



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