

7-Day Reset Meal Plan (1700 Calories | 6 Meals per Day)

Day 1

Breakfast: Avocado egg toast + 1/2 cup strawberries (P: 20g C: 25g F: 12g)

AM Snack: Protein smoothie (chocolate protein, almond milk, ice) (P: 25g C: 8g F: 5g)

Lunch: Grilled chicken, jasmine rice, green beans (P: 35g C: 30g F: 8g)

PM Snack: Cottage cheese + pineapple chunks (P: 15g C: 18g F: 2g)

Dinner: Ground turkey stuffed bell peppers + quinoa (P: 35g C: 25g F: 10g)

Evening Snack: Greek yogurt with dark chocolate chips (P: 20g C: 12g F: 7g)

Day 2

Breakfast: Greek yogurt parfait with berries + chia seeds (P: 25g C: 20g F: 7g)

AM Snack: Boiled eggs + baby carrots (P: 12g C: 6g F: 10g)

Lunch: Air fryer salmon bites, jasmine rice, asparagus (P: 35g C: 30g F: 15g)

PM Snack: Rice cake + peanut butter (P: 7g C: 14g F: 10g)

Dinner: Shrimp stir fry with cauliflower rice (P: 30g C: 18g F: 10g)

Evening Snack: Protein mug cake (with banana) (P: 20g C: 12g F: 6g)

Day 3

Breakfast: Protein pancakes + sugar-free syrup (P: 25g C: 30g F: 7g)

AM Snack: Turkey roll-ups + cucumber slices (P: 18g C: 4g F: 6g)

Lunch: Beef taco bowl with brown rice, lettuce, salsa (P: 35g C: 28g F: 12g)

PM Snack: Almonds + apple slices (P: 6g C: 20g F: 10g)

Dinner: Baked chicken thighs, mashed sweet potatoes, broccoli (P: 30g C: 25g F: 10g)

Evening Snack: Chocolate protein pudding (P: 20g C: 10g F: 5g)

Day 4

Breakfast: Oats with protein powder, cinnamon, and banana (P: 25g C: 30g F: 6g)

AM Snack: Hard-boiled egg + string cheese (P: 14g C: 2g F: 10g)

Lunch: Grilled chicken Caesar wrap with spinach tortilla (P: 35g C: 25g F: 12g)

PM Snack: Cucumber hummus snack pack (P: 6g C: 12g F: 6g)

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Dinner: Teriyaki turkey meatballs with jasmine rice (P: 30g C: 30g F: 10g)

Evening Snack: Vanilla protein smoothie with berries (P: 20g C: 10g F: 5g)

Day 5

Breakfast: Egg and veggie scramble + 1 slice toast (P: 22g C: 20g F: 10g)

AM Snack: Coconut yogurt + granola (P: 10g C: 18g F: 8g)

Lunch: Tilapia, jasmine rice, roasted Brussels sprouts (P: 35g C: 28g F: 10g)

PM Snack: Protein bar (P: 20g C: 15g F: 6g)

Dinner: Zucchini noodles with grilled shrimp and pesto (P: 30g C: 15g F: 12g)

Evening Snack: Frozen banana slices dipped in dark chocolate (P: 10g C: 12g F: 8g)

Day 6

Breakfast: Protein French toast with strawberries (P: 25g C: 25g F: 7g)

AM Snack: Boiled eggs + bell pepper strips (P: 14g C: 6g F: 10g)

Lunch: BBQ chicken with baked sweet potato + slaw (P: 35g C: 30g F: 12g)

PM Snack: Greek yogurt with granola and honey (P: 20g C: 18g F: 5g)

Dinner: Stuffed zucchini boats with ground turkey (P: 30g C: 20g F: 10g)

Evening Snack: Chocolate protein shake (P: 20g C: 10g F: 5g)

Day 7

Breakfast: Avocado toast with poached egg (P: 18g C: 22g F: 12g)

AM Snack: Almonds + cottage cheese (P: 15g C: 6g F: 10g)

Lunch: Grilled steak, quinoa, grilled veggies (P: 35g C: 28g F: 15g)

PM Snack: Peanut butter + celery sticks (P: 8g C: 10g F: 10g)

Dinner: Lemon herb salmon, rice, green beans (P: 30g C: 25g F: 12g)

Evening Snack: Protein brownie mug cake (P: 20g C: 10g F: 6g)