Maingaining

Day 1

1 Greek Yogurt with Granola and Blueberries

* 1 cup 2% [Greek yogurt](https://www.verywellfit.com/best-greek-yogurts-4163388)
* 1/4 cup low-sugar [granola](https://www.verywellfit.com/granola-nutrition-facts-calories-and-health-benefits-4111285)
* 1/2 cup [blueberries](https://www.verywellfit.com/blueberries-nutrition-facts-calories-and-health-benefits-4109926)

2 Cheddar Cheese, Whole Grain Crackers, and Grapes

* 1-ounce [cheddar cheese](https://www.verywellfit.com/cheddar-cheese-nutrition-facts-and-health-benefits-4797454)
* 10 [whole grain crackers](https://www.verywellfit.com/whole-grain-vs-whole-wheat-5203066)
* 1 cup [red seedless grapes](https://www.verywellfit.com/grapes-nutrition-facts-calories-and-health-benefits-4111390)

3 Tuna Wrap and Red Bell Pepper Slices

* 3 ounces of [tuna](https://www.verywellfit.com/tuna-vs-salmon-how-they-compare-according-to-dietitians-5180880) mixed with 1 tablespoon [mayonnaise](https://www.verywellfit.com/gluten-free-mayonnaise-562361)on an 8-inch [whole wheat wrap](https://www.verywellfit.com/are-wraps-healthier-than-bread-4104099)
* 1 [red bell pepper](https://www.verywellfit.com/bell-pepper-nutrition-facts-calories-and-health-benefits-4119789), sliced

4 Peach, Walnuts, and Hard-Boiled Eggs

* One [peach](https://www.verywellfit.com/peaches-carb-counts-and-benefits-1087566)
* 10 [walnuts](https://www.verywellfit.com/walnuts-calories-and-health-benefits-1087494)
* 3 [hard-boiled eggs](https://www.verywellfit.com/are-eggs-gluten-free-562813)

5 Pesto Chicken and Pasta with Asparagus

* 5 ounces [chicken breast](https://www.verywellfit.com/how-many-calories-in-chicken-breast-3495665) coated in 1 tablespoon [pesto](https://www.verywellfit.com/pesto-nutrition-facts-and-health-benefits-5201175), baked
* 1 cup [whole wheat pasta](https://www.verywellfit.com/low-carb-pasta-alternatives-2241879) mixed with 1 tablespoon pesto
* 6 [asparagus spears](https://www.verywellfit.com/oven-roasted-asparagus-2242142) mixed with 1 tablespoon olive oil, salt, and pepper, grilled

6 Whole Milk Ice Cream

* 3/4 cup regular [whole milk ice cream](https://www.verywellfit.com/chocolate-ice-cream-nutrition-facts-and-health-benefits-5206300)

Day 2

1 Avocado Toast with Eggs and Apple Slices

* One slice 100% whole wheat bread
* 1/2 [avocado](https://www.verywellfit.com/calories-in-an-avocado-3495640)
* 2 [fried eggs](https://www.verywellfit.com/hard-boiled-egg-calories-and-fat-3495628)
* 1 [apple](https://www.verywellfit.com/apples-nutrition-facts-calories-and-their-health-benefits-4117992)

2 Cherries and Almonds

* 15 [cherries](https://www.verywellfit.com/cherries-nutrition-facts-calories-and-their-health-benefits-4110123)
* 1/4 cup [almonds](https://www.verywellfit.com/almond-nutrition-facts-calories-and-health-benefits-4108974)

3 *Black Bean and Corn Quesadilla*

* Black bean and corn quesadilla with 1/2 cup [black beans](https://www.verywellfit.com/black-beans-nutrition-facts-calories-and-their-health-benefits-4118125), 1/3 cup [corn](https://www.verywellfit.com/corn-facts-content-calories-and-health-benefits-4116932)kernels, and 1/4 cup shredded [cheddar cheese](https://www.verywellfit.com/cheddar-cheese-nutrition-facts-and-health-benefits-4797454) on an 8-inch whole wheat tortilla
* 1/4 cup [salsa](https://www.verywellfit.com/gluten-free-salsa-562360)and 1/4 cup [guacamole](https://www.verywellfit.com/healthy-tailgate-snack-ideas-5201383)

4 Carrots andHummus with a Protein Shake

* 1/2 cup [baby carrots](https://www.verywellfit.com/baby-carrot-nutrition-facts-and-health-benefits-5071650)
* 1/4 cup [hummus](https://www.verywellfit.com/hummus-nutrition-facts-calories-and-health-benefits-4111290)
* [Protein shake](https://www.verywellfit.com/best-protein-shakes-4169381): 2 scoops vanilla [whey protein powder](https://www.verywellfit.com/best-protein-powders-4157536) mixed with 1 cup unsweetened vanilla [almond milk](https://www.verywellfit.com/creative-ways-to-use-almond-milk-7091875)

5 Turkey Burger with Roasted Zucchini and Potato Wedges

* [Turkey burger](https://www.verywellfit.com/turkey-calories-and-nutrition-facts-3495667) on a 100% whole wheat bun with [lettuce](https://www.verywellfit.com/does-iceberg-lettuce-have-any-nutritional-value-2506266), [tomato](https://www.verywellfit.com/tomatoes-nutrition-facts-calories-and-health-benefits-4119981), and 2 teaspoons of [ketchup](https://www.verywellfit.com/ketchup-nutrition-facts-and-health-benefits-5024895)
* 1 [zucchini](https://www.verywellfit.com/summer-squash-and-zucchini-nutrition-facts-4114725)sliced into spears, roasted with 1 tablespoon olive oil
* 1/2 regular [potato](https://www.verywellfit.com/are-potatoes-gluten-free-or-do-they-have-gluten-in-them-562815), sliced into [french fries](https://www.verywellfit.com/gluten-free-french-fries-562451)and baked with 1 tablespoon olive oil

6 *Mini Bagel with Peanut Butter and Banana*

* 1 mini [bagel](https://www.verywellfit.com/bagel-nutrition-facts-calories-and-health-benefits-4109670)
* 2 tablespoons [peanut butter](https://www.verywellfit.com/is-peanut-butter-good-for-you-3495231)
* 1 medium [banana](https://www.verywellfit.com/are-bananas-bad-for-weight-loss-3495634)

Day 3

1 Oatmeal with Peanut Butter, Blueberries, and Hemp Seeds

* 1 cup [oatmeal](https://www.verywellfit.com/oats-nutrition-facts-calories-and-health-benefits-4118577)cooked in water
* 2 tablespoons peanut butter
* 1/2 cup [blueberries](https://www.verywellfit.com/blueberries-nutrition-facts-calories-and-health-benefits-4109926)
* 1 tablespoon hemp seeds

2 *Dried Mango, Almonds, and a Protein Shake*

* 4 slices of dried [mango](https://www.verywellfit.com/mango-calories-and-nutrition-facts-3982611)
* 15 almonds
* Protein shake: 1 scoop vanilla whey protein powder mixed with 1 cup unsweetened vanilla almond milk

3 Tuna Wrap with Avocado and Cheese

* [Tuna](https://www.verywellfit.com/tuna-nutrition-facts-calories-and-health-benefits-4114019) melt with 4 ounces of canned tuna mixed with 1/4 avocado, 1 slice of cheese, and slice of tomato on two slices of 100% whole wheat bread

4 *Pretzel Twists and Hummus*

* 15 2-inch long braided pretzel twists
* 1/4 cup [hummus](https://www.verywellfit.com/hummus-nutrition-facts-calories-and-health-benefits-4111290)

5 *Chicken and Cheese Quesadilla*

* 3 ounces shredded chicken, 1 ounce shredded cheddar cheese quesadilla in an 8-inch [whole wheat tortilla](https://www.verywellfit.com/corn-tortillas-versus-flour-tortillas-1087445)
* 1/4 cup salsa

6 *Apple with Almond Butter and Raisins*

* 1 apple
* 1 tablespoon almond butter
* 1/4 cup [raisins](https://www.verywellfit.com/carb-counts-for-raisins-2241818)

Day 4

1 Peanut Butter Toast with Banana

* One slice 100% whole wheat bread
* 2 tablespoons [peanut butter](https://www.verywellfit.com/is-peanut-butter-good-for-you-3495231)
* One banana

2 *Greek Yogurt, Raspberries, and High-Fiber Cereal*

* 1 cup 2% Greek yogurt
* 1/2 cup raspberries
* 3/4 cup [high-fiber cereal](https://www.verywellfit.com/high-fiber-fruit-flavored-gluten-free-cold-cereal-562794)

3 Greek Salad with Whole Wheat Pita Bread

* Salad with 1/2 cup chickpeas, 1/4 cup olives, 1/4 cup [feta cheese](https://www.verywellfit.com/feta-cheese-nutrition-facts-and-health-benefits-5204535), tomatoes, cucumbers, and 2 tablespoons [balsamic vinaigrette dressing](https://www.verywellfit.com/the-healthiest-dressings-for-your-salad-4120572)
* One 6-inch 100% whole wheat[pita bread](https://www.verywellfit.com/pita-bread-nutrition-facts-and-health-benefits-5213093)

4 *Plantain Chips, Guacamole, and Hard-Boiled Eggs*

* 15 [plantain chips](https://www.verywellfit.com/plantain-nutrition-facts-calories-health-benefits-4173452)
* 1/4 cup guacamole
* 2 hard-boiled eggs

5 *Grilled Salmon, Baked Sweet Potato,and Broccoli*

* 4 ounces [grilled salmon](https://www.verywellfit.com/salmon-nutrition-facts-calories-and-health-benefits-4106641)
* 1 medium [baked sweet potato](https://www.verywellfit.com/baked-sweet-potatoes-nutrition-facts-and-health-benefits-4800992)
* 1/2 cup roasted broccoli

6 *Dark Chocolate and a Protein Shake*

* 2 squares 70% [dark chocolate](https://www.verywellfit.com/gluten-free-chocolate-bars-562448)
* Protein Shake: 1 scoop vanilla whey protein powder mixed with 1 cup unsweetened almond milk

Day 5