

A top-down view of a white ceramic bowl filled with a low-carb meal. The base is cauliflower rice, mixed with pieces of cooked chicken. The dish is garnished with finely chopped green chives and a dusting of red paprika. The bowl sits on a light-colored, textured surface.

CLEAN
EATING
FIX

Low-Carb
Recipes +
One Week
Menu Plan

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Intro to the Meal Plan: Nourishing Your Body When Hunger Ensues Naturally

This meal plan is built around principles that work *with* your body, not against it. We're focusing on three essential elements: *eating according to true hunger*, *getting adequate protein*, and *limiting your eating window* while keeping your meals low-carb. Here's why this approach can be transformative for your body and mind.

Why Eat When Hunger Ensues Naturally? Eating when hunger ensues naturally (WHEN) means tuning in to your body's true hunger cues rather than eating out of habit or stress. This mindful eating approach helps you:

- Avoid overeating by eating only when your body truly needs fuel.
- Develop a healthier relationship with food, free from emotional triggers.
- Support your body's ability to tap into fat stores for energy during periods of fasting.

Why Get Adequate Protein? Protein plays a crucial role in supporting your metabolism, preserving muscle mass, and keeping you feeling full. Prioritizing protein in your meals helps to:

- Keep you satisfied for longer periods, reducing the urge to snack.
- Maintain muscle mass, which is essential for a healthy metabolism.
- Support recovery and overall strength, especially as we age.

Why Limit Your Eating Window? Limiting your eating window (time-restricted eating) allows your body longer breaks from digestion, which can:

- Enhance fat burning by extending the fasting period between meals.
- Promote better digestion and reduce bloating.
- Support metabolic flexibility, allowing your body to switch between burning carbs and fats more efficiently.

Why Low-Carb? As we age, our bodies become less efficient at processing carbohydrates, which can lead to weight gain, blood sugar spikes, and insulin resistance. A low-carb diet helps to:

- Stabilize blood sugar levels and prevent insulin spikes.
- Encourage your body to burn fat for energy rather than storing it.
- Reduce inflammation and support overall metabolic health.

The Power of Protein and Healthy Fats This meal plan is designed to provide *adequate protein and healthy fats*, both of which are key to promoting satiety and maintaining muscle mass. Protein helps keep you full and satisfied, while healthy fats offer a steady source of energy and support hormonal balance. Together, they create meals that nourish your body and help keep cravings at bay.

This plan is all about working with your body's natural rhythms, fueling it with nutrient-dense foods, and making each meal count. Let's take a step towards a healthier, more energized you!



Day 1

Breakfast: Tofu Scramble with Spinach & Avocado

Meal Prep: Cook the tofu and sauté the spinach in advance to save time.

- **Ingredients:**
 - ½ block firm tofu (about 150g), crumbled
 - 1 cup spinach
 - ½ avocado, diced
 - 1 tablespoon olive oil
 - Salt, pepper, and turmeric for seasoning
- **Instructions:**
 - Heat olive oil in a pan and sauté spinach until wilted.
 - Add crumbled tofu and season with salt, pepper, and turmeric. Cook until heated through.
 - Serve with diced avocado.
- **Nutrition:**
 - **Calories:** 420
 - **Protein:** 23g
 - **Carbs:** 10g
 - **Fat:** 31g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil (+120 calories, +14g fat) or add ¼ more avocado (+80 calories, +7g fat).
- **Decrease Calories:** Use ¼ avocado instead of ½ (-40 calories, -4g fat) or reduce olive oil to 1 teaspoon (-80 calories, -9g fat).

Lunch: Spicy Tuna & Egg Salad (From our [Gluten Free Recipe Pack](#))

Meal Prep: Hard-boil the eggs and refrigerate until needed.

- **Ingredients:**
 - 4 hard-boiled eggs, chopped
 - 2 cans tuna (5 oz each), drained

- 2 tbsp. red onion, diced
- 2 tbsp. chives, chopped
- 4 oz. Greek yogurt
- 2 tbsp. mayonnaise
- 2 tsp. Dijon mustard
- ½ tsp. sriracha
- ⅛ tsp. smoked paprika
- **Instructions:**
 - Combine chopped eggs, tuna, red onion, and chives.
 - Mix Greek yogurt, mayonnaise, Dijon mustard, and sriracha. Add to the tuna mixture and season with salt and pepper.
 - Serve with a sprinkle of smoked paprika.
- **Nutrition:**
 - **Calories:** 450
 - **Protein:** 50g
 - **Carbs:** 5g
 - **Fat:** 23g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of mayonnaise (+100 calories, +11g fat) or serve with ¼ avocado (+80 calories, +7g fat).
- **Decrease Calories:** Use 2 eggs instead of 4 (-140 calories, -12g protein) or reduce mayonnaise to 1 tbsp. (-50 calories, -5g fat).

Dinner: Grilled Chicken with Cauliflower Rice

Meal Prep: Grill chicken breasts in bulk and store in the fridge.

- **Ingredients:**
 - 6 oz grilled chicken breast
 - 1 cup cauliflower rice
 - 1 cup roasted broccoli
 - 1 tablespoon olive oil
- **Instructions:**
 - Grill chicken and roast broccoli until tender.
 - Reheat cauliflower rice and serve with chicken and broccoli. Drizzle with olive oil.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 45g
 - **Carbs:** 8g
 - **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ cup cooked quinoa (+110 calories, +20g carbs) or increase olive oil to 2 tablespoons (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz chicken instead of 6 oz (-80 calories, -14g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Daily Totals for Day 1:

- **Calories:** 1,350
- **Protein:** 118g
- **Carbs:** 23g
- **Fat:** 84g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a snack like **Greek yogurt with 1 tablespoon almonds** (+200 calories, +15g protein) or increase fats like olive oil and avocado throughout the day (+120 calories per tablespoon of olive oil).
- **Decrease Calories:** Reduce fats (like olive oil or avocado) in any meal to save up to 200 calories, or reduce portion sizes of protein sources like chicken and eggs.

Day 2

Breakfast: Greek Yogurt with Berries & Chia Seeds

Meal Prep: Portion out the yogurt and chia seeds the night before for a quick grab-and-go breakfast.

- **Ingredients:**
 - 1 cup full-fat Greek yogurt
 - ½ cup mixed berries (blueberries, raspberries, strawberries)
 - 1 tablespoon chia seeds
 - 1 tablespoon sliced almonds
- **Instructions:**
 - Mix Greek yogurt with chia seeds and top with berries and almonds.
- **Nutrition:**
 - **Calories:** 400
 - **Protein:** 25g
 - **Carbs:** 15g
 - **Fat:** 25g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon almond butter (+90 calories, +8g fat) or more chia seeds (+60 calories, +3g fat).
 - **Decrease Calories:** Use ½ cup Greek yogurt instead of 1 cup (-100 calories, -10g protein) or omit the almonds (-50 calories, -5g fat).
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Lunch: Easy Salmon Nicoise

Meal Prep: Steam salmon and boil eggs ahead of time for an easy lunch.

- **Ingredients:**
 - 2 salmon filets (4.5 oz each)
 - 10.5 oz green beans, trimmed
 - 2 boiled eggs
 - 10 black olives
 - 2 tbsp. Greek yogurt
 - 1 tbsp. apple cider vinegar
- **Instructions:**
 - Steam the salmon filets over boiling salted water for 10 minutes.
 - Boil green beans for 6 minutes and boil the eggs for 5-6 minutes.
 - Blend the olives into a paste. Mix half with Greek yogurt, apple cider vinegar, salt, and pepper.
 - Toss the beans with the yogurt dressing, and divide between two plates.
 - Peel and quarter the eggs, flake the salmon, and arrange on top of the beans. Dot with remaining olive paste and season with salt and pepper.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 42g
 - **Carbs:** 10g
 - **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon olive oil to the dressing (+120 calories, +14g fat) or ¼ avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 1 egg instead of 2 (-70 calories, -6g protein) or skip the olives (-50 calories, -5g fat).
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Dinner: Ground Turkey Lettuce Wraps with Avocado

Meal Prep: Cook ground turkey and store in the fridge for easy assembly.

- **Ingredients:**

- 5 oz cooked ground turkey
- 2 large lettuce leaves
- 1 tablespoon hummus
- ¼ avocado, diced
- 1 tablespoon olive oil
- **Instructions:**
 - Fill lettuce leaves with cooked ground turkey, hummus, and avocado.
 - Drizzle with olive oil and serve as wraps.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 35g
 - **Carbs:** 10g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or serve with a side of cauliflower rice (+50 calories, +4g carbs).
 - **Decrease Calories:** Use 4 oz turkey instead of 5 oz (-80 calories, -10g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Snack: Hard-Boiled Eggs with Almonds

Meal Prep: Boil eggs in advance for easy snack options.

- **Ingredients:**
 - 2 hard-boiled eggs
 - 1 tablespoon almonds
- **Instructions:**
 - Enjoy the eggs and almonds as a high-protein snack.
- **Nutrition:**
 - **Calories:** 220
 - **Protein:** 14g
 - **Carbs:** 3g
 - **Fat:** 18g

Tips to Adjust Calories:

- **Increase Calories:** Add a tablespoon of nut butter (+90 calories, +8g fat) or a second serving of almonds (+50 calories).
 - **Decrease Calories:** Use 1 egg instead of 2 (-70 calories, -6g protein) or reduce the almonds (-50 calories).
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Daily Totals for Day 2:

- **Calories:** 1580
- **Protein:** 116g
- **Carbs:** 38g
- **Fat:** 108g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a second snack like **Greek yogurt with chia seeds** (+200 calories, +15g protein), or increase olive oil and fats throughout the meals (+120 calories per tablespoon).
- **Decrease Calories:** Reduce portions of fats (like olive oil or avocado) or proteins (eggs, turkey) in meals to cut up to 200 calories.

Day 3

Breakfast: Protein Smoothie with Almond Butter

Meal Prep: Pre-portion ingredients the night before for a quick blend in the morning.

- **Ingredients:**
 - 1 scoop vegan protein powder (20g protein)
 - ½ cup unsweetened almond milk
 - 1 tablespoon almond butter
 - 1 tablespoon chia seeds
 - ½ cup spinach
- **Instructions:**
 - Blend all ingredients until smooth.
- **Nutrition:**
 - **Calories:** 400
 - **Protein:** 26g
 - **Carbs:** 8g
 - **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon almond butter (+90 calories, +8g fat) or replace almond milk with full-fat coconut milk (+80 calories).
- **Decrease Calories:** Use ½ tablespoon almond butter (-45 calories, -4g fat) or omit chia seeds (-60 calories, -4g fat).

Lunch: Grilled Shrimp Salad with Avocado

Meal Prep: Grill the shrimp ahead of time for quick assembly.

- **Ingredients:**
 - 6 oz cooked shrimp
 - 1 cup mixed greens
 - ½ avocado, diced
 - 1 tablespoon olive oil
 - 1 tablespoon lemon juice
- **Instructions:**
 - Toss the mixed greens with grilled shrimp and diced avocado.
 - Drizzle with olive oil and lemon juice.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 40g
 - **Carbs:** 10g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil (+120 calories, +14g fat) or more avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 4 oz shrimp instead of 6 oz (-60 calories, -12g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Ground Beef Stir-Fry with Cauliflower Rice

Meal Prep: Cook the ground beef and portion out the cauliflower rice for easy reheating.

- **Ingredients:**
 - 5 oz cooked ground beef (90% lean)
 - 1 cup cauliflower rice
 - 1 cup stir-fried veggies (zucchini, bell peppers, mushrooms)
 - 1 tablespoon soy sauce
 - 1 tablespoon olive oil
- **Instructions:**
 - Sauté stir-fried veggies and add cooked ground beef.
 - Reheat the cauliflower rice and toss everything with soy sauce and olive oil.
- **Nutrition:**
 - **Calories:** 500
 - **Protein:** 40g
 - **Carbs:** 12g
 - **Fat:** 34g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ cup quinoa (+110 calories, +4g protein) or another tablespoon of olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz beef instead of 5 oz (-80 calories, -10g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Snack: Greek Yogurt with Almonds

Meal Prep: Portion out Greek yogurt and almonds for a quick snack.

- **Ingredients:**
 - ½ cup full-fat Greek yogurt
 - 1 tablespoon sliced almonds
- **Instructions:**
 - Stir the almonds into the yogurt and enjoy.
- **Nutrition:**
 - **Calories:** 180
 - **Protein:** 10g
 - **Carbs:** 6g
 - **Fat:** 13g

Tips to Adjust Calories:

- **Increase Calories:** Add another tablespoon of almonds (+50 calories, +5g fat) or mix in chia seeds (+60 calories, +3g fat).
 - **Decrease Calories:** Use ¼ cup yogurt instead of ½ cup (-60 calories, -5g protein) or omit almonds (-50 calories, -5g fat).
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Daily Totals for Day 3:

- **Calories:** 1560
- **Protein:** 116g
- **Carbs:** 36g
- **Fat:** 110g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add another snack, like **boiled eggs with hummus** (+150 calories, +12g protein), or increase olive oil throughout meals (+120 calories per tablespoon).
- **Decrease Calories:** Reduce portion sizes of fats (olive oil, almond butter) or proteins (shrimp, beef) to save up to 200 calories.

Day 4

Breakfast: Cottage Cheese & Avocado Plate with Boiled Eggs

Meal Prep: Boil eggs in advance for a quick breakfast.

- **Ingredients:**
 - 1 cup full-fat cottage cheese
 - ½ avocado, sliced
 - 2 boiled eggs
 - Salt and pepper to taste
- **Instructions:**
 - Arrange the cottage cheese, avocado slices, and boiled eggs on a plate.
 - Season with salt and pepper.
- **Nutrition:**
 - **Calories:** 450
 - **Protein:** 36g
 - **Carbs:** 10g
 - **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra boiled egg (+70 calories, +6g protein) or drizzle with 1 tablespoon olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use ¼ avocado instead of ½ (-40 calories, -4g fat) or use low-fat cottage cheese (-50 calories).
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Lunch: Spicy Tuna & Egg Salad

Meal Prep: Prepare ahead and store in the fridge for an easy lunch.

- **Ingredients:**
 - 4 hard-boiled eggs, chopped
 - 2 cans tuna (5 oz each), drained
 - 2 tbsp. red onion, diced
 - 2 tbsp. chives, chopped
 - 4 oz. Greek yogurt
 - 2 tbsp. mayonnaise
 - 2 tsp. Dijon mustard
 - ½ tsp. sriracha
 - ⅛ tsp. smoked paprika
- **Instructions:**
 - Combine chopped eggs, tuna, red onion, and chives.

- Mix Greek yogurt, mayonnaise, Dijon mustard, and sriracha. Add to the tuna mixture and season with salt and pepper.
- Sprinkle with smoked paprika.
- **Nutrition:**
 - **Calories:** 450
 - **Protein:** 50g
 - **Carbs:** 5g
 - **Fat:** 23g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of mayonnaise (+100 calories, +11g fat) or serve with ¼ avocado (+80 calories, +7g fat).
- **Decrease Calories:** Use 2 eggs instead of 4 (-140 calories, -12g protein) or reduce mayonnaise to 1 tbsp. (-50 calories, -5g fat).

Dinner: Grilled Chicken with Cauliflower Rice and Roasted Veggies

Meal Prep: Grill chicken and roast veggies in bulk for easy dinners.

- **Ingredients:**
 - 6 oz grilled chicken breast
 - 1 cup cauliflower rice
 - 1 cup roasted broccoli and bell peppers
 - 1 tablespoon olive oil
- **Instructions:**
 - Reheat the grilled chicken, cauliflower rice, and roasted veggies.
 - Drizzle with olive oil and serve.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 45g
 - **Carbs:** 8g
 - **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ cup quinoa (+110 calories, +20g carbs) or increase olive oil to 2 tablespoons (+120 calories, +14g fat).
- **Decrease Calories:** Use 4 oz chicken instead of 6 oz (-80 calories, -14g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).

Snack: Mixed Nuts

Meal Prep: Portion out mixed nuts for easy snacks.

- **Ingredients:**
 - 1 oz mixed nuts (almonds, walnuts, cashews)
- **Instructions:**
 - Eat as a quick, high-protein snack.
- **Nutrition:**
 - **Calories:** 170
 - **Protein:** 6g
 - **Carbs:** 5g
 - **Fat:** 14g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon almond butter (+90 calories, +8g fat) or add another serving of nuts (+170 calories, +6g protein).
 - **Decrease Calories:** Use ½ oz nuts instead of 1 oz (-85 calories, -3g protein).
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Daily Totals for Day 4:

- **Calories:** 1550
- **Protein:** 137g
- **Carbs:** 28g
- **Fat:** 97g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add an extra snack, such as **Greek yogurt with chia seeds** (+200 calories, +15g protein), or increase fats like olive oil and avocado throughout meals (+120 calories per tablespoon).
- **Decrease Calories:** Reduce portion sizes of fats (olive oil, nuts) or proteins (chicken, eggs) to save up to 200 calories.

Day 5

Breakfast: Scrambled Eggs with Turkey Sausage & Sautéed Spinach

Meal Prep: Cook turkey sausage ahead of time for easy reheating.

- **Ingredients:**
 - 3 large eggs, scrambled
 - 2 oz turkey sausage
 - 1 cup spinach, sautéed

- 1 tablespoon olive oil
- Salt and pepper to taste
- **Instructions:**
 - Heat olive oil in a pan and sauté spinach until wilted.
 - Scramble the eggs in a separate pan and reheat turkey sausage.
 - Serve together, seasoned with salt and pepper.
- **Nutrition:**
 - **Calories:** 450
 - **Protein:** 32g
 - **Carbs:** 4g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ avocado (+80 calories, +7g fat) or serve with roasted sweet potatoes (+110 calories, +20g carbs).
 - **Decrease Calories:** Use 2 eggs instead of 3 (-70 calories, -6g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Lunch: Chicken Salad with Avocado & Olive Oil

Meal Prep: Grill chicken breasts ahead of time for easy assembly.

- **Ingredients:**
 - 5 oz grilled chicken breast, sliced
 - 1 cup mixed greens
 - ¼ avocado, diced
 - 1 tablespoon olive oil
 - 1 tablespoon balsamic vinegar
- **Instructions:**
 - Toss the mixed greens with grilled chicken and diced avocado.
 - Drizzle with olive oil and balsamic vinegar.
- **Nutrition:**
 - **Calories:** 510
 - **Protein:** 42g
 - **Carbs:** 8g
 - **Fat:** 34g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat) or ¼ more avocado (+80 calories, +7g fat).
- **Decrease Calories:** Use 4 oz chicken instead of 5 oz (-45 calories, -9g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).

Dinner: Beef & Veggie Stir-Fry with Cauliflower Rice

Meal Prep: Cook the ground beef and veggies in advance for a quick dinner.

- **Ingredients:**
 - 5 oz ground beef (90% lean)
 - 1 cup cauliflower rice
 - 1 cup stir-fried veggies (bell peppers, zucchini, mushrooms)
 - 1 tablespoon soy sauce
 - 1 tablespoon olive oil
- **Instructions:**
 - Cook ground beef in a pan and stir-fry the veggies.
 - Reheat the cauliflower rice and combine with beef and veggies.
 - Toss with soy sauce and olive oil, and serve.
- **Nutrition:**
 - **Calories:** 500
 - **Protein:** 40g
 - **Carbs:** 10g
 - **Fat:** 34g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ cup quinoa (+110 calories, +4g protein, +20g carbs) or use 2 tablespoons of olive oil (+120 calories, +14g fat).
- **Decrease Calories:** Use 4 oz beef instead of 5 oz (-80 calories, -10g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).

Snack: Greek Yogurt with Almonds

Meal Prep: Portion out yogurt and almonds ahead of time for a quick snack.

- **Ingredients:**
 - ½ cup full-fat Greek yogurt
 - 1 tablespoon sliced almonds
- **Instructions:**
 - Stir the almonds into the yogurt and enjoy.
- **Nutrition:**
 - **Calories:** 180
 - **Protein:** 10g
 - **Carbs:** 6g
 - **Fat:** 13g

Tips to Adjust Calories:

- **Increase Calories:** Add an additional tablespoon of almonds (+50 calories, +5g fat) or mix in chia seeds (+60 calories, +3g fat).
 - **Decrease Calories:** Use ¼ cup yogurt instead of ½ cup (-60 calories, -5g protein) or omit almonds (-50 calories, -5g fat).
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Daily Totals for Day 5:

- **Calories:** 1640
- **Protein:** 124g
- **Carbs:** 28g
- **Fat:** 116g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a second snack, such as **boiled eggs with hummus** (+150 calories, +12g protein), or increase fats (like olive oil and avocado) throughout meals (+120 calories per tablespoon of olive oil).
- **Decrease Calories:** Reduce portion sizes of fats (olive oil, avocado) or proteins (chicken, beef, eggs) to save up to 200 calories.

Day 6

Breakfast: Cottage Cheese & Berry Bowl with Chia Seeds

Meal Prep: Portion out cottage cheese and berries the night before for an easy grab-and-go breakfast.

- **Ingredients:**
 - 1 cup full-fat cottage cheese
 - ½ cup mixed berries (blueberries, raspberries, strawberries)
 - 1 tablespoon chia seeds
 - 1 tablespoon sliced almonds
- **Instructions:**
 - Mix cottage cheese with berries, chia seeds, and almonds.
- **Nutrition:**
 - **Calories:** 400
 - **Protein:** 32g
 - **Carbs:** 15g
 - **Fat:** 23g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon almond butter (+90 calories, +8g fat) or increase the portion of chia seeds (+60 calories, +3g fat).
 - **Decrease Calories:** Use ½ cup cottage cheese instead of 1 cup (-100 calories, -14g protein) or omit the almonds (-50 calories, -5g fat).
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Lunch: Grilled Shrimp Salad with Avocado

Meal Prep: Grill shrimp and store in the fridge for a quick salad assembly.

- **Ingredients:**
 - 6 oz grilled shrimp
 - 1 cup mixed greens
 - ½ avocado, diced
 - 1 tablespoon olive oil
 - 1 tablespoon lemon juice
- **Instructions:**
 - Toss the mixed greens with grilled shrimp and diced avocado.
 - Drizzle with olive oil and lemon juice.
- **Nutrition:**
 - **Calories:** 490
 - **Protein:** 40g
 - **Carbs:** 10g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil (+120 calories, +14g fat) or more avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 4 oz shrimp instead of 6 oz (-60 calories, -12g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Chicken Stir-Fry with Veggies

Meal Prep: Cook chicken and stir-fried veggies in advance.

- **Ingredients:**
 - 5 oz cooked chicken breast
 - 1 cup stir-fried veggies (broccoli, bell peppers, zucchini)
 - 1 cup cauliflower rice
 - 1 tablespoon soy sauce
 - 1 tablespoon olive oil
- **Instructions:**

- Reheat the chicken and stir-fried veggies.
- Serve over cauliflower rice, and drizzle with soy sauce and olive oil.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 40g
 - **Carbs:** 12g
 - **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add ¼ cup cooked quinoa (+110 calories, +4g protein, +20g carbs) or add an extra tablespoon of olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz chicken instead of 5 oz (-45 calories, -9g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Snack: Boiled Eggs with Hummus

Meal Prep: Boil eggs in advance for a quick snack option.

- **Ingredients:**
 - 2 boiled eggs
 - 1 tablespoon hummus
- **Instructions:**
 - Serve the boiled eggs with hummus for dipping.
- **Nutrition:**
 - **Calories:** 200
 - **Protein:** 14g
 - **Carbs:** 4g
 - **Fat:** 14g

Tips to Adjust Calories:

- **Increase Calories:** Add another tablespoon of hummus (+80 calories, +5g fat) or serve with ¼ avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 1 egg instead of 2 (-70 calories, -6g protein) or skip the hummus (-40 calories, -3g fat).
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Daily Totals for Day 6:

- **Calories:** 1570
- **Protein:** 126g
- **Carbs:** 41g

- **Fat:** 102g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add another snack, such as **Greek yogurt with chia seeds** (+200 calories, +15g protein), or increase olive oil throughout the day (+120 calories per tablespoon).
- **Decrease Calories:** Reduce portion sizes of fats (olive oil, hummus, almonds) or proteins (shrimp, chicken) to cut up to 200 calories.

Day 7

Breakfast: Avocado & Turkey Bacon Plate with Scrambled Eggs

Meal Prep: Cook turkey bacon in advance for easy reheating.

- **Ingredients:**
 - 2 large eggs, scrambled
 - 2 slices turkey bacon, cooked
 - ½ avocado, sliced
 - Salt and pepper to taste
- **Instructions:**
 - Scramble the eggs in a pan with salt and pepper.
 - Reheat the turkey bacon and serve with scrambled eggs and avocado slices.
- **Nutrition:**
 - **Calories:** 450
 - **Protein:** 28g
 - **Carbs:** 6g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or serve with more avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 1 egg instead of 2 (-70 calories, -6g protein) or reduce avocado to ¼ (-40 calories, -4g fat).
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Lunch: Grilled Chicken & Veggie Bowl with Quinoa

Meal Prep: Grill chicken and prepare quinoa in advance for a quick lunch assembly.

- **Ingredients:**
 - 5 oz grilled chicken breast
 - 1 cup roasted veggies (broccoli, zucchini, bell peppers)

- ½ cup cooked quinoa
- 1 tablespoon olive oil
- **Instructions:**
 - Reheat grilled chicken, roasted veggies, and quinoa.
 - Drizzle with olive oil and serve.
- **Nutrition:**
 - **Calories:** 510
 - **Protein:** 42g
 - **Carbs:** 20g
 - **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat) or increase quinoa to 1 cup (+110 calories, +20g carbs, +4g protein).
 - **Decrease Calories:** Use 4 oz chicken instead of 5 oz (-45 calories, -9g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Ground Turkey Lettuce Wraps with Hummus & Avocado

Meal Prep: Cook ground turkey in advance.

- **Ingredients:**
 - 5 oz cooked ground turkey
 - 2 large lettuce leaves (for wraps)
 - 1 tablespoon hummus
 - ¼ avocado, diced
 - 1 tablespoon olive oil
- **Instructions:**
 - Fill lettuce leaves with cooked ground turkey, hummus, and diced avocado.
 - Drizzle with olive oil and enjoy as wraps.
- **Nutrition:**
 - **Calories:** 480
 - **Protein:** 35g
 - **Carbs:** 10g
 - **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or an extra tablespoon of hummus (+80 calories, +5g fat).
- **Decrease Calories:** Use 4 oz turkey instead of 5 oz (-80 calories, -10g protein) or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).

Snack: Greek Yogurt with Almonds

Meal Prep: Portion out Greek yogurt and almonds for an easy snack.

- **Ingredients:**
 - ½ cup full-fat Greek yogurt
 - 1 tablespoon sliced almonds
- **Instructions:**
 - Mix almonds into the yogurt and enjoy.
- **Nutrition:**
 - **Calories:** 180
 - **Protein:** 10g
 - **Carbs:** 6g
 - **Fat:** 13g

Tips to Adjust Calories:

- **Increase Calories:** Add another tablespoon of almonds (+50 calories, +5g fat) or mix in chia seeds (+60 calories, +3g fat).
- **Decrease Calories:** Use ¼ cup yogurt instead of ½ cup (-60 calories, -5g protein) or omit almonds (-50 calories, -5g fat).

Daily Totals for Day 7:

- **Calories:** 1620
- **Protein:** 115g
- **Carbs:** 42g
- **Fat:** 113g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a second snack like **boiled eggs with hummus** (+150 calories, +12g protein) or increase olive oil portions throughout the meals (+120 calories per tablespoon).
- **Decrease Calories:** Reduce portion sizes of fats (olive oil, avocado, almonds) or proteins (chicken, turkey) to save up to 200 calories.