

## **Introduction:**

Welcome to your meal plan, designed for those seeking simplicity, ease, and affordability. This plan simplifies your dietary choices, making it easier to achieve your goals without breaking the bank or spending hours in the kitchen. As you move closer to your fitness goals, have a delicious meal and snacks. This plan offers balanced nutrition to support your journey, whether you're aiming for muscle gain, weight maintenance, or overall health improvement.

## **Explanation:**

This meal plan provides a moderate calorie intake with a focus on essential nutrients like high protein and carbohydrates. It also allows flexibility for personal preferences. You'll find space for a snack or two throughout the day—whether it's a small individual bag of chips, a Rice Krispies treat before hitting the gym, a handful of nuts, or some fruit.

It's important to enjoy these snacks in moderation, as they complement your meals without overshadowing your goals. As you progress week by week, you'll notice these snacks gradually diminishing from the plan, allowing you to fine-tune your dietary habits.

While soda is included as an optional treat, it's not a requirement for the plan's success. If you prefer to skip it, that's completely fine. If you choose to indulge, consider sugar-free options or try alternatives like Crystal Light to satisfy your craving without compromising your nutritional goals.

Additionally, feel free to divide the serving of cottage cheese throughout the day, whether that's at breakfast, lunch, or dinner, based on your preference. The flavor of items like cream cheese or soda isn't critical, as long as the item is similar (e.g., Sprite vs. Dr. Pepper, regular cream cheese vs. onion and chive).

You should follow this program for at least 2-3 weeks to start noticing any changes. If you find you're maintaining, gaining, or losing weight, adjust your calories by 200-300 depending on your goals. You can reduce or eliminate snacks, or add more food, such as an extra snack or meal like a cup of nuts or an additional half bagel. Stick with the changes until you see results!

## **Closing:**

Good luck on your journey! I hope to see you at the finish line. Please share your success with me or reach out if you have any questions or concerns.

**Disclaimer:**

While we strive to ensure high protein content and affordability, please note that occasionally, due to specific dietary needs, availability, and location, some meals may vary in macronutrient composition or incur additional costs. Nonetheless, our premade food meal plan is designed to provide convenient and balanced nutrition to support your overall diet and health goals. Enjoy delicious, ready-to-eat options that fit seamlessly into your daily routine, helping you achieve your nutritional targets effortlessly.

**Medical Disclaimer:**

The information in this meal plan is for educational purposes only and is not a substitute for professional medical advice. Always consult with your physician or another qualified health provider if you have concerns about your health or diet. Never disregard professional medical advice or delay in seeking it because of something you have read in this meal plan. Reliance on any information provided in this meal plan is solely at your own risk. The creators of this meal plan are not liable for any loss or damage resulting from reliance on the information provided herein. Consult with a qualified healthcare professional before making any changes to your diet or lifestyle.

Individual responses to dietary changes may vary, and the meal plan is not tailored to individual medical conditions or specific health needs. It is essential to consult with a healthcare professional before starting any new diet or meal plan, especially if you have underlying medical conditions, are pregnant or breastfeeding, or are taking medications.

While the meal plan is designed to promote health and well-being, there is no guarantee of specific outcomes or results. The user assumes full responsibility for their use of the meal plan and any consequences thereof. Any mention of specific products, brands, or services in the meal plan does not constitute an endorsement by the creators of the meal plan.

**Medium Calorie | High Protein | Medium Carb | Low/Medium Fat**  
**1 Item to Cook**

Calories - 2200 | Fat - 53 | Carbs - 211 | Protein - 214.5

**Breakfast:**

**Smart Ones Cheesy Scramble With Hash Browns**

Calories - 190 | Fat - 7 | Carbs - 16 | Protein - 15

**Oikos Triple Zero Greek Yogurt - 1 Cup**

Calories - 90 | Fat - 0 | Carbs - 8 | Protein - 15

**Lunch:**

**Healthy Choice Max Lemon Herb Chicken Protein Bowl**

Calories - 460 | Fat - 14 | Carbs - 50 | Protein - 33

**Oikos Triple Zero Greek Yogurt - 1 Cup**

Calories - 90 | Fat - 0 | Carbs - 8 | Protein - 15

**Dr. Pepper Strawberries & Cream Zero Sugar**

Calories - 0 | Fat - 0 | Carbs - 0 | Protein - 0

**Dinner:**

**Carne Asada Burritos**

Calories - 490 | Fat - 19 | Carbs - 55 | Protein - 22

**Healthy Choice Cafe Steamers Grilled Chicken Marinara with Parmesan**

Calories - 280 | Fat - 5 | Carbs - 36 | Protein - 21

**Hannaford Lowfat Small Curd Cottage Cheese - ½ cup (112g)**

Calories - 90 | Fat - 1 | Carbs - 6 | Protein - 13

**Before Bed/After Gym:**

**Whey Protein - 3 Scoops**

Calories - 360 | Fat - 3 | Carbs - 9 | Protein - 72

**PBFit - 1 Scoop (2 tbsp)**

Calories - 60 | Fat - 2 | Carbs - 6 | Protein - 8

**Rice Krispie Treat - 1**

Calories - 90 | Fat - 2 | Carbs - 17 | Protein - 0.5

**Total Cost:** (Subtract \$7.89 if you dont buy sugar free soda)

\$156.42

[Plan Breakdown](#)