

PERSONALIZED NUTRITION PLAN

7-Day Everyday Balanced Meal Plan & Recipes

A week that pairs Utah State University's on-campus dining for weekday lunches and snacks with wholesome home-cooked breakfasts and dinners — plus full at-home meals for the weekend.

Breakfast: 4 servings

Lunch: Campus M-F, Home Sat-Sun

Dinner: 4 servings

How to Use This Plan

Built around the real rhythm of a USU Logan campus week: weekday lunches and snacks come from real campus dining locations, while breakfast and dinner are home-cooked every day (sized to feed a family of 4). On Saturday and Sunday — when most campus dining is closed — lunch shifts to an at-home recipe too.

Weekday Campus Lunch Spots (Monday-Friday)		
Day	Venue	Order
Monday	Beth's Bistro (Sorensen Legacy Foundation for Clinical Excellence)	Avocado toast — ask about adding a boiled or fried egg for extra protein
Tuesday	Luke's Cafe on the Quad (Albrecht Agricultural Building)	Chicken spinach wrap
Wednesday	The Forum Cafe (Merrill Cazier Library)	Half Roman salad — ask for dressing on the side
Thursday	The Skyroom (TSC, 4th floor)	Grilled chicken with a side of seasonal vegetables, from the sandwich/entrée board
Friday	Subway (The Hub, TSC 1st floor)	Sweet Onion Teriyaki protein bowl (no bread)

Grab-and-Go Snacks (Monday-Friday)		
Day	Vendor	Item
Monday	Clutch Grab-N-Go	Yogurt & granola cup
Tuesday	Clutch Grab-N-Go	Bruschetta protein box
Wednesday	Clutch Grab-N-Go	Peanut butter protein box
Thursday	Clutch Grab-N-Go	Overnight oats
Friday	ShakeSmart (The Hub)	Greens to Go smoothie

- Notes Before You Start
- **Campus macros are estimates.** Exact nutrition depends on portion and any customization — check the USU Dining app or ask staff for current nutrition facts if you're tracking closely.
 - **Menus, hours, and vendors rotate.** Since you're planning to refresh this plan every few months, double-check that each location and item is still offered before printing a new version.
 - **Most campus locations are Monday-Friday only** (Beth's Bistro, Luke's Cafe, The Forum Cafe, and Subway all close for the weekend; The Skyroom is closed Sat-Sun too), which is why weekend lunches shift to home-cooked meals below.
 - **Spice measurements are exact** in every home-cooked recipe — level teaspoons and tablespoons, not "to taste."
 - **Medical conditions:** have a registered dietitian confirm this plan against your labs and medications if it's supporting a specific health need.

- Weekly Prep Tips
- **Cook a big batch of rice or quinoa on Sunday** — several dinners this week use it, and it reheats well in 1-2 minutes.
 - **Wash and chop produce ahead** (onions, peppers, broccoli) so weeknight dinners come together faster.
 - **Hard-boil a few extra eggs** while you're already cooking breakfast one morning — handy for a fast protein boost later in the week.
 - **Weekend meals (breakfast, lunch, dinner, snack) all serve 4** — a good chance to cook together or have leftovers ready for Monday.

Breakfast

24P · 32C · 6Fb · 12Ft | serves 4

*Veggie Scrambled Eggs with Whole Grain Toast & Fruit***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups spinach, chopped
- 1 cup tomato, diced
- ½ tsp salt, ¼ tsp black pepper
- 4 slices whole grain toast
- 2 cups mixed fruit

METHOD

1. Sauté spinach and tomato in a large nonstick pan 3–4 minutes.
2. Whisk eggs with salt and pepper; pour in and scramble until set, about 5–6 minutes.
3. Serve with toast and fruit, 4 servings.

Lunch

~14P · ~34C · ~9Fb · ~16Ft (est.) | serves 1 · on campus

*Avocado Toast — Beth's Bistro (Sorensen Legacy Foundation for Clinical Excellence)***WHERE & WHAT**

- Beth's Bistro, 1st floor of the Sorensen Legacy Foundation for Clinical Excellence building (open Mon–Fri, 8am–2pm)
- Order the avocado toast
- Optional: ask about adding a boiled or fried egg for extra protein

NOTES

1. No prep needed — this is a grab-and-eat campus option between morning obligations.
2. Pair with a piece of fruit or side salad if available, to round out the meal.

Dinner

32P · 40C · 7Fb · 10Ft | serves 4

*Baked Chicken Breast with Roasted Vegetables & Brown Rice***INGREDIENTS (4 SERVINGS)**

- 1¼ lb chicken breast
- 4 cups broccoli & carrot, chopped
- 4 tsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp dried thyme
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 3 cups cooked brown rice

METHOD

1. Preheat oven to 400°F. Season chicken with 2 tsp olive oil, garlic powder, thyme, ½ tsp salt, and ⅛ tsp pepper.
2. Toss vegetables with remaining olive oil, salt, and pepper; roast alongside chicken on a large sheet pan, 20–25 minutes, until chicken reaches 165°F.
3. Serve over rice, 4 servings.

Snack

~14P · ~34C · ~3Fb · ~7Ft (est.) | serves 1 · on campus

*Yogurt & Granola Cup — Clutch Grab-N-Go***WHERE & WHAT**

- Any Clutch micro-market or c-store on campus
- Grab the yogurt & granola cup

NOTES

1. No prep — ready to eat straight from the cooler case.

Breakfast

22P · 42C · 6Fb · 5Ft | serves 4

*Greek Yogurt Parfaits with Granola & Berries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups granola
- 2 cups mixed berries
- 4 tsp honey

METHOD

1. Layer yogurt, granola, and berries in 4 glasses; drizzle with honey.

Lunch

~30P · ~40C · ~5Fb · ~14Ft (est.) | serves 1 · on campus

*Chicken Spinach Wrap — Luke's Cafe on the Quad (Albrecht Agricultural Building)***WHERE & WHAT**

- Luke's Cafe on the Quad, 1st floor of the Albrecht Agricultural Building (open Mon-Fri, 9am-2pm)
- Order the chicken spinach wrap

NOTES

1. No prep needed. If a side is included, choose fruit or a small salad over chips when offered.

Dinner

30P · 38C · 6Fb · 15Ft | serves 4

*Baked Salmon with Quinoa & Steamed Broccoli***INGREDIENTS (4 SERVINGS)**

- 1 lb salmon (4 fillets)
- 2 cups cooked quinoa
- 6 cups broccoli florets, steamed
- 4 tsp olive oil
- 1 lemon, juiced
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- $\frac{3}{4}$ tsp salt, divided
- $\frac{1}{4}$ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Season salmon with lemon juice, dill, $\frac{1}{2}$ tsp salt, and $\frac{1}{8}$ tsp pepper; drizzle with olive oil.
2. Roast on a sheet pan 12-15 minutes, until it flakes easily.
3. Steam broccoli, season with remaining salt and pepper. Serve salmon and broccoli over quinoa, 4 servings.

Snack

~16P · ~24C · ~3Fb · ~12Ft (est.) | serves 1 · on campus

*Bruschetta Protein Box — Clutch Grab-N-Go***WHERE & WHAT**

- Any Clutch micro-market or c-store on campus
- Grab the Bruschetta protein box

NOTES

1. No prep — ready to eat straight from the cooler case.

Breakfast

16P · 44C · 8Fb · 9Ft | serves 4

*Oatmeal with Banana, Walnuts & Cinnamon***INGREDIENTS (4 SERVINGS)**

- 2 cups dry oats
- 4 cups milk of choice or water
- 2 bananas, sliced
- ½ cup walnuts, chopped
- 1 tsp ground cinnamon
- 2 tbsp honey

METHOD

1. Bring milk or water to a simmer; stir in oats and cinnamon, cook 5–6 minutes, stirring occasionally.
2. Divide among 4 bowls; top with banana, walnuts, and a drizzle of honey.

Lunch

~24P · ~22C · ~5Fb · ~14Ft (est.) | serves 1 · on campus

*Half Roman Salad — The Forum Cafe (Merrill Cazier Library)***WHERE & WHAT**

- The Forum Cafe, Merrill Cazier Library (open Mon–Fri, 9am–3pm)
- Order the half Roman salad
- Ask for the dressing on the side

NOTES

1. Dressing on the side lets you control how much goes on — add it a little at a time rather than all at once.
2. If you're still hungry, a side of fruit or a roll pairs well.

Dinner

30P · 46C · 10Fb · 9Ft | serves 4

*Turkey Taco Bowls with Rice, Black Beans & Veggies***INGREDIENTS (4 SERVINGS)**

- 1 lb lean ground turkey
- 2 cups black beans, drained & rinsed
- 3 cups cooked rice
- 1 bell pepper, diced
- 2 tsp ground cumin
- 1 tsp chili powder
- ½ tsp garlic powder
- ¾ tsp salt, ¼ tsp black pepper
- Lettuce, salsa, lime wedges

METHOD

1. Brown turkey with bell pepper in a large skillet, 7–8 minutes; stir in cumin, chili powder, garlic powder, salt, and pepper.
2. Warm black beans. Build 4 bowls with rice, turkey, black beans, lettuce, and salsa. Finish with a lime squeeze.

Snack

~15P · ~26C · ~4Fb · ~14Ft (est.) | serves 1 · on campus

*Peanut Butter Protein Box — Clutch Grab-N-Go***WHERE & WHAT**

- Any Clutch micro-market or c-store on campus
- Grab the peanut butter protein box

NOTES

1. No prep — ready to eat straight from the cooler case.

Breakfast

20P · 46C · 5Fb · 8Ft | serves 4

*Whole Grain Pancakes with Berries & Greek Yogurt***INGREDIENTS (4 SERVINGS)**

- 2 cups whole grain pancake mix
- 1½ cups milk of choice (or per package directions)
- 1 egg (or per package directions)
- Cooking spray
- 1 cup plain Greek yogurt
- 2 cups mixed berries

METHOD

1. Mix pancake batter per package directions.
2. Cook on a lightly greased griddle over medium heat, 2–3 minutes per side, until golden.
3. Serve with a dollop of Greek yogurt and berries, 4 servings.

Lunch

~35P · ~18C · ~5Fb · ~9Ft (est.) | serves 1 · on campus

*Grilled Chicken with Seasonal Vegetables — The Skyroom***WHERE & WHAT**

- The Skyroom, TSC 4th floor (open Mon–Thu, 11am–8pm)
- Order grilled chicken from the sandwich/entrée board
- Choose seasonal vegetables as your side (instead of fries or chips)

NOTES

1. The Skyroom menu rotates, so ask your server for today's grilled chicken option and confirm seasonal vegetables are available as a side.
2. Skip the bun if you'd like a lighter, lower-carb option.

Dinner

32P · 42C · 8Fb · 7Ft | serves 4

*Baked Cod with Roasted Sweet Potato & Green Beans***INGREDIENTS (4 SERVINGS)**

- 1¼ lb cod fillet (4 portions)
- 4 medium sweet potatoes, cubed
- 4 cups green beans, trimmed
- 4 tsp olive oil, divided
- 1 tsp paprika
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 lemon, juiced

METHOD

1. Preheat oven to 400°F. Toss sweet potato cubes with 2 tsp olive oil, ¼ tsp salt, and ⅛ tsp pepper; roast 20 minutes on a sheet pan.
2. Season cod with paprika, lemon juice, remaining salt, and pepper; add to the pan and roast 12–15 minutes more, until it flakes easily.
3. Steam green beans; toss with remaining olive oil. Serve 4.

Snack

~12P · ~36C · ~6Fb · ~7Ft (est.) | serves 1 · on campus

*Overnight Oats — Clutch Grab-N-Go***WHERE & WHAT**

- Any Clutch micro-market or c-store on campus
- Grab the overnight oats cup

NOTES

1. No prep — ready to eat straight from the cooler case.

Breakfast

20P · 24C · 5Fb · 11Ft | serves 4

*Veggie Omelets with Whole Grain Toast***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 1 cup bell pepper, diced
- 1 cup mushrooms, sliced
- ½ cup shredded cheese
- ½ tsp salt, ¼ tsp black pepper
- 4 slices whole grain toast

METHOD

1. Sauté pepper and mushrooms in a nonstick pan 3–4 minutes.
2. Whisk eggs (2 per omelet) with salt and pepper; pour over vegetables in batches, cook until set, about 3–4 minutes each. Sprinkle with cheese and fold.
3. Serve with toast, 4 servings.

Lunch

~28P · ~45C · ~5Fb · ~6Ft (est.) | serves 1 · on campus

*Sweet Onion Teriyaki Protein Bowl — Subway (The Hub)***WHERE & WHAT**

- Subway, The Hub, TSC 1st floor (open Mon–Fri, 9am–6pm)
- Order the Sweet Onion Teriyaki protein bowl (no bread)

NOTES

1. Loading extra vegetables into the bowl at no added cost is an easy way to add fiber and volume.

Dinner

30P · 40C · 6Fb · 12Ft | serves 4

*Lean Beef Stir-Fry with Brown Rice & Mixed Vegetables***INGREDIENTS (4 SERVINGS)**

- 1 lb lean beef sirloin, sliced thin
- 8 cups mixed stir-fry vegetables (broccoli, carrot, snap peas)
- 3 cups cooked brown rice
- 4 tsp sesame oil
- ¼ cup low-sodium soy sauce
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced (or ½ tsp ground)

METHOD

1. Heat sesame oil in a large wok or skillet. Cook beef 2–3 minutes per side until browned; set aside.
2. Add garlic, ginger, and vegetables to the pan; stir-fry 5–6 minutes until crisp-tender.
3. Return beef to the pan, stir in soy sauce, and toss to combine. Serve over rice, 4 servings.

Snack

~20P · ~32C · ~5Fb · ~3Ft (est.) | serves 1 · on campus

*Greens to Go Smoothie — ShakeSmart***WHERE & WHAT**

- ShakeSmart, The Hub (open Mon–Fri, 10am–2pm)
- Order the Greens to Go smoothie

NOTES

1. A nice way to end the campus week — blended fresh at the counter, no prep on your end.

Breakfast

22P · 34C · 6Fb · 12Ft | serves 4

*Weekend Veggie Breakfast Hash with Eggs***INGREDIENTS (4 SERVINGS)**

- 4 cups potato, cubed
- 1 bell pepper, 1 onion, diced
- 4 tsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ¾ tsp salt, ¼ tsp black pepper
- 8 eggs

METHOD

1. Heat olive oil in a large skillet; cook potato, pepper, and onion with paprika, garlic powder, salt, and pepper, stirring occasionally, 15-18 minutes until potatoes are tender and browned.
2. Make 4 wells in the hash; crack in eggs, cover, and cook 5-6 minutes until whites are set. Serve 4.

Lunch

28P · 36C · 8Fb · 14Ft | serves 4 · at home

*Turkey & Avocado Club Sandwiches with Side Salad***INGREDIENTS (4 SERVINGS)**

- 12 oz sliced deli turkey
- 1 avocado, sliced
- 8 slices whole grain bread
- Lettuce, tomato
- 4 tsp Dijon mustard or light mayo
- 4 cups mixed greens
- 1 tbsp olive oil, 1 tsp red wine vinegar, pinch salt & pepper (for salad)

METHOD

1. Build 4 sandwiches with turkey, avocado, lettuce, tomato, and mustard or mayo between bread slices.
2. Toss greens with olive oil, vinegar, salt, and pepper for a quick side salad. Serve 4.

Dinner

30P · 38C · 7Fb · 12Ft | serves 4

*Sheet-Pan Chicken Fajitas***INGREDIENTS (4 SERVINGS)**

- 1¼ lb chicken breast, sliced
- 3 bell peppers, sliced
- 1 onion, sliced
- 2 tsp ground cumin
- 1 tsp chili powder
- 2 cloves garlic, minced
- 4 tsp olive oil
- ¾ tsp salt, ¼ tsp black pepper
- 8 small whole grain or corn tortillas
- 1 lime, cut into wedges

METHOD

1. Preheat oven to 425°F. Toss chicken, peppers, and onion with olive oil, cumin, chili powder, garlic, salt, and pepper on a large sheet pan.
2. Roast 20-22 minutes, stirring halfway, until chicken is cooked through.
3. Serve with warm tortillas and lime wedges, 4 servings.

Snack

4P · 26C · 3Fb · 8Ft | serves 1

*Apple with Peanut Butter***INGREDIENTS**

- 1 medium apple, sliced
- 1 tbsp peanut butter

METHOD

1. Slice apple and serve with peanut butter for dipping.

Breakfast

18P · 44C · 5Fb · 8Ft | serves 4

*Whole Grain Waffles with Berries & Yogurt***INGREDIENTS (4 SERVINGS)**

- 2 cups whole grain waffle mix
- 1½ cups milk of choice (or per package directions)
- 1 egg (or per package directions)
- Cooking spray
- 1 cup plain Greek yogurt
- 2 cups mixed berries

METHOD

1. Mix waffle batter per package directions.
2. Cook in a lightly greased waffle iron until golden, about 4–5 minutes each.
3. Top with yogurt and berries, 4 servings.

Lunch

16P · 42C · 12Fb · 15Ft | serves 4 · at home

*Mediterranean Chickpea Salad Bowl***INGREDIENTS (4 SERVINGS)**

- 3 cups chickpeas, drained & rinsed
- 2 cucumbers, diced
- 2 cups tomato, diced
- 1 cup feta, crumbled
- ½ cup red onion, thinly sliced
- 4 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. Combine chickpeas, cucumber, tomato, and red onion in a large bowl.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper; toss with the salad.
3. Top with feta and serve 4.

Dinner

28P · 48C · 6Fb · 14Ft | serves 4

*Baked Ziti with Side Salad***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat ziti (about 2 cups dry)
- 3 cups marinara sauce
- 1 cup part-skim ricotta
- 1½ cups shredded mozzarella
- ½ cup parmesan
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning
- ½ tsp salt, ¼ tsp black pepper
- Side salad with vinaigrette

METHOD

1. Preheat oven to 375°F. Mix cooked ziti with marinara, ricotta, garlic, Italian seasoning, salt, and pepper.
2. Transfer to a baking dish; top with mozzarella and parmesan.
3. Bake 20–25 minutes until bubbly and golden. Serve 4, with a side salad.

Snack

9P · 20C · 3Fb · 15Ft | serves 1

*Trail Mix***INGREDIENTS**

- 2 tbsp almonds
- 1 tbsp walnuts
- 2 tbsp dried cranberries or raisins

METHOD

1. Combine and portion into a small container.

7-Day Grocery List

Covers home-cooked breakfasts and dinners (serves 4) plus the weekend's at-home lunches and snacks. Weekday campus lunches and snacks (Monday-Friday) are purchased on campus and aren't included here.

Proteins — Meat, Poultry & Fish

- Chicken breast — about 2½ lb (2 dinners)
- Salmon fillet — 1 lb (dinner, serves 4)
- Cod fillet — 1¼ lb (dinner, serves 4)
- Ground turkey (lean) — 1 lb (dinner, serves 4)
- Lean beef sirloin — 1 lb (dinner, serves 4)
- Sliced deli turkey — 12 oz (weekend lunch)
- Eggs — about 26 (2 dozen + 2)

Grains & Pantry Staples

- Rolled oats — 2 cups
- Granola — 2 cups
- Whole grain pancake mix — 2 cups
- Whole grain waffle mix — 2 cups
- Brown rice, dry — about 3 cups
- Quinoa, dry — about 1½ cups
- Whole wheat ziti, dry — about 2 cups
- Whole grain bread — 8 slices
- Whole grain or corn tortillas — 8
- Chickpeas, canned — 3 cups (about 2 cans)
- Black beans, canned — 2 cups (about 1½ cans)
- Marinara sauce — 3 cups

Fruits

- Mixed berries — about 6 cups
- Bananas — 2
- Mixed fruit (for breakfast) — 2 cups
- Apple — 1
- Lemons — 2
- Limes — 2

Dairy & Alternatives

- Plain Greek yogurt — about 6 cups
- Milk of choice — 3 cups
- Shredded cheese — ½ cup
- Feta cheese — 1 cup crumbled
- Part-skim ricotta — 1 cup
- Shredded mozzarella — 1½ cups
- Parmesan — ½ cup

Vegetables & Herbs

- Spinach — 4 cups
- Mixed greens — 4 cups
- Mushrooms — 1 cup
- Bell peppers — about 6
- Onions — about 3
- Garlic — 1 head
- Broccoli — about 10 cups florets total
- Carrots — plus stir-fry mix
- Mixed stir-fry vegetables (broccoli, carrot, snap peas) — 8 cups
- Green beans — 4 cups
- Sweet potatoes — 4 medium
- Potatoes (white) — 4 cups cubed
- Cucumbers — 2
- Tomatoes — about 3
- Lettuce — for sandwiches
- Avocado — 1
- Fresh dill — small bunch
- Fresh ginger — 1 knob

Pantry, Oils & Seasonings

- Olive oil
- Sesame oil
- Low-sodium soy sauce
- Dijon mustard or light mayo
- Honey
- Peanut butter
- Red wine vinegar
- Almonds, walnuts — about ½ cup total
- Dried cranberries or raisins
- Salsa
- Cooking spray
- Ground cumin, chili powder, paprika, garlic powder, dried thyme, dried oregano, dried Italian seasoning, ground cinnamon, salt & black pepper