

****Monday****

Monday

Meal 1: 9:00 AM

Food: 2 whole eggs, 1 scoop of protein powder (30g)
Macros: 280 kcal | 26g P | 0g C | 18g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked brown rice, 1 cup mixed vegetables
Macros: 420 kcal | 43g P | 40g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled chicken (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted chickpeas
Macros: 420 kcal | 40g P | 20g C | 20g F

■ Daily Total
■ 1120 kcal | 109g Protein | 60g Carbs | 48g Fat
Note: Balanced meal with protein from eggs and chicken, complex carbs from brown rice, and healthy fats from olive oil and avocado.

****Tuesday****

Tuesday

Meal 1: 9:00 AM

Food: 1 cup Greek yogurt, 1 scoop of protein powder (30g), 1 banana
Macros: 250 kcal | 25g P | 30g C | 0g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked quinoa, 1 cup steamed broccoli
Macros: 420 kcal | 43g P | 30g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled salmon (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted sweet potatoes
Macros: 420 kcal | 40g P | 40g C | 20g F

■ Daily Total
■ 1090 kcal | 108g Protein | 100g Carbs | 30g Fat
Note: Balanced meal with protein from Greek yogurt and chicken, complex carbs from quinoa and sweet potatoes, and healthy fats from olive oil and salmon.

****Wednesday****

Wednesday

Meal 1: 9:00 AM

Food: 2 whole eggs, 1 cup mixed berries, 1 scoop of protein powder (30g)
Macros: 280 kcal | 26g P | 20g C | 18g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked brown rice, 1 cup mixed vegetables
Macros: 420 kcal | 43g P | 40g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled chicken (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted chickpeas
Macros: 420 kcal | 40g P | 20g C | 20g F

■ Daily Total
■ 1120 kcal | 109g Protein | 80g Carbs | 48g Fat

Note: Balanced meal with protein from eggs and chicken, complex carbs from brown rice, and healthy fats from olive oil and avocado.

Thursday

Thursday

Meal 1: 9:00 AM

Food: 1 cup Greek yogurt, 1 scoop of protein powder (30g), 1 cup mixed nuts
Macros: 300 kcal | 30g P | 20g C | 20g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked quinoa, 1 cup steamed green beans
Macros: 420 kcal | 43g P | 30g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled chicken (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted sweet potatoes
Macros: 420 kcal | 40g P | 40g C | 20g F

■ Daily Total
■ 1140 kcal | 113g Protein | 90g Carbs | 50g Fat

Note: Balanced meal with protein from Greek yogurt and chicken, complex carbs from quinoa and sweet potatoes, and healthy fats from olive oil and avocado.

Friday

Friday

Meal 1: 9:00 AM

Food: 2 whole eggs, 1 cup mixed berries, 1 scoop of protein powder (30g)
Macros: 280 kcal | 26g P | 20g C | 18g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked brown rice, 1 cup mixed vegetables
Macros: 420 kcal | 43g P | 40g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled chicken (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted chickpeas
Macros: 420 kcal | 40g P | 20g C | 20g F

■ Daily Total
■ 1120 kcal | 109g Protein | 80g Carbs | 48g Fat

Note: Balanced meal with protein from eggs and chicken, complex carbs from brown rice, and healthy fats from olive oil and avocado.

Saturday

Saturday

Meal 1: 9:00 AM

Food: 1 cup Greek yogurt, 1 scoop of protein powder (30g), 1 banana
Macros: 250 kcal | 25g P | 30g C | 0g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked quinoa, 1 cup steamed broccoli
Macros: 420 kcal | 43g P | 30g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled salmon (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted sweet potatoes
Macros: 420 kcal | 40g P | 40g C | 20g F

■ Daily Total
■ 1090 kcal | 108g Protein | 100g Carbs | 30g Fat

Note: Balanced meal with protein from Greek yogurt and chicken, complex carbs from quinoa and sweet potatoes, and healthy fats from olive oil and salmon.

Sunday

Sunday

Meal 1: 9:00 AM

Food: 2 whole eggs, 1 cup mixed berries, 1 scoop of protein powder (30g)
Macros: 280 kcal | 26g P | 20g C | 18g F

Meal 2: 1:00 PM

Food: 2 chicken breast (120g), 1 cup cooked brown rice, 1 cup mixed vegetables
Macros: 420 kcal | 43g P | 40g C | 10g F

Meal 3: 9:00 PM

Food: 1 cup grilled chicken (120g), 1 cup mixed salad with 1 tablespoon olive oil, 1 cup roasted chickpeas
Macros: 420 kcal | 40g P | 20g C | 20g F

■ Daily Total
■ 1120 kcal | 109g Protein | 80g Carbs | 48g Fat

Note: Balanced meal with protein from eggs and chicken, complex carbs from brown rice, and healthy fats from olive oil and avocado.