

Sunday

Meal Prep

Today you can prepare the following items to save time later in the week:
Make the **No-Bake High Protein Chocolate & Pumpkin Seed Brownies** and freeze

Meals

Meal 1



Baby Spinach Black Berry Protein Smoothie
Make 1.5 servings
Eat 1.5 servings
Total Time: 5 mins

Meal 2



Corn Potage
Make 0.75 servings
Eat 0.75 servings
Total Time: 30 mins

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Make 15 servings
Eat 2 servings
Total Time: 20 mins

Meal 4



Brown Lentil Salad with Bell Pepper and Avocado
Make 2.5 servings
Eat 1.25 servings
Total Time: 30 mins

Daily Totals

1437 carbs, 174g fat, 67g protein, 95g

Monday

Meal Prep

Defrost the **No-Bake High Protein Chocolate & Pumpkin Seed Brownies** (3 servings)

Meals

Meal 1



Pink Protein Chia Smoothie
Make 1.25 servings
Eat 1.25 servings
Total Time: 15 mins

Meal 2



Brown Lentil Salad with Bell Pepper and Avocado
Eat 1.25 servings (from leftovers)

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Eat 3 servings (from leftovers)

Meal 4



Root Vegetable Gratin
Make 1.25 servings
Eat 0.75 servings
Total Time: 30 mins

Daily Totals

1825 carbs, 221g fat, 75g protein, 107g

Tuesday

Meal Prep

Today you can prepare the following items to save time later in the week:
Make the **Overnight Oats with Pomegranate and Roasted Almonds** and refrigerate

Meals

Meal 1



Kale Smoothie with Blueberry
Make 1.25 servings
Eat 1.25 servings
Total Time: 5 mins

Meal 2



Root Vegetable Gratin
Eat 0.5 servings (from leftovers)

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Eat 2 servings (from leftovers)

Meal 4



Ratatouille
Make 2.75 servings
Eat 1.5 servings
Total Time: 30 mins

Daily Totals

1373 carbs, 178g fat, 49g protein, 89g

Wednesday

Meal Prep

Defrost the **No-Bake High Protein Chocolate & Pumpkin Seed Brownies** (3 servings)

Meals

Meal 1



Overnight Oats with Pomegranate and Roasted Almonds
Make 1.25 servings
Eat 1.25 servings
Total Time: 10 mins

Meal 2



Ratatouille
Eat 1.25 servings (from leftovers)

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Eat 3 servings (from leftovers)

Meal 4



Pasta with Kale and Red Pepper
Make 1 servings
Eat 0.5 servings
Total Time: 20 mins

Daily Totals

1533 carbs, 219g fat, 54g protein, 76g

Thursday

Meal Prep

Defrost the **No-Bake High Protein Chocolate & Pumpkin Seed Brownies** (3 servings)

Meals

Meal 1



Grapefruit, Pomegranate, Banana Smoothie with Almonds
Make 1.25 servings
Eat 1.25 servings
Total Time: 5 mins

Meal 2



Pasta with Kale and Red Pepper
Eat 0.5 servings (from leftovers)

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Eat 2 servings (from leftovers)

Meal 4



Pad Thai
Make 2 servings
Eat 1 servings
Total Time: 20 mins

Daily Totals

1623 carbs, 189g fat, 67g protein, 87g

Friday

Meal Prep

Defrost the **No-Bake High Protein Chocolate & Pumpkin Seed Brownies** (3 servings)

Meals

Meal 1



Whole grain bread with hummus and cucumber
Make 3 servings
Eat 2 servings
Total Time: 5 mins

Meal 2



Pad Thai
Eat 1 servings (from leftovers)

Meal 3



No-Bake High Protein Chocolate & Pumpkin Seed Brownies
Eat 3 servings (from leftovers)

Meal 4



Chilled Green Pea & Onion Soup
Make 4.5 servings
Eat 2.25 servings
Total Time: 25 mins

Daily Totals

1966 carbs, 168g fat, 76g protein, 79g

Saturday

Meal 1



Overnight Oats with Black Olives and Almonds
Make 1.5 servings
Eat 1.5 servings
Total Time: 5 mins

Meal 2



Chilled Green Pea & Onion Soup
Eat 2.25 servings (from leftovers)

Meal 3



Shelled Edamame
Make 2.5 servings
Eat 2.5 servings
Total Time: 5 mins

Meal 4



Creamy Cajun Cauliflower
Make 1.25 servings
Eat 1.25 servings
Total Time: 30 mins

Daily Totals

1782 carbs, 210g fat, 83g protein, 84g