

# 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 1600-1800 calories per day and 30g of protein in each meal.

**DAY 1**

1633 CAL | 144 P | 161 C | 48 F

**BREAKFAST**

**Tortilla Egg Wrap**  
 2 eggs (114g)  
 1 high protein wrap  
 1 wedge light spreadable cheese (spread on a tortilla) (19g)  
 Pickled jalapenos (optional)  
 2oz (56g) deli ham  
 4-5 (75g) cherry tomatoes  
 1 cup (150g) blueberries  
**414 CAL | 37 P | 35 C | 16 F**

**LUNCH**

**Easy Chicken & Veggies**  
 4oz (115g) chicken breast  
 3/4 cup (120g) rice  
 1 cup (130g) mixed veggies (can be frozen)  
 1 tsp (5g) olive oil  
 Squeeze of lemon juice  
**479 CAL | 42 P | 50 C | 11 F**

**DINNER**

**Sesame Ginger Tilapia**  
 6oz (170g) baked tilapia topped with 1 tbsp (17g) sesame ginger sauce  
 1/2 cup (100g) brown rice  
 1 cup (100g) vegetable medley  
**440 CAL | 48 P | 34 C | 12 F**

**SNACKS**

1 Rx Bar (any flavor)  
**200 CAL | 12 P | 23 C | 8 F**  
 1 Yasso bar (any flavor)  
**100 CAL | 5 P | 19 C | 1 F**

**DAY 2**

1669 CAL | 131 P | 172 C | 58 F

**BREAKFAST**

**Greek Egg Sandwich**  
 2 large eggs (114g)  
 150g cooked spinach  
 1oz (28g) low-fat (or fat-free) feta cheese  
 1/2 tsp (2.5g) olive oil for cooking  
 1 (62g) English muffin  
**399 CAL | 30 P | 35 C | 16 F**

**LUNCH**

**Club Sandwich Wrap**  
 1 (56g) Joseph's brand lavash flatbread  
 4oz (120g) deli chicken or turkey  
 2 slices (50g) tomato  
 1 tbsp (15g) light mayo  
 1 tsp (7g) dijon mustard  
 1 slice (1oz) reduced fat cheddar  
 1 cup (30g) raw spinach  
 1 apple (medium, 180g without core) with 1 tbsp (16g) peanut butter  
**436 CAL | 41 P | 48 C | 12 F**

**DINNER**

**Steakhouse Dinner**  
 4oz (115g) sirloin steak  
 4oz (115g) roasted red potatoes with 1/2 tbsp (7g) olive oil  
 Salad with 1/2 cup (30g) chopped romaine, 1/2 cup chopped spinach (30g), 2 tbsp (30g) light dressing  
**469 CAL | 35 P | 30 C | 23 F**

**SNACKS**

1 cup (150g) light or fat-free yogurt (any flavor)  
 Buds cereal  
 1/4 cup (16g) All-Bran  
 1/2 cup (75g) blueberries  
**182 CAL | 15 P | 38 C | 1 F**  
 1 bag (28g) PopCorners, any flavor  
**130 CAL | 2 P | 22 C | 4 F**  
 Light string cheese (30g)  
**60 CAL | 8 P | 0 C | 3 F**

**DAY 3**

1721 CAL | 137 P | 151 C | 67 F

**BREAKFAST**

**Overnight Proats (Protein Oats)**  
 1/3 cup (30g) Kodiak protein oats, classic  
 8oz (227g) Fairlife reduced fat protein milk  
 1/2 cup (70g) frozen mixed berries  
 1/2 scoop (16g) protein powder  
**429 CAL | 36 P | 37 C | 15 F**

**LUNCH**

**Buffalo Chicken Salad**  
 4oz (115g) cooked chicken breast  
 1 cup (30g) spinach  
 1 cup (30g) arugula (or other lettuce)  
 2oz (60g) carrots  
 2oz (60g) sugar snap peas  
 1oz (28g) reduced-fat blue cheese crumbles (can leave out or sub any cheese)  
 Frank's Red Hot, to taste  
 2 tbsp (30g) Bolthouse Chunky Blue Cheese (or Ranch)  
 1 tbsp (7g) walnut pieces  
**428 CAL | 49 P | 16 C | 19 F**

**DINNER**

**Turkey Taco Bowl**  
 3.5oz (100g) cooked ground turkey (used 93% lean)  
 Taco seasoning  
 1/2 cup (100g) rice  
 1/2 avocado (50g)  
 1/2 cup (86g) black beans  
 1/2oz (14g) reduced fat Mexican style shredded cheese  
 1 cup (30g) spinach  
 1/2 cup (90g) tomatoes, diced  
 Hot sauce  
**571 CAL | 43 P | 51 C | 23 F**

**SNACKS**

1 Yasso bar (any flavor)  
**100 CAL | 5 P | 19 C | 1 F**  
 Apple medium with 1 tbsp almond or peanut butter  
**193 CAL | 4 P | 28 C | 9 F**