

Project Me

Meal Plan Week 3

1559 Calories 136g Carbs 58g Fat 136g Protein

Meal Summary	Ingredients	Directions
Breakfast 1 301 Calories 39g Carbs 5g Fat 28g Protein	Pure Almond milk 1 cup Pure Almond milk	
1 cup Pure Almond 30 Calories 0g Carbs 3g Fat 1g Protein	Rolled oats 1/4 cup Rolled oats	
1/4 cup Rolled oats 67 Calories 15g Carbs 1g Fat 2g Protein	Blueberries 1 cup Blueberries	
1 cup Blueberries 84 Calories 21g Carbs 0g Fat 1g Protein	Whey protein powder 1 scoop (30g) Whey protein powder	
1 scoop (30g) Whey protein powder 120 Calories 3g Carbs 1g Fat 24g Protein		
Lunch 1 458 Calories 29g Carbs 18g Fat 45g Protein	Spinach 2 cup Spinach	
2 cup Spinach 14 Calories 2g Carbs 0g Fat 2g Protein	Cabbage 1 cup, chopped Cabbage	
1 cup, chopped Cabbage 22 Calories 5g Carbs 0g Fat 1g Protein	Canned black beans 1/2 cup Canned black beans	
1/2 cup Canned black beans 118 Calories 22g Carbs 0g Fat 8g Protein	Chicken breast 112 grams Chicken breast	
112 grams Chicken breast 185 Calories 0g Carbs 4g Fat 35g Protein	Olive oil 1 tbsp Olive oil	
1 tbsp Olive oil 119 Calories 0g Carbs 14g Fat 0g Protein		

Dinner 1

531 Calories | 37g Carbs | 26g Fat | 45g Protein

112 grams **Sirloin steak**

218 Calories | 0g Carbs | 9g Fat | 33g Protein

1/4 cup **Quinoa**

56 Calories | 10g Carbs | 1g Fat | 2g Protein

2 cup, chopped **Broccoli**

109 Calories | 22g Carbs | 1g Fat | 7g Protein

1 cup, (1" pieces) **Cauliflower**

29 Calories | 5g Carbs | 1g Fat | 2g Protein

1 tbsp **Olive oil**

119 Calories | 0g Carbs | 14g Fat | 0g Protein

Post-Workout Snack 1

105 Calories | 27g Carbs | 0g Fat | 1g Protein

1 medium (7" to 7-7/8" long) **Banana**

105 Calories | 27g Carbs | 0g Fat | 1g Protein

Snack

163 Calories | 4g Carbs | 9g Fat | 16g Protein

2 oz **Oven Browned Turkey Breast**

60 Calories | 0g Carbs | 1g Fat | 12g Protein

1/8 cup, whole **Almonds**

103 Calories | 4g Carbs | 9g Fat | 4g Protein

Snack

0 Calories | 0g Carbs | 0g Fat | 0g Protein

Sirloin steak

112 grams Sirloin steak

Quinoa

1/4 cup Quinoa

Broccoli

2 cup, chopped Broccoli

Cauliflower

1 cup, (1" pieces) Cauliflower

Olive oil

1 tbsp Olive oil

Banana

1 medium (7" to 7-7/8" long) Banana

Oven Browned Turkey Breast

2 oz Oven Browned Turkey Breast

Almonds

1/8 cup, whole Almonds