

Your Meal Plan and Grocery List

Jan 22, 2025 - Jan 22, 2025

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Fit Kulture

Wednesday, January 22

2848 Cal ● 261.4g Carbs (71.9g Fiber) ● 124.8g Fat ● 201.5g Protein

Breakfast 789 Cal



Protein Power Oats

2 serving • 610 Cal



Raspberry Yogurt Parfait

1/2 serving • 179 Cal

Dinner 955 Cal



Chicken and Avocado Sandwich

1 serving • 675 Cal



Salsa salad

1 1/2 salad • 280 Cal

Lunch 677 Cal



Tuna Salad

2 serving • 472 Cal



Green Power Protein Smoothie

1 serving • 205 Cal

Snack 426 Cal



Apple Wraps with Mustard Hummus

1 serving • 426 Cal

Recipes

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Apple Wraps with Mustard Hummus [🔗](#)



Prep 1 serving for Snack on [January 22](#)

Scaled to 1 serving

- 2 1/16 tbsp** Hummus (31 g)
- 1 tbsp** Dijon mustard (15 g)
- 2 oz** Camembert cheese (57 g)
- 1/2 medium** Apples (91 g)
- 1/2 cup** Spinach (15 g)
- 1 tortilla, medium** Tortillas (46 g)
- 1 tbsp** Parsley (3.8 g)

Per 1 serving :

426 Cal ● 44.5g Carbs (5.6g Fiber) ● 20.2g Fat ● 17.7g Protein

Directions are for original recipe of 2 serving

- 1** In a small bowl, mix mustard and hummus until well combined.
- 2** Slice cheese and apples into 1/4 inch slices.
- 3** To assemble, lay wrap on a flat surface. Spread half the hummus and mustard mixture on the wrap. Place half the spinach onto the wrap. Layer cheese and apples. Sprinkle with parsley. Roll, tucking in the sides as you go. Repeat with remaining wrap. Cut each wrap in half to serve.

Chicken and Avocado Sandwich [🔗](#)



Prep 1 serving for Dinner on [January 22](#)

Scaled to 1 serving

- 1 1/2 breast fillet** Chicken breast (177 g)
- 2 slice** Whole-wheat bread (56 g)
- 1 fruit** Avocados (201 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)

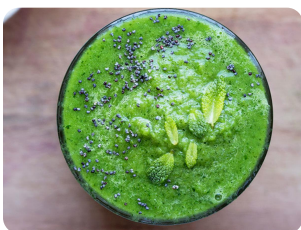
Per 1 serving :

675 Cal ● 41.1g Carbs (16.9g Fiber) ● 36.1g Fat ● 50.8g Protein

Directions are for original recipe of 1 serving

- 1** Preheat oven to 420 degrees F. Bake chicken for about 20 minutes or until cooked through and no longer pink.
- 2** Toast 2 slices of bread.
- 3** Open up a soft avocado and spread its contents evenly on both slices of bread.
- 4** Wait for chicken to cool and cut into strips. Place these into the sandwich.
- 5** Salt and pepper to taste.

Green Power Protein Smoothie [🔗](#)



Prep 1 serving for Lunch on [January 22](#)

Scaled to 1 serving

- 3 cup** Spinach (90 g)
- 1/2 scoop** Whey protein powder (15 g)
- 1/2 cup, sliced** Banana (75 g)
- 2 stalk, small** Celery (34 g)
- 1/2 tbsp** Ginger root (3 g)
- 1 tbsp** Poppy seed (8.8 g)
- 1 tbsp** Lime juice (15 g)

Per 1 serving :

205 Cal ● 27.2g Carbs (6.3g Fiber) ● 4.8g Fat ● 17.3g Protein

Directions are for original recipe of 1 serving

- 1** Combine all ingredients in corresponding order into a blender and pulse until smooth. Add water to get the desired consistency. Enjoy!

Protein Power Oats [🔗](#)



Prep 2 serving for Breakfast on [January 22](#)

Scaled to 2 serving

- 1/2 cup** Oatmeal (40 g)
- 1 cup** Water (237 g)
- 2 scoop** Whey protein powder (60 g)
- 1 tsp** Cinnamon (2.6 g)
- 1/2 small** Banana (50 g)
- 1 oz** Walnuts (28 g)

Per 1 serving :

305 Cal ● 26.3g Carbs (4.7g Fiber) ● 10.9g Fat ● 29.0g Protein

Directions are for original recipe of 1 serving

- 1** Cook oatmeal in the water until tender, about 5-10 minutes (or to preference).
- 2** Stir in protein powder, adding more liquid if needed.
- 3** Stir in cinnamon.
- 4** Top oatmeal with banana and nuts. Enjoy!

Raspberry Yogurt Parfait [🔗](#)



Prep 0.5 serving for Breakfast on [January 22](#)

Scaled to 1/2 serving

- 1 tsp** Honey (7.1 g)
- 1/2 cup** Plain yogurt (123 g)
- 1 tbsp** Raspberries (15 g)
- 1/8 cup** Granola (15 g) (Optional)

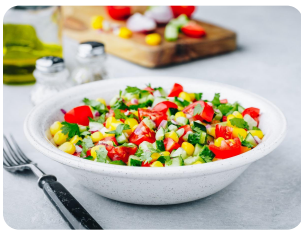
Per 1 serving :

358 Cal ● 43.0g Carbs (4.8g Fiber) ● 15.5g Fat ● 13.4g Protein

Directions are for original recipe of 1 serving

- 1** In a cup, mix raspberries with yogurt and add honey. Mix well. Let rest in the freezer for extra 10 minutes if you'd like a "froyo" texture, then beat with a fork again.
- 2** Top with granola if desired. Enjoy!

Salsa salad [🔗](#)



Prep 1.5 salad for Dinner on [January 22](#)

Scaled to 1 1/2 salad

- 4 1/2 cup shredded** Lettuce (212 g)
- 3/8 cup** Salsa (97 g)
- 3 sprigs** Fresh cilantro (6.7 g)
- 3 tbsp** Parsley (11 g)
- 3/4 cup** Pinto beans, canned (180 g)
- 3/8 cup strips or slices** Carrots (46 g)
- 3/8 cup** Corn, canned (62 g)

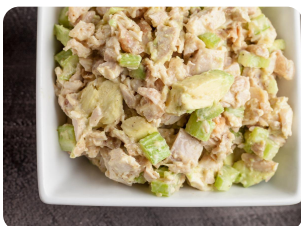
Per 1 salad (1 serving):

187 Cal ● 36.9g Carbs (11.8g Fiber) ● 1.9g Fat ● 9.8g Protein

Directions are for original recipe of 1 salad

- 1** Combine everything except the corn, beans and salsa and toss with the parsley and cilantro.
- 2** Mix together the pinto beans, corn, salsa and top the salad

Tuna Salad [🔗](#)



Prep 2 serving for Lunch on [January 22](#)

Scaled to 2 serving

- 1 can** Tuna, canned in water (165 g)
- 1 fruit** Avocados (201 g)
- 1 tbsp** Lemon juice (15 g)
- 1/4 cup chopped** Onions (18 g)

Per 1 serving :

236 Cal ● 9.6g Carbs (6.9g Fiber) ● 15.6g Fat ● 18.1g Protein

Directions are for original recipe of 2 serving

- 1** Mix and mash all ingredients, then add salt, pepper, and garlic powder to your preference.

Grocery List










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This list has subtracted any foods you have in your Pantry.









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Vegetables

-  **Onions**
1 1/2 stalk (18 g), Young green, tops only
-  **Spinach**
3 1/2 cup (105 g), Raw
-  **Celery**
1 stalk, medium (40 g), Raw
-  **Ginger root**
1/2 tbsp (3 g), Raw
-  **Lettuce**
4 1/2 cup shredded (212 g), Romaine or cos, raw
-  **Fresh cilantro**
6 2/3 tbsp (6.7 g), Coriander leaves, raw
-  **Parsley**
4 tbsp (15 g), Raw
-  **Carrots**
2/3 large (48 g), Raw
-  **Corn**
1/2 cup (82 g), Sweet, yellow, canned, whole kernel, drained solids


Fruits and Fruit Juices

-  **Banana**
1 1/4 medium (148 g), Raw
-  **Raspberries**
1/4 cup (31 g), Raw
-  **Avocados**
2 fruit (402 g), Raw, All commercial varieties
-  **Lemon juice**
1 tbsp (15 g), Raw
-  **Lime juice**
1/4 cup (60 g), Raw
-  **Apples**
1/2 medium (91 g), With skin


Dairy Products

-  **Whey protein powder**
2 1/2 scoop (30g) (75 g), Gold Standard, Any flavor, 100% whey protein
-  **Plain yogurt**
1/2 cup (122 g), Whole milk, 8 grams protein per 8 ounce
-  **Camembert cheese**
2 oz (57 g),


Beverages

-  **Water**
1 cup (237 g), Plain, clean water






Poultry Products

-  **Chicken breast**
1 1/2 breast fillet (177 g), Broilers or fryers, meat only, raw


Seafood

-  **Tuna**
6 oz (170 g), Fish, light, canned in water, drained solids

Spices and Herbs

-  **Cinnamon**
1/3 tbsp (2.6 g), Spices, ground
-  **Poppy seed**
1 tbsp (8.8 g), Spices
-  **Salt**
1/4 tbsp (4.5 g), Table
-  **Pepper**
1/4 tbsp (1.6 g), Spices, black
-  **Dijon mustard**
1 tbsp (15 g), Grey poupon

Soups and Sauces

-  **Salsa**
1/2 cup (130 g), Sauce, ready-to-serve

Soy & Legumes



Pinto beans

3/4 cup (180 g), Mature seeds, canned



Hummus

2 1/4 tbsp (34 g), Home prepared

Nut and Seed Products



Walnuts

1/3 cup shelled (50 halves) (33 g), Nuts, english

Breakfast Cereals



Oatmeal

1/2 cup (40 g), Cereals, Quaker, dry rolled oats



Granola

1/4 cup (30 g), Cereals ready-to-eat, store bought

Baked Products



Whole-wheat bread

2 slice (56 g), Commercially prepared



Tortillas

1 tortilla, medium (46 g), Ready-to-bake or -fry, flour

Sweets



Honey

1/2 tbsp (10 g),