

Day 01

Breakfast:

**2 cups cold cereal + 1 cup low-fat milk
+ 1 piece of fruit + 1 boiled egg**

☒ Strengths:

- Perfect balance of carbs, protein, and fiber
- Quick, convenient breakfast option
- Egg adds high-quality protein for satiety

Tweaks:

- Choose whole grain cereals with >3g fiber and <10g sugar
- Add cinnamon to milk for flavor without calories
- Cut fruit directly into cereal for integrated flavors



Layered Breakfast Parfait Bowl

- Layer cereal with milk in a wide bowl
- Slice fruit (banana or berries work best) between layers
- Chop boiled egg and sprinkle on top with a pinch of black pepper
- Optional: add 1 tbsp chopped nuts for healthy fats and crunch

Lunch:

3 cups salad + 5 oz sliced chicken breast + 3 tbsp low-fat dressing + 1 piece of fruit

☒ Strengths:

- A nutrient-dense meal with ample vegetables
- Protein-rich with lean chicken
- Fresh fruit provides natural sweetness as a dessert

Tweaks:

- Build your salad with at least three different colored vegetables
- Make your dressing with two parts vinegar, 1 part oil, and herbs
- Add 1-2 tbsp seeds (sunflower, pumpkin) for crunch and nutrients



Southwest Chicken Power Bowl

- Base: Mixed greens, chopped romaine, and shredded cabbage
- Protein: Season chicken with cumin, chili powder, and lime before grilling
- Toppings: Diced tomatoes, corn, black beans (½ cup)
- Dressing: Cilantro-lime vinaigrette (lime juice, olive oil, chopped cilantro)
- Serve fruit on the side or chop it into salad for a sweet contrast

Day 01

Afternoon Meal:

4 oz turkey + 2 slices whole wheat bread + 1 tbsp mayo/mustard + 1 slice low-fat cheese + pretzels

☑ Strengths:

- Balanced macronutrients with protein, complex carbs, and fats
- Satisfying sandwich plus a crunchy side element
- Whole grains provide sustained energy through the afternoon

💡 Tweaks:

- Add leafy greens and a tomato slice for vegetables and freshness
- Try mixing mayo with hot sauce or herbs for flavor dimension
- Choose pretzels without added flavors/seasonings to control sodium



Elevated Turkey Club Stack

- Toast bread lightly to prevent sogginess
- Spread: Mix 2 tsp mayo with 1 tsp mustard and fresh herbs
- Layer: Turkey, cheese, lettuce, tomato, thin-sliced cucumber, red onion
- Cut diagonally and serve with a small handful of pretzels
- Add a pickle spear on the side for brightness

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Afternoon Snack:

Air-popped popcorn dusted with garlic powder or cinnamon

Dinner:

5 oz baked fish + 2 cups steamed vegetables

☑ Strengths:

- Lean protein source rich in omega-3s (if using fatty fish)
- High volume of vegetables for nutrients and fiber
- Light evening meal for better sleep quality

💡 Tweaks:

- Season fish with herbs, lemon, and garlic before baking
- Mix different colored vegetables for varied nutrients
- Add 2 tsp olive oil or a small pat of butter for essential fats



Mediterranean Sheet Pan Fish Dinner

- Marinate fish in lemon juice, olive oil, garlic, and herbs (10 min)
- On a sheet pan, arrange fish with chopped vegetables (bell peppers, zucchini, cherry tomatoes, red onion)
- Season everything with salt, pepper, and herbs de Provence
- Bake at 400°F for 12-15 minutes until fish flakes easily
- Finish with fresh lemon zest and chopped parsley

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Evening Snack:

a handful of lightly toasted cashews with sea salt/garlic powder or cinnamon

Day 02

Breakfast:

1 cup cold cereal + 1 cup low-fat milk + 1 medium banana + 1 cup orange juice

☒ Strengths:

- Quick morning starter with multiple carbohydrate sources
- Good vitamin C from orange juice supports immune function
- Potassium-rich banana helps with electrolyte balance

Tweaks:

- Consider diluting the juice 50/50 with water to reduce the sugar impact
- Choose cereal with at least 3g of fiber per serving
- Add 1 tbsp ground flaxseed or chia for omega-3s



Banana Bread Breakfast Bowl

- Mix cereal with cinnamon and a dash of nutmeg
- Slice half the banana into cereal and milk
- Mash the other half with 1 tbsp nut butter (if available) for a “banana bread” topping.
- Sip orange juice on the side rather than pouring it over cereal



Lunch:

2 cups mixed vegetables + 3 tbsp low-fat dressing + 1 cup soup

☒ Strengths:

- A vegetable-focused meal provides abundant micronutrients
- Soup adds satisfaction and hydration
- Light but filling midday option

Tweaks:

- Choose a broth-based soup with beans or lentils for protein
- Use half the dressing and add vinegar or lemon juice for flavor
- Include crunchy vegetables (carrots, bell peppers) for texture contrast



Warm & Cool Vegetable Plate

- Heat the soup and pour it into a wide, shallow bowl
- Arrange raw vegetables in groups around half the bowl
- For warm vegetables, quickly steam broccoli, cauliflower, or green beans
- Make a quick dressing with Greek yogurt, lemon, herbs, and drizzle over vegetables
- Add a few whole-grain crackers if desired for crunch

Day 02

Afternoon Meal:

5 oz chicken breast sandwich with vegetables

☑ Strengths:

- Complete protein from chicken supports muscle maintenance
- Whole grains provide sustainable energy
- Vegetables add fiber, nutrients, and volume

💡 Tweaks:

- Slice chicken thinly for a better sandwich structure
- Toast the bread lightly to prevent sogginess from the vegetables
- Add an avocado slice or a hummus spread for healthy fat



Bistro-Style Chicken Sandwich

- Season chicken with herbs and grill or bake
- Layer: Bottom bread → spread → lettuce → tomato → chicken → cucumber → spread → top bread
- Quick pickle vegetables: Thinly slice cucumber, red onion; soak in vinegar with a pinch of salt/sugar for 10 minutes
- Serve open-faced for fewer carbs or as a traditional sandwich.

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Afternoon Snack:

soft dried apricots
paired with chilled
skim milk

Dinner:

5 oz grilled fish + 2 cups vegetables

☑ Strengths:

- Grilling adds flavor without extra calories
- Fish provides lean protein and heart-healthy fats
- A high volume of vegetables creates satisfaction

💡 Tweaks:

- Use a foil packet for fish to lock in moisture and flavor
- Try a dry rub of herbs and spices instead of a marinade
- Grill vegetables alongside fish for smoky flavor



Citrus-Herb Grilled Fish with Charred Vegetable Medley

- Make a simple herb rub with lemon zest, dried herbs, and garlic powder
- Grill fish over medium heat (or use a grill pan indoors)
- Toss vegetables in minimal oil, salt, pepper, and grill until tender-crisp
- Finish with fresh herbs and a squeeze of lemon juice

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Evening Snack:

crunchy animal
crackers with a juicy
orange wedge



Day 03

Breakfast:

**2-4 egg whites + 2 strips turkey bacon
+ 1 cup low-fat milk**

☒ Strengths:

- Protein-focused breakfast supports muscle maintenance
- Low in calories but high in satiety
- Calcium from milk supports bone health

Tweaks:

- Add vegetables to egg whites for volume and nutrients
- Consider using one whole egg + two egg whites for better flavor and nutrients
- Warm the milk with cinnamon for a comforting drink



Savory Breakfast Scramble

- Sauté diced bell pepper and spinach in a small amount of cooking spray
- Add egg whites and scramble until just set
- Serve with turkey bacon on the side
- Sprinkle with fresh herbs (chives, parsley) and black pepper
- Serve milk cold or warmed with cinnamon as a beverage

Lunch:

6 oz yogurt + 1 cup fruit + 1 cup vegetables + 1 cup brown rice

☒ Strengths:

- A Probiotic benefits of yogurt for gut health
- Multiple food groups in one meal for balanced nutrition
- Fiber from fruit, vegetables, and brown rice for fullness

Tweaks:

- Choose plain yogurt and add your fruit to control sugar
- Roast vegetables ahead of time for better flavor
- Season rice with herbs or lemon zest for interest



Mediterranean Yogurt Power Bowl

- Layer: Brown rice (warm or cold) → seasoned with lemon zest and herbs
- Top with cucumber, cherry tomatoes, bell peppers, and carrots
- Add yogurt mixed with a pinch of salt, garlic powder, and lemon juice
- Crown with fresh or dried fruit (berries, pomegranate, or chopped apple)
- Garnish with fresh mint and a sprinkle of cinnamon

Day 03

Afternoon Meal:

5 oz chicken breast + 2 cups vegetables

✓ Strengths:

- Clean protein source paired with nutrient-dense vegetables
- A high-volume, low-calorie meal keeps you full
- Adaptable to many flavor profiles and cooking methods

💡 Tweaks:

- Marinate chicken for at least 15 minutes before cooking
- Roast vegetables instead of steaming for a deeper flavor
- Add herbs, spices, or a small amount of healthy fat like olive oil



One-Pan Herb Roasted Chicken & Rainbow Vegetables

- Season chicken breast with herbs, garlic, lemon zest, salt, and pepper
- On a sheet pan, arrange chicken and vegetables (choose 3+ colors)
- Drizzle everything with 2 tsp olive oil and roast at 425°F for 20-25 minutes
- Finish with fresh lemon juice and herbs just before serving
- For added flavor, include 1 tbsp capers or olives if desired

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Afternoon Snack:

crisp baby carrots
with a side of spicy hummus

Dinner:

5 oz lean steak + 2 cups vegetables

✓ Strengths:

- Iron-rich red meat supports energy levels and oxygen transport
- High-protein dinner aids overnight muscle recovery
- Abundant vegetables provide fiber and micronutrients

💡 Tweaks:

- Choose leaner cuts like sirloin, flank, or filet
- Marinate steak with acid (vinegar, citrus) to tenderize
- Vary vegetable cooking methods for textural contrast



Steakhouse-Inspired Dinner Plate

- Season steak simply with salt, pepper, and garlic powder; let rest at room temperature for 15 minutes
- Pan-sear steak 3-4 minutes per side for medium-rare, rest for 5 minutes before slicing against the grain
- Prepare two vegetable sides with different preparations:
 - ▶ Quick-roasted broccoli with lemon (high heat, 10 minutes)
 - ▶ Sautéed mushrooms with thyme and a touch of butter
- Serve with mustard or homemade chimichurri (parsley, garlic, vinegar, oil)

Pick a snack from the menu or try one of my go-to combos – here's what I'm having today:

Evening Snack:
sharp cheddar
paired with warm
gingersnaps