

welllife

WELLNESS STUDIO

Fitness | Nutrition | Yoga | Massage

Personalized Menu Plan

EUPHY WU
January 2022



Personalized 5-Day Menu Plan

DAY 1		
MEAL #1	Protein:	3-egg omelet – 3 oz.
	Good Fat:	Ghee, olive oil – 1 tbsp. each
	Healthy Carbs:	Onions, mushrooms, spinach – ½ cup each
MEAL #2	Protein:	Smoked Salmon Niçoise Salad – 4 oz. Hard-boiled egg – 1 oz.
	Good Fat:	Olive oil, olives – 1 tbsp. each
	Healthy Carbs:	Green beans, potatoes, cherry tomatoes – ½ cup each
MEAL #3	Protein:	Mexican beef bowl (4 oz.)
	Good Fat:	Olive oil, Avocado, sour cream (1/2 tbsp. each)
	Healthy Carbs:	Rice, refried beans, onions – ½ cup each

SNACKS: 1 hard-boiled egg, 1 handful fruit and nut mix
(E.g. fruit and nut mix: Raisins, sliced almonds, cashews, mangos)



DAY 2		
MEAL #1	Protein:	Hardboiled eggs – 3 oz.
	Good Fat:	‘Ants on a log’ Almond butter – 2 tbsp.
	Healthy Carbs:	Celery, Raisins – 1/3 cup each
MEAL #2	Protein:	Grilled Chicken skewers – 5 oz.
	Good Fat:	Olive oil, hummus, Satay sauce – 1 tbsp. each
	Healthy Carbs:	Grilled OR Roasted Veggies – 2 cups
MEAL #3	Protein:	Sirloin Steak – 4 oz.
	Good Fat:	Olive Oil – 1 tbsp. Butter – 1 tbsp.
	Healthy Carbs:	Bok Choy – 1 serv. Corn on the Cob – 1 serv.

SNACKS: naval orange, dark chocolate



DAY 3		
MEAL #1	Protein:	Fried eggs – 3 oz. Turkey – 1 oz.
	Good Fat:	Almond milk – 1 tbsp. each
	Healthy Carbs:	Kashi granola bar with dried fruit – 1 serv.
MEAL #2	Protein:	Charcuterie Board Salami, Baked ham – 4 oz.
	Good Fat:	Cheese, smoked almonds – 1 tbsp. each
	Healthy Carbs:	Grapes, sliced apples
MEAL #3	Protein:	Tex Mex Fried Rice Ground beef – 5 oz.
	Good Fat:	Olive oil, sour cream – 1 tbsp. each
	Healthy Carbs:	Rice, onions, bell pepper – 1/2 cup each Jalapeno – ½ tbsp.

SNACKS: nuts, berries



DAY 4		
MEAL #1	Protein:	2 eggs – 2 oz. Ham – 1 oz.
	Good Fat:	Almond milk – ½ cup
	Healthy Carbs:	Meuslix – 1 serv.
MEAL #2	Protein:	Chicken Breast – 6 oz.
	Good Fat:	Olive Oil – 2 tbsp.
	Healthy Carbs:	Celery, Yam – 2 serv. total
MEAL #3	Protein:	Ham – 2 oz. Egg – 1 oz.
	Good Fat:	½ Avocado – 2 serv.
	Healthy Carbs:	Rice – 2 serv.

SNACKS: orange, nuts



DAY 5		
MEAL #1	Protein:	3 eggs – 3 oz.
	Good Fat:	Butter or ghee – 2 serv.
	Healthy Carbs:	Sweet Potato – 2 serv.
MEAL #2	Protein:	Chicken – 4 oz.
	Good Fat:	Olive Oil – 2 tbsp.
	Healthy Carbs:	Fettucinni, Mushroom, Bok Choy – 2 serv. total
MEAL #3	Protein:	Tilapia – 4 oz.
	Good Fat:	Olive Oil – 2 tbsp.
	Healthy Carbs:	1 cup Nappa Cabbage – 1 serv. ½ Yam – 1 serv.

SNACKS: naval orange, 1 egg, cherry tomatoes