

7-Day Meal Plan

Today

About 1,650 calories • 185 g protein

FIRST MEAL 10–11 am

Spinach Egg Scramble & Yogurt

- 2 whole eggs + ½ cup liquid egg whites
- 1 cup baby spinach, wilted into the eggs
- 1 slice whole-grain toast
- ¾ cup plain nonfat Greek yogurt + ½ cup berries

SECOND MEAL

Lemon Chicken Rice Bowl

- 6 oz grilled chicken breast
- ½ cup cooked jasmine rice
- 1½ cups roasted broccoli, 1 tsp olive oil
- ¼ avocado, sliced



DAILY SHAKE 1 Fairlife ready-to-drink protein shake

between meals

THIRD MEAL

Baked Salmon & Asparagus

- 6 oz salmon fillet, lemon and dill
- 1 cup roasted asparagus
- 4 oz roasted baby potatoes
- 2 cups mixed greens + 1 tbsp light vinaigrette

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Greek Yogurt Bowl & Eggs

1 cup	plain nonfat Greek yogurt
¼ cup	granola
½ cup	blueberries
1 tbsp	almond butter
2	hard-boiled eggs

SECOND MEAL

Turkey Street Tacos

5 oz	93% lean ground turkey, taco-seasoned
2	corn tortillas
¼ cup	black beans + ¼ cup salsa
1 cup	sautéed peppers and onions
2 tbsp	shredded cheese



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THIRD MEAL

Garlic Shrimp & Zucchini

6 oz	shrimp, sautéed with garlic
2 cups	sliced zucchini
½ cup	cooked quinoa
2 tsp	olive oil

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FIRST MEAL 10–11 am

Turkey Sausage & Egg Plate

- 2 whole eggs + ½ cup liquid egg whites
- 2 turkey sausage links
- 1 cup sautéed bell peppers
- 4 oz roasted baby potatoes
- 1 slice whole-grain toast

SECOND MEAL

Tuna Crunch Wrap & Apple

- 1 can (5 oz) tuna in water, drained
- 2 tbsp Greek yogurt + 1 tbsp light mayo
- 1 high-fiber tortilla wrap + 2 tbsp hummus
- 1 cup cucumber, tomato and lettuce
- 1 medium apple



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THIRD MEAL

Seared Sirloin & Green Beans

- 6 oz top sirloin steak
- 1 small sweet potato (5 oz)
- 1½ cups green beans, 1 tsp butter
- 2 cups side salad + 1 tbsp light vinaigrette

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Berry Overnight Oats & Eggs

½ cup	rolled oats + ½ cup unsweetened almond milk
¾ cup	plain nonfat Greek yogurt
1 tbsp	chia seeds
1 cup	strawberries
2	hard-boiled eggs

SECOND MEAL

Chicken Pesto Pasta

6 oz	grilled chicken breast
¾ cup	cooked whole-wheat pasta
1 tbsp	basil pesto
1 cup	cherry tomatoes + 2 cups spinach



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THIRD MEAL

Lemon Cod & Roasted Cauliflower

7 oz	cod fillet, lemon and paprika
2 cups	roasted cauliflower
1 tbsp	olive oil
½ cup	cooked jasmine rice

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FIRST MEAL 10–11 am

Smoked Salmon Toast & Eggs

1 slice	whole-grain toast + 2 tbsp light cream cheese
3 oz	smoked salmon, cucumber slices
2	eggs, any style
½ cup	mixed berries

SECOND MEAL

Turkey Burger Bowl

6 oz	93% lean turkey patty
½ cup	cooked brown rice
2 cups	greens + ½ cup pico de gallo
¼	avocado, sliced



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THIRD MEAL

Chicken Vegetable Stir-Fry

6 oz	chicken breast, sliced
2 cups	stir-fry vegetables
1 tbsp	low-sodium soy sauce + 1 tsp sesame oil
½ cup	cooked jasmine rice

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FIRST MEAL 10–11 am

Egg & Black Bean Tacos

3	whole eggs, scrambled
2	corn tortillas
¼ cup	black beans + ¼ cup salsa
2 tbsp	shredded cheese
½ cup	mango

SECOND MEAL

Greek Chicken Salad

6 oz	grilled chicken breast
3 cups	chopped romaine
1 cup	cucumber and tomato
1 oz	feta + 2 tbsp tzatziki
½	whole-wheat pita



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THIRD MEAL

Beef & Broccoli

5 oz	sirloin, thinly sliced
2 cups	broccoli florets
1 tbsp	low-sodium soy sauce + 1 tsp oil
½ cup	cooked jasmine rice

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FIRST MEAL 10–11 am

Cottage Cheese Plate

1 cup	low-fat cottage cheese
½ cup	pineapple
2	eggs, any style
1 slice	whole-grain toast

SECOND MEAL

Shrimp Taco Bowl

6 oz	shrimp, chili-lime seasoned
½ cup	cooked brown rice
¼ cup	black beans + ¼ cup salsa
1 cup	shredded cabbage slaw
¼	avocado, sliced



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THIRD MEAL

Turkey Meatballs Marinara

6 oz	93% lean turkey meatballs
½ cup	marinara sauce
½ cup	cooked whole-wheat pasta
2 cups	zucchini noodles
1 tbsp	grated parmesan