



7-Day Jumpstart Meal Plan (~1900 kcal/day)

Disclaimer

The 7-Day Jumpstart Meal Plan is provided for educational and informational purposes only. It is not intended as medical advice, diagnosis, or treatment, and should not replace the guidance of a qualified healthcare professional. Nutritional needs vary based on age, gender, health status, activity level, and individual goals.

Before beginning any new diet, exercise, or lifestyle program, you should consult with your physician, registered dietitian, or other licensed healthcare provider to ensure it is appropriate for your personal circumstances.

By following this plan, you acknowledge that you are doing so voluntarily and at your own risk. The creator of this plan is not responsible for any adverse effects, injuries, or health issues that may result.

Macro Targets (daily average):

Protein: ~150–170 g (\approx 35–40%)

Carbs: ~150–170 g (\approx 30–35%)

Fat: ~55–65 g (\approx 25–30%)

Day 1

- **Breakfast:** Greek yogurt (200 g), $\frac{1}{2}$ cup oats, 1 tbsp chia seeds, $\frac{1}{2}$ cup berries
350 kcal | P: 30 g | C: 40 g | F: 8 g
- **Snack 1:** Protein shake (1 scoop whey, 1 cup unsweetened almond milk, 1 tbsp peanut butter)
250 kcal | P: 28 g | C: 6 g | F: 10 g
- **Lunch:** Grilled chicken breast (150 g), quinoa (1 cup cooked), steamed broccoli (1 cup), olive oil (1 tsp)
450 kcal | P: 40 g | C: 40 g | F: 12 g
- **Snack 2:** 2 boiled eggs + 1 medium apple
200 kcal | P: 14 g | C: 20 g | F: 7 g
- **Dinner:** Baked salmon (150 g), roasted sweet potato (150 g), spinach salad with balsamic
650 kcal | P: 38 g | C: 50 g | F: 22 g

Total: ~1900 kcal P: 150 g C: 156 g F: 59 g

Day 2

- **Breakfast:** 3 scrambled eggs, 1 slice whole grain toast, ½ avocado
400 kcal | P: 25 g | C: 20 g | F: 22 g
- **Snack 1:** Cottage cheese (200 g) + pineapple chunks (½ cup)
220 kcal | P: 28 g | C: 15 g | F: 4 g
- **Lunch:** Turkey breast wrap (100 g turkey, whole grain wrap, lettuce, tomato, mustard) + side carrots
400 kcal | P: 35 g | C: 35 g | F: 10 g
- **Snack 2:** Protein bar (low sugar, ~200 kcal)
200 kcal | P: 20 g | C: 20 g | F: 6 g
- **Dinner:** Grilled cod (150 g), brown rice (1 cup cooked), asparagus (1 cup), olive oil (1 tsp)
680 kcal | P: 42 g | C: 55 g | F: 18 g

Total: ~1900 kcal P: 150 g C: 145 g F: 60 g

Day 3

- **Breakfast:** Protein smoothie (1 scoop whey, 1 banana, 1 tbsp almond butter, 1 cup spinach, almond milk)
350 kcal | P: 30 g | C: 35 g | F: 10 g
- **Snack 1:** 2 boiled eggs + 10 almonds
200 kcal | P: 14 g | C: 2 g | F: 14 g
- **Lunch:** Grilled chicken (150 g), roasted sweet potato (150 g), green beans (1 cup)
450 kcal | P: 40 g | C: 40 g | F: 12 g
- **Snack 2:** Greek yogurt (150 g) + 1 tbsp flaxseed
180 kcal | P: 18 g | C: 10 g | F: 6 g
- **Dinner:** Lean beef stir-fry (150 g beef, mixed veggies, 1 cup brown rice, soy sauce, sesame oil)
720 kcal | P: 45 g | C: 55 g | F: 20 g

Total: ~1900 kcal P: 147 g C: 142 g F: 62 g

Day 4

- **Breakfast:** Overnight oats (½ cup oats, 1 scoop whey, ½ cup blueberries, 1 tbsp chia seeds)
350 kcal | P: 30 g | C: 40 g | F: 8 g
- **Snack 1:** Protein shake + 1 tbsp peanut butter
250 kcal | P: 28 g | C: 6 g | F: 10 g
- **Lunch:** Grilled turkey burger (150 g lean turkey patty, lettuce bun, tomato, mustard) + roasted zucchini
400 kcal | P: 38 g | C: 20 g | F: 14 g

- **Snack 2:** Cottage cheese (150 g) + cucumber slices
150 kcal | P: 20 g | C: 6 g | F: 4 g
- **Dinner:** Baked cod (150 g), quinoa (1 cup cooked), roasted broccoli (1 cup), olive oil (1 tsp)
750 kcal | P: 45 g | C: 55 g | F: 22 g

Total: ~1900 kcal P: 161 g C: 127 g F: 58 g

Day 5

- **Breakfast:** 3 egg omelet with spinach + mushrooms, 1 slice whole grain toast
350 kcal | P: 28 g | C: 20 g | F: 16 g
- **Snack 1:** Greek yogurt (200 g) + 1 tbsp chia seeds
200 kcal | P: 22 g | C: 12 g | F: 6 g
- **Lunch:** Grilled chicken salad (150 g chicken, mixed greens, cucumber, olive oil + balsamic)
400 kcal | P: 40 g | C: 20 g | F: 16 g
- **Snack 2:** Protein shake + 1 small banana
250 kcal | P: 28 g | C: 25 g | F: 4 g
- **Dinner:** Baked salmon (150 g), roasted sweet potato (150 g), asparagus (1 cup)
700 kcal | P: 42 g | C: 50 g | F: 22 g

Total: ~1900 kcal P: 160 g C: 127 g F: 64 g

Day 6

- **Breakfast:** Protein pancakes (made with oats, egg whites, whey protein) + 1 tbsp almond butter
350 kcal | P: 32 g | C: 35 g | F: 10 g
- **Snack 1:** 2 boiled eggs + 1 orange
200 kcal | P: 14 g | C: 15 g | F: 7 g
- **Lunch:** Grilled chicken breast (150 g), quinoa (1 cup cooked), roasted broccoli (1 cup)
450 kcal | P: 40 g | C: 40 g | F: 12 g
- **Snack 2:** Cottage cheese (200 g) + 10 walnuts
250 kcal | P: 25 g | C: 10 g | F: 12 g
- **Dinner:** Lean beef stir-fry (150 g beef, mixed veggies, 1 cup brown rice, sesame oil)
650 kcal | P: 42 g | C: 50 g | F: 20 g

Total: ~1900 kcal P: 153 g C: 150 g F: 61 g

Day 7

- **Breakfast:** Greek yogurt (200 g), ½ cup oats, ½ cup strawberries, 1 tbsp flaxseed
350 kcal | P: 30 g | C: 40 g | F: 8 g
- **Snack 1:** Protein shake + 1 tbsp peanut butter
250 kcal | P: 28 g | C: 6 g | F: 10 g
- **Lunch:** Turkey breast wrap (100 g turkey, whole grain wrap, lettuce, tomato, mustard)
400 kcal | P: 35 g | C: 35 g | F: 10 g
- **Snack 2:** 2 boiled eggs + 1 medium apple
200 kcal | P: 14 g | C: 20 g | F: 7 g
- **Dinner:** Grilled salmon (150 g), roasted sweet potato (150 g), spinach salad with olive oil
700 kcal | P: 42 g | C: 50 g | F: 22 g

Total: ~1900 kcal P: 149 g C: 151 g F: 57 g

Beyond the Meals: Your 7-Day Jumpstart Essentials

Hydration Guidance

- Aim to drink the equivalent of **half your body weight(lbs) in ounces of water daily** and adjust for additional physical activity and caffeinated drinks.
- Start your morning with a glass of water before coffee, going through the day dehydrated will make you feel sluggish.

Meal Prep & Planning Notes

- **Batch cook proteins** (chicken, turkey, beans) at the start of the week.
- Chop veggies in advance and store them in clear containers for easy grab-and-go.
- Pre-portion snacks (nuts, yogurt cups, boiled eggs) to avoid mindless eating.

Portion Control & Flexibility

- Use the **hand-size method**:
 - Palm = protein
 - Fist = carbs
 - Thumb = fats
- Swap freely: salmon for chicken, quinoa for rice, spinach for kale. Flexibility keeps you consistent.

Movement & Activity Prompts

- Aim for **8,000–10,000 steps daily** or at least 20 minutes of light cardio.
- Add **mobility work or stretching** in the evening to support recovery.
- Resistance training 3–4x per week pairs perfectly with this plan for muscle growth.

Sleep & Recovery Reminders

- Target **7–9 hours of quality sleep** each night.
- Create a wind-down routine: no screens 30 minutes before bed, dim lights, maybe herbal tea.
- Sleep is where your body repairs muscle and balances hormones — don't skip it.

Mindful Eating Practices

- Eat slowly and chew thoroughly — digestion starts in the mouth.
- Put your fork down between bites.
- Avoid eating in front of screens; focus on the meal to better recognize fullness cues.

Progress Tracking

Instead of obsessing over the scale, track:

- **Energy levels** (morning vs. evening)
- **Sleep quality** (rested or restless)
- **Mood & focus** (clear or sluggish)
- **Hunger cues** (satisfied vs. craving)

This builds awareness and helps you see progress beyond just numbers.

Daily Tips & Motivation

- **Day 1:** Hydrate early — water sets the tone for energy and focus.
- **Day 2:** Prep tomorrow's lunch tonight. Small wins stack up.
- **Day 3:** Energy dip? Totally normal. Stick with it — your body is adjusting.
- **Day 4:** Celebrate consistency, not perfection. One slip doesn't erase progress.
- **Day 5:** Add 5 extra minutes of stretching before bed. Your body will thank you.
- **Day 6:** Try a new spice or herb today — variety keeps meals exciting.
- **Day 7:** Reflect on your wins this week. What felt easiest? What do you want to carry forward?