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# STRENGTH

## 7-Day Healthy Meal Plan

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Nutrition that gives you strength to be your best self.

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The protein in beef is a powerful nutrient that helps strengthen and sustain the body.<sup>1</sup> Beef is an excellent source of complete, high-quality protein, providing all essential amino acids the body needs for optimal health.<sup>2</sup> Many Americans may benefit from a moderate- to higher-protein diet because of its positive role in weight management, healthy aging and disease prevention.<sup>1,3,4,5,6,7</sup> 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.*

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2. USDA National Nutrient Database for Standard Reference Legacy Release, April 2018.
3. Leidy HJ, Clifton PM, Astrup A, Wycherley TP, Westterp-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.
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6. Rousell 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.

# Strength

# 7-Day Healthy Meal Plan

Monday

Breakfast

### 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**

Morning Snack

### Peanut Butter Banana Toast

1 slice whole grain bread  
1 Tbsp. peanut butter  
1 banana

**Protein: 8g**

Lunch

### 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  
½ cup sugar snap peas  
1 tsp light Asian sesame dressing  
1 tsp hoisin sauce  
1½ tsp lime juice  
½ cup grapes

**Protein: 35g**



Afternoon Snack

### 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



Dinner

### 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  
¼ 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



Recipe available at  
BeefItsWhatsForDinner.com

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

**Tuesday**

Breakfast

**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**



**Wednesday**

**Peanut Butter Banana Toast + Cottage Cheese**

- ¼ cup unsalted, low-fat cottage cheese
- 1 slice whole grain bread
- 1 Tbsp. peanut butter
- 1 banana
- 1 cup fat-free milk

**Protein: 38g**

Morning Snack

**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**

Replace crackers and grapes with 10 baby carrots  
**Saves 115 calories**

Lunch

**Greek Salad + Pita + Hummus**

- 2 cups romaine lettuce
- ½ cup red onion
- ½ cup tomato
- ½ cup cucumber
- 4 Kalamata olives
- 1 Tbsp. low-fat feta
- ¼ cup hummus
- 1 whole grain pita bread
- 3 oz. chicken breast
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil

**Protein: 42g**

**Sandwich + Steamed Carrots**

- 3 oz. lean protein of choice, cooked\* (e.g., low-sodium deli roast beef, chicken breast, turkey)
- ½ whole grain pita bread
- 2 cups romaine lettuce
- ½ cup cherry tomatoes
- ½ cup cucumber
- 1 cup fat-free milk
- 1 Tbsp. mustard
- 1 Tbsp. fat-free mayo
- 1 Tbsp. relish
- 1 cup baby carrots

**Protein: 41g**



Afternoon Snack

**Apple + Peanut Butter**

- 1 apple
- 2 Tbsp. peanut butter

**Protein: 7g**

**Calorie Saver Swap**

Replace apple with ½ cup celery and reduce to 1 Tbsp. peanut butter  
**Saves 180 calories**

**Hard-Cooked Egg + Mixed Veggies**

- 1 hard-cooked egg
- ½ cup cherry tomatoes
- ½ cup sugar snap peas

**Protein: 7g**

Dinner

**Asian-Style Noodle Bowl**

- 3 oz. lean protein of choice, cooked\* (e.g., beef strip steak, salmon, tofu)
- 2 oz. cooked soba noodles
- ½ cup red pepper
- ½ cup bok choy
- ½ cup baby carrots

**Protein: 40g**



**Farmer's Market Vegetable, Beef, + Brown Rice Salad**

- 4 oz. beef, top round steak, cooked
- ¼ tsp. olive oil
- ½ cup asparagus
- ½ cup summer squash
- ¾ cup cooked brown rice
- ½ cup tomatoes
- ¼ cup garbanzo beans
- 1 Tbsp. fresh basil
- Marinade: 1 Tbsp. olive oil, ½ Tbsp. lemon juice, ¼ Tbsp. garlic, ¼ Tbsp. honey, ½ 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

Thursday

Breakfast

**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
- ½ cup tomato sauce, no salt added
- 1 egg
- 1 slice French bread
- 1 cup fat-free milk
- 1 apple

Protein: 41g



Friday

**Cereal with Blueberries + Hard-Cooked Egg**

- 1 ½ cups whole grain cereal
- 1 cup fat-free milk
- ½ cup blueberries
- 2 hard-cooked eggs

Protein: 30g

Morning Snack

**Greek Yogurt + Trail Mix Bar**

- 8 oz. plain, fat-free Greek yogurt
- 1 trail mix bar

Protein: 25g

**Calorie Saver Swap**

Replace trail mix bar with 1 clementine  
Saves 110 calories

**Banana + Cheese Stick**

- 1 banana
- 1 part-skim mozzarella cheese stick

Protein: 7g

Lunch

**Protein-Stuffed Pita + Strawberries**

- ½ whole grain pita bread
- 4 oz. canned light tuna
- 1 slice romaine lettuce
- 1 slice tomato
- 1 Tbsp. fat-free mayo
- 1 cup celery
- 1 cup strawberries

Protein: 42g

**Sandwich + Mixed Veggies**

3 oz. lean protein of choice, cooked\*  
(e.g., low-sodium deli roast beef, chicken breast, tuna (drained))

- 2 slices whole grain bread
- 1 cup romaine lettuce
- 1 Tbsp. mustard
- 1 Tbsp. fat-free mayo
- 1 cup frozen green beans and carrots

Protein: 35g



Afternoon Snack

**Baby Carrots + Hummus**

- ½ cup baby carrots
- ¼ cup hummus

Protein: 5g

**Apple + Peanut Butter + Granola**

- 1 apple
- 1 Tbsp. peanut butter
- 2 Tbsp. granola

Protein: 5g

**Calorie Saver Swap**

Replace apple with ½ cup celery and remove granola  
Saves 110 calories

Dinner

**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
- ¼ cup edamame
- ¼ cup red bell pepper
- ¼ cup baby carrots
- ¼ cup water chestnuts
- 1 ½ Tbsp. olive oil
- ½ cup blackberries

Protein: 38g



**Grilled Steak + Mozzarella Flatbread + Roasted Brussels Sprouts**

4 oz. beef, top sirloin steak, cooked

- ¼ tsp lemon pepper seasoning
- ¼ cup baby spinach
- 1 oz. part-skim mozzarella cheese
- ½ tsp fresh basil
- ⅛ 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; Total Fat 53g; Saturated Fat 11g; Sodium 1,791mg; Added Sugar 0g

\*Nutrition analysis reflects chicken breast

Calories 1,900; Carbohydrate 245g; Protein 129g; Total Fat 53g; Saturated Fat 15g; Sodium 2,046mg; Added Sugar 1g

\*Nutrition analysis reflects chicken breast

## Saturday

### Breakfast

#### Egg + Spinach Breakfast Muffin

1 whole grain English muffin  
2 eggs, scrambled  
1 cup baby spinach  
¼ cup part-skim shredded mozzarella  
1 cup fat-free milk

**Protein: 34g**

### Morning Snack

#### Banana + Peanut Butter

1 banana  
2 Tbsp. peanut butter

**Protein: 9g**

### Lunch

#### Southwest Salad + Pita Bread

**3 oz. lean protein of choice, cooked\***  
(e.g., beef top sirloin, chicken breast, tofu)  
2 cups romaine lettuce  
¼ cup low-sodium black beans  
¼ cup tomatoes  
¼ cup sweet corn  
2 Tbsp. red onion  
2 Tbsp. low-fat shredded cheddar cheese  
1 ½ Tbsp. low-fat creamy chipotle dressing  
½ whole grain pita bread

**Protein: 39g**



### Afternoon Snack

#### Beef Jerky + Cheese + Crackers

**1 piece (0.7oz) beef jerky**  
5 whole grain crackers  
1 ½ oz. part-skim mozzarella cheese

**Protein: 19g**

#### Calorie Saver Swap

Replace crackers and cheese with 10 baby carrots  
Saves 170 calories



### Dinner

#### Beef + Asparagus Pasta Toss + Pear

**4 oz. 93% lean ground beef, crumbles, cooked**  
1 cup cooked bow tie pasta  
3 asparagus spears  
¼ Tbsp. olive oil  
1 Tbsp. shallots  
¼ Tbsp. garlic  
1 pear

**Protein: 35g**



## Sunday

#### Breakfast Beef Burrito

**4 oz. beef, top sirloin steak, cooked**  
1 egg, scrambled  
⅓ cup shredded Mexican cheese  
⅓ tsp ground pepper  
1 flour tortilla  
2 Tbsp. salsa  
1 cup fat-free milk

**Protein: 49g**

#### Calorie Saver Swap

Remove shredded Mexican cheese  
Saves 50 calories



#### Roasted Almonds + Blackberries

½ oz. roasted almonds  
½ cup blackberries

**Protein: 4g**

#### Roast Beef Sandwich + Cucumber Tomato Salad

2 slices whole grain bread  
**3 oz. low-sodium deli roast beef**  
1 leaf romaine lettuce  
1 slice tomato  
1 Tbsp. fat-free mayo  
1 slice fat-free swiss cheese  
½ cup cucumber  
½ cup tomato  
1 Tbsp. olive oil  
1 Tbsp. balsamic vinegar

**Protein: 33g**



#### String Cheese + Apple

1 apple  
1 part-skim mozzarella string cheese

**Protein: 6g**

#### Protein Power Bowl + Strawberries

**4 oz. lean protein of choice, cooked\***  
(e.g., beef top round steak, pork tenderloin, salmon)  
1 ½ cup broccoli  
1 Tbsp. olive oil  
1 cup cooked brown rice  
½ cup strawberries

**Protein: 51g**



Calories 2,099; Carbohydrate 223g; **Protein 136g**;  
Total Fat 80g; Saturated Fat 24g; Sodium 2,171mg;  
Added Sugar 3g

\*Nutrition analysis reflects chicken breast

Calories 1,994; Carbohydrate 185g; **Protein 143g**;  
Total Fat 76g; Saturated Fat 21g; Sodium 2,160mg;  
Added Sugar 0g

\*Nutrition analysis reflects top round steak

## Grocery List

### Produce

- Apples
- Asparagus
- Baby spinach
- Bananas
- Basil, fresh
- Blackberries
- Blueberries
- Bok choy
- Broccoli
- Brussels sprouts
- Carrots (shredded and baby)
- Celery
- Cucumber
- Garlic
- Grapes
- Jalapeño peppers
- Pears
- Red bell pepper
- Red onion
- Romaine lettuce
- Shallots
- Strawberries
- Sugar snap peas
- Summer squash
- Sweet potatoes
- Thyme, fresh
- Tomatoes (Roma and cherry)

### Meat

- Beef, ground, 93% lean
- Beef, top round
- Beef, top sirloin
- Beef, strip steak
- Chicken breast
- Pork, ground, lean (optional)
- Pork tenderloin (optional)
- Salmon (optional)
- Tofu (optional)
- Turkey, ground, lean (optional)

### Dairy

- Cheddar cheese, low-fat (shredded)
- Cottage cheese, low-fat, unsalted
- Eggs
- Feta cheese, low-fat
- Greek yogurt, plain, fat-free
- Mexican blend cheese (shredded)
- Milk, fat-free
- Mozzarella cheese, part-skim (shredded, ball, string cheese)
- Swiss cheese, fat-free (sliced)

### Deli

- Guacamole
- Hummus
- Low-sodium deli roast beef
- Low-sodium deli turkey breast (optional)

### Grains

- Bread, whole grain
- Brown rice
- Cereal, whole grain
- English muffin, whole grain
- French bread
- Pasta, spaghetti, whole grain
- Pasta, bow tie
- Pita bread, whole grain
- Sandwich thins, 100% whole wheat
- Soba noodles
- Tortilla, flour 10"

### Snacks

- Beef jerky
- Almonds, roasted
- Crackers, whole grain
- Granola
- Trail mix bars

### Frozen Foods

- Frozen edamame
- Frozen green beans and carrots
- Frozen sweet corn

### Canned/Jarred Goods

- Black beans, low-sodium
- Garbanzo beans
- Kalamata olives
- Salad dressing, Asian Sesame, light
- Salad dressing, Creamy Chipotle
- Tuna, light, in water
- Water chestnuts

### Pantry Items You May Already Have

- Balsamic vinegar
- Ground black pepper
- Ground paprika
- Ground cumin
- Hoisin sauce
- Honey
- Lemon pepper
- Lemon juice
- Lime juice
- Mayonnaise, fat-free
- Mustard
- Olive oil
- Peanut butter
- Relish
- Salsa
- Salt
- Tomato sauce, no salt added

### Miscellaneous

- Whey protein powder