

Sample Nutrition Plan

The actual nutrition plans will include calories and macronutrients for each meal. This sample does not.

Day 1:

- Breakfast: Oatmeal with almond milk, diced chicken breast, and a sliced banana.
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, and avocado.
- Dinner: Grilled salmon with roasted sweet potatoes and steamed broccoli.
- Snack: Hard-boiled egg with carrot sticks.

Day 2:

- Breakfast: Scrambled eggs with diced turkey breast and whole grain toast.
- Lunch: Turkey and cheese wrap with mixed greens and mustard.
- Dinner: Baked chicken breast with quinoa and steamed asparagus.
- Snack: Greek yogurt with mixed berries.

Day 3:

- Breakfast: Peanut butter and banana smoothie with almond milk and protein powder.
- Lunch: Grilled shrimp salad with mixed greens, cherry tomatoes, and cucumber.
- Dinner: Baked cod or Steak with brown rice and roasted vegetables.
- Snack: Rice cake with almond butter and sliced apple.

Day 4:

- Breakfast: Veggie omelet with diced turkey breast, mushrooms, and whole grain toast.
- Lunch: Chicken and vegetable stir-fry with brown rice.
- Dinner: Grilled steak with sweet potato and steamed green beans.
- Snack: Roasted chickpeas.

Day 5:

- Breakfast: Whole grain waffles with almond butter and sliced turkey breast.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and cucumber.
- Dinner: Baked turkey breast with quinoa and steamed vegetables.
- Snack: Apple slices with almond butter.

Day 6:

- Breakfast: Whole grain bagel with cream cheese and diced turkey breast.
- Lunch: Grilled chicken sandwich with mixed greens and avocado.
- Dinner: Grilled pork chops with sweet potato and steamed broccoli.
- Snack: Edamame with chili powder.

Day 7:

- Breakfast: Whole grain pancakes with diced chicken breast and mixed berries.
- Lunch: Turkey and cheese roll-up with mixed greens and mustard.
- Dinner: Baked salmon with brown rice and steamed asparagus.
- Snack: Cottage cheese with sliced peaches.

Remember to drink plenty of water throughout the day, and adjust portion sizes to meet your individual calorie needs. This diet is designed to provide at least 1 gram of protein per pound of body weight, so adjust accordingly based on your weight and fitness goals.

If you would like a more personalized one (including foods you love!) email me

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