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STRENGTH 7-Day Healthy Meal Plan

Nutrition that gives you strength to be your best self.



Strength

7-Day Healthy Meal Plan

Monday

Fruit Smoothie + Trail Mix Bar

½ cup plain, fat-free Greek yogurt

½ cup fat-free milk

1½ cups baby spinach

½ cup fresh strawberries

½ cup fresh blueberries

1 scoop whey protein powder

1 trail mix bar

Protein: 33g

Peanut Butter Banana Toast

1 slice whole grain bread

1 Tbsp. peanut butter

1 banana

Protein: 8g

Grilled Steak + Asian Noodle Salad





1 cup cooked whole grain spaghetti

½ cup shredded carrots

½ cup red bell pepper

⅓ cup sugar snap peas

1 tsp light Asian sesame dressing

1 tsp hoisin sauce

1½ tsp lime juice

½ cup grapes

Protein: 35g

Beef Jerky with Greek Yogurt + Crackers

1 piece (0.7 oz.) beef jerky

8 oz. plain, fat-free Greek yogurt

3 whole grain crackers

Protein: 31g

Calorie Saver Swap

Replace Greek yogurt and crackers with 1 clementine

Saves 160 calories

Protein Loaded Sweet Potato + Milk

2 oz. lean protein of choice, cooked* (e.g., 93% lean ground beef, lean ground pork lean ground turkey)

1 sweet potato

½ cup cooked brown rice

1/4 cup low-sodium black beans

2 Tbsp. guacamole

2 Tbsp. low-fat shredded cheddar cheese

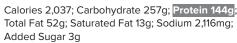
2 tsp olive oil

1 cup fat-free milk

Protein: 37g

Recipe contains beef option





*Nutrition analysis reflects lean ground beef

The protein in beef is a powerful nutrient that helps strengthen and sustain the body. Beef is an excellent source of complete, high-quality protein, providing all essential amino acids the body needs for optimal health.2 Many Americans may benefit from a moderateto higher-protein diet because of its positive role in weight management, healthy aging and disease prevention. 1,3,4,5,6,7 The following 7-day menu showcases how beef can be incorporated into a healthy eating pattern, distributing protein intake evenly throughout the day.*

This meal plan is based on a 2,000 calorie/day diet and provides general guidance for a balanced diet to maintain a healthy weight. Individual energy needs may vary. The menus below provide general guidance with some calorie-saving suggestions to reduce total calories, if needed. To determine your individual energy requirements, please consult a registered dietitian.

*Each daily menu is based on a 2,000-calorie diet and includes breakfast, lunch, dinner and a morning and afternoon snack. Beef was incorporated into at least one meal per day. Recipes were sourced from Beef. It's What's For Dinner recipe collections. Calorie, food group and nutrient limits were identified using the 2015-2020 Dietary Guidelines for Americans and were based on a Healthy U.S.-Style eating pattern. Nutrition analysis may vary depending on the protein selected for meals indicating "protein of choice" — the protein used in the analysis is noted.

- 1. Phillips SM, Fulgoni VLIII, Heaney RP, Nicklas TA, Slavin JL, Weaver CM. Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. Am J Clin Nutr 2015;101(Suppl):1346S-52S.
- 2. USDA National Nutrient Database for Standard Reference Legacy Release, April 2018.
- 3. Leidy HJ, Clifton PM, Astrup A, Wycherley TP, Westerterp-Plantenga MS, Luscombe-Marsh ND, Woods SC, Mattes RD. The role of protein in weight loss and maintenance. Am J Clin Nutr 2015;101(Suppl):1320S-9S
- 4. Paddon-Jones D, Campbell WW, Jacques PF, Kritchevsky SB, Moore LL, Rodriguez NR, van Loon LJC. Protein and healthy aging. Am J Clin Nutr 2015;101(Suppl):1339S-45S
- 5. Roussell MA, Hill AM, Gaugler TL, West SG, Ulbrecht JS, Vanden Heuvel JP, Gillies PJ, Kris-Etherton PM. Effects of a DASH-like diet containing lean beef on vascular health. J Hum Hypertens 2014 Oct; 28(10):600-5
- 6. Roussell MA, Hill AM, Gaugler TL, West SG, Ulbrecht JS, Vanden Heuvel JP, Alaupovic P, Gillies PJ, Kris-Etherton PM. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and alipoproteins. Am J Clin Nutr 2012 Jan(1); 9-16.
- 7. O'Connor LE, Paddon-Jones D, Wright AJ, Campbell WW. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized crossover, controlled feeding trial. Am J Clin Nutr 2018 Jul 1: 108(1):33-40.



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Monday

Fruit Smoothie + Trail Mix Bar

½ cup plain, fat-free Greek yogurt

½ cup fat-free milk

1½ cups baby spinach

½ cup fresh strawberries

½ cup fresh blueberries 1 scoop whey protein powder

1 trail mix bar

Protein: 33g

Tuesday

Beef + Spinach Breakfast Sandwich

3 oz. beef, top sirloin steak, cooked

1 egg, scrambled

2 Tbsp. baby spinach

2 Tbsp. tomatoes

1 slice fat-free Swiss cheese

1 whole wheat sandwich thin

1 cup fat-free milk Protein: 45g

Peanut Butter Banana Toast

+ Cottage Cheese

Wednesday

3/4 cup unsalted, low-fat cottage cheese

1 slice whole grain bread

1 Tbsp. peanut butter

1 cup fat-free milk Protein: 38g

Peanut Butter Banana Toast

1 slice whole grain bread

1 Tbsp. peanut butter

1 banana

Protein: 8g

Blueberry Yogurt Parfait

½ cup plain, fat-free Greek yogurt

½ cup fresh blueberries

2 Tbsp. granola

Protein: 13g

Crackers + Grapes

5 whole grain crackers

½ cup grapes Protein: 3g

Calorie Saver Swap

Sandwich + Steamed Carrots

1/2 whole grain pita bread

2 cups romaine lettuce

1/3 cup cherry tomatoes

1/₃ cup cucumber 1 cup fat-free milk

1 Tbsp. mustard

1 Tbsp. relish

Protein: 41g

1 Tbsp. fat-free mayo

1 cup baby carrots

Replace crackers and grapes with 10 baby carrots

3 oz. lean protein of choice, cooked* (e.g., low-

sodium deli roast beef, chicken breast, turkey)

Saves 115 calories

Grilled Steak + Asian Noodle Salad

+ Grapes

4 oz. beef, top sirloin steak, cooked

1 cup cooked whole grain spaghetti

½ cup shredded carrots

½ cup red bell pepper

1/3 cup sugar snap peas

1 tsp light Asian sesame dressing

1 tsp hoisin sauce

1½ tsp lime juice

½ cup grapes Protein: 35g

Greek Salad + Pita + Hummus

2 cups romaine lettuce

1/3 cup red onion 1/3 cup tomato

1/₃ cup cucumber

4 Kalamata olives

1 Tbsp. low-fat feta

1/4 cup hummus

1 whole grain pita bread

3 oz. chicken breast

1 Tbsp. balsamic vinegar

1 Tbsp. olive oil

Protein: 42g

· 2 Tbsp. peanut butter Protein: 7g

Replace apple with ½ cup celery and reduce

3 oz. lean protein of choice, cooked*

(e.g., beef strip steak, salmon, tofu)

2 oz. cooked soba noodles

1/₃ cup red pepper

1/3 cup baby carrots

1/₃ cup bok choy

Hard-Cooked Egg + Mixed Veggies

1 hard-cooked egg

⅓ cup cherry tomatoes

⅓ cup sugar snap peas

Protein: 7g

Beef Jerky with Greek Yogurt + Crackers 1 piece (0.7 oz.) beef jerky

8 oz. plain, fat-free Greek yogurt 3 whole grain crackers

Protein: 31g

Calorie Saver Swap

Replace Greek yogurt and crackers with 1 clementine

Saves 160 calories

Protein Loaded Sweet Potato + Milk Asian-Style Noodle Bowl

2 oz. lean protein of choice, cooked* (e.g., 93% lean ground beef, lean ground pork,

lean ground turkey)

1 sweet potato

½ cup cooked brown rice 1/4 cup low-sodium black beans

2 Tbsp. quacamole

2 Tbsp. low-fat shredded cheddar cheese

2 tsp olive oil

1 cup fat-free milk

Protein: 37g

Calories 2,037; Carbohydrate 257g; Protein 144g Total Fat 52g; Saturated Fat 13g; Sodium 2,116mg; Added Sugar 3g

*Nutrition analysis reflects lean ground beef

Apple + Peanut Butter

1 apple

Calorie Saver Swap

to 1 Tbsp. peanut butter

Saves 180 calories

Farmer's Market Vegetable, Beef,

+ Brown Rice Salad 4 oz. beef, top round steak, cooked

1/4 tsp. olive oil

½ cup asparagus

½ cup summer squash

3/4 cup cooked brown rice

½ cup tomatoes 1/4 cup garbanzo beans

1 Tbsp. fresh basil

Marinade: 1 Tbsp. olive oil, ½ Tbsp. lemon juice, 1/4 Tbsp. garlic, 1/4 Tbsp. honey, 1/2 tsp fresh thyme,

pinch of salt, pinch of pepper

Protein: 49g

Calories 2,007; Carbohydrate 213g; Protein 147g; Total Fat 70g; Saturated Fat 16g; Sodium 2,362mg; Added Sugar 2g

*Nutrition analysis reflects strip steak

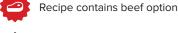
Calories 1,965; Carbohydrate 249g; Protein 138g; Total Fat 53g; Saturated Fat 13g; Sodium 2,259mg; Added Sugar 5g

*Nutrition analysis reflects chicken breast

Beef is an excellent source



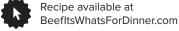














Strength 7-Day Healthy Meal Plan



Fruit Smoothie + Trail Mix Bar

½ cup plain, fat-free Greek yogurt ½ cup fat-free milk

- 1½ cups baby spinach
- ½ cup fresh strawberries
- ½ cup fresh blueberries
- 1 scoop whey protein powder 1 trail mix bar
- Protein: 33g

Peanut Butter Banana Toast

- 1 slice whole grain bread
- 1 Tbsp. peanut butter
- 1 banana Protein: 8g

Grilled Steak + Asian Noodle Salad + Grapes

- 4 oz. beef, top sirloin steak, cooked 1 cup cooked whole grain spaghetti
- ½ cup shredded carrots ½ cup red bell pepper
- ∕₃ cup sugar snap peas
- 1 tsp light Asian sesame dressing
- 1 tsp hoisin sauce
- 1½ tsp lime juice ½ cup grapes
- Protein: 35g

Beef Jerky with Greek Yogurt + Crackers

- 1 piece (0.7 oz.) beef jerky 8 oz. plain, fat-free Greek yogurt 3 whole grain crackers
- Protein: 31g

Calorie Saver Swap

- Replace Greek yogurt and crackers with 1 clementine
- Saves 160 calories

Protein Loaded Sweet Potato + Milk 2 oz. lean protein of choice, cooked*

(e.g., 93% lean ground beef, lean ground pork, lean ground turkey)

Calories 2,037; Carbohydrate 257g; Protein 144g;

Total Fat 52g; Saturated Fat 13g; Sodium 2,116mg;

- 1 sweet potato
- ½ cup cooked brown rice
- 1/4 cup low-sodium black beans 2 Tbsp. guacamole
- 2 Tbsp. low-fat shredded cheddar cheese
- 2 tsp olive oil 1 cup fat-free milk
- Protein: 37g

Added Sugar 3g

*Nutrition analysis reflects lean ground beef

Beef + Spinach Breakfast Sandwich

Tuesday

1 cup fat-free milk

Protein: 45g

- 1 egg, scrambled

Blueberry Yogurt Parfait

½ cup fresh blueberries

2 cups romaine lettuce

⅓ cup red onion

⅓ cup tomato

⅓ cup cucumber

4 Kalamata olives

1 Tbsp. low-fat feta

1 whole grain pita bread

1 Tbsp. balsamic vinegar

Apple + Peanut Butter

· 2 Tbsp. peanut butter

Calorie Saver Swap

to 1 Tbsp. peanut butter

Asian-Style Noodle Bowl

2 oz. cooked soba noodles

1/3 cup red pepper

1/₃ cup baby carrots

1/₃ cup bok choy

Added Sugar 2g

*Nutrition analysis reflects strip steak

3 oz. lean protein of choice, cooked*

(e.g., beef strip steak, salmon, tofu)

Saves 180 calories

Replace apple with ½ cup celery and reduce

Calories 2,007; Carbohydrate 213g; Protein 147g;

Total Fat 70g; Saturated Fat 16g; Sodium 2,362mg;

3 oz. chicken breast

½ cup hummus

1 Tbsp. olive oil

Protein: 42g

1 apple

Protein: 7g

2 Tbsp. granola

Protein: 13g

½ cup plain, fat-free Greek yogurt

Greek Salad + Pita + Hummus

- 2 Tbsp. baby spinach 2 Tbsp. tomatoes
- 1 slice fat-free Swiss cheese
- 1 whole wheat sandwich thin

Peanut Butter Banana Toast

Wednesday

- + Cottage Cheese
- 3/4 cup unsalted, low-fat cottage cheese

Replace crackers and grapes with 10 baby carrots

3 oz. lean protein of choice, cooked* (e.g., low-

sodium deli roast beef, chicken breast, turkey)

Hard-Cooked Egg + Mixed Veggies

Farmer's Market Vegetable, Beef,

Marinade: 1 Tbsp. olive oil, ½ Tbsp. lemon juice,

1/4 Tbsp. garlic, 1/4 Tbsp. honey, 1/2 tsp fresh thyme,

Calories 1,965; Carbohydrate 249g; Protein 138g;

Total Fat 53g; Saturated Fat 13g; Sodium 2,259mg;

4 oz. beef, top round steak, cooked

Protein: 38g

Thursday

Saucy Beef with Baked Eggs + Apple

3 oz. 93% lean ground beef, cooked

- 1 Tbsp. jalapeño pepper 1 tsp garlic
- 1 tsp ground paprika
- ½ tsp ground cumin
- ⅓ cup tomato sauce, no salt added 1 egg
- 1 slice French bread 1 cup fat-free milk
- 1 apple Protein: 41g

Protein: 25g

1 banana

Protein: 7g

Friday

1 cup fat-free milk ½ cup blueberries 2 hard-cooked eggs Protein: 30g

Banana + Cheese Stick

1 part-skim mozzarella cheese stick

Sandwich + Mixed Veggies

breast, tuna (drained))

1 cup romaine lettuce

1 Tbsp. fat-free mayo

1 Tbsp. mustard

Protein: 35g

-1 apple

Protein: 5g

Calorie Saver Swap

Saves 110 calories

1/4 cup baby spinach

1/2 tsp fresh basil

2 slices whole grain bread

3 oz. lean protein of choice, cooked*

(e.g., low-sodium deli roast beef, chicken

1 cup frozen green beans and carrots

Apple + Peanut Butter + Granola

Grilled Steak + Mozzarella Flatbread

+ Roasted Brussels Sprouts

1/4 tsp lemon pepper seasoning

1 oz. part-skim mozzarella cheese

4 oz. beef, top sirloin steak, cooked

Cereal with Blueberries

1½ cups whole grain cereal

+ Hard-Cooked Egg

Egg + Spinach Breakfast Muffin

- 1 whole grain English muffin 2 eggs, scrambled 1 cup baby spinach
- 1/4 cup part-skim shredded mozzarella 1 cup fat-free milk

Protein: 34g

1 banana

Protein: 9g

Saturday

2 Tbsp. salsa

1 cup fat-free milk Protein: 49g

Calorie Saver Swap

Breakfast Beef Burrito

1 egg, scrambled

1 flour tortilla

1/8 tsp ground pepper

4 oz. beef, top sirloin steak, cooked

1/8 cup shredded Mexican cheese

Remove shredded Mexican cheese

Saves 50 calories

Sunday

Roasted Almonds + Blackberries ½ oz. roasted almonds

Tomato Salad

1 slice tomato

½ cup cucumber

½ cup tomato

1 Tbsp. olive oil

Protein: 33g

1 apple

2 slices whole grain bread

1 slice fat-free swiss cheese

1 Tbsp. balsamic vinegar

String Cheese + Apple

1 leaf romaine lettuce

1 Tbsp. fat-free mayo

3 oz. low-sodium deli roast beef

2 Tbsp. peanut butter ½ cup blackberries Protein: 4g

Roast Beef Sandwich + Cucumber

- 3 oz. lean protein of choice, cooked* (e.g., beef top sirloin, chicken breast, tofu)
- 2 cups romaine lettuce 1/4 cup low-sodium black beans

Southwest Salad + Pita Bread

Banana + Peanut Butter

- 1/4 cup tomatoes
- 1/4 cup sweet corn
- 2 Tbsp. red onion 2 Tbsp. low-fat shredded cheddar cheese
- 1½ Tbsp. low-fat creamy chipotle dressing 1/2 whole grain pita bread

Protein: 39g

Beef Jerky + Cheese + Crackers

- 1 piece (0.7oz) beef jerky 5 whole grain crackers
- 1 Tbsp. peanut butter - 2 Tbsp. granola 1½ oz. part-skim mozzarella cheese

Protein: 19g

- Calorie Saver Swap
- Replace apple with ½ cup celery and remove granola

crumbles, cooked

3 asparagus spears

1/4 Tbsp. olive oil

1 Tbsp. shallots

1/4 Tbsp. garlic

Protein: 35g

1 pear

- Replace crackers and cheese with 10 baby carrots Saves 170 calories

Beef + Asparagus Pasta Toss + Pear

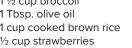
4 oz. 93% lean ground beef,

1 cup cooked bow tie pasta

Protein Power Bowl + Strawberries

1 part-skim mozzarella string cheese

- 4 oz. lean protein of choice, cooked* (e.g., beef top round steak,
- pork tenderloin, salmon) 1½ cup broccoli



1 Tbsp. olive oil

- ½ cup strawberries
- 1 cup cooked brown rice Protein: 51g

Calories 2,099; Carbohydrate 223g; Protein 136g; Total Fat 80g; Saturated Fat 24g; Sodium 2,171mg;

Calories 1,994; Carbohydrate 185g; Protein 143g Total Fat 76g; Saturated Fat 21g; Sodium 2,160mg; Added Sugar Og *Nutrition analysis reflects top round steak

3 oz. beef, top sirloin steak, cooked

- - 1 slice whole grain bread 1 Tbsp. peanut butter 1 banana 1 cup fat-free milk

Crackers + Grapes

5 whole grain crackers

Calorie Saver Swap

Saves 115 calories

Sandwich + Steamed Carrots

1/2 whole grain pita bread

2 cups romaine lettuce

1/3 cup cherry tomatoes

1/₃ cup cucumber

1 cup fat-free milk

1 Tbsp. fat-free mayo

1 cup baby carrots

1 hard-cooked egg

⅓ cup cherry tomatoes

1/3 cup sugar snap peas

+ Brown Rice Salad

½ cup summer squash

1/4 cup garbanzo beans

3/4 cup cooked brown rice

pinch of salt, pinch of pepper

*Nutrition analysis reflects chicken breast

1/4 tsp. olive oil

½ cup asparagus

½ cup tomatoes

1 Tbsp. fresh basil

Protein: 49g

Added Sugar 5g

1 Tbsp. mustard

1 Tbsp. relish

Protein: 41g

Protein: 7g

½ cup grapes

Protein: 3g

- Greek Yogurt + Trail Mix Bar 8 oz. plain, fat-free Greek yogurt 1 trail mix bar
- Calorie Saver Swap Replace trail mix bar with 1 clementine

Saves 110 calories

- 1 cup celery 1 cup strawberries

Protein-Stuffed Pita + Strawberries 1/2 whole grain pita bread

- 4 oz. canned light tuna 1 slice romaine lettuce 1 slice tomato

- 1 Tbsp. fat-free mayo
- Protein: 42g

Baby Carrots + Hummus

½ cup baby carrots 1/4 cup hummus Protein: 5g

Asian-Style Brown Rice Bowl + Blackberries

- 3 oz. lean protein of choice, cooked* (e.g., beef strip steak, boneless, skinless
- chicken breast, tofu) 1 cup cooked brown rice 1/4 cup edamame 1/4 cup red bell pepper 1/4 cup baby carrots 1/4 cup water chestnuts

1½ Tbsp. olive oil ½ cup blackberries

Protein: 38g

- 1/8 tsp balsamic vinegar 1 whole grain pita bread 1 Tbsp. olive oil 1 cup Brussels sprouts 1 cup fat-free milk
- Protein: 52g
- Calories 2,035; Carbohydrate 244g; Protein 151g; Calories 1,900; Carbohydrate 245g; Protein 129g;

Total Fat 53g; Saturated Fat 11g; Sodium 1,791mg; Added Sugar Og *Nutrition analysis reflects chicken breast

Total Fat 53g; Saturated Fat 15g; Sodium 2,046mg; Added Sugar 1g *Nutrition analysis reflects chicken breast

Added Sugar 3g *Nutrition analysis reflects chicken breast





Grocery List

Produce	Dairy	Frozen Foods
□ Apples	□ Cheddar cheese, low-fat (shredded)□ Cottage cheese, low-fat, unsalted	□ Frozen edamame
□ Asparagus		☐ Frozen green beans
☐ Baby spinach		and carrots
□ Bananas		☐ Frozen sweet corn
□ Basil, fresh	□ Eggs	
□ Blackberries	☐ Feta cheese, low-fat	Canned/Jarred Goods
□ Blueberries	☐ Greek yogurt, plain, fat-free	☐ Black beans, low-sodium
☐ Bok choy	☐ Mexican blend cheese (shredded)	☐ Garbanzo beans
□ Broccoli	□ Milk, fat-free	☐ Kalamata olives
☐ Brussels sprouts	☐ Mozzarella cheese, part-skim (shredded, ball, string cheese)	☐ Salad dressing, Asian Sesame
☐ Carrots (shredded and baby)		light
□ Celery	☐ Swiss cheese, fat-free (sliced)	□ Salad dressing, Creamy Chipotle
□ Cucumber		☐ Tuna, light, in water
☐ Garlic	Deli	□ Water chestnuts
☐ Grapes	□ Guacamole	
□ Jalapeño peppers	□ Hummus	Pantry Items You May
□ Pears	☐ Low-sodium deli roast beef	Already Have
□ Red bell pepper	□ Low-sodium deli turkey breast (optional)	□ Balsamic vinegar
□ Red onion		☐ Ground black pepper
□ Romaine lettuce		□ Ground paprika
□ Shallots	Grains	☐ Ground cumin
☐ Strawberries	□ Bread, whole grain	☐ Hoisin sauce
☐ Sugar snap peas	☐ Brown rice	□ Honey
☐ Summer squash	□ Cereal, whole grain	□ Lemon pepper
☐ Sweet potatoes	☐ English muffin, whole grain	□ Lemon juice
☐ Thyme, fresh	☐ French bread	☐ Lime juice
□ Tomatoes (Roma and cherry)	□ Pasta, spaghetti, whole grain	☐ Mayonnaise, fat-free
	□ Pasta, bow tie	□ Mustard
Meat	□ Pita bread, whole grain	☐ Olive oil
□ Beef, ground, 93% lean	☐ Sandwich thins, 100% whole wheat☐ Soba noodles☐ Tortilla, flour 10"	□ Peanut butter
☐ Beef, top round		□ Relish
☐ Beef, top sirloin		□ Salsa
☐ Beef, strip steak		□ Salt
☐ Chicken breast		☐ Tomato sauce, no salt added
□ Pork, ground, lean (optional)	Snacks	
□ Pork tenderloin (optional)	□ Beef jerky□ Almonds, roasted□ Crackers, whole grainMiscellaneous□ Whey protein powo	Miscellaneous
☐ Salmon (optional)		□ Whey protein powder
□ Tofu (optional)		



☐ Turkey, ground, lean (optional)



□ Granola

☐ Trail mix bars