

Oven-Roasted Turkey Drumstick with Barley and Spinach

Medley and Fruity Delight

– 2,059 Calories –

Nutrition Facts

Nutrient	Amount	Calories	Daily %
Proteins	~155g	859 kcal	42%
Fats	~74g	661 kcal	32%
Carbs	~146g	540 kcal	26%
Fibers	~30g		

Macronutrient Distribution



- Fat: 32%
- Carbs: 26%
- Protein: 42%

Why This Meal?

This meal provides a satisfying balance of macronutrients, with the turkey drumstick serving as a rich source of lean protein that is essential for muscle repair and growth. The healthy fats from olive oil and honey ensure a fulfilling meal, while the complex carbohydrates from barley, alongside beans and abundant vegetables, provide sustained energy and fiber, promoting digestive health.

The dessert, a vibrant fruit salad, not only satisfies sweet cravings but also adds a boost of vitamins, antioxidants, and fiber, making it both delicious and nutritious. The combination of fruits adds a refreshing element to conclude the meal. The entire meal fits perfectly within the 2000-2200 kcal range, ensuring you stay full and energized throughout the day, ideal for a One Meal A Day (OMAD) approach.

Main Course

Ingredients

- 500g turkey drumstick (skinless, roasted) – 900 kcal (lean protein)
- 2 tbsp olive oil (30ml) – 240 kcal (healthy fats)
- 1 tsp smoked paprika – 6 kcal (antioxidants)
- 2 tsp garlic powder – 8 kcal (flavor & immune boost)
- 1/2 tsp black pepper – 2 kcal (anti-inflammatory properties)
- 1/2 tsp sea salt – 0 kcal (electrolyte balance)
- 1 tbsp fresh thyme – 3 kcal (flavor & health benefits)

Preparation

- Preheat the oven to 200°C (400°F).
- Rub the 500g turkey drumstick with 2 tbsp olive oil, 1 tsp smoked paprika, 2 tsp garlic powder, 1/2 tsp black pepper, 1/2 tsp sea salt, and 1 tbsp fresh thyme.
- Place the seasoned turkey drumstick in a baking dish and roast for 50-60 minutes, or until the internal temperature reaches 75°C (165°F).
- Baste the turkey with its juices every 15 minutes for enhanced flavor and moisture.
- Let the turkey rest for 10 minutes before carving to retain its juices.

Side Dish

Ingredients

- 180g cooked barley – 233 kcal (complex carbs & fiber)
- 100g fresh spinach – 23 kcal (vitamins A & K)
- 150g cherry tomatoes – 30 kcal (antioxidants & hydration)
- 50g roasted red bell peppers – 15 kcal (Vitamin C)
- 70g cooked black beans – 98 kcal (plant protein & fiber)
- 1 tbsp balsamic vinegar – 14 kcal (flavor & antioxidants)
- 2 tbsp olive oil (30ml) – 240 kcal (healthy fats)
- 1/2 tsp garlic powder – 4 kcal (immune boost)

Preparation

- In a saucepan, combine 180g cooked barley with 100ml water and heat on medium until warmed through.
- Blanch 100g spinach in boiling water for 1-2 minutes, then drain and set aside.
- Chop 150g cherry tomatoes and 50g roasted red bell peppers.
- In a large bowl, mix the warmed barley, spinach, cherry tomatoes, and roasted bell peppers with 70g cooked black beans.
- Drizzle with 1 tbsp balsamic vinegar and 2 tbsp olive oil, then sprinkle 1/2 tsp garlic powder to taste. Toss gently to combine.

Dessert

Ingredients

- 100g mixed berries (strawberries, blueberries, raspberries) – 57 kcal (fiber & antioxidants)
- 100g diced apples – 52 kcal (fiber & vitamins)
- 100g sliced bananas – 89 kcal (potassium & fiber)
- 15g honey – 45 kcal (natural sweetness & antioxidants)

Preparation

- In a large bowl, combine 100g mixed berries, 100g diced apples, and 100g sliced bananas.
- Drizzle 15g honey over the fruit mixture and toss gently to coat evenly.
- Let the fruit salad sit for 5-10 minutes to allow flavors to meld.
- Serve chilled or at room temperature for a refreshing dessert.