

# Turkey Meatballs with Creamy Polenta & Roasted Brussels Sprouts with Honey-Baked Pears

– 2,051 Calories –

## Nutrition Facts

Nutrient	Amount	Calories	Daily %
Proteins	~114g	578 kcal	28%
Fats	~89g	778 kcal	38%
Carbs	~188g	695 kcal	34%
Fibers	~16g		

Macronutrient Distribution



- Fat: 38%
- Carbs: 34%
- Protein: 28%

## Why This Meal?

This meal beautifully combines healthy fats, protein, and fiber to ensure long-lasting satiety and stable energy levels, perfect for anyone following the OMAD diet. The **lean turkey** provides a substantial source of protein for muscle building and repair, keeping you energized throughout your day. Paired with a healthy dose of **olive oil** and **wild rice**, it offers a satisfying balance of nutrients while also delivering beneficial fats essential for brain health.

The **polenta** not only serves as a delightful and creamy carbohydrate but also contains steady-release energy that facilitates smooth digestion, avoiding spikes in blood sugar. The **honey-baked pears** make for a delicious dessert by adding natural sweetness and essential fiber, supporting digestive health. With this meal, you'll get a generous calorie intake of around 2100 kcal, making it ideal for OMAD, ensuring you feel full and nourished for hours without needing extra snacks.

## Main Course

### Ingredients

- 450g ground turkey – 540 kcal (lean protein)
- 50g breadcrumbs – 180 kcal (carbs & fiber)
- 30g grated Parmesan cheese – 120 kcal (calcium & protein)
- 1 medium egg – 68 kcal (protein & healthy fats)
- 35ml olive oil – 280 kcal (healthy fats)

### Preparation

- In a large bowl, combine 450g ground turkey, 35ml olive oil, 50g breadcrumbs, 30g grated Parmesan cheese, and 1 medium egg.
- Mix well with your hands until everything is combined.
- Form mixture into meatballs (about 30g each) and place on a lined baking sheet.
- Preheat the oven to 200°C (400°F) and bake meatballs for 20-25 minutes until cooked through and golden brown.
- Make sure to flip the meatballs halfway for even cooking.

## Side Dish

### Ingredients

- 230g cornmeal – 420 kcal (complex carbs)
- 200g Brussels sprouts – 70 kcal (fiber & vitamins)
- 15ml olive oil – 120 kcal (healthy fats)

### Preparation

- Bring 1 liter of water to a boil in a pot.
- Slowly whisk in 230g of cornmeal, reducing heat to low.
- Stir continuously for about 15-20 minutes until polenta thickens.
- Meanwhile, toss 200g Brussels sprouts with 15ml olive oil.
- Spread Brussels sprouts on a baking sheet and roast at 200°C (400°F) for 20-25 minutes until tender and slightly crispy.

## Dessert

### Ingredients

- 178g medium pear – 102 kcal (natural sweetness & fiber)
- 24g honey – 73 kcal (natural sweetener)
- 12g crushed walnuts – 78 kcal (healthy fats & protein)

### Preparation

- Rinse and slice 178g medium pear in half, removing the core.
- Drizzle with 24g honey and sprinkle with 12g crushed walnuts.
- Place pear halves cut-side up in a baking dish.
- Bake in a preheated oven at 180°C (350°F) for 15-20 minutes until warm and slightly caramelized.
- Serve warm for an extra delightful treat.