

Project Me

Meal Plan Week 4

1510 Calories 123g Carbs 63g Fat 123g Protein

Meal Summary

Ingredients

Directions

Breakfast 1

301 Calories | 39g Carbs | 5g Fat |
28g Protein

Whey protein powder

1 scoop (30g) Whey protein
powder

1 scoop (30g) **Whey protein powder**
120 Calories | 3g Carbs | 1g Fat | 24g
Protein

Pure Almond milk

1 cup Pure Almond milk

1 cup **Pure Almond milk** 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

Lunch 1

343 Calories | 22g Carbs | 14g Fat |
32g Protein

Spinach

2 cup Spinach

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

Quinoa

1/2 cup Quinoa

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

Chicken breast

84 grams Chicken breast

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

Olive oil

2 tsp Olive oil

2 tsp Olive oil

80 Calories | 0g Carbs | 9g Fat | 0g
Protein

Dinner 1

463 Calories | 27g Carbs | 25g Fat |

Atlantic salmon

4 oz Atlantic salmon

39g Protein

4 oz **Atlantic salmon**

206 Calories | 0g Carbs | 9g Fat | 29g 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

134 Calories | 3g Carbs | 11g Fat | 7g Protein

1/4 fruit, without skin and seed

Avocados

57 Calories | 3g Carbs | 5g Fat | 1g Protein

1 large **Egg, hard-boiled**

78 Calories | 1g Carbs | 5g Fat | 6g Protein

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

Avocados

1/4 fruit, without skin and seed Avocados

Egg, hard-boiled

1 large Egg, hard-boiled