

# Weekly Meal Plan for testuser@nutriplan.com

## Wednesday

Total Calories: 2330

Total Nutrients: Protein: 58g, Fat: 41g, Carbs: 103g

### **Meal: Balanced Power Meal 137**

Diet: balanced

Calories: 727

Nutrients: Protein: 28g, Fat: 15g, Carbs: 22g

Ingredients: hummus, turkey, cucumber, rice, toast

Instructions: Combine hummus, turkey, cucumber, rice and add toast. Cook and serve.

### **Meal: Balanced Power Meal 154**

Diet: balanced

Calories: 824

Nutrients: Protein: 15g, Fat: 13g, Carbs: 37g

Ingredients: lettuce, toast, rice, turkey, beans

Instructions: Combine lettuce, toast, rice, turkey and add beans. Cook and serve.

### **Meal: Balanced Power Meal 177**

Diet: balanced

Calories: 779

Nutrients: Protein: 15g, Fat: 13g, Carbs: 44g

Ingredients: beans, rice, toast, turkey, cucumber

Instructions: Combine beans, rice, toast, turkey and add cucumber. Cook and serve.

## Thursday

Total Calories: 2219

Total Nutrients: Protein: 83g, Fat: 66g, Carbs: 141g

### **Meal: Beef and Sweet Potato Bowl**

Diet: balanced

Calories: 960

Nutrients: Protein: 35g, Fat: 22g, Carbs: 85g

Ingredients: lean beef, sweet potatoes, kale, olive oil

Instructions: Sauté beef and vegetables, serve with roasted sweet potatoes.

### **Meal: Chicken Caesar Salad (Light)**

Diet: balanced

Calories: 610

Nutrients: Protein: 35g, Fat: 18g, Carbs: 30g

Ingredients: grilled chicken, romaine, light Caesar dressing, parmesan, croutons

Instructions: Toss grilled chicken and salad with dressing and parmesan. Top with croutons.

### **Meal: Balanced Power Meal 139**

Diet: balanced

Calories: 649

Nutrients: Protein: 13g, Fat: 26g, Carbs: 26g

Ingredients: hummus, toast, rice, cucumber, whole wheat wrap

Instructions: Combine hummus, toast, rice, cucumber and add whole wheat wrap. Cook and serve.

## Friday

Total Calories: 1931

Total Nutrients: Protein: 58g, Fat: 45g, Carbs: 185g

### **Meal: Balanced Power Meal 161**

Diet: balanced

Calories: 624

Nutrients: Protein: 31g, Fat: 14g, Carbs: 38g

Ingredients: turkey, toast, beans, cucumber, lettuce

Instructions: Combine turkey, toast, beans, cucumber and add lettuce. Cook and serve.

### **Meal: Balanced Power Meal 180**

Diet: balanced

Calories: 643

Nutrients: Protein: 15g, Fat: 18g, Carbs: 87g

Ingredients: turkey, toast, whole wheat wrap, hummus, cucumber

Instructions: Combine turkey, toast, whole wheat wrap, hummus and add cucumber. Cook and serve.

### **Meal: Balanced Power Meal 183**

Diet: balanced

Calories: 664

Nutrients: Protein: 12g, Fat: 13g, Carbs: 60g

Ingredients: cucumber, turkey, toast, lettuce, beans

Instructions: Combine cucumber, turkey, toast, lettuce and add beans. Cook and serve.

## Saturday

Total Calories: 2330

Total Nutrients: Protein: 58g, Fat: 41g, Carbs: 103g

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Ingredients: hummus, turkey, cucumber, rice, toast

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### **Meal: Balanced Power Meal 177**

Diet: balanced

Calories: 779

Nutrients: Protein: 15g, Fat: 13g, Carbs: 44g

Ingredients: beans, rice, toast, turkey, cucumber

Instructions: Combine beans, rice, toast, turkey and add cucumber. Cook and serve.

## Sunday

Total Calories: 2219

Total Nutrients: Protein: 83g, Fat: 66g, Carbs: 141g

### **Meal: Beef and Sweet Potato Bowl**

Diet: balanced

Calories: 960

Nutrients: Protein: 35g, Fat: 22g, Carbs: 85g

Ingredients: lean beef, sweet potatoes, kale, olive oil

Instructions: Sauté beef and vegetables, serve with roasted sweet potatoes.

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