

Project Me

Meal Plan Week 1

1405 Calories 120g Carbs 46g Fat 136g Protein

Meal Summary

Breakfast

498 Calories | 44g Carbs | 12g Fat | 55g Protein

1 serving **Simple Spinach Scramble**
268 Calories | 8g Carbs | 10g Fat | 34g Protein

1 cup **Raspberries**

64 Calories | 15g Carbs | 1g Fat | 1g Protein

1/4 cup **Rolled oats**

67 Calories | 15g Carbs | 1g Fat | 2g Protein

6 oz **Nonfat Greek yogurt**

100 Calories | 6g Carbs | 1g Fat | 17g Protein

Lunch

360 Calories | 22g Carbs | 12g Fat | 42g Protein

1/2 tbsp **Avocado oil**

62 Calories | 0g Carbs | 7g Fat | 0g Protein

1/4 cup **Canned black beans**

59 Calories | 11g Carbs | 0g Fat | 4g Protein

1 cup, chopped **Broccoli**

55 Calories | 11g Carbs | 1g Fat | 4g Protein

112 grams **Chicken breast**

185 Calories | 0g Carbs | 4g Fat | 35g Protein

Dinner

357 Calories | 29g Carbs | 13g Fat |

Ingredients

Simple Spinach Scramble

scaled to 1 serving(s)
30 grams Spinach
40 grams Onions
21 1/5 grams Red bell pepper
3/4 cup Egg white
2 large Egg
1 dash Salt
1 dash Pepper

Raspberries

1 cup Raspberries

Rolled oats

1/4 cup Rolled oats

Nonfat Greek yogurt

6 oz Nonfat Greek yogurt

Avocado oil

1/2 tbsp Avocado oil

Canned black beans

1/4 cup Canned black beans

Broccoli

1 cup, chopped Broccoli

Chicken breast

4 ounces Chicken breast

Tomatoes

1/2 cup cherry tomatoes

Directions

Simple Spinach Scramble

1. Clean the spinach off and throw it into a pan while still wet. Cook on medium heat and season with salt and pepper. 2. Once the spinach is wilted, add the onion and bell pepper and cook until the onions are translucent and the pepper chunks are soft. 3. Add the eggs and scramble until cooked. Top with salt and pepper. Excerpt From: Michael Matthews. The Shredded Chef. iBooks. <https://itun.es/ca/V7n-F.I>

34g Protein

1/2 cup cherry tomatoes **Tomatoes**
13 Calories | 3g Carbs | 0g Fat | 1g Protein

84 grams **Chicken breast**
139 Calories | 0g Carbs | 3g Fat | 26g Protein

1/2 cup **Quinoa**
111 Calories | 20g Carbs | 2g Fat | 4g Protein

2 cup **Spinach**
14 Calories | 2g Carbs | 0g Fat | 2g Protein

1/4 fruit **Avocados**
80 Calories | 4g Carbs | 7g Fat | 1g Protein

Snack
189 Calories | 25g Carbs | 9g Fat | 5g Protein

15 almond **Almonds**
104 Calories | 4g Carbs | 9g Fat | 4g Protein

1 cup **Blueberries**
84 Calories | 21g Carbs | 0g Fat | 1g Protein

Tomatoes

3 ounces Chicken breast

Quinoa
1/2 cup Quinoa

Spinach
2 cup Spinach

Avocados
1/4 fruit Avocados

Almonds
15 almond Almonds

Blueberries
1 cup Blueberries