

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 2200-2400 calories per day and 30g of protein in each meal.

DAY 1

2309 CAL | 186 P | 227 C | 73 F

BREAKFAST

Yogurt Parfait
 1 cups (245g) Greek yogurt
 ½ cup (60g) granola
 1 cup (150g) mixed berries
 1 tbsp (21g) honey
 1 tbsp (10g) chia seeds
598 CAL | 34 P | 84 C | 17 F

LUNCH

Grilled Chicken Salad
 5oz (142g) grilled chicken breast
 1 medium (150g) sweet potato chunks
 3 cups (150g) mixed greens
 ½ cup (90g) cherry tomatoes
 1 cup (149g) cucumbers
 3 tbsp (45g) olive oil vinaigrette
577 CAL | 51 P | 45 C | 24 F

DINNER

Sweet Chili Salmon
 5oz (114g) salmon
 2oz (56g) sweet chili sauce
 ½ cups (79g) cooked rice
 1 cup (156g) broccoli
509 CAL | 42 P | 61 C | 14 F

SNACKS

Cottage Cheese & Fruit
 1 cups (226g) low-fat cottage cheese
 1 cup (165g) pineapple chunks
245 CAL | 29 P | 28 C | 2.5 F

Protein Shake
 1 scoop (33g) protein powder
 2 cup (240g) milk of choice
 1 tbsp (16g) nut butter
298 CAL | 30 P | 9 C | 15 F

DAY 2

2217 CAL | 175 P | 206 C | 77 F

BREAKFAST

Avocado Toast
 4 large eggs (176g)
 2 slice (24g) whole-grain toast
 ½ cup (73g) sliced avocado
459 CAL | 30 P | 26 C | 31 F

LUNCH

Turkey Wrap
 5oz (140g) sliced turkey breast
 1 slice (28g) low fat cheddar
 1 (50g) whole wheat tortilla
 Lettuce, tomato, and mustard
 1 cup (28g) of pretzels
497 CAL | 47 P | 57 C | 9 F

DINNER

Beef Stir-Fry
 5oz (142g) 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
458 CAL | 58 P | 40 C | 10 F

SNACKS

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

Hummus Snack Plate
 1 cup (129g) Sabra hummus & pretzels
 2 cups (120g) carrots & cucumbers
434 CAL | 11 P | 60 C | 18 F

DAY 3

2292 CAL | 170P | 214 C | 84 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
 1 tbsp (16g) peanut butter
408 CAL | 43 P | 46 C | 6 F

LUNCH

Tuna Sandwich
 1 5oz (129g) can tuna
 2 slices (56g) whole grain bread
 2 tbsp (28g) mayonnaise
 1 tbsp relish

Side Salad
 2-3 cups mixed greens
 ½ cup (75g) cherry tomatoes
 2 tbsp (30g) olive oil based vinaigrette
689 CAL | 40 P | 35 C | 43 F

DINNER

Chicken Tzatziki & Potatoes
 5oz (140g) grilled chicken breast
 1 cup (240g) mixed vegetables (bell peppers, onions, zucchini)
 1 medium (173g) potato
 1 tbsp (14g) butter
 2 tbsp (30g) yogurt tzatziki sauce
563 CAL | 50 P | 44 C | 20 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 piece of fruit (e.g., apple or banana) (120g)
276 CAL | 20 P | 44 C | 1 F