

Grilled Beef Steak with Roasted Sweet Potatoes & Spinach Salad

– 1,559 Calories –



Nutrition Facts

Nutrient	Amount	Calories	Daily %
Proteins	~100g	528 kcal	34%
Fats	~82g	739 kcal	47%
Carbs	~76g	292 kcal	19%
Fibers	~6g		

Macronutrient Distribution



- Fat: 47%
- Carbs: 19%
- Protein: 34%



Why This Meal?

This meal provides a **well-balanced** macro profile, featuring protein-rich beef steak that supports muscle growth and repair, while delivering essential B vitamins for energy production. The combination of **healthy fats** from olive oil and feta cheese contributes to satiety, ensuring you feel full and energized throughout the day. Complex carbohydrates from roasted sweet potatoes offer a steady release of energy, keeping blood sugar levels stable.

The watermelon dessert not only satisfies your sweet tooth but also hydrates you due to its high water content. Combined with honey, it adds a touch of natural sweetness while providing antioxidants. This **delicious** meal, totaling around 1800 calories, is perfect for OMAD, as its rich protein, healthy fats, and fiber from vegetables will keep you satisfied for hours.



Main Course

Ingredients

- 400g beef steak (sirloin, grilled) – 800 kcal (high-quality protein)
- 3 tbsp olive oil (45ml) – 360 kcal (healthy fats)
- 1 tsp garlic powder – 6 kcal (flavor & immune boost)
- 1 tsp dried rosemary – 3 kcal (antioxidants)
- 1 tsp black pepper – 4 kcal (anti-inflammatory properties)

Preparation

- Season 400g of beef steak with **3 tbsp olive oil**, 1 tsp garlic powder, 1 tsp dried rosemary, and 1 tsp black pepper. **Let it marinate** for at least 20 minutes.
- Preheat a grill or skillet on medium-high heat (about 200°C/400°F).
- Grill** the beef steak for 6-8 minutes on each side for medium-rare, adjusting time based on your preference.
- Let the steak rest for 5 minutes before slicing to maintain its juiciness.



Side Dish

Ingredients

- 100g roasted sweet potatoes – 90 kcal (complex carbs)
- 200g fresh spinach – 46 kcal (vitamins & minerals)
- 100g cherry tomatoes – 20 kcal (antioxidants & vitamin C)
- 1 tbsp balsamic vinegar (15ml) – 14 kcal (flavor enhancer)
- 1.5 tbsp feta cheese (22.5g) – 60 kcal (protein & healthy fats)

Preparation

- Chop 100g sweet potatoes into cubes, toss with **1 tbsp olive oil**, salt, and pepper, and roast in a preheated oven at 200°C (400°F) for 25-30 minutes until fork-tender.
- While the sweet potatoes are roasting, rinse 200g spinach and 100g cherry tomatoes.
- In a bowl, combine spinach and cherry tomatoes, drizzle with **1 tbsp balsamic vinegar**, and toss well.
- Top the salad with 1.5 tbsp crumbled feta cheese just before serving for added flavor.



Dessert

Ingredients

- 300g watermelon – 90 kcal (hydration & vitamins)
- 1 tbsp honey (21g) – 64 kcal (natural sweetener)
- 5g fresh mint – 2 kcal (flavor enhancer)

Preparation

- Cube 300g fresh watermelon into bite-sized pieces.
- In a bowl, combine watermelon and **1 tbsp honey**.
- Chop 5g of fresh mint and sprinkle it over the watermelon right before serving to enhance the refreshing taste.
- Optional: Chill in the refrigerator for about 10 minutes for a cooler dessert.