











**TRANSFORMATION**  
**LAB**

# Swipe File: Meal Plan

## How to use this template:

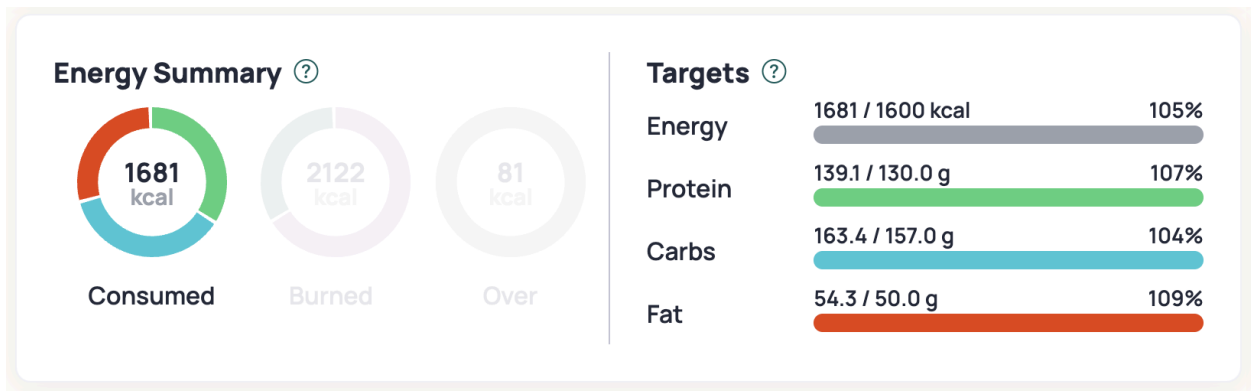
- In the Google Docs menu bar, click on *File > Make a copy*.
- Save the copy to your own Google Drive folder.
- You can add edits, comments, and ingredient swaps in your copy of the swipe file meal plan.
- **Tip:** These meal plans are intended to serve as starting points—edit them as much as you wish!

## Meal Plan Outline:

Meal #1		488 kcal • 45 g protein • 42 g carbs • 13 g fat					^
9:01 AM		Single Serving Egg Bake (465 calorie)	0.95	full recipe	487.79	kcal	
Meal #2		340 kcal • 22 g protein • 44 g carbs • 12 g fat					^
9:10 AM		Chia Seeds	1	tbsp, whole pieces	48.6	kcal	
9:11 AM		Peanut Butter, Unsalted	1	tbsp	96.43	kcal	
12:02 PM		Dannon, Oikos, Triple Zero Blended Greek Yogurt, Fruit Flavors	1	container - each 5.3 oz	110.65	kcal	
12:02 PM		Blueberry, Raw	1	cup, whole pieces	84.36	kcal	
Meal #3		415 kcal • 39 g protein • 39 g carbs • 12 g fat					^
9:01 AM		Slow Cooker Seasoned Chicken, Potatoes and Green Beans	1	servings	415.1	kcal	
Pre Workout							^
Intra Workout							^
Post Workout		73 kcal • 9 g protein • 1 g carbs • 4 g fat					^
9:02 AM		String Cheese, Reduced Fat	1	stick - each 1 oz	73.12	kcal	
Meal #4		355 kcal • 25 g protein • 38 g carbs • 12 g fat					^
9:01 AM		Beef Stew	0.67	servings	355.21	kcal	

- **Meal One:** Single Serving Egg Bake
- **Meal Two:** Greek Yogurt, Chia Seeds, Peanut Butter and Blueberries
- **Meal Three:** Seasoned Garlic Lemon Pepper, Chicken Potatoes, and Green beans
- **Meal Four:** Beef Stew and Salmon
- **Snack:** String Cheese

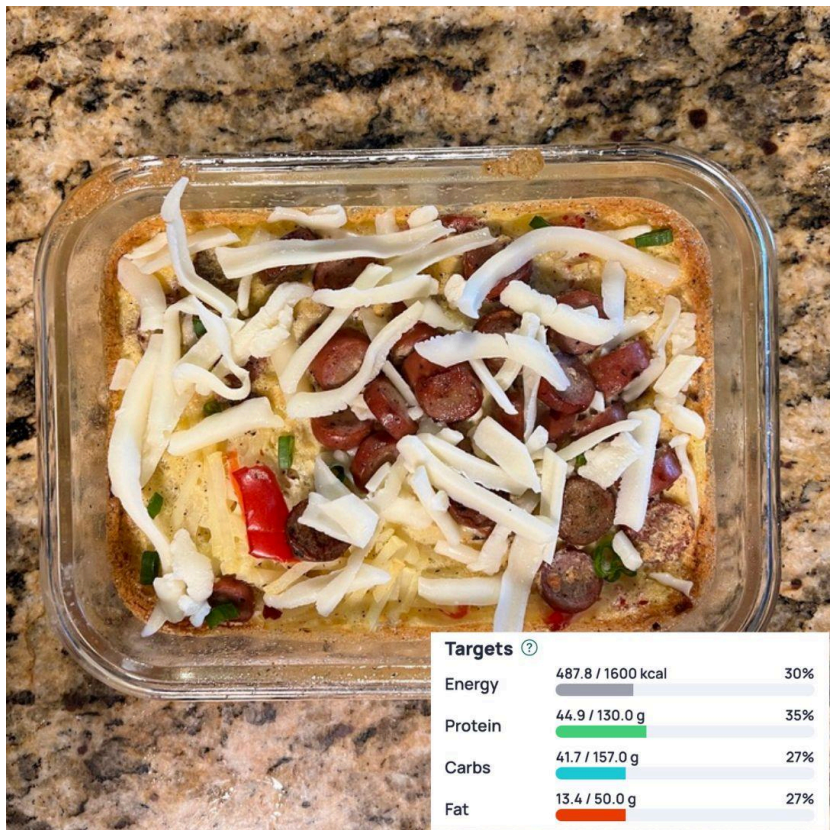
Nutrition Information:



Recipes:

Meal One: Single Serving Egg Bake

Servings:  
12 servings



**Ingredients:**

Batch prep: 12 servings

- Whole Egg - 24 medium
- Frozen Hash Browns - 2040 g~4.5lb
- Chicken Breakfast Sausage - 24 links
- Cottage Cheese, Nonfat - 3 cups (640 g)
- Bob Evans, Egg Whites - 24 oz (680 g)
- Red Bell Peppers - 1.5 cups
- Green Bell pepper 1.5 cups
- Mozzarella Cheese LF - 12 oz

**Directions:**

1. Spray your containers with cooking oil
2. Add the frozen hash browns to the container.
3. Mix the egg whites, cottage cheese, and eggs, then add them to the container with the hash browns.
4. In a preheated oven (350-400 degrees), cook for 30-45 minutes or until they are solid. (No jiggly center)
5. Top with cheese and green onions.

Here is a similar recipe video demonstration:

<https://youtube.com/shorts/NIJuNHF8MjA?si=kUWC1saXWwEFQ4uy>

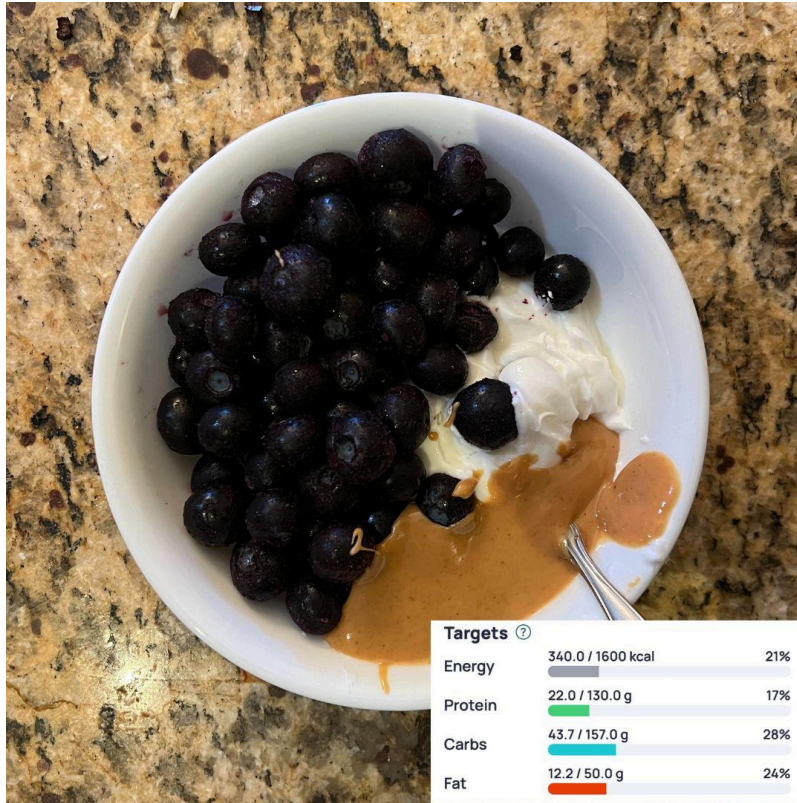
**Nutrition:**

Calories: 488 | Protein: 45 g | Fat: 13 g | Carbohydrates: 42 g | Fiber: 6 g |

Meal Two: Greek Yogurt, Chia Seeds, Peanut Butter and Blueberries

Servings:

One serving (multiplied by # of days)



Targets ?		
Energy	340.0 / 1600 kcal	21%
Protein	22.0 / 130.0 g	17%
Carbs	43.7 / 157.0 g	28%
Fat	12.2 / 50.0 g	24%

**Ingredients:**

- Greek Yogurt (Non-Fat):  $\frac{2}{3}$  cup - 170 g
- Chia Seeds: 1 Tbsp - 10 g
- Peanut Butter: 1 Tbsp - 16 g
- Blueberry: 1 cup - 140 g

**Directions:**

1. Add your ingredients to a bowl, mix and enjoy.

**Nutrition:**

Calories: 340 | Protein: 22 g | Fat: 12 g | Carbohydrates: 44 g | Fiber: 14 g |

Meal Three: Seasoned Garlic Lemon Pepper, Chicken Potatoes, and Green beans

Servings: 12





### Ingredients:

- Chicken Breast: 36 oz - 1008.0 g
- Green Beans: 37 oz - 1050.0 g
- Red Potatoes: 5.87 medium - 1250.0 g
- Lemon Juice: 1/3 cup - 81.3 g
- Olive Oil: 1/4 cup - 54.0 g
- Oregano: 1 tsp - 1.8 g
- Salt: 1/2 tsp - 3.0 g
- Black Pepper: 1/4 tsp - 0.7 g
- Onion Powder: 1/4 tsp - 0.6 g
- Minced Garlic: 2 tsp - 10.0 g

### Directions:

1. Place chicken in the slow cooker.
2. Surround with potatoes and green beans.
3. Mix lemon juice, olive oil, oregano, salt, pepper, onion powder, and minced garlic. Pour over chicken and veggies.
4. Cook on low for 7-8 hours or high for 3-4 hours.

### Nutrition:

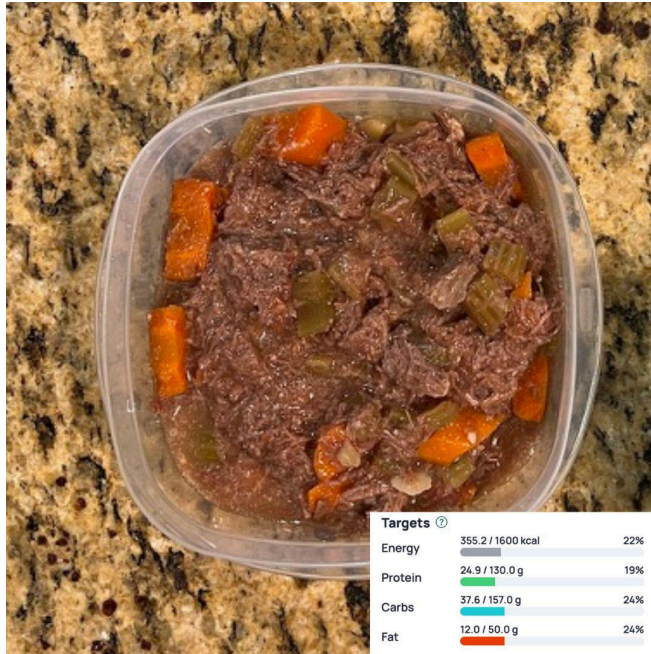
Calories: 415 | Protein: 39 g | Fat: 12 g | Carbohydrates: 39 g | Fiber: 7 g |

Here is a similar recipe video demonstration:

<https://youtube.com/shorts/0oZgV7ef16g?si=DOSRHTI9dpxNaJ9E>

## Meal Four: Beef Stew or Salmon with Carbs and Veggies

Beef Stew: 8-10 servings



### Ingredients:

- Beef Stew Meat, Chuck, No Visible Fat - 32 oz
- Carrots - 2 cups
- Celery - 1.5 cups, diced
- Onion - 1/2 cup
- Beef Broth, Bouillon - 1 cup
- Tomato Paste - 1 tbsp
- Bay Leaf - 1 oz
- Salt - 1 tsp
- Garlic, Powder - 1 tsp
- Rosemary, Dried - 1 tsp
- Black Pepper, Ground - 1 tsp
- Potatoes - 6 large (3" to 4 1/4" diameter)

### Directions:

1. (Optional) Heat 1 tbsp olive oil in a pan. Brown the stew meat and onions for extra flavor.
2. Chop all vegetables and potatoes.
3. Add stew meat, carrots, celery, onions, and potatoes to the crock pot. Stir well.
4. Pour in broth, tomato paste, and spices. Stir to mix.
5. Cook on low for 6-8 hours.
6. Serve and enjoy!

**Nutrition:**

Calories: ~400 | Protein: 26 g | Fat: 12 g | Carbohydrates: 38 g | Fiber: 5 g |

**Remember: this post is for informational purposes only and may not be the best fit for you and your personal situation. It shall not be construed as medical advice. The information and education provided here is not intended or implied to supplement or replace professional medical treatment, advice, and/or diagnosis. Always check with your own physician or medical professional before trying or implementing any information read here.**