

# 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 1900-2100 calories per day and 30g of protein in each meal.

DAY 1

1978 CAL | 206 P | 161 C | 65 F

**BREAKFAST**

**Greek Yogurt Parfait**  
 1 cup (245g) non-fat Greek yogurt  
 ¼ cup (30g) granola  
 ½ (75g) cup mixed berries  
 1 tbsp (21g) honey  
 1 tbsp (12g) chia seeds  
**437 CAL | 30 P | 58 C | 11 F**

**LUNCH**

**Grilled Chicken Salad**  
 5oz (28g) grilled chicken breast  
 2 cups (70g) mixed greens  
 1 small (80g) sweet potato  
 ½ cup (90g) cherry tomatoes  
 ¼ cup (120g) cucumbers  
 1 tbsp (13g) olive oil vinaigrette  
**468 CAL | 47 P | 23 C | 20 F**

**DINNER**

**Salmon Bowl**  
 6oz (170g) salmon  
 1oz (28 g) sweet chili sauce  
 ½ cup (92g) cooked quinoa  
 1 cup (90g) steamed broccoli  
**499 CAL | 50 P | 40 C | 16 F**

**SNACKS**

**Cottage Cheese & Fruit**  
 1 (220g) cups low fat cottage cheese  
 1 cup (165g) pineapple chunks  
**242 CAL | 30 P | 28 C | 5 F**

**Protein Shake**  
 1-2 scoops (45g) (based on brand scoops) protein powder  
 2 cup (240g) milk of choice  
 1 tbsp (16g) nut butter  
**332 CAL | 49 P | 12 C | 13 F**

DAY 2

2066 CAL | 183 P | 176 C | 70 F

**BREAKFAST**

**Avocado Toast**  
 4 large eggs (176g)  
 1 slice (24g) whole-grain toast  
 1 cup sliced avocado (146g)  
**576 CAL | 30 P | 26 C | 41 F**

**LUNCH**

**Turkey Wrap**  
 6oz (168g) sliced turkey breast  
 1 slice low fat cheddar (28g)  
 1 whole wheat tortilla (50g)  
 Lettuce, tomato, and mustard  
 1 cup of pretzels (28g)  
**571 CAL | 53 P | 68 C | 9 F**

**DINNER**

**Beef Stir-Fry**  
 6oz (170g) lean beef strips  
 1 cup (155g) mixed vegetables (bell peppers, broccoli, carrots)  
 ½ cup (101g) brown rice  
 ½ cup (125g) soy sauce or coconut aminos  
**507 CAL | 66 P | 40 C | 10 F**

**SNACKS**

**PB Yogurt**  
 1 cups (245g) Greek yogurt  
 ½ cup (124g) blueberries  
 1 tbsp (16g) peanut butter  
**282 CAL | 29 P | 23 C | 9 F**

**Ice Cream Bar**  
 1 Yasso bar (any flavor)  
**100 CAL | 5 P | 19 C | 1 F**

DAY 3

1935 CAL | 163 P | 170 C | 67 F

**BREAKFAST**

**Protein Pancakes**  
 1 scoop (33g) protein powder  
 ½ cup (40g) rolled oats  
 ½ cup (124g) egg whites  
 ¼ cup (60g) almond milk  
 1 tbsp (20g) maple syrup  
**408 CAL | 43 P | 46 C | 6 F**

**LUNCH**

**Tuna Salad**  
 1 5oz (129g) can tuna  
 ¼ cup (55g) mayonnaise  
 1 tbsp relish  
 2-3 cups mixed greens  
 ½ cup (75g) cherry tomatoes  
**530 CAL | 27 P | 10 C | 42 F**

**DINNER**

**Chicken Skewers**  
 5oz (140g) grilled chicken breast  
 1 cup (155g) mixed vegetables (bell peppers, onions, zucchini)  
 ½ cup (75g) couscous  
 2 tbsp (30g) yogurt tzatziki sauce  
**396 CAL | 50 P | 28 C | 8 F**

**SNACKS**

**Protein Bar**  
 1 protein bar (50g)  
 2 clementines (148g)  
**270 CAL | 13 P | 42 C | 6 F**

**Snack Pack**  
 2oz (60g) of turkey or beef jerky  
 1 reduced fat (28g) string cheese  
 1 piece of fruit (e.g., apple or banana) (120g)  
**338 CAL | 30 P | 44 C | 5 F**