

Standard Meal Plan - Day 1

Breakfast: Egg whites (6), 1 slice Ezekiel toast, 1/2 avocado

Calories: 300 | Protein: 28g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 small banana

Calories: 250 | Protein: 28g

Lunch: Grilled chicken breast (5 oz), jasmine rice (1/2 cup cooked), sautéed green beans

Calories: 350 | Protein: 40g

Afternoon Snack: Tuna packet (2.6 oz) + 6 rice crackers

Calories: 200 | Protein: 20g

Dinner: Ground turkey (5 oz), basmati rice (1/2 cup cooked), roasted broccoli

Calories: 350 | Protein: 38g

Evening Snack: Greek yogurt (1/2 cup) + cinnamon + a few blueberries

Calories: 250 | Protein: 20g

Standard Meal Plan - Day 2

Breakfast: Scrambled egg whites (6) + spinach + 1 slice whole grain toast

Calories: 280 | Protein: 26g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1/2 apple

Calories: 250 | Protein: 28g

Lunch: Grilled salmon (5 oz), jasmine rice (1/2 cup cooked), steamed zucchini

Calories: 370 | Protein: 38g

Afternoon Snack: Hard-boiled eggs (2) + baby carrots

Calories: 200 | Protein: 14g

Dinner: Lean ground beef (5 oz), basmati rice (1/2 cup cooked), roasted asparagus

Calories: 350 | Protein: 38g

Evening Snack: Low-fat cottage cheese (1/2 cup) + pineapple chunks (1/4 cup)

Calories: 250 | Protein: 22g

Standard Meal Plan - Day 3

Breakfast: Omelet with egg whites (6), mushrooms, bell peppers, and onions

Calories: 280 | Protein: 27g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + strawberries (1/2 cup)

Calories: 250 | Protein: 28g

Lunch: Chicken thigh (boneless, skinless, 5 oz), jasmine rice (1/2 cup), cucumber & tomato salad

Calories: 360 | Protein: 35g

Afternoon Snack: Boiled shrimp (4 oz) + 1/2 avocado

Calories: 200 | Protein: 25g

Dinner: Grilled steak (5 oz), basmati rice (1/2 cup cooked), sautéed spinach

Calories: 350 | Protein: 35g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + raspberries (1/4 cup)

Calories: 260 | Protein: 22g

Standard Meal Plan - Day 4

Breakfast: Egg white scramble (6) with diced turkey bacon (2 strips) and spinach

Calories: 300 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 clementine

Calories: 240 | Protein: 28g

Lunch: Grilled chicken breast (5 oz), jasmine rice (1/2 cup cooked), steamed broccoli

Calories: 350 | Protein: 40g

Afternoon Snack: Turkey roll-ups (3 oz turkey breast, wrapped in lettuce) + mustard

Calories: 200 | Protein: 22g

Dinner: Cod (5 oz), basmati rice (1/2 cup cooked), roasted carrots

Calories: 360 | Protein: 35g

Evening Snack: Low-fat Greek yogurt (1/2 cup) + sliced almonds (1 tsp)

Calories: 250 | Protein: 20g

Standard Meal Plan - Day 5

Breakfast: Egg whites (6) scrambled with bell peppers and onions, 1 slice Ezekiel toast

Calories: 280 | Protein: 26g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1/2 banana

Calories: 250 | Protein: 28g

Lunch: Grilled turkey burger (5 oz patty, no bun), jasmine rice (1/2 cup cooked), green beans

Calories: 360 | Protein: 38g

Afternoon Snack: Hard-boiled eggs (2) + cucumber slices

Calories: 200 | Protein: 14g

Dinner: Grilled chicken breast (5 oz), basmati rice (1/2 cup cooked), sautéed kale

Calories: 350 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + a few dark chocolate chips

Calories: 260 | Protein: 20g

Standard Meal Plan - Day 6

Breakfast: Egg white veggie scramble (6 egg whites, peppers, spinach), 1 slice whole grain toast

Calories: 290 | Protein: 27g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 kiwi

Calories: 250 | Protein: 28g

Lunch: Grilled tilapia (5 oz), jasmine rice (1/2 cup cooked), roasted Brussels sprouts

Calories: 360 | Protein: 36g

Afternoon Snack: Sliced turkey breast (3 oz) + celery sticks with mustard

Calories: 200 | Protein: 22g

Dinner: Ground chicken (5 oz), basmati rice (1/2 cup cooked), sautéed green beans

Calories: 350 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp chia seeds + a few blueberries

Calories: 250 | Protein: 21g

Standard Meal Plan - Day 7

Breakfast: Egg whites (6) with diced onions, peppers, mushrooms + 1 slice Ezekiel toast

Calories: 290 | Protein: 27g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 5 strawberries

Calories: 250 | Protein: 28g

Lunch: Grilled lean pork chop (5 oz), jasmine rice (1/2 cup cooked), steamed broccoli

Calories: 360 | Protein: 36g

Afternoon Snack: Canned tuna (3 oz) + pickle slices + cucumber

Calories: 200 | Protein: 22g

Dinner: Ground turkey (5 oz), basmati rice (1/2 cup cooked), roasted cauliflower

Calories: 350 | Protein: 37g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + 1 tbsp sunflower seeds

Calories: 250 | Protein: 20g