

Week 1 Sample Meal Plan

A simple seven-day starting point - not a strict diet

HOW TO USE THIS PLAN

Use these meals for your first week, repeat favorites, or swap proteins while keeping a similar portion. The goal is to make balanced meals feel easier - not to follow every line perfectly.

A few important notes

- Macros are estimates. Brands, cooking methods, and exact portions will change the numbers.
- This sample averages about 1,575-1,620 calories and 121-129g protein daily. It is not an individualized calorie prescription.
- Adjust portions or add food based on your hunger, body size, activity, health needs, and guidance from your healthcare professional.
- Choose water throughout the day. Add electrolytes when appropriate for your activity and health needs.
- If you have allergies, a medical condition, are pregnant or postpartum, take medication affecting nutrition or blood sugar, or have a history of disordered eating, ask a qualified professional what is appropriate for you.

Simple protein swaps

For most lunches and dinners, swap one 4-5 oz cooked protein for another: chicken breast, turkey, lean beef, pork tenderloin, fish, shrimp, tofu, or tempeh. For breakfast or snacks, rotate Greek yogurt, cottage cheese, eggs, turkey, a protein shake, or another protein you enjoy. Keep the rest of the plate similar and expect the macros to shift slightly.

Prep once, make the week easier

Cook a batch of chicken, rice, roasted potatoes, and chopped vegetables. Hard-boil a few eggs, wash fruit, and portion easy snacks. Leftovers are part of the plan - not a failure to make something new.

Day 1

Approx. 1,605 calories | 129g protein | 175g carbs | 47g fat

Breakfast - Greek Yogurt Crunch Bowl

305 cal | 27P | 37C | 6F

1 cup plain nonfat Greek yogurt, 1/2 cup berries, 1/4 cup high-protein granola, and 1 tsp honey. Spoon into a bowl and stir.

Snack 1 - Apple + Peanut Butter

190 cal | 4P | 28C | 8F

Slice 1 medium apple and serve with 1 tbsp peanut butter.

Lunch - Chicken Rice Bowl

430 cal | 39P | 45C | 11F

Layer 4 oz cooked chicken breast, 1/2 cup cooked jasmine rice, 1 cup roasted or steamed vegetables, 2 tbsp salsa, and 1/4 avocado.

Snack 2 - Cottage Cheese + Berries

160 cal | 20P | 15C | 2F

Top 3/4 cup low-fat cottage cheese with 1/2 cup berries.

Dinner - Sheet-Pan Salmon Plate

520 cal | 39P | 50C | 20F

Season 5 oz salmon, 1 medium sweet potato cut into cubes, and 1 1/2 cups broccoli. Toss vegetables with 2 tsp olive oil. Roast at 425 F until salmon flakes and vegetables are tender, about 15-22 minutes.

Day 2

Approx. 1,590 calories | 122g protein | 166g carbs | 50g fat

Breakfast - Egg + Oat Breakfast

350 cal | 25P | 36C | 12F

Cook 1/2 cup dry oats with water and cinnamon. Serve with 1 whole egg plus 3 egg whites scrambled. Add 1/2 cup berries to the oats.

Snack 1 - Banana Protein Shake

210 cal | 25P | 27C | 2F

Blend 1 scoop protein powder, 1/2 banana, ice, water, and cinnamon until smooth.

Lunch - Turkey Hummus Wrap

400 cal | 35P | 43C | 11F

Fill 1 high-fiber tortilla with 4 oz sliced turkey, 2 tbsp hummus, cucumber, tomato, and spinach or another crunchy vegetable. Roll and serve with baby carrots.

Snack 2 - String Cheese + Grapes

170 cal | 8P | 23C | 6F

Pair 1 part-skim string cheese with 1 cup grapes.

Dinner - Beef Taco Bowl

460 cal | 29P | 37C | 19F

Brown 4 oz 93% lean ground beef with taco seasoning. Serve over 1/2 cup cooked rice with 1/2 cup black beans, lettuce or cabbage, tomato, salsa, and 1 tbsp plain Greek yogurt.

Day 3

Approx. 1,575 calories | 126g protein | 165g carbs | 47g fat

Breakfast - Cottage Cheese Toast Plate

330 cal | 27P | 38C | 8F

Top 1 slice whole-grain toast with 3/4 cup low-fat cottage cheese and sliced tomato. Serve with 1 small orange.

Snack 1 - Yogurt + Almonds

185 cal | 17P | 15C | 7F

Pair 3/4 cup plain Greek yogurt with 10 almonds.

Lunch - Leftover Taco Salad Bowl

395 cal | 32P | 39C | 13F

Combine 4 oz leftover taco beef, 1/2 cup black beans, chopped vegetables or cabbage, salsa, and 1/4 avocado. Add 1/4 cup cooked rice if desired.

Snack 2 - Turkey Roll-Ups + Pear

180 cal | 16P | 24C | 3F

Roll 3 oz sliced turkey around cucumber sticks. Serve with 1 small pear.

Dinner - Chicken Pasta Primavera

485 cal | 34P | 49C | 16F

Saute 4 oz sliced chicken and 1 1/2 cups mixed vegetables in 2 tsp olive oil. Toss with 1 cup cooked protein or whole-grain pasta and 1/3 cup marinara. Heat through.

Day 4

Approx. 1,600 calories | 125g protein | 172g carbs | 48g fat

Breakfast - Berry Protein Smoothie

340 cal | 31P | 43C | 6F

Blend 1 scoop protein powder, 3/4 cup Greek yogurt, 1 cup frozen berries, 1/2 banana, water, and ice.

Snack 1 - Egg + Fruit

170 cal | 7P | 22C | 6F

Pair 1 hard-boiled egg with 1 medium peach or apple.

Lunch - Tuna Crunch Pita

390 cal | 36P | 42C | 10F

Mix 1 tuna pouch or 4 oz canned tuna with 2 tbsp Greek yogurt, mustard, celery, salt, and pepper. Stuff into 1 whole-wheat pita with cucumber and tomato.

Snack 2 - Cottage Cheese + Pineapple

175 cal | 19P | 20C | 2F

Top 3/4 cup low-fat cottage cheese with 1/2 cup pineapple.

Dinner - Pork Tenderloin, Potatoes + Green Beans

525 cal | 32P | 45C | 24F

Season 5 oz pork tenderloin and roast or pan-sear until safely cooked. Serve with 1 cup roasted baby potatoes and 1 1/2 cups green beans tossed with 2 tsp olive oil.

Day 5

Approx. 1,585 calories | 128g protein | 161g carbs | 49g fat

Breakfast - Breakfast Quesadilla

355 cal | 28P | 34C | 13F

Scramble 1 egg plus 3 egg whites. Add to 1 high-fiber tortilla with 1/4 cup shredded cheese and salsa; fold and toast in a skillet.

Snack 1 - Greek Yogurt

150 cal | 18P | 17C | 1F

Stir cinnamon and 1 tsp honey into 3/4 cup plain Greek yogurt.

Lunch - Chicken Caesar-Inspired Wrap

410 cal | 38P | 39C | 12F

Fill 1 high-fiber tortilla with 4 oz chicken, chopped romaine or cabbage, tomato, 1 tbsp Parmesan, and 1 tbsp light Caesar dressing.

Snack 2 - Banana + Peanut Butter

195 cal | 4P | 30C | 8F

Serve 1 small banana with 1 tbsp peanut butter.

Dinner - Turkey Meatballs + Marinara

475 cal | 40P | 41C | 15F

Mix 5 oz lean ground turkey with 1 tbsp breadcrumbs, Italian seasoning, salt, and pepper. Form meatballs and bake at 400 F until cooked through. Serve with 3/4 cup cooked pasta, 1/2 cup marinara, and roasted zucchini.

Day 6

Approx. 1,620 calories | 121g protein | 171g carbs | 53g fat

Breakfast - Peanut Butter Overnight Oats

365 cal | 25P | 45C | 10F

The night before, stir 1/2 cup oats, 3/4 cup Greek yogurt, 1/2 cup milk, 1 tbsp peanut butter powder or 2 tsp peanut butter, and cinnamon. Chill overnight.

Snack 1 - Cheese + Orange

165 cal | 8P | 19C | 7F

Pair 1 part-skim string cheese with 1 orange.

Lunch - Easy Chicken Snack Plate

390 cal | 36P | 36C | 12F

Arrange 4 oz cooked chicken, 6 whole-grain crackers, cucumber and pepper slices, 2 tbsp hummus, and grapes.

Snack 2 - Protein Shake

160 cal | 25P | 10C | 2F

Shake 1 scoop protein powder with water and ice. Add unsweetened milk if preferred and adjust macros.

Dinner - Burger Bowl + Oven Fries

540 cal | 27P | 61C | 22F

Cook a 4 oz 93% lean beef patty. Serve over chopped vegetables with tomato, pickles, onion, ketchup, and mustard. Add oven fries made from 1 medium potato tossed with 2 tsp olive oil.

Day 7

Approx. 1,595 calories | 124g protein | 169g carbs | 49g fat

Breakfast - Veggie Egg Scramble + Toast

345 cal | 27P | 33C | 12F

Scramble 2 eggs plus 2 egg whites with peppers, onion, and spinach or another vegetable. Serve with 1 slice whole-grain toast and berries.

Snack 1 - Cottage Cheese + Peach

175 cal | 19P | 21C | 2F

Top 3/4 cup low-fat cottage cheese with 1 sliced peach.

Lunch - Salmon Rice Bowl

420 cal | 31P | 43C | 14F

Combine 4 oz cooked salmon, 1/2 cup cooked rice, cucumber, carrots, and cabbage. Add soy sauce or coconut aminos and a squeeze of lime.

Snack 2 - Greek Yogurt + Walnuts

185 cal | 16P | 13C | 8F

Top 3/4 cup plain Greek yogurt with 1 tbsp chopped walnuts and cinnamon.

Dinner - Slow-Cooker Salsa Chicken Tacos

470 cal | 31P | 59C | 13F

Cook chicken breasts with salsa until tender, then shred. Fill 2 corn tortillas with 5 oz chicken, cabbage, tomato, and 1/4 avocado. Serve with 1/2 cup black beans.

Build Your Next Week

Keep what worked. Change what did not. Return - do not restart.

1. Choose two breakfasts

Repeat the two that felt easiest and kept you satisfied. Variety is optional; consistency is useful.

2. Choose two lunches

Use leftovers on purpose. A bowl, wrap, or snack plate can use the same cooked protein in a different way.

3. Choose three dinners

Pick dinners your household will eat. Build each around 4-6 oz of protein, vegetables, a helpful carbohydrate portion, and a little fat.

4. Keep two easy snacks ready

Pair protein with produce when you can: yogurt and berries, cottage cheese and fruit, turkey and an apple, or a shake and a banana.

Every choice you make today is a seed.
Water it with consistency and watch what grows.