

Meal Planner Template

Your guide to building under-10-minute meals that fuel your mood, metabolism, gut, and energy. Choose at least 1 protein and 1–2 fiber sources to form the foundation of your meal. The third category is optional and can be added if you want extra flavor, satisfaction, or nutrients.

Step 1: Protein (~30g)

- Cottage cheese (1 cup)
 - Greek yogurt (1 cup)
 - Salmon, smoked or cooked(4-6 ounces)
 - Chicken, cooked (4-6 ounces)
 - Canned tuna
 - Protein powder
 - Tofu (1.5 cups)
 - Lentils or Beans (1.5 cups)
 - Hard-boiled eggs (1 egg = 6 g protein)
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Step 2: Fiber (3-5+ grams)

- Broccoli (1 cup)
 - Spinach or leafy greens (2 cups)
 - Cauliflower (1 cup)
 - Brussels sprouts (1 cup)
 - Carrots (1 cup)
 - Bell peppers (1-2 cups)
 - Berries (1 cup)
 - Apple or Pear
 - Chia seeds, flaxseeds, hempseeds (1 tablespoon)
 - Beans, lentils, or hummus
 - Avocado
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Step 3: Optimal Balance Boosters (for satiety, energy, or crunch)

- Crackers
- Rice or quinoa
- Oats
- Whole-grain bread or tortilla
- Potatoes
- Olives, nuts, and seeds

Sample 10-Minute Meal Options

- **Protein Bowl:** Cottage cheese + berries + chia + cinnamon
- **Quick Lunch:** Tuna + white beans + olive oil + lemon + crackers
- **Warm Bowl:** Chicken sausage + lentils + spinach + cherry tomatoes
- **Smoothie:** Protein powder + cherries + cauliflower rice + nut milk + chia

Meal Planning Notes

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				