

Project Me

Meal Plan Week 6

1510 Calories 135g Carbs 53g Fat 133g Protein

Meal Summary

Breakfast

338 Calories | 46g Carbs | 5g Fat | 30g Protein

1/2 cup, halves **Strawberries**

24 Calories | 6g Carbs | 0g Fat | 1g Protein

1/2 cup **Rolled oats**

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

1 scoop (30g) **Whey protein powder**

120 Calories | 3g Carbs | 1g Fat | 24g Protein

1 cup **Almond milk**

60 Calories | 8g Carbs | 2g Fat | 1g Protein

Lunch

470 Calories | 28g Carbs | 19g Fat | 49g Protein

1/4 fruit, without skin and seed

Avocados

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

2 tbsp **Walnuts**

97 Calories | 1g Carbs | 9g Fat | 4g Protein

112 grams **Chicken breast**

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

1/2 cup **Canned black beans**

118 Calories | 22g Carbs | 0g Fat | 8g Protein

2 cup **Spinach**

Ingredients

Strawberries

1/2 cup, halves Strawberries

Rolled oats

1/2 cup Rolled oats

Whey protein powder

1 scoop (30g) Whey protein powder

Almond milk

1 cup Almond milk

Avocados

1/4 fruit, without skin and seed
Avocados

Walnuts

2 tbsp Walnuts

Chicken breast

112 grams Chicken breast

Canned black beans

1/2 cup Canned black beans

Spinach

2 cup Spinach

Directions

14 Calories | 2g Carbs | 0g Fat | 2g Protein

Dinner

436 Calories | 27g Carbs | 18g Fat | 43g Protein

1/4 cup **Quinoa**

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

1 cup, chopped **Broccoli**

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

1 cup, sliced **Red bell pepper**

29 Calories | 6g Carbs | 0g Fat | 1g Protein

1 tsp **Olive oil**

40 Calories | 0g Carbs | 5g Fat | 0g Protein

5 oz **Atlantic salmon**

258 Calories | 0g Carbs | 12g Fat | 36g Protein

Pre-Workout Snack

84 Calories | 21g Carbs | 0g Fat | 1g Protein

1 cup **Blueberries**

84 Calories | 21g Carbs | 0g Fat | 1g Protein

Post Workout Snack

181 Calories | 13g Carbs | 11g Fat | 10g Protein

15 almond **Almonds**

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

1/2 cup (8 fl oz) **Plain yogurt**

77 Calories | 9g Carbs | 2g Fat | 6g Protein

Pre Workout Snack 1

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

Quinoa

1/4 cup Quinoa

Broccoli

1 cup, chopped Broccoli

Red bell pepper

1 cup, sliced Red bell pepper

Olive oil

1 tsp Olive oil

Atlantic salmon

5 oz Atlantic salmon

Blueberries

1 cup Blueberries

Almonds

15 almond Almonds

Plain yogurt

1/2 cup (8 fl oz) Plain yogurt
