

Nutrition Guide:

Metrics:

Height: 6'3"

Weight: 245lbs

Macro Goals:

Calories: 3420 per day

Protein: 160-200 grams per day

Carbs: 380-440 grams per day

Fat: 76-114 grams per day

Grocery List

Protein Sources:

Chicken breast

Turkey breast

Lean beef (such as sirloin or tenderloin)

Salmon

Tofu

Greek yogurt (plain, non-fat or low-fat)

Eggs

Cottage cheese

Complex Carbohydrates:

Brown rice

Quinoa

Sweet potatoes

Whole-grain bread (look for options with minimal added sugars)

Oats (rolled or steel-cut)

Whole wheat pasta

Black beans

Lentils

Healthy Fats:

Avocado

Almonds

Walnuts

Chia seeds

Flaxseeds

Olive oil (extra-virgin)

Coconut oil (for cooking in moderation)

Vegetables and Fruits:

Spinach

Broccoli

Kale

Bell peppers (various colors)

Berries (such as blueberries, strawberries, and raspberries)

Apples

Bananas

Oranges

Recipe Book

Section 4: Nutritious Breakfast Recipes

Protein-Packed Breakfast Smoothie:

- Ingredients:
 - 1 scoop whey protein powder
 - 1 cup unsweetened almond milk
 - 1/2 banana
 - 1/4 cup oats
 - 1 tablespoon natural peanut butter
 - 1 teaspoon chia seeds
 - Handful of spinach leaves
- Instructions:
 - Blend all ingredients until smooth. Add ice if desired.

Vegetable Omelette with Whole Grain Toast:

- Ingredients:
 - 3 large eggs
 - 1/4 cup diced bell peppers (various colors)
 - 1/4 cup chopped spinach
 - 1/4 cup diced tomatoes
 - 1/4 cup diced onions
 - Salt and pepper to taste
 - 2 slices whole-grain bread, toasted
- Instructions:
 - In a bowl, whisk the eggs and season with salt and pepper.
 - In a non-stick pan, sauté the vegetables until tender.
 - Pour the eggs over the vegetables and cook until set. Fold the omelette in half and serve with toasted whole-grain bread.

Overnight Chia Seed Pudding:

- Ingredients:
 - 1/4 cup chia seeds
 - 1 cup unsweetened almond milk
 - 1 tablespoon honey or maple syrup
 - 1/2 teaspoon vanilla extract
 - Fresh berries for topping
- Instructions:
 - In a jar or bowl, mix chia seeds, almond milk, honey or maple syrup, and vanilla extract.

- Stir well and refrigerate overnight.
- Top with fresh berries before serving.

Section 5: Balanced Lunch Recipes

Grilled Chicken and Quinoa Salad:

- Ingredients:
 - 4 oz grilled chicken breast, sliced
 - 1 cup cooked quinoa
 - Mixed greens (spinach, arugula, or lettuce)
 - Cherry tomatoes, halved
 - Cucumber slices
 - Red onion, thinly sliced
 - Feta cheese (optional)
 - Balsamic vinaigrette dressing
- Instructions:
 - In a large bowl, combine the mixed greens, quinoa, and vegetables.
 - Top with grilled chicken and optional feta cheese.
 - Drizzle with balsamic vinaigrette dressing.

Turkey and Avocado Wrap:

- Ingredients:
 - Whole wheat tortilla
 - 4 oz sliced turkey breast
 - Avocado slices
 - Mixed greens
 - Tomato slices
 - Hummus or Greek yogurt spread
- Instructions:
 - Lay the whole wheat tortilla flat and spread hummus or Greek yogurt on it.
 - Layer turkey, avocado, mixed greens, and tomato on the tortilla.
 - Roll up the tortilla tightly and slice into halves.

Mediterranean Chickpea Salad:

- Ingredients:
 - 1 can chickpeas, drained and rinsed
 - Cucumber, diced
 - Cherry tomatoes, halved
 - Kalamata olives, pitted and sliced
 - Red onion, diced

- Feta cheese, crumbled
- Fresh parsley, chopped
- Lemon juice and olive oil dressing
- Instructions:
 - In a large bowl, combine chickpeas, cucumber, tomatoes, olives, and red onion.
 - Top with crumbled feta cheese and fresh parsley.
 - Drizzle with lemon juice and olive oil dressing.

Section 6: Nourishing Dinner Recipes

Grilled Salmon with Quinoa and Roasted Vegetables:

- Ingredients:
 - 6 oz salmon fillet
 - 1/2 cup cooked quinoa
 - Asparagus spears
 - Zucchini slices
 - Red bell pepper, sliced
 - Olive oil
 - Lemon juice
 - Fresh dill
- Instructions:
 - Preheat the oven to 400°F (200°C).
 - Season salmon with olive oil, lemon juice, and fresh dill.
 - Place salmon on a baking sheet with asparagus, zucchini, and red bell pepper.
 - Roast in the oven for about 15-20 minutes until salmon is cooked through and vegetables are tender.
 - Serve with cooked quinoa.

Tofu Stir-Fry with Brown Rice:

- Ingredients:
 - 6 oz firm tofu, cubed
 - Broccoli florets
 - Carrot slices
 - Snow peas
 - Green onions, chopped
 - Garlic, minced
 - Low-sodium soy sauce
 - Sesame oil

- Cooked brown rice
- Instructions:
 - In a wok or skillet, sauté tofu, broccoli, carrots, snow peas, green onions, and garlic in sesame oil.
 - Add low-sodium soy sauce for seasoning.
 - Serve over cooked brown rice.

Chicken and Vegetable Stir-Fry:

- Ingredients:
 - 6 oz chicken breast, thinly sliced
 - Red bell pepper, sliced
 - Yellow bell pepper, sliced
 - Snap peas
 - Onion, sliced
 - Ginger, minced
 - Low-sodium teriyaki sauce
 - Olive oil
- Instructions:
 - In a wok or skillet, stir-fry chicken and vegetables in olive oil until chicken is cooked through and vegetables are tender-crisp.
 - Add minced ginger and low-sodium teriyaki sauce for seasoning.
 - Serve hot.

Section 7: Wholesome Snack

Greek Yogurt Parfait:

- Ingredients:
 - 1 cup plain Greek yogurt
 - Mixed berries (blueberries, strawberries, raspberries)
 - Almonds or walnuts
 - Honey (optional for added sweetness)
- Instructions:
 - In a bowl or a to-go container, layer Greek yogurt, mixed berries, and nuts.
 - Drizzle honey on top for added sweetness if desired.

Apple Slices with Nut Butter:

- Ingredients:
 - 1 medium apple, sliced
 - Natural peanut butter or almond butter
- Instructions:

- Dip apple slices in nut butter for a satisfying and crunchy snack.

Protein-Packed Trail Mix:

- Ingredients:
 - Mixed nuts (almonds, cashews, walnuts)
 - Pumpkin seeds
 - Dark chocolate chips (70% cocoa or higher)
 - Dried cranberries or raisins
- Instructions:
 - Mix all ingredients together in a small container or resealable bag.
 - Portion out individual servings to avoid overeating.

