

# 3-Day Meal Plan

Use this resource to focus on nutritious, protein-packed meals that will keep you energized and satiated throughout the day until you receive more specific instructions from your coach.

After you meet with your coach, you'll have more personalized guidance that aligns more closely with your goals. Until then this meal plan offers several benefits:

- ✔ High-protein meals with at least 30 grams of protein to support your nutritional needs (and help you feel fuller, longer!).
- ✔ Easy-to-find ingredients that will empower you to prepare delicious meals that won't take hours of prep.
- ✔ An easy-to-follow foundation for you to get started with your Stronger U session.

## Notes

- This meal plan provides units of measurements in ounces and grams, choose the unit that works best for you!
- This template is a suggestion, adjust the portion sizes to match your preferences and hunger levels.
- If you're ready to start logging your food, head to the Stronger U App!
- Don't forget to reach out to your coach if you have questions! They're here to help.

# Your 3-Day Meal Plan

All of these equal 1300-1500 calories per day and 30g of protein in each meal.

DAY 1

1461 CAL | 123 P | 119 C | 56 F

**BREAKFAST**

**Breakfast Sandwich**  
 1 large egg (56g)  
 4oz (100g) liquid egg whites  
 3 slices (85g) deli ham  
 Sandwich slim (50g)  
**339 CAL | 34 P | 22 C | 13 F**

**LUNCH**

**Chicken Quinoa Bowl**  
 4oz (115g) chicken breast  
 4oz (115g) quinoa  
 4oz (115g) red bell pepper  
 4oz (115g) zucchini  
 Sauce: 1 tsp (4.5g) olive oil,  
 1 tsp (5g) lemon juice,  
 ½ clove (2g) of  
 garlic chopped  
**374 CAL | 41 P | 27 C | 11 F**

**DINNER**

**Steak with Potatoes & Side Salad**  
 4oz (115g) sirloin steak  
 4oz (115g) roasted red potatoes with ½ (8.5g) tablespoon olive oil  
 Salad with ½ (40g) cup chopped romaine,  
 ½ cup chopped spinach (40g),  
 2 tablespoons light dressing (Caesar used) (30g)  
**469 CAL | 35 P | 30 C | 23 F**

**SNACKS**

Apple medium (140g) with 1 tbsp (15g) almond or peanut butter  
**193 CAL | 4 P | 28 C | 9 F**  
 ½ cup (115g) Greek yogurt (nonfat, vanilla)  
**87 CAL | 9 P | 11 C | 0 F**

DAY 2

1387 CAL | 118 P | 140 C | 44 F

**BREAKFAST**

**Yogurt Bowl**  
 1 cup (230g) Greek yogurt (non-fat, vanilla)  
 1 tbsp (15g) chia seeds  
 2oz (56g) blueberries  
 ¼ cup (56g) Kashi Go Lean Crunch  
**339 CAL | 25 P | 45 C | 7 F**

**LUNCH**

**Deli Wrap**  
 1 lavash flatbread (Joseph's) (85g)  
 6 slices deli chicken or turkey (57g)  
 ½ cup (40g) spinach  
 1 tbsp (15g) light mayo  
 1 tsp (6g) dijon mustard  
 1 Babybel cheese  
**303 CAL | 30 P | 20 C | 14 F**

**DINNER**

**Fish with Rice and Veggies**  
 6oz (170g) tilapia topped with 2 tbsp (30g) sesame ginger sauce  
 ½ cup (115g) brown rice  
 ½ cup (115g) vegetable medley blend  
**450 CAL | 47 P | 28 C | 16 F**

**SNACKS**

1 (118g) medium banana  
**105 CAL | 1 P | 27 C | 0 F**  
 1 beef Chomps stick (original)  
**90 CAL | 9 P | 0 C | 6 F**  
 1 Yasso bar (any flavor)  
**100 CAL | 5 P | 19 C | 1 F**

DAY 3

1453 CAL | 121 P | 132 C | 53 F

**BREAKFAST**

**Overnight Oats**  
 ¼ cup (57g) oatmeal  
 1 tbsp (15g) chia seeds  
 1 tbsp (15g) ground flaxseed  
 3 large strawberries, chopped (15g)  
 8oz (227g) chocolate milk  
**346 CAL | 20 P | 39 C | 14 F**

**LUNCH**

**Chicken Salad**  
 4oz (115g) chicken breast, shredded  
 ½ cup (115g) quinoa  
 ½ cup (40g) spinach  
 ½ cup (40g) romaine  
 ¼ cup (18g) shredded coleslaw blend  
 2 tbsp (30g) light honey dijon dressing  
**320 CAL | 40 P | 24 C | 6 F**

**DINNER**

**Turkey Burger**  
 1 sandwich slim (50g)  
 4oz (115g) turkey burger (93% lean)  
 1 slice any cheese (28g)  
 ¼ cup (20g) spinach or any greens  
 1 slice tomato (15g)  
 1 tbsp (15g) light mayo  
 1 tsp (6g) dijon mustard  
 10 baby carrots (150g)  
 2 celery stalks cut (80g)  
**475 CAL | 34 P | 35 C | 22 F**

**SNACKS**

½ cup (115g) cottage cheese with 2oz (57g) blueberries  
**113 CAL | 14 P | 11 C | 2.5 F**  
 1 Rx Bar (any flavor)  
**200 CAL | 12 P | 23 C | 8 F**