

This includes 3 days of breakfast, lunch, and dinner ideas that are clean, simple, and macro-friendly.



Healthy Recipe Bundle

Kick off the month feeling strong, fueled, and in control of your nutrition!

DAY 1

Breakfast:

Protein Berry Overnight Oats

- ½ cup oats
- ½ scoop vanilla protein
- ½ cup almond milk
- ¼ cup Greek yogurt
- Handful of berries
- Optional: chia seeds

Lunch:

Grilled Chicken Salad with Peach & Avocado

- Grilled chicken breast
- Mixed greens
- Sliced fresh peach
- ½ avocado

- Balsamic vinaigrette

Dinner:

 Turkey Zucchini Noodle Bowl

- Lean ground turkey sautéed with garlic and onion
 - Spiralized zucchini noodles
 - Marinara sauce
 - Sprinkle of parmesan
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DAY 2

Breakfast:

 Veggie Egg Muffins


- Eggs or egg whites
- Diced bell peppers, spinach, and onions
- Bake in muffin tin at 375°F for 20 mins

Lunch:

 Tuna Lettuce Wraps

- Canned tuna in olive oil
- Dijon mustard, celery, red onion
- Wrap in romaine or butter lettuce leaves

Dinner:

 Salmon & Quinoa Bowl

- Baked salmon
 - ½ cup cooked quinoa
 - Steamed broccoli and roasted carrots
 - Drizzle of lemon tahini
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DAY 3

Breakfast:

 Green Smoothie

- 1 scoop vanilla protein
- ½ banana
- Handful of spinach
- Almond milk
- Chia or flax seeds

Lunch:

 Chicken Hummus Wrap

- Grilled chicken
- Whole wheat tortilla
- Hummus, cucumber, tomato, spinach

Dinner:

 Shrimp Tacos with Slaw

- Sautéed shrimp with chili lime seasoning

- Cabbage slaw (Greek yogurt + lime)
 - Corn tortillas
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Want more recipes like this?

I offer custom meal ideas & coaching that make healthy eating realistic for busy lives. 💪