

Protein 180g · Carbs 220g · Fat 70g · Calories ~2,300

THE 7-DAY MENU

DAY 1 — MONDAY

Breakfast

3 whole eggs scrambled + 2 oz ham + 1 slice sourdough

Lunch

6 oz grilled chicken over mixed greens, olive oil + vinegar, ½ cup quinoa

Dinner

6 oz salmon, sweet potato (large), asparagus (25 min)

Snack

Greek yogurt (1 cup, 2%) + 1 oz almonds

DAY 2 — TUESDAY

Breakfast

Protein shake (whey, water, banana) + 2 hard-boiled eggs

Lunch

6 oz turkey, 1 cup rice, broccoli + olive oil

Dinner

6 oz top sirloin steak, baked potato, side salad (25 min)

Snack

Cottage cheese (1 cup) + berries

DAY 3 — WEDNESDAY

Breakfast

4 egg white omelet + 1 oz feta + spinach + 1 slice toast

Lunch

Tuna salad (2 cans) over greens, 1 cup pasta, olive oil

Dinner

6 oz chicken thigh, black beans, bell peppers + rice (25 min)

Snack

Quest bar + 1 oz cashews

DAY 4 — THURSDAY

Breakfast	Greek yogurt parfait: 1 cup yogurt, $\frac{3}{4}$ cup granola, blueberries
Lunch	6 oz chicken breast, 1 cup rice, roasted broccoli + olive oil
Dinner	6 oz pork tenderloin, applesauce, green beans (25 min)
Snack	Protein shake + 1 oz almonds

DAY 5 — FRIDAY

Breakfast	3 eggs + 2 strips bacon + 1 slice sourdough + $\frac{1}{2}$ avocado
Lunch	6 oz ground turkey lettuce wraps (4 large) + hummus, 1 cup rice
Dinner	6 oz cod, lentils, roasted zucchini (25 min)
Snack	Cottage cheese (1 cup) + 1 oz walnuts

DAY 6 — SATURDAY

Breakfast	Protein pancakes (1 scoop whey, 2 eggs, $\frac{1}{2}$ banana)
Lunch	6 oz chicken Caesar salad (light dressing) + 1 oz parmesan
Dinner	6 oz ribeye, roasted potatoes, spinach (25 min)
Snack	Greek yogurt + 1 oz almonds

DAY 7 — SUNDAY

Breakfast	4 oz smoked salmon, 2 eggs, 1 slice rye toast
Lunch	6 oz rotisserie chicken, sweet potato, mixed vegetables
Dinner	6 oz shrimp stir-fry (peppers, broccoli, soy) + 1 cup rice (20 min)
Snack	Casein shake + 1 oz cashews

THE GROCERY LIST

One weekly run. Quantities assume one person, seven days.

PROTEIN

- Chicken breast — 3 lbs
- Ground turkey — 1 lb
- Ribeye — 1 steak
- Salmon fillets — 1.5 lbs
- Shrimp — 1 lb
- Whole eggs + carton egg whites — 18 + 1 ct
- Bacon — 1 small pack
- Cottage cheese — 24 oz
- Chicken thigh (boneless) — 1 lb
- Top sirloin steak — 1 lb
- Pork tenderloin — 1 lb
- Cod fillets — 1 lb
- Rotisserie chicken — 1
- Smoked salmon — 4 oz
- Greek yogurt (2%) — 32 oz
- Whey + casein protein — 1 tub each

PRODUCE

- Spinach (bagged) — 2 bags
- Broccoli — 3 heads
- Zucchini — 3
- Green beans — 1 lb
- Bananas — 5
- Lemons — 2
- Mixed greens / romaine — 2 bags
- Asparagus — 1 bunch
- Bell peppers (mixed colors) — 4
- Avocados — 2
- Blueberries — 1 pint
- Apples — 4

PANTRY & GRAINS

- Sourdough bread — 1 loaf
- White rice — 2 lbs
- Old-fashioned oats / granola — 1 container
- Lentils (dried or canned) — 2 cans
- Sweet potatoes — 4
- Tuna (canned, water-packed) — 4 cans
- Turkey (deli sliced) — 8 oz
- Diced tomatoes (canned) — 2
- Rye bread — 1 loaf
- Quinoa — 1 bag
- Black beans (canned) — 2 cans
- Whole-wheat pasta — 1 box
- Baking potatoes — 2
- Ham (deli sliced) — 6 oz
- Apple sauce (unsweetened) — 1 jar

DAIRY + EXTRAS

- Feta — 4 oz
- Almonds — 8 oz
- Walnuts — 8 oz
- Balsamic vinegar
- Soy sauce + sriracha
- Herb / spice set: salt, pepper, garlic powder, paprika, Italian seasoning
- Parmesan — 2 oz
- Cashews — 8 oz
- Olive oil
- Hummus — 1 tub
- Caesar dressing (light)

EASY SUBSTITUTIONS

Same protein ceiling. Same prep time. Same macros within $\pm 10\%$.

Salmon !' Cod or Tilapia

Mild flavor, lower fat, identical cook time.

Chicken breast !' Turkey breast

Same macros, swap-for-swap.

Brown rice !' Jasmine rice or potatoes

Push carbs via starch choice you actually like to eat.

Greek yogurt (2%) !' Skyr

Higher protein, slightly thicker.

Whey !' Casein

Slower release — better pre-bed shake.

Whole eggs !' 4 whites + 2 yolks

Same protein, lower fat when cutting hard.

Ground turkey 93/7 !' 99% lean ground chicken

Even leaner, same cook.

Sweet potato !' Regular potato

Same calories, swap taste.

