NUTRIAGE

Recipes

Healthy recipes for everyday eating

24 practical recipes for two.
Two flexible weekly plans.
Less guesswork, from shopping to supper.



Start with one easy lunch

Make Recipe 09 first

White Bean & Cucumber Lunch Bowls need no cooking when you use fully cooked beans and ready-to-eat bread. Read both recipe pages, drain the beans and measure the ingredients. Allow about 15 minutes, with extra time if chopping is new to you.

A short route from shelf to table

Wash and dice the vegetables. Mix with the drained beans, oil and lemon juice, then divide equally into two bowls. Serve with the listed bread. The ingredient weights and method remove the need to guess quantities.

Choose the next step

For a warm dinner, try Recipe 15, Lemon Chicken & Vegetable Tray. For a plant-based stew, try Recipe 20. Choose three meals you would enjoy before committing to a full week.

Use the plans as structure

Each schedule lists breakfast, lunch and dinner for two. It is not a prescription for all your daily food. Read the energy totals, adjust portions and add snacks or sides as needed. Update the shopping list for every change.

Record what worked

Use the worksheet to record actual preparation time, portion preference and changes. These recipes have not been physically kitchen-tested. Your first useful result is one meal you can choose and prepare with clear directions.

Blueberry & Walnut Overnight Oats



A make-ahead oat bowl with yogurt, berries and walnut crunch.

Serves 2 (half the recipe each) | **Easy**
Est. prep 8 min **Cook** 0 min **Prep + cook** 8 min + 8 hr chilling

Per serving, approx. 475 kcal | 28.3 g protein | 8.5 g fiber

INGREDIENTS

1 1/4 cups rolled oats (100 g)

about 1 1/4 cups plain Greek yogurt (300 g)

about 3/4 cup plus 1 tbsp 1% milk (200 g)

about 1 1/3 cups blueberries (200 g)

about 1/3 cup chopped walnuts (30 g)

Method & kitchen notes

Blueberry & Walnut Overnight Oats

01 Stir oats, yogurt and milk in a covered container. Refrigerate immediately for 8 hours; do not soak on the counter.

02 Wash fresh blueberries just before use. Stir the softened oats, loosening with a spoonful of water if needed.

03 Divide equally into two bowls and top with half the blueberries and walnuts each. Eat cold.

Swaps & variations

Use 200 g diced ripe peach in place of berries; nutrition changes. Omit walnuts if avoiding nuts.

If you cannot find it

Use the suggested swap above, or choose a different recipe if a main ingredient is unavailable. Match the specified cooked, raw or drained state. Brands and substitutions change nutrition.

Optional additions

Extra salt, toppings and substitutions are not included in nutrition or shopping totals. Taste cooked food before adding seasoning.

Storage & reheating

Keep covered at 40 F / 4 C or below; assemble close to eating. Use within 24 hours for quality, or sooner if a label or an ingredient storage deadline requires. Keep any cooked components safely chilled before mixing.

Meal-prep tip

Start the night before. The 8-minute preparation estimate excludes 8 hours of refrigeration. Use within 24 hours of mixing for quality.

Allergens

Milk, Walnuts, Oats: use certified gluten-free if required. Check every package and cross-contact; substitutions may change allergens.

APPROXIMATE NUTRITION PER SERVING

Calories	Protein	Carbohydrate	Total fat
475 kcal	28.3 g	60.8 g	14.9 g

Saturated fat	Fiber	Total sugars	Sodium
2.3 g	8.5 g	20.9 g	100 mg

Base recipe only; optional additions and swaps change these estimates. See nutrition method and food-safety guide. Photograph is AI-generated.