Add the zucchini noodles to the pan and toss with the sauce until the noodles are coated and tender.
9. Season with salt and pepper to taste and garnish with chopped parsley if desired.



CALORIES ~ 600 KCAL  
CARBS   
FAT   
PROTEIN   
\* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of vitamin E

This meal is a source of iron

This meal may be high in cholesterol

# Shakshuka

1 SERVING

## Ingredients

- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 large onion, diced
- 1 medium bell pepper, diced
- 1 medium tomato, diced
- 1 tsp paprika
- 4 tbsp crumbled feta cheese
- 1/2 tsp cumin
- 2 medium eggs
- 1 tbsp fresh parsley, chopped

## Instructions

1. Heat the olive oil in a small skillet over medium heat.
2. Add the onion and garlic and cook until soft and translucent, about 3-4 minutes.
3. Add the bell pepper, tomato, paprika, cumin, salt, and pepper, and cook for another 3-4 minutes, until the vegetables are softened and the mixture is fragrant.
4. Use a spoon to make a well in the center of the mixture and crack an egg into it.
5. Cover the skillet with a lid or a sheet of aluminum foil and cook for another 5-7 minutes, until the eggs are cooked to your liking.



CALORIES ~ 475 KCAL  
CARBS     
FAT     
PROTEIN

\* per serving

**WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS**

This meal is a source of iron

This meal may raise blood sugar

## Fig and ricotta toast

1 SERVING

### Ingredients

- 4 tbsp ricotta cheese
- 2 fresh figs, sliced
- 1/2 tbsp honey or maple syrup
- 2 tsp walnuts, chopped
- 2 slices whole-wheat bread

### Instructions

1. Toast the slices of bread to your desired level of doneness.
2. While the bread is toasting, in a small mixing bowl, stir together the ricotta cheese, honey, and cinnamon until well combined.
3. Once the bread is toasted, spread the ricotta mixture evenly over the top.
4. Arrange the sliced figs on top of the ricotta mixture.
5. Sprinkle the chopped walnuts on top of the figs.



CALORIES ~ 620 KCAL  
CARBS     
FAT     
PROTEIN

\* per serving

**WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS**

This meal is a source of iron

This meal may be high in cholesterol

This meal may raise blood sugar

This meal is a source of vitamin K

## Beef and broccoli stir-fry

1 SERVING

### Ingredients

- 1/2 medium onion
- 1 cup broccoli florets
- 1 garlic clove
- 3.5-oz raw beef steak, sliced into thin strips
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1/4 cup brown rice

### Instructions

1. Heat 1 tablespoon of olive oil in a wok or a large frying pan over high heat.
2. Add the sliced beef and stir-fry for 2-3 minutes, until browned. Remove the beef from the pan and set it aside.
3. In the same pan, add the sliced onion and minced garlic. Stir-fry for 1-2 minutes, until the onion is softened and slightly caramelized.
4. Add the broccoli florets to the pan and stir-fry for another 2-3 minutes, until the broccoli is tender-crisp.
5. Return the beef to the pan, and add 2 tablespoons of soy sauce. Stir-fry for another 1-2 minutes, until everything is heated through and the sauce is well distributed.
6. Serve the beef and broccoli stir-fry with 1/2 cup of cooked brown rice.