

## Sun

- **Breakfast (450 calories, 35g protein):**
  - Pancakes
  - 2 eggs
  - 75g berries
  - 1 tbsp chia seeds (15g)
- **Lunch (500 calories, 50g protein):**
  - 400g vegetarian chili
  - 1 cup cooked brown rice (195g)
- **Dinner (500 calories, 40g protein):**
  - 150g salmon
  - 200g roasted vegetables (mixed)
  - 1 cup cooked quinoa (185g)
- **Snack (200 calories, 20g protein):**
  - 23g almonds
  - 1 medium banana (105g)

## Mon

- **Breakfast (450 calories, 35g protein):**
  - 150g Greek yogurt
  - 75g berries
  - 30g granola
  - 1 tbsp chia seeds (15g)
- **Lunch (550 calories, 45g protein):**
  - 120g cooked chicken breast
  - 1 cup cooked whole-wheat pasta (150g)
  - 50g avocado
  - 30g lettuce
- **Dinner (550 calories, 50g protein):**
  - 2 cups lentil soup (400g)
  - side salad (mixed greens, vegetables)
- **Snack (200 calories, 20g protein):**
  - 150g cottage cheese
  - 50g chopped vegetables (mixed)

## Tues

- **Breakfast (400 calories, 30g protein):**
  - 2 large eggs (140g)
  - 50g spinach
  - 2 slices whole-wheat toast (60g)
- **Lunch (500 calories, 40g protein):**
  - 120g canned tuna
  - 1 cup cooked whole-wheat pasta (150g)
  - side salad (mixed greens, vegetables)
- **Dinner (550 calories, 50g protein):**
  - 2 cups lentil soup (400g)
  - side salad (mixed greens, vegetables)
- **Snack (200 calories, 20g protein):**
  - 150g Greek yogurt
  - 1 tsp ground cinnamon
  - 75g berries

## Weds

- **Breakfast (400 calories, 30g protein):**
  - 1 cup rolled oats (80g)
  - 75g berries
  - 30g walnuts
- **Lunch (550 calories, 50g protein):**
  - 2 cups lentil soup (400g)
  - side salad (mixed greens, vegetables)
- **Dinner (500 calories, 50g protein):**
  - 150g salmon
  - 1 medium sweet potato (baked, 150g)
  - 150g asparagus
- **Snack (200 calories, 20g protein):**
  - 150g cottage cheese
  - 50g chopped vegetables (mixed)

## Thur

- **Breakfast (400 calories, 30g protein):**
  - 2 whole-wheat pancakes (prepared with whole-wheat flour, milk, and egg)
  - 150g ricotta cheese
  - 75g berries
- **Lunch (500 calories, 50g protein):**
  - 150g salmon
  - 1 medium sweet potato (baked, 150g)
  - 150g asparagus
- **Dinner (600 calories, 45g protein):**
  - 150g shrimp
  - 1 cup cooked whole-wheat pasta (150g)
  - 200g vegetables (mixed)
- **Snack (200 calories, 20g protein):**
  - 150g Greek yogurt
  - 1 tsp ground cinnamon

## Fri

- **Breakfast (450 calories, 35g protein):**
  - 2 large eggs (140g)
  - 50g vegetables (mixed)
  - 50g cheddar cheese
  - 2 slices whole-wheat bread (60g)
- **Lunch (550 calories, 45g protein):**
  - 150g cooked chicken breast
  - mixed greens (unlimited)
  - 50g avocado or
  - 100g bell peppers (mixed colors)
  - + 50g onion
  - 2 tbsp Olive Oil (30g)
- **Dinner (500 calories, 50g protein):**
  - 400g vegetarian chili
  - 1 cup cooked brown rice (195g)
- **Snack (200 calories, 20g protein):**
  - 23g almonds
  - 1 medium banana (105g)

## Sat

- **Breakfast (400 calories, 30g protein):**
  - 1 cup rolled oats (80g)
  - 75g berries
  - 30g walnuts
- **Lunch (500 calories, 40g protein):**
  - 120g black beans (cooked in burger patty)
  - 1 whole-wheat bun (60g)
  - side salad (mixed greens, vegetables)
- **Lunch (550 calories, 45g protein):**
  - 150g cooked chicken breast
  - mixed greens (unlimited)
  - 50g avocado
  - 2 slices whole-wheat bread (60g)
  - 2 tbsp Olive Oil (30g)
- **Snack (200 calories, 20g protein):**
  - 150g Greek yogurt
  - 1 tsp ground cinnamon

## **Shopping List**

### **\*\*Pantry Staples:\*\***

- \* Whole Wheat Flour
- \* Milk
- \* Eggs (60)
- \* Chia Seeds (45g)
- \* Canned Diced Tomatoes (2 cans)
- \* Granola (90g)
- \* Balsamic Vinaigrette (90ml)
- \* Dried Fruit (90g)
- \* Rolled Oats (240g)
- \* Walnuts (90g)
- \* Whole Wheat Pasta (450g)
- \* Brown Rice (585g)
- \* Mixed Nuts (150g)
- \* Salt
- \* Pepper

### **\*\*Fresh Produce:\*\***

- \* Berries (375g) - for breakfast throughout the week
- \* Spinach (150g)
- \* Mixed Vegetables (Roasted Vegetables in Lunch on Sun, Salads throughout the week, Grilled Vegetables for Dinner on Wed, Dinner on Thurs) - around 1.5 kg
- \* Lettuce (3 heads)
- \* Bell Peppers (300g) - for Lunch on Wed
- \* Onion (150g) - for Lunch on Wed
- \* Sweet Potatoes (6)
- \* Asparagus (450g)
- \* Apples (3)
- \* Pears (3)
- \* Avocado (3)
- \* Edamame Pods (450g)

### **\*\*Dairy and Meat:\*\***

- \* Greek Yogurt (450g)
- \* Cottage Cheese (450g)
- \* Cheddar Cheese (150g)
- \* Ground Turkey (360g)
- \* Chicken Breast (450g) - boneless, skinless
- \* Canned Tuna (1 can)
- \* Salmon (450g)
- \* Shrimp (450g)
- \* Ricotta Cheese (450g)
- \* String Cheese (3 sticks)
- \* Whole Wheat Bread (18 slices)
- \* Whole Wheat Buns (9)
- \* Black Beans (360g) - canned or dried