

simply balanced you

3 DAY HEALTHY MEAL PLAN

A guide for 3 days of clean eating, meal prepping, and a healthier you!





WELCOME

TO THE SIMPLY BALANCED YOU 3-DAY MEAL PLAN!

I created this 3-day meal plan because I know how easy it is to get off track when it comes to healthy eating. Sometimes just a few new ideas can be what you need to eat well and stick to your healthy eating goals.

This 3-day meal plan is full of simple, balanced, and delicious recipes. Each of the recipes I've included uses real foods and healthy ingredients that help you balance your macro and micronutrients. And they taste great too!

As a disclaimer, the portion sizes and calories calculated here are general and not appropriate for every individual. They are only an example. Please schedule an appointment with me if you would like a meal plan tailored to your needs.

In this document you will find my healthy 3-day meal plan, a grocery list, and a full body workout. If you are looking for a reset or just some new ideas, I encourage you to try eating these foods and doing these exercises for the next three days! This is just the beginning of your journey!

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3-DAY MEAL PLAN

DAY 1

BREAKFAST	Cinnamon Roll Overnight Oats
SNACK 1	Yogurt & Berry Parfait
LUNCH	Mediterranean Chicken Buddha Bowls
SNACK 2	Peanut Butter Protein Balls
DINNER	Artichoke Chicken
SNACK 3	Vanilla Cinnamon Protein Shake

DAY 2

BREAKFAST	Avocado Toast with Eggs
SNACK 1	Mango Protein Smoothie
LUNCH	Thai Chicken Buddha Bowl
SNACK 2	Apple & Peanut Butter
DINNER	Sheet Pan Chicken Fajitas

DAY 3

BREAKFAST	Apple Pie Overnight Oats
LUNCH	High Protein Chicken Salad
SNACK 1	Peanut Butter Protein Balls
DINNER	Barbacoa Beef Tacos
SNACK 2	Mint Chocolate Green Protein Shake

GROCERY LIST

PRODUCE

- BERRIES - 1/4 CUP
- RED CABBAGE - 1 HEAD
- CHERRY TOMATOES - 1/2 CUP
- CUCUMBER - 1
- BELL PEPPERS - 3
- YELLOW & RED ONIONS - 1 EACH
- CARROTS, SHREDDED - 1/2 CUP
- AVOCADO - 1
- APPLES - 2
- LEMONS - 3
- LIMES - 2
- SPINACH - 2 CUPS
- EGGS - 3
- CILANTRO - 1 BUNCH
- JUICE OF 1 ORANGE, GRAPEFRUIT, OR PINEAPPLE
- GARLIC - 3 TBSP
- BEAN SPROUTS (OPTIONAL)

REFRIGERATED & FROZEN

- SKIM MILK/ALTERNATIVE MILK - 2 CUPS
- PLAIN 0% GREEK YOGURT - 1 1/2 CUPS
- FROZEN MANGO CHUNKS - 1 CUP

MEAT & POULTRY

- CHICKEN BREASTS - 3 LBS
- CANNED CHICKEN - 1 CAN
- BEEF CHUCK ROAST - 2.5 LBS

SPICES/SEASONINGS

- ITALIAN SEASONING - 1 TSP
- CUMIN - 3 TBSP
- CHILI POWDER - 2 TSP
- OREGANO - 1 TBSP
- BAY LEAVES - 3
- PAPRIKA - 1 TSP
- CINNAMON - 2 TSP
- SALT
- PEPPER
- EVERYTHING BUT THE BAGEL SEASONING (OPTIONAL)

PANTRY ITEMS

GRAINS

- BROWN RICE - 3 1/2 CUPS
- ROLLED OATS - 3 CUPS
- BEAR NAKED 'FIT' GRANOLA - 1/4 CUP
- WHOLE WHEAT STREET TACOS (MISSION) - 1 PACK (MORE IF FEEDING FAMILY)
- 100% WHOLE WHEAT BREAD - 3 SLICES

CANNED ITEMS

- CHIPOTLE PEPPERS - 1 CAN
- CANNED ARTICHOKE HEARTS - 2, 15 OZ CANS
- CHICKEN BROTH - 1 1/2 CUPS
- VANILLA PROTEIN POWDER - 4 SCOOPS

SAUCES/DRESSINGS

- OLIVE OIL - 2 TBSP
- NON-STICK COOKING SPRAY
- SOY SAUCE - 1 TBSP
- RICE VINEGAR - 1/2 TBSP
- WORCESTERSHIRE SAUCE - 2 TBSP
- THAI SWEET CHILI SAUCE - 2 TSP
- APPLE CIDER VINEGAR - 1/3 CUP

BAKING

- COCOA POWDER - 1 TBSP
- MAPLE SYRUP - 1 CUP
- VANILLA EXTRACT - 1 1/2 TSP
- MINT EXTRACT - 1/2 TSP
- HONEY - 2 TSP
- PEANUT BUTTER - 1 1/4 CUP
- POWDERED PB - 3 TBSP
- ALMONDS, CHOPPED - 1 TBSP
- CHIA SEEDS - 3 TBSP
- FLAX SEEDS - 2 TSP
- UNSWEETENED COCONUT - 1/2 CUP
- CHOCOLATE CHIPS - 1/2 CUP

MEAL PREP

This section includes instructions on how to meal prep a few of your main items that are used over the 3 days - chicken, brown rice, protein balls, and overnight oats. Prepare these items at the beginning of the week to save you time!

CHICKEN BREAST

Grill

1. Preheat the grill to high heat.
2. Make sure the chicken is completely thawed. Slice the breasts into half longways (butterflied), so that it will cook thoroughly and quicker.
3. Spray the grill with non-stick cooking spray and place the chicken breasts on the grill. Grill for about 5 minutes on one side, then flip. Grill for an additional 5-7 minutes on the other side. Cook until the chicken reaches 165 F degrees, or has no pink inside.
4. Season with salt and pepper and store in the fridge until ready to use.

Oven to Broil

1. Preheat oven to high broil and spray a cookie sheet with non-stick cooking spray.
2. Make sure the chicken is completely thawed. Slice the breasts into half longways (butterflied), so that it will cook thoroughly and quicker.
3. Broil for 7-8 minutes, then flip chicken to the other side. Broil for another 7-8 minutes or until the chicken is cooked to at least 165 F degrees. It should have no pink inside.
4. Season with salt and pepper and store in the fridge until ready to use.

Skillet

1. Spray a skillet with non-stick cooking spray, and heat to medium heat. Slice the chicken into 1" slices and place in a skillet. Season with salt and pepper. Cover.
2. Stir and flip the chicken every 3 minutes until all pieces are golden brown. At that point, temp the chicken. It should reach 165 F degrees. Store in the fridge until ready to use.

MEAL PREP CONTINUED

BROWN RICE

Instant Pot

1. In the instant pot, combine equal amounts of brown rice and water. For all the meals this week, combine 3 1/2 cups of brown rice and 3 1/2 cups of water.
2. Close the lid until tight, and seal the lid.
3. Cook on manual, high pressure, for 22 minutes.
4. You can quick release or slow release the air after cooking, usually I quick release if I'm in a hurry.

Stovetop

1. Make sure you have a medium-large pot for 3 1/2 cups of rice. Measure out the water and bring it to boil.
2. Stir in the rice. Let the water return to a light simmer. Stir again, cover the pot, and turn the heat down to low. Keep the rice simmering with the lid covered for 18-20 minutes.
3. After 20 minutes, stir occasionally to let the rice absorb any remaining liquid. Check frequently to not burn.

PROTEIN BALLS

1. Prepare the protein balls according to the instructions on page 12. This is the same recipe that you will have for day 3, but you will only need to prepare it once.

OVERNIGHT OATS

1. Prepare both of the overnight oats recipes according to the instructions on pages 6 and 30. Store in the fridge overnight until ready to eat for breakfast on day 1 and day 3.

DAY 1



Cinnamon Roll Overnight Oats

servings: 1

prep time: 5 min

total time: 5 min

ingredients

1/3 cup oats

1/2 cup milk, or milk alternative

3 tbsp Greek yogurt

1/2 scoop vanilla protein powder (1 tbssp)

1 tsp maple syrup

1/2 tsp cinnamon

1/4 tsp vanilla

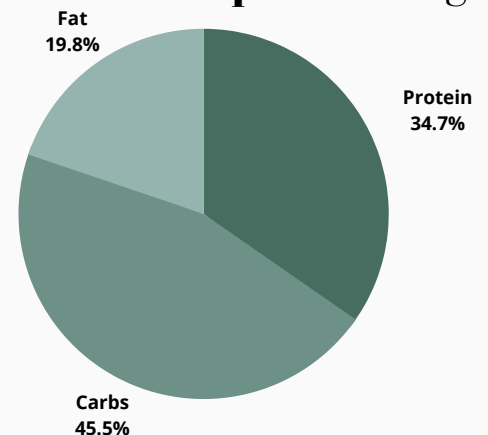
1 tsp chia seeds

1 tsp flaxseeds

instructions

- In a glass jar, combine all the ingredients. Stir until combined. Refrigerate overnight.
- Top with your choice of nuts, or fruit (optional). Enjoy in the morning!

Nutrition per serving



251 calories



Yogurt & Berry Parfait

servings: 1

prep time: 5 min

total time: 5 min

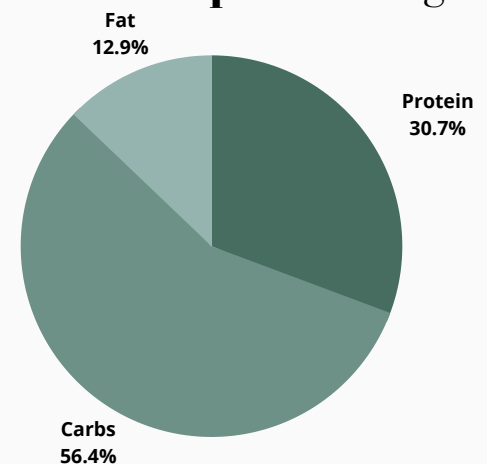
ingredients

- 1/2 cup non-fat Greek yogurt
- 1/4 cup berries - frozen or fresh
- 1/4 cup Bear Naked 'Fit' Granola
- 1 tsp honey (optional)

instructions

- In a bowl combine yogurt, berries, and granola. For a sweeter yogurt, add honey (optional).
- Enjoy!

Nutrition per serving



204 calories



Mediterranean Buddha Bowl

servings: 2

prep time: 20 min

total time: 20 min

ingredients

5 oz chicken - grilled, rotisserie, or pre-cooked frozen chicken

2/3 cup brown rice

2 cup red cabbage, chopped

1/2 cup cherry tomatoes

1/2 cup cucumbers, slice

1/2 cup bell peppers, sliced

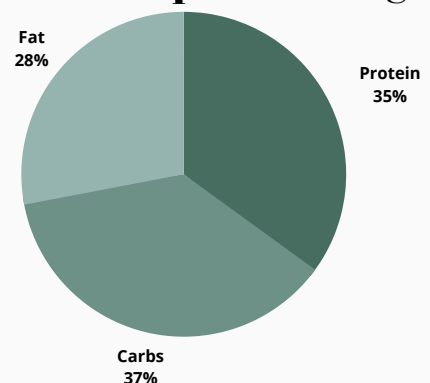
6 slices avocado

2 tbsp tzatziki dressing (see SBY website)

instructions

- Cook rice according to directions. I prefer to cook mine in the instant pot. If doing it that way - do a 1:1 ratio of rice to water. Cook on pressure cook for 22 minutes.
- Prepare chicken. Chop rotisserie chicken into cubes. If grilling chicken, grill to 165 F degrees. If using frozen pre-cooked chicken, microwave until warm. Weigh out 2.5oz of chicken for each serving.
- Chop all of the vegetables - tomatoes, cucumbers, bell peppers, and avocado.
- In a bowl, layer rice, cabbage, chicken, tomatoes, cucumbers, bell peppers, and avocado. If desired, top with tzatziki dressing.

Nutrition per serving



310 calories



Peanut Butter Protein Balls

servings: 37 balls

prep time: 15 min

total time: 15 min

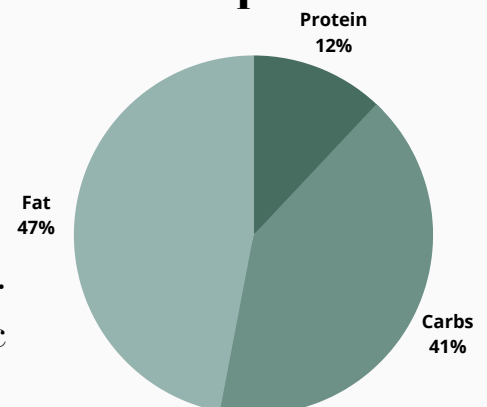
ingredients

2 cups rolled oats
 1 scoop vanilla protein powder
 1/8 cup hemp hearts (optional)
 1/8 cup chia seeds
 1/2 cup unsweetened shredded coconut
 1 cup peanut butter
 2/3 cup pure maple syrup
 1 tsp vanilla extract
 1/2 cup - 3/4 cup chocolate chips, as desired
 Dash of sea salt

instructions

- Measure 2 cups of oats, before blending. Place oats in the blender and pulse 5 -7 times, or until slightly broken down.
- In a mixing bowl, combine previously blended oats, vanilla protein powder, hemp hearts, chia seeds and unsweetened coconut. Mix until combined.
- Next, add peanut butter, pure maple syrup, and vanilla. Mix until combined.
- Last, add in the chocolate chips and sea salt. Mix with your hands.
- Scoop into 1" ball with a cookie scoop or a tablespoon.
- Place on a cookie sheet and freeze for 30+ minutes. When completely frozen, store in snack size plastic baggies. Enjoy!

Nutrition per 2 balls



204 calories



Artichoke Chicken

servings: 4

prep time: 10 min

total time: 10 min

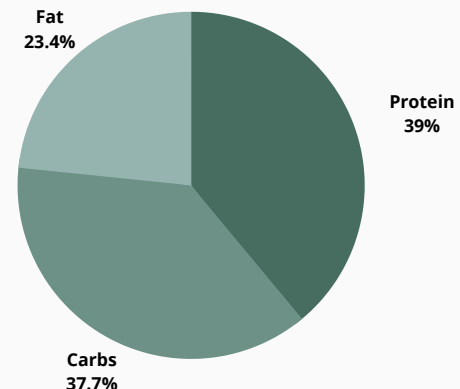
ingredients

- 1 1/2 lbs chicken breast, chopped into 1" strips
- 2 lemons, 1 sliced and 1 for juicing
- 2 tsp garlic, minced
- 1 tsp Italian seasoning
- 1/4 tsp sea salt
- 2 15 oz. can artichoke hearts, drained
- 1 tbsp capers (optional)
- 1/2 cup chicken broth
- 2 cups brown rice

instructions

- Cook the brown rice according to package directions. I prefer to cook mine in the instant pot. If doing it that way - do a 1:1 ratio of rice to water. Cook on pressure cook for 22 minutes.
- Preheat oven to 400 F degrees, and spray a baking dish with non-stick cooking spray.
- Slice 1 of the lemons into thin slices, then place the slice on the bottom of the baking dish.
- Slice the chicken into thin strips, and place raw chicken strips on top of the lemon slices
- Top the chicken pieces with minced garlic, Italian seasoning, sea salt, artichoke hearts, and capers. Lastly, squeeze the other full lemon over the dish.
- Pour chicken broth over the chicken
- Cover dish with tin foil and bake for 35 minutes. Remove tin foil and bake for 5 more minutes. The chicken should reach an internal temperature of 165 F degrees.
- Serve 1/4 dish over 1/2 cup rice.

Nutrition per serving



454 calories



Vanilla Cinnamon Protein Shake

servings: 1

prep time: 5 min

total time: 5 min

ingredients

8-10 oz milk, or milk alternative

1 scoop vanilla protein powder

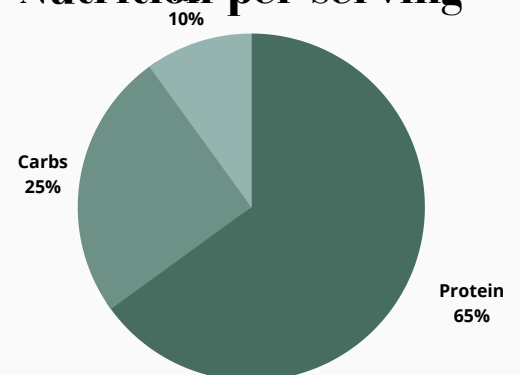
1 tsp cinnamon

1/2 cup ice

instructions

- Combine all of the ingredients in a blender and blend until smooth. Enjoy!

Nutrition per serving



209 calories



DAY 2



Avocado Toast with eggs

servings: 1

prep time: 10 min

total time: 10 min

ingredients

1 egg, whole

1/4 cup egg whites

2-3 slices avocado

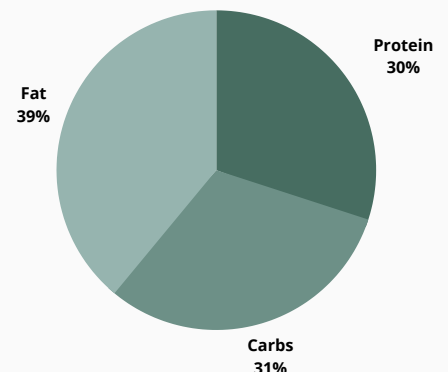
1 slice 100% whole wheat bread

Everything but the Bagel seasoning (optional)

instructions

- Heat a medium size frying pan to medium-high heat and spray with non-stick spray. Heat the egg and egg whites. Cook as preferred.
- While the eggs are cooking, toast the bread. Spread avocado on the bread and season with 'everything but the bagel' seasoning OR salt and pepper.
- Top cooked eggs on the avocado toast. Enjoy!

Nutrition per serving



239 calories



Mango Protein Smoothie

servings: 1

prep time: 5 min

total time: 5 min

ingredients

2 oz water

1/3 cup Greek yogurt (vanilla or plain)

1 scoop vanilla protein powder

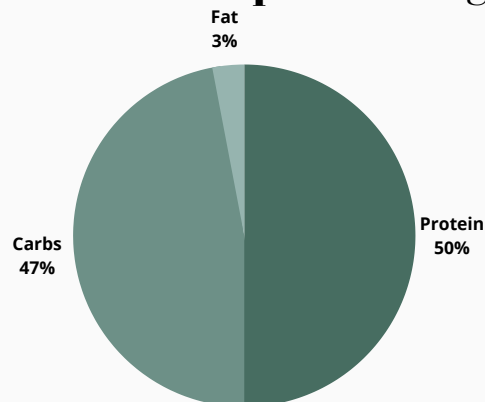
1 cup frozen mango chunks

1/2 cup ice

instructions

- Blend all the ingredients in a blender until smooth, not creamy. Enjoy!

Nutrition per serving



271 calories



Thai Chicken Buddha Bowl

servings: 2

prep time: 10 min

total time: 20 min

ingredients

5 oz chicken - grilled, rotisserie, or pre-cooked frozen chicken

2/3 cup brown rice

2 cup red cabbage

1/2 cup carrots, shredded, matchsticks, or sliced

1/2 cup bell peppers, sliced

2 tsp cilantro, chopped

Optional: Bean sprouts (good, but can be hard to find)

Peanut Dressing:

2 tbsp peanut butter

1 tbsp soy sauce

1/2 tbsp rice vinegar

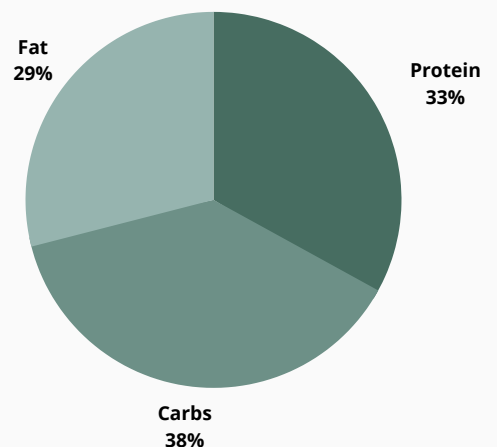
2 tsp Thai sweet chili sauce

1 tbsp hot water

instructions

- Heat up previously prepared rice.
- Heat up previously prepared chicken.
- Chop all vegetables - cabbage, carrots, peppers, cilantro.
- Prepare the dressing. In a container combine all the dressing ingredients and shake until well combined.
- In a bowl, layer rice, cabbage, chicken, carrots, peppers, cilantro, and top with peanut dressing.

Nutrition per serving



363 calories



Apples & Peanut Butter Caramel Dip

servings: 1

prep time: 5 min

total time: 5 min

ingredients

1 medium apple, sliced

Dip:

3 tbsp powdered peanut butter

1 tbsp vanilla protein powder

2 tbsp water

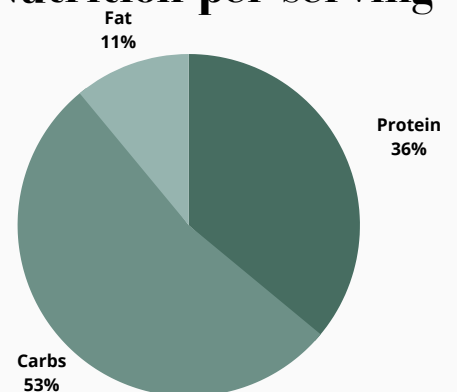
1 tsp honey

Dash of cinnamon

instructions

- Slice the apple into medium-thin slices.
- Prepare the peanut butter dip. In a small bowl combine all of the dip ingredients - powdered peanut butter, protein powder, water, honey, and cinnamon. Stir until well combined.
- Serve apples with the peanut butter dip!

Nutrition per serving



251 calories



Grilled Chicken Fajitas

servings: 4

prep time: 10 min

total time: 30 min

ingredients

Marinade

- 1 lb chicken breasts, thinly sliced
- 3 tbsp lime juice (1 1/2 whole limes)
- 3 tbsp pineapple, orange, or grapefruit juice
- 2 tbsp olive oil
- 2 tbsp Worcestershire sauce
- 1 tbsp garlic, minced
- 2 tsp ground cumin
- 2 tsp chili powder
- 1 tsp paprika
- 2 tbsp cilantro, chopped

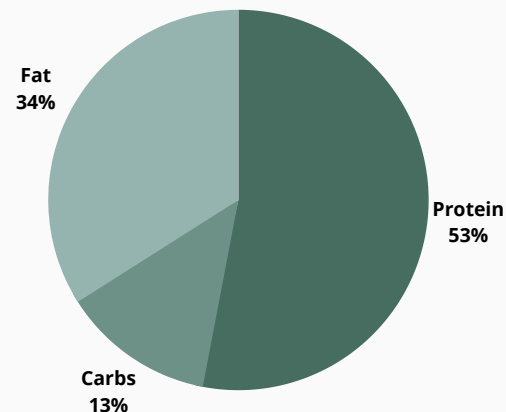
Fajitas

- 2 bell peppers, sliced into strips
- 1/2 yellow onion, thinly sliced
- 8 whole wheat street tacos (Mission brand)
- Optional: tomatoes, avocado, cheese (see SBY for salsa, pico and guac recipes)

instructions

- In a gallon size plastic bag, combine all marinade ingredients. Set in the fridge for 30 min-6 hours.
- Preheat the oven to 425 F degrees. Place the marinated chicken, sliced bell peppers, and sliced onion on a sheet pan. Spread out evenly. Bake for 25-30 min, or until chicken reaches 165 F degrees. If grilling, grill the chicken and vegetables on high heat for 15 minutes.
- Assemble: serve chicken and vegetables with any additional toppings - tomatoes, cheese, avocado, etc.

Nutrition per serving



346 calories



DAY 3



Apple Pie Overnight Oats

servings: 1

prep time: 5 min

total time: 5 min

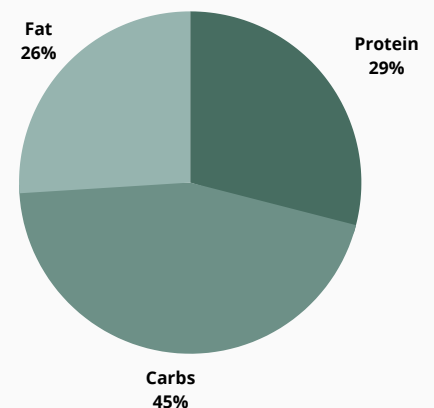
ingredients

1/3 cup old fashioned oats
1/2 cup almond milk
3 tbsp Greek yogurt (0% fat)
1/2 scoop vanilla protein powder
1 tsp chia seeds
1 tsp flax seeds
1/4 tsp cinnamon
1 tsp maple syrup
1/4 cup apple, chopped
1 tbsp almonds

instructions

- In a small-medium size jar, combine all the ingredients except the apple and almonds. Stir until well-combined.
- Cover and refrigerate overnight. In the morning, top with chopped apple and almonds. Enjoy!

Nutrition per serving



333 calories



High Protein Chicken Salad

servings: 2

prep time: 10 min

total time: 10 min

ingredients

5 oz canned chicken, or pulled rotisserie chicken

1/4 cup plain 0% fat Greek yogurt

3 tbsp chopped red onion

1/4 cup chopped apple

1/4 cup halved grapes

1 tsp lemon juice

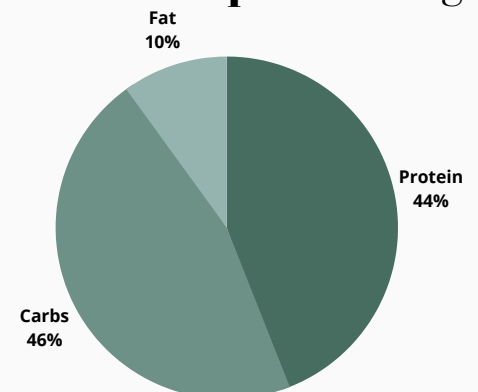
Salt and pepper, to taste

2 slices 100% whole wheat bread

instructions

- In a medium size bowl, combine the chicken, Greek yogurt, red onion, apple, grapes, lemon juice, salt and pepper. Stir until well combined.
- Serve inside 1/2 pita pocket.

Nutrition per serving



188 calories



Beef Barbacoa Tacos

servings: 8

prep time: 15 min

total time: 4 hours, 15 min

ingredients

2.5 -3 lbs chuck roast

3/4 cup beef or chicken broth

1/3 cup apple cider vinegar

Juice of 1 lime

1 yellow onion, chopped

2 tsp garlic, minced

2-3 chipotle peppers in adobo sauce (depending on desired level of spicy)

1 tbsp cumin

1 tbsp oregano

1 tsp salt

1/2 tsp pepper

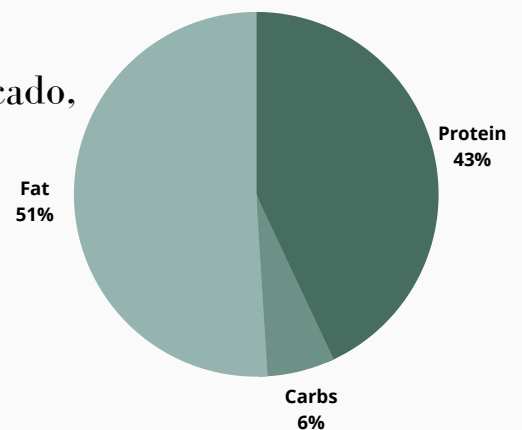
3 bay leaves (or 1/2 tsp ground bay leaves)

16 whole wheat tortillas (Mission brand) - 2 per serving

instructions

- Add the roast to a slow cooker.
- In a blender, combine broth, apple cider vinegar, lime juice, onion, garlic, chipotle peppers, cumin, oregano, salt and pepper. Blend on high until well combined.
- Pour mixture on top of beef. Add bay leaves and cover.
- Cook on **LOW** for 8 hours or on **HIGH** for 4 hours.
- Remove bay leaves and serve over tortillas.
- Top with additional toppings - lettuce, tomatoes, avocado, cheese, salsa.

Nutrition per serving



466 calories



Mint Chocolate Green Protein Shake

servings: 1

prep time: 5 min

total time: 5 min

ingredients

8-12 oz milk, or milk alternative

1 scoop (2 tbsp) protein powder - vanilla or chocolate

2 cups spinach

1 tbsp cocoa powder, unsweetened

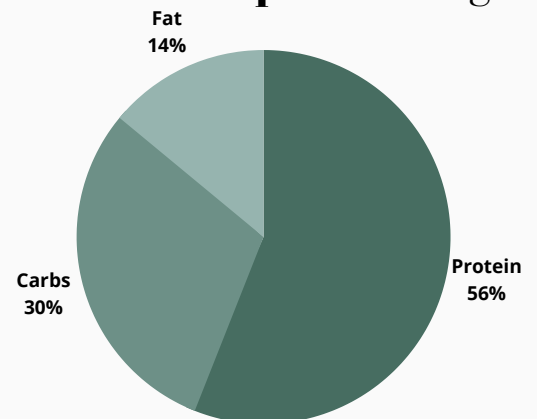
1/2 tsp mint extract

3 ice cubes

instructions

- Add of the the ingredients into a blender and blend until smooth.

Nutrition per serving



253 calories



HIIT WORKOUT

WARM UP

5 minutes of jogging, brisk walking, jumping rope, etc.

KETTLEBELL WORKOUT

Start you stop watch. Perform each exercise for 45 seconds of work with 15 seconds of rest. When the next minute starts, go on to the next exercise. Repeat all exercises for 3 rounds.

Kettlebell swings

1 leg deadlifts (45 seconds each side)

Squats with bicep curl

Reverse lunges

Tricep press

Curtsy lunges

Deadlift to upright row

Turkish getups

Around the worlds



1:1 NUTRITION & EXERCISE COACHING

Did you like what you saw here? This is a glimpse of what nutrition and exercise coaching could be like for YOU! If you are looking for an individualized nutrition and exercise program and learning to make your new habits sustainable long-term, reach out to me. If you are willing to put in the work, I will help you reach your goals!



Program Includes:

- Weekly or bi-weekly coaching sessions virtually or in person in Utah
- Individualized nutrition plan weekly
- Individualized exercise plan weekly
- Regular 'InBody' body composition analyses
- Weekly nutrition assessments
- Goal setting
- Resources to help you make habit changes
- Support and communication between sessions
- Money-back guarantee

REACH OUT TO ME FOR A FREE DISCOVERY CALL!

simplybalancedyou@gmail.com / [@simplybalancedyou](https://www.instagram.com/simplybalancedyou)

