**Athletic Plan**

| Ground Turkey Mashed Sweet Asparagus | 658 | 28g | 30g | 69g |
| --- | --- | --- | --- | --- |
| Chicken Cobb Salad | 715 | 31g | 31g | 78g |
| Oven Roasted Salmon with Broccoli | 745 | 47g | 37g | 56g |
| Turkey Cauliflower Risotto | 612 | 13g | 36g | 59g |
| Angus Steak Mixed Veggies | 312 | 12g | 16g | 30g |
| Shrimp Salad | 487 | 36g | 19g | 43g |
| Med Wrap w Pesto | 730 | 62g | 30g | 57g |
| Chicken Curry Veggie Blend | 630 | 7g | 42g | 75g |
| Spinach Shrimp Rissoto | 550 | 40g | 24g | 36g |
| Chicen Breast Brown Rice Green Beans | 649 | 40g | 21g | 75g |
| Chicken Jasmine Rice, Broccoli | 602 | 54g | 12g | 67g |

**Balanced Plan**

| Balanced Macros | Calories | Carbs | Fat | Protein |
| --- | --- | --- | --- | --- |
| Ground Turkey Mashed Sweet Asparagus | 418 | 22g | 18g | 42g |
| Chicken Cobb Salad | 481 | 20g | 21g | 53g |
| Oven Roasted Salmon with Broccoli and Rice | 500 | 38g | 21g | 36g |
| Turkey Cauliflower Risotto | 419 | 10g | 23g | 43g |
| Angus Steak Mixed Veggies | 417 | 15g | 21g | 42g |
| Shrimp Salad | 389 | 27g | 17g | 32g |
| Med Wrap w Pesto | 630 | 60g | 27g | 41g |
| Chicken Curry Veggie Blend | 396 | 33g | 8g | 48g |
| Spinach Shrimp Rissoto | 550 | 40g | 24g | 36g |
| Chicen Breast Brown Rice Green Beans | 384 | 22g | 18g | 42g |
| Chicken Jasmine Rice, Broccoli | 450 | 44g | 10g | 48g |

**Weight loss**

| Ground Turkey Mashed Sweet Asparagus | 323 | 14g | 15g | 33g |
| --- | --- | --- | --- | --- |
| Chicken Cobb Salad | 408 | 15g | 20g | 42g |
| Oven Roasted Salmon with Broccoli | 309 | 10g | 17g | 29g |
| Turkey Cauliflower Risotto | 292 | 7g | 16g | 30g |
| Angus Steak Mixed Veggies | 312 | 12g | 16g | 30g |
| Shrimp Salad | 328 | 24g | 16g | 22g |
| Med Wrap w Pesto | 510 | 49g | 24g | 25g |
| Chicken Curry Veggie Blend | 234 | 7g | 6g | 38g |
| Spinach Shrimp Rissoto | 367 | 25g | 19g | 25g |
| Chicen Breast Brown Rice Green Beans | 384 | 22g | 16g | 38g |
| Chicken Jasmine Rice, Broccoli | 302 | 28g | 6g | 34g |