

27 EASY Ideas and Examples

Breakfast	Lunch	Dinner
<p>1. Chicken and Egg Breakfast Scramble</p> <ul style="list-style-type: none"> ● - Eggs: 2 large ● - Shredded chicken: 2 oz ● - Diced bell peppers: 1/2 cup ● - Avocado: 1/4 medium 	<p>1. Grilled Chicken & Sweet Potato Bowl</p> <ul style="list-style-type: none"> ● - Grilled chicken: 5 oz ● - Sweet potato (roasted): 1/2 cup ● - Steamed broccoli: 1 cup ● - Olive oil: 1 teaspoon 	<p>1. Grilled Steak & Sweet Potato Mash</p> <ul style="list-style-type: none"> ● - Lean steak: 5 oz ● - Sweet potato mash: 1/2 cup ● - Steamed green beans: 1 cup ● - Butter: 1 teaspoon
<p>2. Beef and Sweet Potato Hash</p> <ul style="list-style-type: none"> ● - Lean ground beef: 3 oz ● - Diced sweet potato: 1/2 cup ● - Spinach: 1 cup sautéed ● - Olive oil: 1 teaspoon 	<p>2. Beef Taco Salad</p> <ul style="list-style-type: none"> ● - Lean ground beef: 4 oz ● - Romaine lettuce: 2 cups ● - Black beans: 1/4 cup cooked ● - Salsa: 2 tablespoons ● - Avocado: 1/4 medium 	<p>2. Beef & Vegetable Stir-Fry</p> <ul style="list-style-type: none"> ● - Lean beef strips: 5 oz ● - Mixed vegetables: 2 cups ● - Brown rice: 1/4 cup cooked ● - Sesame oil: 1 teaspoon

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<p>3. Greek Yogurt Bowl with Protein Boost</p> <ul style="list-style-type: none"> ● - Greek yogurt (2% fat): 3/4 cup ● - Protein powder: 1/2 scoop ● - Mixed berries: 1/2 cup ● - Chopped walnuts: 5 halves 	<p>3. Chicken Stir-Fry with Vegetables</p> <ul style="list-style-type: none"> ● - Chicken breast: 5 oz ● - Mixed vegetables: 1.5 cups ● - Cauliflower rice: 1/2 cup 	<p>3. Chicken & Zucchini Noodles w/ Pesto</p> <ul style="list-style-type: none"> ● - Grilled chicken: 5 oz ● - Zucchini noodles: 2 cups ● - Pesto sauce: 1 tablespoon
<p>4. Chicken Breakfast Burrito</p> <ul style="list-style-type: none"> ● - Whole-grain tortilla: 1 small ● - Shredded chicken: 3 oz ● - Scrambled eggs: 2 large ● - Salsa: 2 tablespoons 	<p>4. Beef and Farro Soup</p> <ul style="list-style-type: none"> ● - Lean beef chunks: 4 oz ● - Farro: 1/4 cup cooked ● - Carrots & celery: 1 cup ● - Low-sodium broth: 1.5 cups 	<p>4. Beef Chili Bowl</p> <ul style="list-style-type: none"> ● - Lean ground beef: 4 oz ● - Diced tomatoes: 1/2 cup ● - Black beans: 1/4 cup cooked ● - Spices (e.g., chili powder, cumin)

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<p>5. Beef Sausage & Avocado Plate</p> <ul style="list-style-type: none"> ● - Beef sausage (lean): 3 oz ● - Avocado: 1/4 medium ● - Cherry tomatoes: 1/2 cup ● - Mixed greens: 1 cup 	<p>5. Grilled Chicken Caesar Wrap</p> <ul style="list-style-type: none"> ● - Whole-grain tortilla: 1 small ● - Grilled chicken: 5 oz ● - Romaine lettuce: 1 cup ● - Caesar dressing (light): 1 tablespoon 	<p>5. Chicken & Avocado Salsa Plate</p> <ul style="list-style-type: none"> ● - Grilled chicken: 5 oz ● - Avocado salsa: 1/4 avocado, diced ● - Steamed asparagus: 1 cup
<p>6. Chicken and Avocado Omelette</p> <ul style="list-style-type: none"> ● Eggs: 2 large ● Shredded chicken breast: 2 oz ● Avocado: 1/4 medium, sliced ● Sautéed spinach: 1/2 cup 	<p>6. Beef Burger Bowl</p> <ul style="list-style-type: none"> ● - Lean ground beef patty: 4 oz ● - Mixed greens: 2 cups ● - Avocado slices: 1/4 medium ● - Sweet potato wedges: 1/2 cup 	<p>6. Beef & Farro Stuffed Bell Peppers</p> <ul style="list-style-type: none"> ● - Lean ground beef: 4 oz ● - Farro: 1/4 cup cooked ● - Bell peppers: 2 medium, hollowed
<p>7. Steak and Egg Breakfast Bowl</p> <ul style="list-style-type: none"> ● Grilled steak (lean): 3 oz ● Eggs: 2 large, scrambled ● Roasted sweet potato: 1/2 cup ● Salsa: 2 tablespoons 	<p>7. Chicken and Lentil Salad</p> <ul style="list-style-type: none"> ● - Shredded chicken: 4 oz ● - Lentils: 1/4 cup cooked ● - Mixed greens: 2 cups ● - Olive oil & lemon juice: 1 tsp each 	<p>7. Chicken Fajita Bowl</p> <ul style="list-style-type: none"> ● - Grilled chicken: 5 oz ● - Guacamole: 1 tablespoon ● - Brown rice: 1/4 cup cooked ● - Sautéed bell peppers & onions: 1 cup

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<p>8. Protein Pancakes with Berries</p> <ul style="list-style-type: none"> ● Protein powder: 1 scoop (mixed into batter) ● Oats: 1/4 cup (ground into flour) ● Egg whites: 3 large ● Mixed berries: 1/2 cup ● Almond butter: 1 teaspoon 	<p>8. Beef and Avocado Lettuce Wraps</p> <ul style="list-style-type: none"> ● Lean ground beef: 4 oz ● Butter lettuce leaves: 4 large leaves ● Diced avocado: 1/4 medium ● Salsa: 2 tablespoons ● Black beans: 1/4 cup cooked 	<p>8. Steak & Roasted Vegetable Platter</p> <ul style="list-style-type: none"> ● - Grilled steak: 5 oz ● - Roasted Brussels sprouts & carrots: 1.5 cups ● - Olive oil: 1 teaspoon
<p>9. Beef and Vegetable Breakfast Wrap</p> <ul style="list-style-type: none"> ● Whole-grain tortilla: 1 small ● Lean ground beef: 3 oz ● Diced zucchini and bell peppers: 1/2 cup, sautéed ● Avocado: 1/4 medium 	<p>9. Grilled Beef and Roasted Veggie Platter</p> <ul style="list-style-type: none"> ● Grilled beef steak (lean): 5 oz ● Roasted Brussels sprouts and sweet potato chunks: 1.5 cups ● Olive oil: 1 teaspoon 	<p>9. Chicken and Spaghetti Squash Casserole</p> <ul style="list-style-type: none"> ● Shredded chicken breast: 5 oz ● Spaghetti squash: 1 cup cooked ● Marinara sauce (low-sugar): 1/4 cup ● Mozzarella cheese (low-fat): 1/4 cup shredded

Hope you enjoy,

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