



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:

1. Heat olive oil in a pan and sauté spinach until wilted.
2. Add crumbled tofu and season with salt, pepper, and turmeric. Cook until heated through.
3. 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).
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Lunch: Spicy Tuna & Egg Salad

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:

1. Combine chopped eggs, tuna, red onion, and chives.
2. Mix Greek yogurt, mayonnaise, Dijon mustard, and sriracha. Add to the tuna mixture and season with salt and pepper.
3. 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: Low Carb Pesto Zoodles with Chicken (In our [Gluten-Free Recipe Pack](#))

Meal Prep: Spiralize zucchini and prep ingredients in advance to save time.

Ingredients:

- 4 zucchini, spiralized (zoodles)
- 1 lb. (450g) chicken breast, chopped
- 2 tbsp. olive oil

- 4 tbsp. green pesto
- 10.5 oz. (300g) cherry tomatoes, halved
- 1 oz. (30g) parmesan cheese, grated
- Fresh basil and chili flakes

Instructions:

1. Heat 1 tbsp olive oil in a large pan over medium heat. Season the chicken with salt and pepper, and cook for 8-10 minutes until fully cooked. Set aside.
2. In the same pan, add 1 tbsp olive oil, pesto, cherry tomatoes, and zucchini noodles. Stir to coat the noodles.
3. Add the chicken and grated Parmesan. Toss everything together and adjust seasoning.
4. Serve with fresh basil and chili flakes.

Nutrition Per Serve:

- **Calories:** 342
- **Protein:** 32g
- **Carbs:** 11g
- **Fat:** 19g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon of olive oil (+120 calories, +14g fat) or extra Parmesan (+60 calories per 1/2 oz.).
- **Decrease Calories:** Reduce Parmesan by 1/2 (-30 calories, -2g fat) or reduce olive oil (-120 calories).

Daily Totals for Day 1:

- **Calories:** 1,452
- **Protein:** 105g
- **Carbs:** 26g
- **Fat:** 73g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a snack like **Greek yogurt with 1 tablespoon almonds** (+200 calories, +15g protein), or increase olive oil or 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: Avocado & Egg Bowl

Meal Prep: Hard-boil eggs in advance to save time during the week.

Ingredients:

- 2 hard-boiled eggs, chopped
- ½ avocado, diced
- 1 cup spinach, sautéed
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pan and sauté spinach until wilted.
2. In a bowl, combine chopped hard-boiled eggs, sautéed spinach, and avocado.
3. Season with salt and pepper to taste.

Nutrition:

- **Calories:** 420
- **Protein:** 21g
- **Carbs:** 8g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil (+120 calories, +14g fat) or an extra egg (+70 calories, +6g protein).
- **Decrease Calories:** Use ¼ avocado instead of ½ (-40 calories, -4g fat) or reduce olive oil to 1 teaspoon (-80 calories, -9g fat).

Lunch: Grilled Salmon Salad

Meal Prep: Grill salmon fillets in bulk and store in the fridge for up to 3 days.

Ingredients:

- 6 oz grilled salmon
- 2 cups mixed greens
- ½ avocado, diced
- 1 tablespoon olive oil
- Juice of ½ lemon

- Salt and pepper to taste

Instructions:

1. Toss mixed greens and avocado in olive oil and lemon juice.
2. Top with grilled salmon and season with salt and pepper to taste.

Nutrition:

- **Calories:** 480
- **Protein:** 38g
- **Carbs:** 9g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add extra avocado (+80 calories, +7g fat) or drizzle additional olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz of salmon instead of 6 oz (-80 calories, -14g protein), or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Beef & Broccoli Stir-Fry

Meal Prep: Prep vegetables and slice beef in advance to save time.

Ingredients:

- 6 oz beef sirloin, sliced
- 1 cup broccoli florets
- 1 tablespoon coconut oil
- 1 tablespoon tamari (or soy sauce)
- 1 clove garlic, minced
- 1 tablespoon sesame seeds (optional)

Instructions:

1. Heat coconut oil in a pan over medium heat.
2. Add beef and garlic, and cook until browned.
3. Add broccoli and tamari sauce, stir-fry until broccoli is tender.
4. Top with sesame seeds (optional).

Nutrition:

- **Calories:** 500
- **Protein:** 38g

- **Carbs:** 12g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add more beef (+70 calories per 1 oz) or add more coconut oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz of beef (-120 calories, -14g protein), or reduce coconut oil to ½ tablespoon (-60 calories, -7g fat).
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Daily Totals for Day 2:

- **Calories:** 1,400
- **Protein:** 97g
- **Carbs:** 29g
- **Fat:** 94g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a **handful of mixed nuts** as a snack (+180 calories, +5g protein), or increase the olive oil in one or more meals (+120 calories per tablespoon).
 - **Decrease Calories:** Reduce portion sizes of protein (such as using less salmon or beef), or reduce fats like olive oil or avocado in any meal to save **100-200 calories**.
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Day 3

Breakfast: Protein Smoothie

Meal Prep: No need for advanced prep, but have all ingredients ready for a quick blend in the morning.

Ingredients:

- 1 scoop protein powder (unsweetened)
- 1 tbsp almond butter
- 1 cup spinach
- ½ cup unsweetened almond milk
- ½ cup water

- A few ice cubes

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.

Nutrition:

- **Calories:** 350
- **Protein:** 25g
- **Carbs:** 7g
- **Fat:** 25g

Tips to Adjust Calories:

- **Increase Calories:** Add ½ banana (+50 calories, +12g carbs) or 1 more tablespoon almond butter (+90 calories, +3g protein, +8g fat).
 - **Decrease Calories:** Use ½ tablespoon almond butter (-45 calories, -4g fat).
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Lunch: Chicken Lettuce Wraps

Meal Prep: Grill chicken breasts in advance to save time.

Ingredients:

- 6 oz grilled chicken breast, sliced
- 4 large lettuce leaves
- ½ avocado, diced
- 1 tbsp olive oil
- 1 tbsp salsa or hot sauce (optional)

Instructions:

1. Lay the lettuce leaves flat and divide the sliced grilled chicken evenly between them.
2. Top with diced avocado and drizzle with olive oil.
3. Add salsa or hot sauce if desired for extra flavor.
4. Fold the lettuce leaves like a wrap and enjoy.

Nutrition:

- **Calories:** 420
- **Protein:** 40g
- **Carbs:** 7g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or add 1 tablespoon mayonnaise (+100 calories, +11g fat).
 - **Decrease Calories:** Use 4 oz chicken instead of 6 oz (-80 calories, -14g protein).
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Dinner: Turkey Meatballs with Zucchini Noodles

Meal Prep: Make turkey meatballs and spiralize zucchini in advance to save time.

Ingredients:

- 6 oz ground turkey
- 1 tbsp olive oil
- 1 cup zucchini noodles (zoodles)
- 1 tbsp grated Parmesan cheese
- 1 clove garlic, minced
- ½ cup tomato sauce (low-carb)

Instructions:

1. Shape the ground turkey into meatballs.
2. Heat 1 tbsp olive oil in a pan and cook meatballs until browned on all sides.
3. In the same pan, add garlic and zucchini noodles. Sauté until tender.
4. Add tomato sauce and Parmesan cheese. Cook for 2-3 minutes until warm.
5. Serve the turkey meatballs over the zoodles.

Nutrition:

- **Calories:** 460
- **Protein:** 38g
- **Carbs:** 10g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add more Parmesan cheese (+60 calories, +5g fat), or increase olive oil by 1 tbsp (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz ground turkey instead of 6 oz (-100 calories, -17g protein), or reduce olive oil to ½ tbsp (-60 calories, -7g fat).
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Daily Totals for Day 3:

- **Calories:** 1,230
- **Protein:** 103g
- **Carbs:** 24g
- **Fat:** 83g

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 or almond butter throughout the day (+120 calories per tablespoon).
- **Decrease Calories:** Reduce fats (like olive oil or avocado) in any meal to save up to **100-200 calories**.

Day 4

Breakfast: Mushroom & Brie Omelet ([In our 5-Ingredient Recipe Pack](#))

Meal Prep: Slice mushrooms and brie cheese in advance to save time in the morning.

Ingredients:

- 1 clove garlic, minced
- 7 oz. (200g) mushrooms, sliced
- 8 eggs
- 7 oz. (200g) brie cheese, sliced
- 4 oz. (120g) rocket (arugula)
- 2 tbsp olive oil (divided)
- Salt and pepper to taste

Instructions:

1. Heat a large non-stick pan over high heat with 1 tbsp olive oil. Add the mushrooms and garlic and cook, stirring, for 5-7 minutes. Transfer to a bowl.
2. Heat a little olive oil over medium-high heat in a small non-stick pan.
3. Whisk the eggs with $\frac{1}{4}$ cup (60ml) cold water and season with salt and pepper.
4. Pour a quarter of the egg mixture into the pan and cook until starting to set.
5. Add some of the mushrooms and brie to the omelet and cook until the cheese melts.
6. Transfer to a plate, top with rocket, and serve. Repeat for the remaining ingredients to make 4 omelets.

Nutrition Per Omelet (1 serving out of 4):

- **Calories:** 460
- **Protein:** 25g

- **Carbs:** 6g
- **Fat:** 37g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon of olive oil while cooking (+120 calories, +14g fat).
 - **Decrease Calories:** Reduce brie cheese to 1.5 oz (-50 calories, -4g fat).
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Lunch: Tuna & Avocado Salad

Meal Prep: No major prep needed, just assemble fresh ingredients.

Ingredients:

- 2 cans tuna (5 oz each), drained
- 1 avocado, diced
- 2 cups mixed greens (lettuce, spinach, or rocket)
- 1 tbsp olive oil
- Juice of ½ lemon
- Salt and pepper to taste

Instructions:

1. In a bowl, mix tuna, diced avocado, and greens.
2. Drizzle olive oil and lemon juice on top and toss to combine.
3. Season with salt and pepper to taste.

Nutrition:

- **Calories:** 480
- **Protein:** 48g
- **Carbs:** 8g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use half the avocado (-80 calories, -7g fat) or 1 can of tuna (-110 calories, -25g protein).
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Dinner: Grilled Steak with Cauliflower Mash

Meal Prep: Grill steak and prep cauliflower mash in advance for quick assembly.

Ingredients:

- 6 oz steak (sirloin or ribeye)
- 1 cup cauliflower florets (mashed)
- 1 tbsp butter
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Grill the steak to your desired level of doneness.
2. Steam or boil cauliflower until tender, then mash with 1 tbsp butter and season with salt and pepper.
3. Serve the grilled steak with the mashed cauliflower, drizzled with olive oil.

Nutrition:

- **Calories:** 480
- **Protein:** 42g
- **Carbs:** 7g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add more olive oil or butter to the cauliflower mash (+120 calories per tablespoon).
 - **Decrease Calories:** Use 4 oz steak instead of 6 oz (-100 calories, -14g protein).
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Daily Totals for Day 4:

- **Calories:** 1,420
- **Protein:** 115g
- **Carbs:** 21g
- **Fat:** 101g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a small snack like **Greek yogurt with almonds** (+200 calories, +15g protein), or increase fats like butter and olive oil in any meal (+120 calories per tablespoon).
- **Decrease Calories:** Reduce fats (like olive oil or avocado) in any meal to save **100-200 calories**, or reduce the portion size of protein sources like steak or tuna.

Day 5

Breakfast: Greek Yogurt with Almond Butter & Berries

Meal Prep: No advanced prep is needed.

Ingredients:

- 1 cup Greek yogurt (unsweetened)
- 1 tablespoon almond butter
- ¼ cup mixed berries (blueberries, raspberries, or strawberries)
- 1 tablespoon chia seeds (optional)

Instructions:

1. Add Greek yogurt to a bowl.
2. Top with almond butter, mixed berries, and chia seeds (if using).
3. Stir to combine and enjoy.

Nutrition:

- **Calories:** 380
- **Protein:** 25g
- **Carbs:** 15g
- **Fat:** 24g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of almond butter (+90 calories, +8g fat) or an extra ¼ cup of berries (+20 calories, +5g carbs).
 - **Decrease Calories:** Use ½ tablespoon almond butter (-45 calories, -4g fat).
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Lunch: Cured Ham, Pear & Walnut Salad

Meal Prep: No advanced prep needed, just assemble fresh.

Ingredients:

- 4.4 oz. (125g) rocket (arugula)
- 1 ripe pear, peeled, quartered, cored, and sliced
- 3 oz. (85g) blue cheese, cubed

- 3.5 oz. (100g) cured ham, cut into strips
- 4 tbsp. walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup
- Sea salt & freshly ground black pepper, to taste

Instructions:

1. Whisk all dressing ingredients together in a small bowl. Season with salt and pepper.
2. Divide the rocket between two bowls.
3. Top with sliced pear, blue cheese, cured ham, and walnuts.
4. Drizzle the dressing over the salad and serve immediately.

Nutrition (per serving, serves 2):

- **Calories:** 520
- **Protein:** 21g
- **Carbs:** 19g
- **Fat:** 39g

Tips to Adjust Calories:

- **Increase Calories:** Add more walnuts (+100 calories per 2 tbsp) or increase the olive oil in the dressing (+120 calories per tablespoon).
 - **Decrease Calories:** Use half the blue cheese (-75 calories, -6g fat), or reduce walnuts to 2 tbsp (-90 calories, -8g fat).
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Dinner: Baked Cod with Roasted Veggies

Meal Prep: Chop veggies in advance to save time.

Ingredients:

- 6 oz cod fillet
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 lemon wedge for serving

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Place the cod fillet on a baking sheet lined with parchment paper. Season with salt and pepper.
3. Arrange broccoli and bell peppers around the cod. Drizzle everything with olive oil.
4. Bake for 12-15 minutes until the cod is cooked through and the veggies are tender.
5. Serve with a lemon wedge.

Nutrition:

- **Calories:** 450
- **Protein:** 40g
- **Carbs:** 12g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil to the roasted veggies (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz cod instead of 6 oz (-70 calories, -14g protein), or reduce the olive oil (-120 calories per tablespoon).
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Daily Totals for Day 5:

- **Calories:** 1,350
- **Protein:** 86g
- **Carbs:** 46g
- **Fat:** 91g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a snack like **Greek yogurt with almonds** (+200 calories, +15g protein), or increase fats like olive oil or nuts throughout the day (+120 calories per tablespoon of olive oil).
- **Decrease Calories:** Reduce fats like olive oil, blue cheese, or walnuts in any meal to save up to **200 calories**, or reduce the portion size of protein sources like cod or cured ham.

Day 6

Breakfast: Avocado & Scrambled Eggs

Meal Prep: No advanced prep is needed, but you can pre-chop ingredients.

Ingredients:

- 2 large eggs
- ½ avocado, diced
- 1 tablespoon olive oil
- 1 cup spinach, sautéed
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a non-stick pan over medium heat.
2. Scramble the eggs until fully cooked and fluffy. Season with salt and pepper.
3. Serve the scrambled eggs with diced avocado and sautéed spinach on the side.

Nutrition:

- **Calories:** 420
- **Protein:** 18g
- **Carbs:** 9g
- **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more egg (+70 calories, +6g protein) or an extra ¼ avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 1 teaspoon olive oil instead of 1 tablespoon (-80 calories, -9g fat).
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Lunch: Grilled Chicken with Avocado Salad

Meal Prep: Grill chicken breasts in advance for quick assembly.

Ingredients:

- 6 oz grilled chicken breast, sliced
- 2 cups mixed greens
- ½ avocado, diced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

1. Toss the mixed greens with olive oil, lemon juice, salt, and pepper.
2. Top the salad with grilled chicken and diced avocado.

Nutrition:

- **Calories:** 480
- **Protein:** 45g
- **Carbs:** 8g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz of chicken instead of 6 oz (-80 calories, -14g protein), or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Low Carb Pesto Zoodles with Chicken

Meal Prep: Spiralize the zucchini and prep ingredients in advance to save time.

Ingredients:

- 4 zucchini, spiralized (zoodles)
- 1 lb. (450g) chicken breast, chopped
- 2 tbsp olive oil
- 4 tbsp green pesto
- 10.5 oz. (300g) cherry tomatoes, halved
- 1 oz. (30g) Parmesan cheese, grated
- Fresh basil and chili flakes

Instructions:

1. Heat 1 tbsp olive oil in a large pan over medium heat. Season the chicken with salt and pepper, and cook for 8-10 minutes until fully cooked. Set aside.
2. In the same pan, add 1 tbsp olive oil, pesto, cherry tomatoes, and zucchini noodles. Stir to coat the noodles.
3. Add the chicken and grated Parmesan. Toss everything together and adjust seasoning.
4. Serve with fresh basil and chili flakes.

Nutrition Per Serve (serves 4):

- **Calories:** 342
- **Protein:** 32g
- **Carbs:** 11g
- **Fat:** 19g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 tablespoon of olive oil (+120 calories, +14g fat) or extra Parmesan (+60 calories per 1/2 oz).
 - **Decrease Calories:** Reduce Parmesan by 1/2 (-30 calories, -2g fat) or reduce olive oil (-120 calories).
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Daily Totals for Day 6:

- **Calories:** 1,362
- **Protein:** 95g
- **Carbs:** 28g
- **Fat:** 84g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a snack like **Greek yogurt with nuts** (+200 calories, +15g protein), or increase fats like olive oil or 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 **100-200 calories**, or reduce the portion size of protein sources like chicken or eggs.

Day 7

Breakfast: Tofu Scramble with Veggies

Meal Prep: You can pre-chop the vegetables the night before for convenience.

Ingredients:

- 1/2 block firm tofu (about 150g), crumbled
- 1 cup spinach, chopped
- 1/2 red bell pepper, diced
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add the garlic, red bell pepper, and spinach, sauté until the spinach is wilted.

3. Add crumbled tofu to the pan, season with salt and pepper, and cook until the tofu is heated through.
4. Serve hot.

Nutrition:

- **Calories:** 400
- **Protein:** 23g
- **Carbs:** 8g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use ½ tablespoon olive oil (-60 calories, -7g fat) or reduce tofu to 100g (-50 calories, -8g protein).
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Lunch: Grilled Shrimp Salad with Avocado

Meal Prep: Grill shrimp and store in the fridge.

Ingredients:

- 6 oz grilled shrimp
- 2 cups mixed greens
- ½ avocado, diced
- 1 tablespoon olive oil
- Juice of ½ lemon
- Salt and pepper to taste

Instructions:

1. Toss mixed greens and avocado with olive oil, lemon juice, salt, and pepper.
2. Top with grilled shrimp and serve immediately.

Nutrition:

- **Calories:** 460
- **Protein:** 38g
- **Carbs:** 7g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add more avocado (+80 calories, +7g fat) or increase olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 4 oz shrimp instead of 6 oz (-60 calories, -10g protein), or reduce olive oil to ½ tablespoon (-60 calories, -7g fat).
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Dinner: Beef Stir-Fry with Cauliflower Rice

Meal Prep: You can prep the beef and cauliflower rice in advance.

Ingredients:

- 6 oz lean beef (sirloin or flank steak), sliced
- 1 cup cauliflower rice
- 1 cup broccoli, chopped
- 1 tablespoon coconut oil
- 1 tablespoon tamari (or soy sauce)
- 1 clove garlic, minced
- 1 teaspoon sesame seeds (optional)

Instructions:

1. Heat coconut oil in a large pan over medium heat.
2. Add the beef and garlic, cook until browned.
3. Add the broccoli, cauliflower rice, and tamari sauce, stir-frying until vegetables are tender.
4. Top with sesame seeds (optional).

Nutrition:

- **Calories:** 480
- **Protein:** 40g
- **Carbs:** 10g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add more coconut oil (+120 calories, +14g fat) or top with extra sesame seeds (+50 calories).
 - **Decrease Calories:** Use 4 oz beef instead of 6 oz (-100 calories, -14g protein), or reduce coconut oil to ½ tablespoon (-60 calories, -7g fat).
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Daily Totals for Day 7:

- **Calories:** 1,340
- **Protein:** 101g
- **Carbs:** 25g
- **Fat:** 94g

Tips to Adjust Daily Calories:

- **Increase Calories:** Add a small snack like **Greek yogurt with nuts** (+200 calories, +15g protein), or increase fats like olive oil or coconut oil throughout the day (+120 calories per tablespoon).
- **Decrease Calories:** Reduce fats (like olive oil or coconut oil) in any meal to save up to **100-200 calories**, or reduce the portion size of protein sources like beef or shrimp.