

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: Veggie and Sausage Scramble

Ingredients:

- 2 large eggs
- 2 oz nitrate-free chicken sausage (about half a sausage link)
- 1 cup spinach
- ¼ avocado, diced
- 1 tbsp olive oil
- Salt and pepper for seasoning

Instructions:

1. Heat olive oil in a pan and sauté spinach until wilted.
2. Add chopped chicken sausage and cook until browned.
3. Scramble the eggs into the pan and cook until done.
4. Serve with diced avocado on top.

Nutrition:

- **Calories:** 440
- **Protein:** 22g
- **Carbs:** 6g
- **Fat:** 36g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or another ¼ avocado (+80 calories, +7g fat).
- **Decrease Calories:** Use ½ tablespoon olive oil instead of 1 tbsp (-60 calories, -7g fat) or omit the avocado (-80 calories, -7g fat).

Lunch: Grilled Chicken Salad with Avocado

Ingredients:

- 4 oz grilled chicken breast
- 2 cups mixed greens (lettuce, arugula, spinach)
- ¼ avocado, sliced
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp sunflower seeds
- Salt and pepper for seasoning

Instructions:

1. Grill the chicken breast and slice it.
2. Toss mixed greens, avocado, and sunflower seeds with olive oil and balsamic vinegar.
3. Top with grilled chicken and season with salt and pepper.

Nutrition:

- **Calories:** 420
- **Protein:** 32g
- **Carbs:** 10g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add an additional tablespoon of olive oil (+120 calories, +14g fat) or a handful of almonds (+100 calories, +9g fat).
 - **Decrease Calories:** Reduce olive oil to 1 teaspoon (-80 calories, -9g fat) or omit the sunflower seeds (-50 calories, -4g fat).
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Dinner: Lemon Garlic Salmon with Roasted Veggies**Ingredients:**

- 5 oz salmon fillet
- 1 cup roasted Brussels sprouts
- 1 cup roasted cauliflower
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 clove garlic, minced

Instructions:

1. Roast Brussels sprouts and cauliflower in olive oil at 400°F for about 25 minutes.

2. Season the salmon with garlic, lemon juice, salt, and pepper. Bake or grill for about 12-15 minutes.
3. Serve salmon with roasted veggies.

Nutrition:

- **Calories:** 450
- **Protein:** 38g
- **Carbs:** 12g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add another tablespoon of olive oil for roasting the veggies (+120 calories, +14g fat).
 - **Decrease Calories:** Reduce olive oil to 1 teaspoon for roasting (-80 calories, -9g fat) or use a smaller 3 oz portion of salmon (-100 calories, -12g protein).
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Daily Totals for Day 1:

- **Calories:** 1,310
 - **Protein:** 92g
 - **Carbs:** 28g
 - **Fat:** 92g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack of Greek yogurt with 1 tablespoon of almond butter (+200 calories, +15g protein).
 - **Decrease Calories:** Reduce fats like olive oil or avocado throughout the day (up to -200 calories) by using less in each meal.
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Day 2

Breakfast: Chia Seed Pudding with Berries and Almonds

Ingredients:

- 3 tbsp chia seeds

- 1 cup unsweetened almond milk
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp almond butter
- 1 tbsp slivered almonds
- A dash of cinnamon

Instructions:

1. Mix chia seeds with almond milk and let sit for at least 4 hours or overnight to thicken.
2. Top with berries, almond butter, slivered almonds, and a sprinkle of cinnamon.

Nutrition:

- **Calories:** 380
- **Protein:** 10g
- **Carbs:** 24g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of almond butter (+90 calories, +9g fat).
 - **Decrease Calories:** Use 1 teaspoon almond butter instead of 1 tbsp (-60 calories, -6g fat).
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Lunch: Tuna Salad Lettuce Wraps

Ingredients:

- 1 can tuna (5 oz), drained
- 2 tbsp mayonnaise (avocado or olive oil-based)
- 1/4 avocado, diced
- 1 tbsp red onion, chopped
- 1 tbsp fresh parsley, chopped
- 4 large lettuce leaves for wrapping (romaine or butter lettuce)
- Salt and pepper for seasoning

Instructions:

1. Mix tuna with mayonnaise, avocado, red onion, parsley, and seasoning.
2. Spoon the tuna mixture into large lettuce leaves and wrap them up.

Nutrition:

- **Calories:** 450

- **Protein:** 35g
- **Carbs:** 6g
- **Fat:** 33g

Tips to Adjust Calories:

- **Increase Calories:** Add an additional tablespoon of mayonnaise (+100 calories, +11g fat).
 - **Decrease Calories:** Use 1 tablespoon of mayonnaise instead of 2 (-50 calories, -5g fat) or omit the avocado (-80 calories, -7g fat).
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Dinner: Garlic Butter Shrimp with Zucchini Noodles

Ingredients:

- 6 oz shrimp, peeled and deveined
- 2 medium zucchini, spiralized into noodles
- 2 tbsp butter or ghee
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- Salt, pepper, and red pepper flakes for seasoning

Instructions:

1. Heat 1 tablespoon of butter in a pan and sauté garlic for 1-2 minutes.
2. Add shrimp and cook until pink (about 3-4 minutes).
3. In the same pan, add zucchini noodles and the remaining tablespoon of butter, sauté until slightly tender.
4. Finish with lemon juice, salt, pepper, and red pepper flakes.

Nutrition:

- **Calories:** 470
- **Protein:** 40g
- **Carbs:** 8g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of butter (+100 calories, +11g fat).
 - **Decrease Calories:** Use 1 tablespoon of butter instead of 2 (-100 calories, -11g fat).
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Daily Totals for Day 2:

- **Calories:** 1,300
 - **Protein:** 85g
 - **Carbs:** 38g
 - **Fat:** 93g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack, such as a handful of almonds (+160 calories, +14g fat).
- **Decrease Calories:** Reduce fats like butter, mayonnaise, or avocado throughout the day to save up to 200 calories.

Day 3

Breakfast: Avocado and Egg Boats

Ingredients:

- 1 avocado, halved and pitted
- 2 large eggs
- Salt and pepper for seasoning
- 1 tbsp chopped chives

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Scoop out a little of the avocado to make room for the egg.
3. Crack an egg into each avocado half and season with salt and pepper.
4. Bake for 12-15 minutes until the egg is set. Sprinkle with chives before serving.

Nutrition:

- **Calories:** 440
- **Protein:** 14g
- **Carbs:** 12g
- **Fat:** 36g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or serve with a side of bacon (+90 calories, +7g fat).

- **Decrease Calories:** Use 1/4 avocado per egg boat instead of a full half (-80 calories, -7g fat).
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Lunch: Grilled Turkey Burgers

Ingredients:

- 4 oz ground turkey patty
- 2 cups mixed greens (lettuce, arugula, spinach)
- 1 tbsp olive oil
- ¼ avocado, sliced
- 1 tbsp Dijon mustard
- Salt and pepper for seasoning

Instructions:

1. Grill the turkey patty until fully cooked.
2. Serve over mixed greens and drizzle with olive oil and Dijon mustard. Top with avocado slices and season with salt and pepper.

Nutrition:

- **Calories:** 450
- **Protein:** 30g
- **Carbs:** 5g
- **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat) or a handful of nuts (+100 calories, +9g fat).
 - **Decrease Calories:** Use 1 teaspoon olive oil instead of 1 tablespoon (-80 calories, -9g fat) or omit the avocado (-80 calories, -7g fat).
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Dinner: Herb-Crusted Chicken Thighs

Ingredients:

- 5 oz chicken thigh, skinless
- 1 tsp olive oil
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped

- 1 cup roasted zucchini
- 1 cup mashed cauliflower (with ghee or butter)

Instructions:

1. Preheat oven to 400°F (200°C). Rub chicken thighs with olive oil and herbs.
2. Bake for 25-30 minutes until fully cooked.
3. Serve with roasted zucchini and mashed cauliflower with ghee or butter.

Nutrition:

- **Calories:** 460
- **Protein:** 35g
- **Carbs:** 12g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of ghee or butter to the cauliflower mash (+120 calories, +14g fat).
 - **Decrease Calories:** Use less ghee or butter in the mash (-60 calories, -7g fat) or reduce the portion of chicken thigh to 3 oz (-80 calories, -12g protein).
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Daily Totals for Day 3:

- **Calories:** 1,350
 - **Protein:** 79g
 - **Carbs:** 29g
 - **Fat:** 101g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack of Greek yogurt with chia seeds and a tablespoon of almond butter (+200 calories, +15g protein).
 - **Decrease Calories:** Reduce the amount of fat used in cooking (like olive oil or butter) to save up to 200 calories.
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Day 4

Breakfast: Veggie Omelette with Smoked Salmon

Ingredients:

- 3 large eggs
- 1/4 cup diced bell peppers
- 1/4 cup chopped spinach
- 2 oz smoked salmon
- 1 tbsp olive oil
- Salt and pepper for seasoning

Instructions:

1. Heat olive oil in a pan and sauté bell peppers and spinach until softened.
2. Whisk eggs and pour over the veggies, cooking until set.
3. Top with smoked salmon and season with salt and pepper.

Nutrition:

- **Calories:** 480
- **Protein:** 28g
- **Carbs:** 6g
- **Fat:** 38g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or more olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 2 eggs instead of 3 (-70 calories, -6g protein) or reduce olive oil to 1 tsp (-80 calories, -9g fat).
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Lunch: Shrimp and Avocado Salad

Ingredients:

- 6 oz grilled shrimp
- 1/2 avocado, diced
- 2 cups romaine lettuce
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper for seasoning

Instructions:

1. Grill shrimp and set aside.
2. Toss romaine lettuce, avocado, and parsley with olive oil and lemon juice.
3. Top the salad with grilled shrimp and season with salt and pepper.

Nutrition:

- **Calories:** 430
- **Protein:** 35g
- **Carbs:** 8g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat) or more avocado (+80 calories, +7g fat).
 - **Decrease Calories:** Use 1 teaspoon of olive oil instead of 1 tablespoon (-80 calories, -9g fat) or reduce shrimp to 4 oz (-80 calories, -12g protein).
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Dinner: Pork Tenderloin with Sautéed Greens**Ingredients:**

- 5 oz pork tenderloin
- 1 cup sautéed kale
- 1 cup roasted sweet potatoes
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper for seasoning

Instructions:

1. Grill or bake the pork tenderloin and slice.
2. Sauté kale with garlic and olive oil until wilted.
3. Roast sweet potatoes at 400°F for 25-30 minutes, drizzled with olive oil.
4. Serve together and season with salt and pepper.

Nutrition:

- **Calories:** 500
- **Protein:** 40g
- **Carbs:** 20g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil for roasting sweet potatoes (+120 calories, +14g fat).
 - **Decrease Calories:** Reduce portion size of sweet potatoes (-60 calories, -12g carbs) or use less olive oil (-80 calories, -9g fat).
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Daily Totals for Day 4:

- **Calories:** 1,410
 - **Protein:** 103g
 - **Carbs:** 34g
 - **Fat:** 98g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack like a handful of almonds (+160 calories, +14g fat) or use more avocado and olive oil in your meals.
- **Decrease Calories:** Reduce fats like olive oil or avocado in your meals to save up to 200 calories.

Day 5

Breakfast: Smoothie Bowl with Protein

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup frozen berries (blueberries, raspberries)
- 1 scoop protein powder (whey or plant-based)
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1/4 cup unsweetened coconut flakes

Instructions:

1. Blend almond milk, berries, protein powder, and chia seeds until smooth.
2. Pour into a bowl and top with almond butter and coconut flakes.

Nutrition:

- **Calories:** 400
- **Protein:** 28g

- **Carbs:** 20g
- **Fat:** 28g

Tips to Adjust Calories:

- **Increase Calories:** Add 1 more tablespoon of almond butter (+90 calories, +9g fat).
 - **Decrease Calories:** Reduce almond butter to 1 teaspoon (-60 calories, -6g fat) or omit coconut flakes (-90 calories, -8g fat).
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Lunch: Chicken Caesar Salad (Grain-Free)

Ingredients:

- 5 oz grilled chicken breast
- 2 cups romaine lettuce
- 1 tbsp olive oil
- 1 tbsp avocado mayonnaise
- 1 tbsp lemon juice
- 1 tbsp grated Parmesan
- Salt and pepper for seasoning

Instructions:

1. Grill the chicken breast and slice.
2. Toss romaine lettuce with olive oil, avocado mayonnaise, lemon juice, and Parmesan.
3. Top with grilled chicken and season with salt and pepper.

Nutrition:

- **Calories:** 450
- **Protein:** 35g
- **Carbs:** 7g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat) or more Parmesan (+60 calories per tablespoon).
 - **Decrease Calories:** Use 1 teaspoon olive oil instead of 1 tablespoon (-80 calories, -9g fat).
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Dinner: Lamb Chops with Roasted Vegetables

Ingredients:

- 6 oz lamb chops
- 1 cup roasted carrots
- 1 cup roasted asparagus
- 1 tbsp olive oil
- Salt and pepper for seasoning

Instructions:

1. Preheat the oven to 400°F (200°C). Rub lamb chops with olive oil, salt, and pepper, and grill or bake for 8-10 minutes.
2. Roast carrots and asparagus in olive oil for 20-25 minutes.
3. Serve lamb chops with roasted vegetables.

Nutrition:

- **Calories:** 470
- **Protein:** 34g
- **Carbs:** 12g
- **Fat:** 32g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil to the vegetables (+120 calories, +14g fat).
 - **Decrease Calories:** Use less olive oil (-80 calories, -9g fat) or reduce the portion of lamb chops to 4 oz (-100 calories, -12g protein).
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Daily Totals for Day 5:

- **Calories:** 1,320
 - **Protein:** 97g
 - **Carbs:** 39g
 - **Fat:** 90g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack, like a handful of nuts (+160 calories, +14g fat).
- **Decrease Calories:** Reduce fats like olive oil or almond butter to save up to 200 calories.

Day 6

Breakfast: Egg Muffins with Bacon

Ingredients:

- 3 large eggs
- 2 slices bacon
- 1/4 cup chopped spinach
- 1/4 cup diced bell peppers
- 1 tbsp olive oil
- Salt and pepper for seasoning

Instructions:

1. Preheat oven to 350°F (175°C). In a muffin tin, combine whisked eggs, spinach, and bell peppers.
2. Bake for 15-20 minutes until eggs are set.
3. Cook bacon separately and serve on the side.

Nutrition:

- **Calories:** 420
- **Protein:** 22g
- **Carbs:** 5g
- **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or serve with avocado slices (+80 calories, +7g fat).
- **Decrease Calories:** Use 1 slice of bacon (-45 calories, -4g fat).

Lunch: Grilled Steak Salad

Ingredients:

- 6 oz grilled steak
- 2 cups arugula
- 1/4 avocado, sliced
- 2 tbsp olive oil

- 1 tbsp balsamic vinegar
- Salt and pepper for seasoning

Instructions:

1. Grill steak and slice thinly.
2. Toss arugula, avocado, and olive oil with balsamic vinegar.
3. Top with grilled steak and season with salt and pepper.

Nutrition:

- **Calories:** 600
- **Protein:** 40g
- **Carbs:** 10g
- **Fat:** 45g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil (+120 calories, +14g fat).
 - **Decrease Calories:** Use 1 teaspoon of olive oil instead of 2 tablespoons (-160 calories, -18g fat).
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Dinner: Coconut Curry Chicken with Cauliflower Rice

Ingredients:

- 5 oz chicken breast
- 1/2 cup full-fat coconut milk
- 1 tbsp curry powder
- 1 cup cauliflower rice
- 1 tbsp olive oil
- 1 tbsp cilantro, chopped
- Salt and pepper for seasoning

Instructions:

1. Cook chicken in a pan with olive oil until browned.
2. Add coconut milk, curry powder, and seasonings, simmer until chicken is fully cooked.
3. Serve over sautéed cauliflower rice and garnish with chopped cilantro.

Nutrition:

- **Calories:** 470
- **Protein:** 38g

- **Carbs:** 10g
- **Fat:** 35g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of olive oil for cooking (+120 calories, +14g fat) or serve with a side of roasted vegetables.
 - **Decrease Calories:** Use light coconut milk (-100 calories, -9g fat).
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Daily Totals for Day 6:

- **Calories:** 1,490
 - **Protein:** 100g
 - **Carbs:** 25g
 - **Fat:** 115g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack, such as a handful of nuts or Greek yogurt with almond butter (+200 calories, +15g protein).
- **Decrease Calories:** Reduce fats like olive oil or bacon throughout the day to save up to 200 calories.

Day 7

Breakfast: Scrambled Eggs with Turkey Sausage and Avocado

Ingredients:

- 3 large eggs
- 2 oz turkey sausage (lean)
- 1/4 avocado, diced
- 1 tbsp olive oil
- Salt and pepper for seasoning

Instructions:

1. Heat olive oil in a pan and cook the turkey sausage until browned.
2. Whisk eggs and pour into the pan with the sausage, scrambling until cooked.
3. Serve with diced avocado on the side.

Nutrition:

- **Calories:** 480
- **Protein:** 26g
- **Carbs:** 5g
- **Fat:** 37g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra egg (+70 calories, +6g protein) or increase the avocado to 1/2 (+80 calories, +7g fat).
 - **Decrease Calories:** Use 2 eggs instead of 3 (-70 calories, -6g protein) or reduce olive oil to 1 teaspoon (-80 calories, -9g fat).
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Lunch: Avocado Chicken Salad**Ingredients:**

- 6 oz shredded chicken breast
- 1/2 avocado, diced
- 2 tbsp mayonnaise (avocado or olive oil-based)
- 1 tbsp lemon juice
- 1 tbsp chopped cilantro
- Salt and pepper for seasoning

Instructions:

1. Mix shredded chicken with avocado, mayonnaise, lemon juice, cilantro, and seasoning.
2. Serve with cucumber slices or wrapped in lettuce leaves.

Nutrition:

- **Calories:** 530
- **Protein:** 45g
- **Carbs:** 8g
- **Fat:** 38g

Tips to Adjust Calories:

- **Increase Calories:** Add an extra tablespoon of mayonnaise (+100 calories, +11g fat).
 - **Decrease Calories:** Use 1 tablespoon of mayonnaise instead of 2 (-50 calories, -5g fat) or omit the avocado (-80 calories, -7g fat).
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Dinner: Grilled Mahi-Mahi with Garlic Butter

Ingredients:

- 6 oz mahi-mahi fillet
- 1 tbsp butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 cup sautéed spinach (cooked in 1 tsp olive oil)
- 1 cup roasted butternut squash (drizzled with 1 tsp olive oil)

Instructions:

1. Grill mahi-mahi and set aside.
2. In a pan, melt butter and sauté garlic. Pour over the fish.
3. Serve with sautéed spinach and roasted butternut squash.

Nutrition:

- **Calories:** 470
- **Protein:** 40g
- **Carbs:** 20g
- **Fat:** 30g

Tips to Adjust Calories:

- **Increase Calories:** Add more olive oil to the roasted butternut squash or sautéed spinach (+120 calories per tablespoon).
 - **Decrease Calories:** Reduce butter in the garlic butter sauce to 1/2 tablespoon (-50 calories, -5g fat) or reduce olive oil for cooking spinach or squash (-40 calories, -4.5g fat per teaspoon).
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Daily Totals for Day 7:

- **Calories:** 1,480
 - **Protein:** 111g
 - **Carbs:** 33g
 - **Fat:** 105g
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Ways to Adjust Daily Calories:

- **Increase Calories:** Add a snack like Greek yogurt with a tablespoon of nuts (+200 calories, +15g protein).
- **Decrease Calories:** Reduce fats like olive oil or almond butter in your meals to save up to 200 calories.