



MEAL PLAN 1

Daily Total
Calories: 2647
Protein: 217g
Carbs: 251
Fat: 84g

Breakfast: Overnight Oats + Eggs

Ingredients

- 1 serving Kreatures of Habit Blueberry Banana overnight oats
- ¼ cup fresh blueberries
- ¾ cup unsweetened almond milk
- 4 large eggs
- Cooking spray or 1 tsp oil (for frying eggs)

Directions

1. **Prepare the oats:** The night before, combine the Kreatures of Habit packet with ¾ cup almond milk in a small jar. Stir well, cover, and refrigerate overnight.
2. **Cook the eggs:** Heat a non-stick skillet over medium heat and spray with cooking spray or add 1 tsp oil. Crack the eggs into the skillet and fry to your preferred doneness (sunny side up, over easy, or fully cooked). Season with salt and pepper if desired.
3. **Assemble and serve:** In the morning, stir the oats mixture and top with ¼ cup fresh blueberries.
4. **Serve:** The 4 fried eggs alongside your oats.



Macros

- Calories 703
- Protein 45g
- Carbs 48g
- Fat 36g

Snack 1: Greek Yogurt + Berries

Ingredients

- 1 cup nonfat plain Greek yogurt
- 1 cup mixed berries
(blueberries, raspberries,
or strawberries)

Directions

1. Place the Greek yogurt into a bowl.
2. Top with the mixed berries.



Macros

- Calories 190
- Protein 20g
- Carbs 22g
- Fat 0g

Lunch: Steak Salad w/ Dill Yogurt Dressing

Ingredients

4 oz sirloin steak
2 cups romaine lettuce, chopped
1/2 cup fresh blueberries
1/2 cup baby carrots
1 hard-boiled egg, halved
1/2 cucumber, thinly sliced
1/2 cup plain Greek yogurt
1 tbsp fresh dill, finely chopped
Juice of 1/2 lemon
1 tsp olive oil
1 tsp honey
1 clove garlic, minced
Salt and pepper to taste

Directions

- 1. Prepare the Steak:** Season the sirloin steak with salt and pepper on both sides. Heat a grill or grill pan over medium-high heat and brush with olive oil. Grill the steak for 3-4 minutes per side for medium-rare, or cook to your desired doneness. Remove the steak from the grill and let it rest for 5-7 minutes before slicing thinly against the grain.
- 2. Make the Dill Yogurt Dressing:** In a small bowl, whisk together the Greek yogurt, dill, lemon juice, olive oil, honey, minced garlic, salt, and pepper until smooth. Adjust seasoning to taste.
- 3. Assemble the Salad:** Add the chopped romaine lettuce into bowl. Top salad with fresh blueberries, baby carrots, sliced cucumber, and slices of hard-boiled egg. Arrange the grilled steak slices on top of the salad. Drizzle the dill yogurt dressing over the salad or serve it on the side.
- 4. Serve**



Macros

- Calories 545/serving
- Protein 50g
- Carbs 34g
- Fat 24g

Post Workout Snack: Green Protein Smoothie

Ingredients

- 1 cup fresh spinach
- ½ cup cucumber, chopped
- 1 banana (frozen for creaminess)
- ½ cup Greek yogurt (plain, unsweetened)
- 1 scoop French Vanilla
- Transparent Labs whey protein
- ½ cup almond milk
- 1 banana
- 3 ice cubes

Directions

1. **Prepare for blending:** Add all ingredients to a blender.
2. **Blend:** On high speed until smooth and creamy.
3. **Serve:** Pour into glass.



Macros

- Calories 425/serving
- Protein 39g
- Carbs 64g
- Fat 3g

Dinner: Coconut Curry Chicken Bowl

Ingredients

12 oz chicken breast, diced
¼ cup coconut milk
1 tbsp sesame oil
2 cloves garlic, minced
1 tsp fresh grated ginger
1 tbsp lime juice
1 tbsp low-sodium soy sauce
1 tsp red curry paste
Salt + pepper to taste
3 cups cooked jasmine
2 cups steamed broccoli
Chopped cilantro

Directions

1. **Cook the Rice:** Start your rice according to package instructions so it's ready by the time everything else is done.
2. **Steam the Broccoli:** Steam broccoli for about 5-6 minutes until vibrant green and tender-crisp. Set aside.
3. **Cook the Chicken:** Heat sesame oil in a large skillet over medium-high heat. Add diced chicken, season with salt and pepper, and cook until browned and cooked through (6-8 minutes). Remove and set aside.
4. **Add the Sauce:** Use same pan and lower heat to medium. Add garlic, ginger, soy sauce,, lime juice, and curry paste. Stir well.
5. **Pour in Coconut Milk:** Simmer for another 4-5 minutes until sauce thickens slightly and coats the chicken.
6. **Assemble Bowls:** In each bowl, add 1 cup cooked rice, 6 oz coconut chicken, and 1 cup steamed broccoli. Spoon extra sauce over the top and garnish as desired with cilantro.



Macros

- Calories 782/serving
- Protein 63g
- Carbs 83g
- Fat: 19g



MEAL PLAN 2

Daily Total

Calories: 2425

Protein: 184g

Carbs: 242g

Fat: 89g

Breakfast: Greens Bowl

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 1

Ingredients

2 tbs ghee or olive oil
½ cup shredded Brussels sprouts
½ cup chopped kale
1 tbs water
Sea salt and black pepper, to taste
½ cup cooked white rice
½ lime, juiced
3 large eggs
1 tbs ghee or oil (for eggs)
1 tablespoon chopped green onions
1/2 cup low fat cottage cheese

Directions

- 1. Prepare the greens:** Have your Brussels sprouts and kale prepped and ready. Heat a large skillet over medium heat with 2 tablespoons of ghee or olive oil.
- 2. Sauté the greens:** Add the shredded Brussels sprouts and cook for about 30 seconds, then add the kale and sprinkle with a tablespoon of water. Stir to cook down, then season with sea salt, black pepper, and any other preferred seasonings. Once softened, remove from the skillet.
- 3. Cook the white rice:** In the same skillet, add ½ cup cooked white rice. Season with salt, pepper, and a squeeze of lime juice. Stir occasionally and cook for 2-3 minutes until warmed through.
- 4. Cook the eggs:** Crack 3 large eggs into the skillet and cook sunny side up. Cover with a lid and cook until the whites are set and the yolks remain runny, about 1.5-2 minutes.
- 5. Assemble the bowl:** Place the cooked eggs on top of the greens, cottage cheese and rice and chopped green onions for extra flavor.



Macros

- Calories 480/serving
- Protein 32g
- Carbs 30g
- Fat: 28g

Snack 1: Mango Yogurt Bowl

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

- 1 1/3 cup plain Greek yogurt (non-fat or 2%)
- 1/3 cup cooked oatmeal (plain, unsweetened)
- 1/4 cup fresh mango, chopped
- 1/4 cup fresh blueberries
- 12 whole almonds, roughly chopped
- 1 teaspoon honey or maple syrup (optional, for sweetness)

Directions

- 1. Prepare the Base:** Spoon the Greek yogurt into a bowl and spread it evenly.
- 2. Add the Oatmeal:** Scoop the cooked oatmeal on top of the yogurt. Spread it evenly or leave it in a mound.
- 3. Add the Berries:** Arrange the sliced strawberries and blueberries over the yogurt.
- 4. Top with Almonds:** Sprinkle the chopped almonds evenly across the bowl for crunch and healthy fats.
- 5. Sweeten (Optional):** Drizzle honey or maple syrup over the top if desired for added sweetness.
- 6. Serve:**



Macros

- Calories 460/serving
- Protein 30g
- Carbs 64g
- Fat 14g

Lunch: Adobe Chicken & Rice Bowl

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVES: 2

Ingredients

12 oz chicken breast, diced
2 tbsp adobo sauce (from
canned chipotle peppers)
1 tbsp olive oil
1 tbsp lime juice
½ tsp garlic powder
½ tsp smoked paprika
½ tsp salt
2 cups cooked rice
1 cup black beans, drained &
rinsed
½ red bell pepper, sliced
½ green bell pepper, sliced
1 tsp olive oil
½ tsp salt
½ tsp black pepper

Directions

- 1. Marinate the Chicken:** In a bowl, toss the diced chicken with adobo sauce, olive oil, lime juice, garlic powder, smoked paprika, and salt. Let it marinate for at least 15 minutes (or up to 2 hours for deeper flavor).
- 2. Grill the Peppers:** Heat 1 tsp olive oil in a pan over medium-high heat. Add sliced red and green bell peppers, season with salt and black pepper, and sauté until slightly charred (5-7 minutes). Set aside.
- 3. Cook the Chicken:** In the same pan, cook the marinated chicken over medium-high heat for about 4-5 minutes per side, or until fully cooked (internal temp: 165°F).
- 4. Assemble the Bowls:** Divide cooked rice into two bowls. Top each with black beans, grilled peppers, and adobo chicken. Add optional toppings like cilantro, avocado, and cotija cheese.
- 5. Serve & Enjoy!**



Macros

- Calories 600/serving
- Protein 56g
- Carbs 70g
- Fat 12g

Snack 2: Protein Banana Bread

PREP TIME: 10 MIN

COOKING TIME: 45 MIN

Ingredients

3 ripe bananas
2 large eggs
1/4 cup plain Greek yogurt
1/4 cup maple syrup or honey
1 tsp vanilla extract
1 cup oat flour
1/2 cup almond flour
1 scoop chocolate chip
banana whey protein powder
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp cinnamon
1/4 tsp salt
1/4 cup chopped walnuts

Directions

1. **Preheat oven to 350°F (175°C).** Line a loaf pan with parchment paper or spray with nonstick spray.
2. **Prepare Batter:** Mash bananas in a large bowl.
3. Whisk in eggs, Greek yogurt, maple syrup, and vanilla until smooth. Add oat flour, almond flour, protein powder, baking soda, baking powder, cinnamon, and salt. Stir until just combined—don't overmix! Fold in walnuts if using.
4. **Pour the batter:** Into the loaf pan and smooth the top.
5. **Bake:** For 40–45 minutes, or until a toothpick comes out clean. Cool in pan for 10 minutes, then transfer to a wire rack to cool completely.

Macros

- Calories: 360/2 slices
- Protein: 24g
- Carbs: 36g
- Fat: 14g

Coconut Curry Chicken Bowl

PREP TIME: 15 MIN

COOKING TIME: 20 MIN

SERVES: 2

Ingredients

12 oz chicken breast, diced
¼ cup coconut milk
1 tbsp sesame oil
2 cloves garlic, minced
1 tsp fresh grated ginger
1 tbsp lime juice
1 tbsp low-sodium soy sauce
1 tsp red curry paste
Salt + pepper to taste
2 cups cooked jasmine
2 cups steamed broccoli
Chopped cilantro

Directions

1. **Cook the Rice:** Start your rice according to package instructions so it's ready by the time everything else is done.
2. **Steam the Broccoli:** Steam broccoli for about 5-6 minutes until vibrant green and tender-crisp. Set aside.
3. **Cook the Chicken:** Heat sesame oil in a large skillet over medium-high heat. Add diced chicken, season with salt and pepper, and cook until browned and cooked through (6-8 minutes). Remove and set aside.
4. **Add the Sauce:** Use same pan and lower heat to medium. Add garlic, ginger, soy sauce,, lime juice, and curry paste. Stir well.
5. **Pour in Coconut Milk:** Simmer for another 4-5 minutes until sauce thickens slightly and coats the chicken.
6. **Assemble Bowls:** In each bowl, add 1 cup cooked rice, 6 oz coconut chicken, and 1 cup steamed broccoli. Spoon extra sauce over the top and garnish as desired with cilantro.



Macros

- Calories 525/serving
- Protein 42g
- Carbs 42g
- Fat: 21g