

PERSONALIZED NUTRITION PLAN

7-Day High-Protein Meal Plan & Recipes

Built to hit ~35g protein and ~50g carbohydrate at every meal (~20g protein / ~30g carb at the snack), with 8g+ fiber per meal and about 77g of fat spread across the day.

Breakfast: 4 servings

Lunch: 1 serving

Dinner: 4 servings

How to Use This Plan

Built for a working household: breakfast and dinner are sized to feed a family of 4, while lunch is sized for one and designed to travel to work without any cooking on-site. Every seasoning is measured — no more guessing on "garlic, to taste."

Serving Sizes at a Glance

Meal	Serves	Protein / Carb / Fiber / Fat	Work-Day Effort
Breakfast	4	~35g / ~50g / 8g+ / ~20g	Made at home, morning of
Lunch	1	~35g / ~50g / 8g+ / ~20g	Prepped ahead — zero cooking at work
Dinner	4	~35g / ~50g / 8g+ / ~20g	Made at home, evening of
Snack (1x/day)	1	~20g / ~30g / — / ~17g	Grab-and-go

How the Lunches Work

- **Fat is intentionally higher in this version.** To hit ~35g protein *per meal* and ~77g fat for the *whole day*, most meals now lean on full-fat dairy, added nuts, nut butter, or extra olive oil rather than the leanest possible cuts.
- **Every lunch is built to eat cold or with, at most, a 1-2 minute microwave reheat** — nothing requires a stovetop, oven, or active cooking once you're at your desk.
- **Batch-cook the components on the weekend.** Most lunches reuse a cooked protein (chicken, shrimp, tuna) or grain (rice, pasta, couscous, lentils) that you can prepare once and portion into containers for the week.
- **Spice measurements are exact** in every recipe below — level teaspoons and tablespoons, not "to taste" — so the flavor turns out consistent whether it's your first time making it or your fifth.
- **Values are estimates.** Macros are calculated from standard USDA-type nutrition data for the portions listed; actual numbers shift slightly with brands and exact weights.
- **Medical conditions:** have a registered dietitian confirm this plan against your labs and medications if it's supporting a specific health need — this is a notably higher-fat version of a high-protein plan and may not fit every medical situation.

Weekend Prep Checklist

Component	Used In	Prep Method
Grilled chicken breast (~1 lb total)	Lunches — Day 2, 5, 7	Season with salt & pepper; grill 5–6 min per side
Ground turkey taco mixture	Lunch — Day 1	Sauté onion & pepper, add turkey, garlic, cumin & chili powder; cook 8–10 min
Cooked shrimp (5 oz)	Lunch — Day 6	Boil or sauté 2–3 min per side; cool and refrigerate
Brown rice (~1 cup dry)	Lunches — Day 1, 5	Cook per package directions
Whole wheat pasta	Lunch — Day 2	Cook per package directions; cool completely
Whole wheat couscous	Lunch — Day 6	Cook per package directions
Lentil soup batch	Lunches — Day 4, 7	Simmer lentils with carrot, celery, onion, broth, cumin & bay leaf, 25–30 min
Roasted zucchini & cherry tomatoes (double batch)	Lunches — Day 2, 6	Roast at 425°F with olive oil & garlic, 12–15 min
Black bean-corn salsa	Lunch — Day 5	Combine black beans, corn, red onion, lime juice & cilantro — no cooking

SUGGESTED PREP ORDER

1. Start the lentil soup simmering first — it needs the least hands-on attention once it's going.
2. While it simmers, season and grill the chicken, and cook the shrimp.
3. Roast the zucchini and cherry tomatoes on a sheet pan.
4. Cook the rice, pasta, and couscous — these can overlap on separate stovetop burners.
5. Cook the ground turkey taco mixture in a skillet.
6. Stir together the black bean-corn salsa — no cooking needed.
7. Let everything cool, then portion into lunch containers for the week, or store components separately and assemble each morning.

Breakfast

35P · 50C · 9Fb · 20Ft | serves 4

*2% Greek Yogurt & Oat Bowl with Blueberries, Chia & Walnuts***INGREDIENTS (4 SERVINGS)**

- 4 cups 2% plain Greek yogurt
- 2 cups dry oats (cooked)
- 1½ cups blueberries
- 4 tbsp chia seeds
- ½ cup walnuts, chopped
- ½ tsp ground cinnamon

METHOD

1. Cook oats in water or milk per package directions; let cool slightly.
2. Divide yogurt among 4 bowls and stir in the cooked oats.
3. Top each bowl with blueberries, chia seeds, walnuts, and a pinch (⅛ tsp) of the cinnamon each.

Lunch

35P · 50C · 12Fb · 22Ft | serves 1 · work-ready

*Turkey & Black Bean Rice Bowl (Make-Ahead)***INGREDIENTS (1 SERVING)**

- 3 oz 93% lean ground turkey
- ¾ cup black beans, drained & rinsed
- ⅓ cup cooked brown rice
- ½ cup bell pepper & ¼ cup onion, diced
- 1 tbsp olive oil
- 1 clove garlic, minced (or ¼ tsp garlic powder)
- ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp salt, pinch of black pepper

METHOD

1. **Weekend prep:** heat the olive oil in a skillet over medium heat; sauté onion and pepper 3–4 minutes. Add garlic and cook 30 seconds. Add turkey, cumin, chili powder, salt, and pepper; cook 8–10 minutes, breaking it up, until browned through. This keeps 4 days refrigerated — make extra for other lunches.
2. Pack turkey mixture, black beans, and rice into one container.
3. **At work:** eat cold, or microwave 1–2 minutes if you prefer it warm.

Dinner

35P · 48C · 9Fb · 22Ft | serves 4

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

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

METHOD

1. Preheat oven to 400°F. Toss sweet potato cubes with 3 tbsp olive oil, ¼ tsp salt, and ⅛ tsp pepper on a large sheet pan; roast 20 minutes.
2. Season cod with paprika, ¼ tsp salt, and ⅛ tsp pepper; add to the pan and roast 12–15 minutes more, until it flakes easily.
3. Steam green beans 5–6 minutes; toss with remaining 3 tbsp olive oil, remaining ¼ tsp salt, and lemon juice.
4. Plate 4 servings of cod, sweet potato, and green beans.

Snack

21P · 32C · 19Ft | serves 1

*Full-Fat Cottage Cheese with Banana & Walnuts***INGREDIENTS**

- ¾ cup 4% cottage cheese
- 1 small banana, sliced
- 3 tbsp walnuts, chopped

METHOD

1. Spoon cottage cheese into a bowl and top with banana and walnuts.

Breakfast

35P · 52C · 9Fb · 20Ft | serves 4

*Cheesy Egg Scramble with Buttered Toast & Berries***INGREDIENTS (4 SERVINGS)**

- 8 whole eggs + 16 egg whites (2 cups carton egg whites)
- 4 cups spinach, chopped
- 2 cups mushrooms, sliced
- ¼ cup shredded cheddar
- 8 slices whole grain bread
- 2 tbsp butter, for toast
- 6 cups mixed berries
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. Sauté mushrooms and spinach in a large skillet 3–4 minutes.
2. Whisk eggs and egg whites with the salt and pepper; pour in and scramble until nearly set, then fold in cheddar until melted, about 5–6 minutes.
3. Toast and butter the bread. Serve with berries, 4 servings.

Lunch

37P · 52C · 8Fb · 20Ft | serves 1 · work-ready

*Grilled Chicken Pasta Salad (Make-Ahead, Eaten Cold)***INGREDIENTS (1 SERVING)**

- 3 oz chicken breast
- 1¼ cups cooked whole wheat pasta, cooled
- 1 cup zucchini & cherry tomatoes, roasted
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp fresh basil, chopped (or ½ tsp dried basil)
- 1 tbsp parmesan, grated
- ¼ tsp salt, pinch of black pepper

METHOD

1. **Weekend prep:** season chicken with ⅛ tsp salt and pepper; grill 5–6 minutes per side until cooked through. Roast zucchini and tomatoes at 425°F with 1 tsp of the olive oil and garlic, 12–15 minutes. Cook pasta per package directions. Cool everything and refrigerate — keeps 4 days.
2. Toss pasta with roasted vegetables, sliced chicken, remaining olive oil, basil, and remaining salt in a container.
3. **At work:** top with parmesan and eat cold as a pasta salad — no reheating needed.

Dinner

36P · 48C · 9Fb · 19Ft | serves 4

*Buttery Sirloin with Cauliflower-Potato Mash & Broccoli***INGREDIENTS (4 SERVINGS)**

- 1 lb lean sirloin steak
- 2 cups cauliflower florets
- 4 cups potato, cubed
- 4 cups broccoli florets
- 4 tbsp butter, divided
- 2 cloves garlic, minced
- 1 tsp salt, divided
- ½ tsp black pepper, divided

METHOD

1. Boil cauliflower and potato together until fork-tender, about 15 minutes; drain and mash with garlic, 3 tbsp butter, ½ tsp salt, and ¼ tsp pepper.
2. Season steak with ⅓ tsp salt and ⅓ tsp pepper; sear in batches in a hot pan with 1 tbsp butter, 3–4 minutes per side for medium, then rest 5 minutes before slicing.
3. Steam broccoli 5–6 minutes; season with remaining ⅓ tsp salt and pepper. Plate 4 servings of steak, mash, and broccoli.

Snack

20P · 33C · 18Ft | serves 1

*Peanut Butter & Banana Protein Shake***INGREDIENTS**

- ½ scoop whey protein powder
- 1 cup whole milk
- ½ banana
- 1 tbsp peanut butter
- 1 tsp honey

METHOD

1. Blend all ingredients until smooth.

Breakfast

33P · 55C · 9Fb · 22Ft | serves 4

*Peanut Butter Oat & Spinach Protein Smoothies***INGREDIENTS (4 SERVINGS)**

- 2 scoops whey protein
- 4 cups whole milk
- 2 bananas
- 1½ cups dry oats
- 4 tbsp ground flaxseed
- 4 cups spinach
- 4 tbsp peanut butter
- ½ tsp ground cinnamon (optional)

METHOD

1. Blend all ingredients in batches (most blenders hold about half this at once — blend twice).
2. Pour into 4 glasses and serve immediately; smoothies are best fresh and don't store well.

Lunch

38P · 50C · 10Fb · 18Ft | serves 1 · work-ready

*Tuna & Chickpea Salad with Half a Whole Grain Roll***INGREDIENTS (1 SERVING)**

- 3 oz canned tuna in water, drained
- 2 tbsp plain Greek yogurt (in place of mayo)
- 1 tsp Dijon mustard
- 2 tbsp celery, diced
- 1 tsp lemon juice
- 2 cups mixed greens
- ¾ cup chickpeas, drained & rinsed
- ½ whole grain roll
- 1 tbsp olive oil
- Pinch of salt & black pepper

METHOD

1. **Night before:** mix tuna, yogurt, mustard, celery, lemon juice, salt, and pepper in a container — keeps 2 days refrigerated.
2. Pack chickpeas and greens separately to keep things from getting soggy.
3. **At work:** combine, drizzle with olive oil, and eat cold with the roll — ready in under a minute, no cooking needed.

Dinner

38P · 50C · 9Fb · 23Ft | serves 4

*Sesame Shrimp & Vegetable Stir-Fry with Brown Rice***INGREDIENTS (4 SERVINGS)**

- 1¼ lb shrimp, peeled & deveined
- 8 cups mixed stir-fry vegetables (broccoli, carrot, snap peas)
- 3 cups cooked brown rice
- 6 tbsp sesame oil
- ¼ cup low-sodium soy sauce or tamari
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced (or ½ tsp ground ginger)

METHOD

1. Heat sesame oil in a large wok (or work in two batches). Add garlic and ginger, stir 30 seconds.
2. Add vegetables and stir-fry 5-6 minutes until crisp-tender.
3. Add shrimp and cook 2-3 minutes per side until pink and opaque. Stir in soy sauce.
4. Serve over rice, 4 servings.

Snack

21P · 28C · 18Ft | serves 1

*Egg, Cheese & Apple Plate with Almonds***INGREDIENTS**

- 2 hard-boiled eggs
- 1 oz cheese (cheddar or similar)
- 1 medium apple
- 1 tbsp almonds

METHOD

1. No cooking needed — plate and enjoy, or pack for on-the-go.

Breakfast

34P · 53C · 8Fb · 21Ft | serves 4

*Greek Yogurt Parfaits with Granola, Strawberries & Almonds***INGREDIENTS (4 SERVINGS)**

- 4 cups 2% plain Greek yogurt
- 2 cups granola
- 4 cups strawberries, sliced
- ½ cup almonds, chopped

METHOD

1. Layer yogurt, granola, strawberries, and almonds in 4 glasses or bowls.

Lunch

38P · 49C · 14Fb · 23Ft | serves 1 · work-ready

*Turkey Breast with Lentil Soup & Side Salad***INGREDIENTS (1 SERVING)**

- 3 oz roasted turkey breast, sliced
- 1½ cups lentil soup (recipe below)
- 2 cups mixed greens
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- Pinch of salt & black pepper

FOR THE SOUP BATCH (MAKES ~5 CUPS)

- 1 cup dry lentils, rinsed
- 1 carrot, 1 celery stalk, ½ onion, diced
- 4 cups vegetable or chicken broth
- 1 tsp ground cumin, 1 bay leaf
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. **Weekend prep:** sauté carrot, celery, and onion in a splash of oil 4–5 minutes. Add lentils, broth, cumin, bay leaf, salt, and pepper; simmer 25–30 minutes until lentils are tender. Remove bay leaf. Portion into containers and refrigerate or freeze — makes about 3 lunches.
2. Pack turkey slices and salad, with olive oil, vinegar, salt, and pepper in a small separate container.
3. **At work:** microwave the soup 2–3 minutes; everything else is ready to eat cold.

Dinner

38P · 47C · 8Fb · 21Ft | serves 4

*Baked Salmon with Quinoa & Asparagus***INGREDIENTS (4 SERVINGS)**

- 1 lb salmon (4 fillets)
- 4 cups cooked quinoa
- 6 cups asparagus, trimmed
- 2 tbsp olive oil
- 1 lemon, juiced
- 1 tbsp fresh dill, chopped (or 1 tsp dried dill)
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Season salmon fillets with dill, lemon juice, ½ tsp salt, and ⅛ tsp pepper.
2. Arrange salmon and asparagus on a large sheet pan (or two) with the olive oil and remaining ¼ tsp salt and pepper; roast 12–15 minutes until salmon flakes easily.
3. Serve over quinoa, 4 servings.

Snack

21P · 31C · 20Ft | serves 1

*Edamame with Orange & Almonds***INGREDIENTS**

- 1 cup edamame, shelled
- 1 small orange
- 1½ tbsp almonds
- ⅛ tsp salt

METHOD

1. Steam edamame 5 minutes according to package directions; toss with salt and serve with orange and almonds.

Breakfast

35P · 48C · 10Fb · 20Ft | serves 4

*Cheesy Veggie Omelets with Toast & Berries***INGREDIENTS (4 SERVINGS)**

- 8 whole eggs + 12 egg whites (1½ cups carton egg whites)
- 4 cups tomato, diced
- 2 cups onion, diced
- 1 cup shredded cheddar
- 4 slices whole grain toast
- 5 cups mixed berries
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. Sauté onion and tomato in a large nonstick pan 3–4 minutes.
2. Whisk eggs and egg whites with salt and pepper; pour over vegetables in batches, cover, and cook 3–4 minutes per batch until nearly set. Sprinkle with cheddar and fold each in half.
3. Serve with toast and berries, 4 servings.

Lunch

36P · 52C · 13Fb · 19Ft | serves 1 · work-ready

*Grilled Chicken with Rice, Black Bean-Corn Salad & Avocado***INGREDIENTS (1 SERVING)**

- 3 oz chicken breast
- ½ cup cooked brown rice
- ½ cup black beans, ½ cup corn
- ¼ avocado, sliced
- ½ tbsp olive oil
- 1 tsp lime juice
- 1 tbsp cilantro, chopped
- 2 tbsp red onion, diced
- ¼ tsp salt, pinch of black pepper

METHOD

1. **Weekend prep:** season chicken with ⅛ tsp salt and pepper; grill 5–6 minutes per side until cooked through. Cook rice per package directions. Combine black beans, corn, red onion, lime juice, remaining ⅛ tsp salt, and cilantro for the salsa — keeps well 4–5 days.
2. Pack chicken, rice, and salsa into a container; add avocado just before eating.
3. **At work:** drizzle with olive oil and eat cold, or microwave the chicken and rice 1–2 minutes if you'd like it warm.

Dinner

37P · 50C · 12Fb · 20Ft | serves 4

*Roasted Pork Tenderloin with Extra Sweet Potato & Brussels Sprouts***INGREDIENTS (4 SERVINGS)**

- 1 lb pork tenderloin
- 6 medium sweet potatoes, cubed
- 6 cups Brussels sprouts, halved
- 5 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp dried rosemary
- 1 tsp salt, divided
- ½ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Rub pork with 1 tbsp olive oil, garlic powder, rosemary, ½ tsp salt, and ¼ tsp pepper.
2. Toss sweet potato and Brussels sprouts with remaining 4 tbsp olive oil, ½ tsp salt, and ¼ tsp pepper; roast alongside pork 20–25 minutes, until pork reaches 145°F internal temperature.
3. Rest pork 5 minutes, slice, and serve 4.

Snack

22P · 29C · 17Ft | serves 1

*Full-Fat Cottage Cheese with Pineapple, Crackers & Almonds***INGREDIENTS**

- ¾ cup 4% cottage cheese
- ½ cup pineapple chunks
- 4 whole grain crackers
- 1 tbsp almonds

METHOD

1. Combine cottage cheese and pineapple in a bowl; serve with crackers and almonds.

Breakfast

32P · 50C · 13Fb · 22Ft | serves 4

*Peanut Butter Protein Overnight Oats with Raspberries***INGREDIENTS (4 SERVINGS)**

- 1½ cups dry oats
- 2 scoops whey protein
- 4 cups whole milk
- 4 tbsp chia seeds
- 4 tbsp peanut butter
- 3 cups raspberries

METHOD

1. Stir oats, whey protein, milk, chia seeds, and peanut butter together in a large container or 4 individual jars.
2. Refrigerate overnight. Top with raspberries before eating — makes 4 grab-and-go breakfasts.

Lunch

40P · 53C · 7Fb · 21Ft | serves 1 · work-ready

*Chilled Shrimp, Couscous & Feta Salad***INGREDIENTS (1 SERVING)**

- 5 oz shrimp, cooked & chilled
- 1¼ cups cooked whole wheat couscous
- 1 cup zucchini & cherry tomatoes, roasted
- 2 tbsp feta, crumbled
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 clove garlic, minced
- 1 tbsp fresh parsley, chopped
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** cook couscous per package directions. Roast zucchini and tomatoes at 425°F with garlic and 1 tsp of the olive oil, 12-15 minutes. Cook shrimp (boil, sauté, or use pre-cooked) — all can be served chilled.
2. Toss couscous, roasted vegetables, and shrimp with feta, remaining olive oil, lemon juice, parsley, salt, and pepper in a container.
3. **At work:** enjoy cold as a couscous salad — no reheating needed.

Dinner

42P · 49C · 9Fb · 21Ft | serves 4

*Lean Beef & Cheese Taco Bowls***INGREDIENTS (4 SERVINGS)**

- 1 lb ground beef (90/10)
- 2 cups black beans
- 2 cups cooked brown rice (or 8 corn tortillas)
- ½ cup shredded cheese
- 1 cup lettuce, shredded
- ½ cup salsa
- 1 lime, cut into wedges
- *Taco seasoning:* 2 tsp ground cumin, 1 tsp chili powder, ½ tsp garlic powder, ½ tsp paprika, ¾ tsp salt, ¼ tsp black pepper

METHOD

1. Brown beef in a large skillet over medium heat, breaking it up, 7-8 minutes. Stir in the cumin, chili powder, garlic powder, paprika, salt, and pepper; cook 1 minute more.
2. Warm black beans. Build 4 bowls with rice, beef, black beans, shredded lettuce, cheese, and salsa. Finish with a lime wedge.

Snack

28P · 32C · 19Ft | serves 1

*Turkey & Cheese Roll-Ups with Apple & Almond Butter***INGREDIENTS**

- 3 oz deli turkey slices
- 1 oz cheese
- 1 small apple
- 4 whole grain crackers
- 1 tbsp almond butter

METHOD

1. Roll turkey slices with cheese; serve with sliced apple, crackers, and almond butter for dipping.

Breakfast

32P · 50C · 9Fb · 20Ft | serves 4

*Berry & Granola Yogurt Parfaits with Chia & Walnuts***INGREDIENTS (4 SERVINGS)**

- 4 cups 2% plain Greek yogurt
- 3 cups mixed berries
- 1½ cups granola
- 4 tbsp chia seeds
- ½ cup walnuts, chopped

METHOD

1. Layer yogurt, berries, granola, chia seeds, and walnuts in 4 glasses.

Lunch

41P · 48C · 19Fb · 18Ft | serves 1 · work-ready

*Grilled Chicken & Lentil Salad***INGREDIENTS (1 SERVING)**

- 3 oz chicken breast
- 1 cup cooked lentils
- 2 cups mixed greens, cucumber, tomato
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- ½ tsp Dijon mustard
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** cook a pot of lentils (per package directions, or reuse the Day 4 soup base without the broth). Season chicken with ½ tsp salt and pepper; grill 5–6 minutes per side.
2. Pack greens, cucumber, tomato, lentils, and chicken in a container; whisk olive oil, vinegar, and mustard for the dressing and keep in a small separate container.
3. **At work:** pour on the dressing and eat cold — ready in seconds, no cooking required.

Dinner

36P · 53C · 8Fb · 22Ft | serves 4

*Baked Tilapia with Roasted Potatoes & Garlic Green Beans***INGREDIENTS (4 SERVINGS)**

- 1¼ lb tilapia (4 fillets)
- 5 cups potato, cubed
- 6 cups green beans
- 6 tbsp olive oil, divided
- 3 cloves garlic, minced
- 1 lemon, juiced
- 1 tsp paprika
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Toss potato cubes with 3 tbsp olive oil, ¼ tsp salt, and ⅛ tsp pepper; roast 25 minutes.
2. Season tilapia with paprika, lemon juice, ¼ tsp salt, and ⅛ tsp pepper; bake 12–15 minutes until it flakes easily.
3. Sauté green beans with garlic, remaining 3 tbsp olive oil, and remaining ¼ tsp salt, 5–6 minutes. Serve 4.

Snack

17P · 30C · 20Ft | serves 1

*Whole Milk with Banana & Peanut Butter***INGREDIENTS**

- 1 cup whole milk
- ½ small banana
- 1½ tbsp peanut butter

METHOD

1. Serve milk alongside banana and peanut butter, or stir honey and walnuts into yogurt.

Or: ¾ cup 2% Greek yogurt + 1 tsp honey + 1 tbsp walnuts

7-Day Grocery List

Quantities reflect breakfast & dinner at 4 servings and lunch & snack at 1 serving each day — adjust if your household size differs.

Proteins — Meat, Poultry & Fish

- Ground turkey (93% lean) — 3 oz (lunch, Day 1)
- Turkey breast, roasted/deli — 3 oz (lunch, Day 4)
- Deli turkey slices — 3 oz (snack, Day 6)
- Chicken breast — about 10–12 oz (3 lunches)
- Lean sirloin steak — 1 lb (dinner, serves 4)
- Ground beef (90/10) — 1 lb (dinner, serves 4)
- Pork tenderloin — 1 lb (dinner, serves 4)
- Cod fillet — 1¼ lb (dinner, serves 4)
- Tilapia fillet — 1¼ lb (dinner, serves 4)
- Salmon fillet — 1 lb (dinner, serves 4)
- Shrimp, raw peeled & deveined — about 1½ lb (1¼ lb dinner + 5 oz lunch)
- Canned tuna in water — 3 oz (lunch, Day 3)
- Eggs — about 18 (1½ dozen)
- Egg whites (carton) — about 3½ cups (28 egg whites)

Grains, Nuts & Legumes

- Rolled oats — about 4⅔ cups
- Granola — about 3⅓ cups
- Almonds — about ¾ cup
- Walnuts — about 1¼ cups
- Chia seeds — about ¾ cup
- Ground flaxseed — ¼ cup
- Brown rice, dry — about 2 cups
- Quinoa, dry — about 1½ cups
- Whole wheat pasta, dry — about ¾ cup
- Whole wheat couscous, dry — about ¾ cup
- Whole grain bread — 12 slices
- Whole grain roll — ½
- Whole grain crackers — 8
- Corn tortillas — 8 (optional, if using instead of rice)
- Black beans, canned — about 3¼ cups (2 cans)
- Chickpeas, canned — ¾ cup
- Lentils, dry — about 1 cup (for soup batch + Day 7 lunch)

Fruits

- Blueberries — 1½ cups
- Strawberries — 4 cups
- Mixed berries — about 14 cups
- Raspberries — 3 cups
- Bananas — about 4
- Apples — 2
- Orange — 1
- Pineapple chunks — ½ cup
- Lemons — 4
- Limes — 2

Dairy & Fats

- 2% plain Greek yogurt — about 12 cups (~3 tubs, 32 oz each)
- 4% cottage cheese — about 1½ cups
- Whole milk — about 10 cups
- Whey protein powder — about 4½ scoops (~1 container)
- Shredded cheddar — about 1¾ cups, plus 2 oz sliced/block
- Feta cheese — 2 tbsp
- Parmesan — 1 tbsp
- Butter — about 6 tbsp
- Peanut butter — about ⅔ cup
- Almond butter — 1 tbsp

Vegetables

- Spinach — about 8 cups (2 bags)
- Mixed greens — about 6 cups
- Mushrooms — 2 cups
- Bell pepper — ½ cup diced (about 1)
- Onions — about 2¼ cups diced (about 3), plus ½ for soup
- Garlic — 1 head
- Zucchini — 2
- Cherry tomatoes — 2 cups (1 pint)
- Tomatoes — about 5 cups diced (~5 whole)
- Cucumber — 1
- Green beans — about 3 lbs (12 cups trimmed)
- Broccoli — 4 cups florets
- Cauliflower — 2 cups florets
- Brussels sprouts — 6 cups halved
- Asparagus — 6 cups
- Mixed stir-fry vegetables (broccoli, carrot, snap peas) — 8 cups
- Carrot & celery — 1 each (for lentil soup)
- Potatoes (white) — about 9 cups cubed
- Sweet potatoes — 10 large/medium
- Edamame, shelled — 1 cup
- Corn — ½ cup
- Avocado — ¼
- Lettuce — 1 cup shredded

Pantry, Oils & Seasonings

- Olive oil — buy a full bottle; used generously throughout (~1½ cups total)
- Sesame oil — about ⅓ cup
- Low-sodium soy sauce or tamari — ¼ cup
- Dijon mustard, red wine vinegar
- Honey, salsa, cooking spray
- Vegetable or chicken broth — 4 cups
- Bay leaf — 1
- **Spices to have on hand:** ground cumin, chili powder, paprika, garlic powder, dried rosemary, dried basil, dried dill, ground ginger, ground cinnamon, salt, black pepper
- **Fresh herbs:** basil, dill, parsley, cilantro, ginger