



ABOUT THE AUTHOR:

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CASE #003 - RECIPE FOR DISASTER

YOU-TRITION

Recipes for the rest of your life.



The book adapts its recipes to the current owner, calibrating meals to satisfy your exact needs... But it harbors one fatal recipe. Which dish will harm its current owner?

"Cluck Yeah!" Salad

Serves: 1 | Est. Calories: 350 kcal



Method:

Grilled chicken breast - 1 piece
Blueberries - 1/2 cup
Kale - 1 cup
Sunflower seeds - 2 tbsps
Maple vinaigrette - 1 tbsps

Method:

Maple syrup - 1 tsp
Almond milk - 1 cup
Cinnamon - 1/2 tsp
Banana - 1 small, sliced
Rolled oats - 1/2 cup
Fresh peach - 1 small

Serves: 1 | Est. Calories: 350 kcal

Oatstanding Morning

Method:

Cook oats in milk until creamy.
Stir in banana and cinnamon.
Drizzle with syrup before serving.

Why It's Perfect For You

Protein, antioxidants, and a little surprise within the flavours!

Why It's Perfect For You

1. Grill chicken until golden.
2. Toss kale and blueberries with vinaigrette.
3. Top with chicken and seeds. Serve fresh.

Why It's Perfect For You

A warm and cozy breakfast that comforts and fuels your morning. Absolutely to-die for!

Why It's Perfect For You

Healty yet also delicious, this is a treat that you'll remember for the rest of your life!

OWNER PROFILE

Name: Marnie C
Height: 165cm
Weight: 65kg
Activity Level: Moderate
Calorie Target: 1700kcal daily

Allergies / Sensitivities

Stone Fruits (all)

Nuts (all)

Dairy (lactose intolerance)

Preferences

Loves: Lentils, spinach, oats, berries, chicken

Hates: Mushrooms, onions, beef

Spiciness: Mild/none

Comfort foods: Chicken pot pie

Lentil Me Be

Serves: 1 | Est. Calories: 420 kcal



Ingredients:

Spinach - a handful
Red lentils - 1 cup
Carrots - diced, 1 cup
Olive oil - 1tbsp
Quinoa - 1/2 cup

Method:

- Boil lentils until tender.
- Sauté spinach and carrots in olive oil.
- Combine with quinoa. Serve warm.

Why It's Perfect For You

Iron-rich, which should help with your deficiency! Might not help with everything though.

Crust Me, I'm Delicious

Serves: 1 | Est. Calories: 500 kcal



Method:

Puff pastry - 1 sheet

Dairy-free cream - 1/4 cup

Potatoes - 1/2 cup, mashed

Peas - 1/2 cup

Carrots - 1/2 cup

Diced chicken - 1 cup

Ingredients:

Grilled chicken - 1 cup

Roasted chicken - 1/2 cup, diced

Fresh peach - 1 small

Carrots - 1/2 cup, diced

Creamy - 1/2 cup

Potatoes - 1/2 cup, mashed

Peas - 1/2 cup

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