

Sample Meal Plan

This meal plan provides approximately 1200-1400 calories per day with at least 80g of protein, 25-30g of fiber, and 40-60g of fat. It includes a variety of nutrient-rich foods and is low in added sugars. Adjust portion sizes or ingredients as needed to meet your specific dietary preferences and requirements.

For personalized recommendations, meet with one of our Registered Dietitians

Day 1:

Breakfast

Scrambled eggs (2 eggs) with spinach and tomatoes cooked in olive oil, 1 slice of whole grain toast

Lunch

Grilled chicken salad: Mixed greens, grilled chicken breast (3 oz), cucumber, bell peppers, and a vinaigrette dressing made with olive oil and balsamic vinegar

1 small apple

Snack

Greek yogurt (6 oz) with sliced almonds and a sprinkle of cinnamon (150 calories)

Dinner

Baked salmon (4 oz) with roasted asparagus and quinoa (400 calories)

Day 2:

Breakfast

Overnight oats made with rolled oats, almond milk, whey protein powder, chia seeds, sliced banana

Lunch

Turkey and avocado wrap: Whole grain wrap filled with sliced turkey breast, avocado, lettuce, and tomato
Baby carrots on the side

Snack

Cottage cheese (½ cup) with sliced strawberries

Dinner

Stir-fried tofu with mixed vegetables (broccoli, bell peppers, snap peas) served over cauliflower rice

Day 3:

Breakfast

Protein smoothie: Blend together spinach, banana, unsweetened almond milk, protein powder, and a tablespoon of peanut butter (300 calories)

Lunch

Grilled shrimp salad: Mixed greens, grilled shrimp (3 oz), cherry tomatoes, cucumber, and a vinaigrette dressing made with olive oil and lemon juice

Snack

Whole grain crackers with hummus (150 calories)

Dinner

Baked chicken breast (4 oz) with roasted Brussels sprouts and sweet potato wedges

Day 4:

Breakfast

Avocado toast: Whole grain toast topped with mashed avocado and 2 sliced boiled eggs

Lunch

Lentil and vegetable soup: A hearty soup made with lentils, carrots, celery, onions, and tomatoes

Snack

Sliced cucumber with hummus (150 calories)

Dinner

Baked cod fillet (4 oz) with steamed green beans and quinoa

Day 5:

Breakfast

Scrambled eggs with sautéed spinach, mushrooms, and onions, 1 slice of multigrain or whole grain toast

Lunch

Turkey and vegetable stir-fry: Lean ground turkey stir-fried with mixed vegetables (bell peppers, snap peas, carrots) served over ½ cup of brown rice

Snack

Greek yogurt (6 oz) with mixed berries

Dinner

Grilled sirloin steak (4 oz) with roasted cauliflower and a side salad

Grocery List

****Proteins:****

- Chicken breast (8 oz)
- Eggs (1 dozen)
- Salmon fillets (12 oz)
- Tofu (14 oz)
- Shrimp (9 oz)
- Ground turkey (14 oz)
- Lean beef steak (20 oz)
- Cod fillets (16 oz)
- Canned lentils (2 cans)

****Fruits and Vegetables:****

- Spinach (2 bags)
- Tomatoes (6 medium)
- Bell peppers (4)
- Cucumber (2)
- Asparagus (1 bunch)
- Broccoli (2 heads)
- Brussels sprouts (1 lb)
- Sweet potatoes (4)
- Bananas (5)
- Oranges (5)
- Strawberries (1 pint)
- Avocado (5)
- Lemon (2)
- Baby carrots (1 bag)
- Lettuce mix or mixed greens (1 bag)
- Cherry tomatoes (1 pint)
- Cauliflower (1 head)
- Green beans (1 lb)
- Mushrooms (1 lb)
- Onions (4)
- Celery (1 bunch)
- Garlic (1 bulb)

****Grains and Legumes:****

- Quinoa (1 lb)
- Brown rice (1 lb)
- Whole grain bread (1 loaf)
- Whole grain wraps (1 pack)
- Rolled oats (1 lb)
- Whole grain crackers

****Dairy and Alternatives:****

- Greek yogurt (32 oz)
- Cottage cheese (16 oz)
- Almond milk (32 oz)

****Nuts and Seeds:****

- Sliced almonds (1 cup)
- Chia seeds (1/4 cup)
- Peanut butter (1 jar)
- Hummus (1 container)

****Condiments and Oils:****

- Olive oil
- Balsamic vinegar
- Lemon juice
- Soy sauce
- Seasonings: Salt, pepper, garlic powder, cinnamon

Make sure to adjust quantities based on your personal needs and preferences. Happy shopping and cooking!