

Herb-Crusted Lamb Ribs with Garlic Mashed Potatoes & Berry Parfait

– 2,125 Calories –

Nutrition Facts

Nutrient	Amount	Calories	Daily %
Proteins	~97g	387 kcal	18%
Fats	~151g	1356 kcal	64%
Carbs	~92g	383 kcal	18%
Fibers	~14g		

Macronutrient Distribution

Fat: 64%

Carbs: 18%

Protein: 18%

Why This Meal?

This meal is a powerhouse of flavors, providing a fantastic macro balance with lamb ribs as the primary protein source, offering ample iron and protein essential for muscle repair and energy. The olive oil adds healthy fats to aid in nutrient absorption and promote heart health. The combination of garlic mashed potatoes provides complex carbs for steady energy and a comforting texture. Furthermore, the chicness of the garlic provides antioxidants, enhancing the meal's nutritional profile. The dessert combines fresh blackberries with creamy Greek yogurt, offering antioxidants, probiotics, and minimal added sugar, while walnuts add healthy fats and protein. This balance ensures satiety and prolongs the feeling of fullness, ideal for an OMAD diet.

With 2000–2200 calories, this meal is perfectly designed to sustain energy levels throughout the day. The high protein content from the lamb and Greek yogurt ensures muscle maintenance while the fiber from blackberries and walnuts aids in digestion. The creamy potatoes deliver comfort while keeping you fueled, making this meal enjoyable and satisfying for your OMAD routine.

Main Course

Ingredients

350g lamb ribs – 910 kcal (rich protein & iron)

2 tbsp olive oil (30ml) – 240 kcal (healthy fats)

1 tbsp fresh rosemary (15g) – 5 kcal (anti-inflammatory)

1 tbsp fresh thyme (15g) – 5 kcal (antioxidants)

2 cloves garlic – 9 kcal (immune boost)

Preparation

1

Preheat oven to 200°C (400°F).

2

In a bowl, mix 2 tbsp olive oil, 1 tbsp fresh rosemary, 1 tbsp fresh thyme, and 2 cloves minced garlic.

3

Rub the herb mixture all over the 350g lamb ribs and let marinate for 30 minutes.

4

Place lamb ribs on a baking tray and roast in the oven for 40–45 minutes, turning halfway for even cooking. Ensure the internal temperature reaches 62.5°C (145°F) for perfect doneness.

Side Dish

Ingredients

250g Yukon gold potatoes – 210 kcal (complex carbs)

50g unsalted butter – 360 kcal (healthy fats)

100ml skim milk – 42 kcal (calcium & protein)

2 cloves garlic – 9 kcal (flavor & immune boost)

1 tbsp fresh chives (10g) – 5 kcal (flavor and vitamins)

Preparation

1

Peel and chop 250g Yukon gold potatoes into chunks and boil in salted water for 15–20 minutes until tender.

2

Drain water and return potatoes to pot. Add 50g unsalted butter, 100ml skim milk, and 2 cloves minced garlic.

3

Mash potatoes until creamy and smooth. Stir in 1 tbsp fresh chives, and season with salt to taste for added flavor.

Dessert

Ingredients

150g fresh blackberries – 60 kcal (fiber & vitamins)

150g Greek yogurt (unsweetened) – 100 kcal (probiotics & protein)

10g honey – 30 kcal (natural sweetness)

20g crushed walnuts – 140 kcal (healthy fats & protein)

Preparation

1

In a bowl, layer 150g fresh blackberries with 150g Greek yogurt.

2

Drizzle 10g honey over the top, and sprinkle 20g crushed walnuts on top for added crunch.

3

Serve immediately for a delightful parfait experience.