









STRENGTH 7-Day Healthy Meal Plan

Nutrition that gives you strength to be your best self.





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. Many Americans may benefit from a moderate-to higher-protein diet because of its positive role in weight management, healthy aging and disease prevention. Healthy aging and disease prevention. 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.

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.

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.

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

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

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

⅓ cup sugar snap peas

1 tsp light Asian sesame dressing

1 tsp hoisin sauce

11/2 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. quacamole

2 Tbsp. low-fat shredded cheddar cheese

2 tsp olive oil

1 cup fat-free milk

Protein: 37g



Recipe contains beef option



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

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

3/4 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



Greek Salad + Pita + Hummus

1/₃ cup red onion

1/3 cup tomato

⅓ cup cucumber

4 Kalamata olives

1/4 cup hummus

1 whole grain pita bread

3 oz. chicken breast

1 Tbsp. balsamic vinegar

1 Tbsp. olive oil

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

sodium deli roast beef, chicken breast, turkey)



2 cups romaine lettuce

1 Tbsp. low-fat feta

Protein: 42g

2 cups romaine lettuce

Sandwich + Steamed Carrots

1/2 whole grain pita bread 1/3 cup cherry tomatoes

⅓ 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

1/₃ cup cherry tomatoes

⅓ cup sugar snap peas

Protein: 7g

Asian-Style Noodle Bowl

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 bok choy 1/₃ cup baby carrots

Protein: 40g



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

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

1/3 cup tomato sauce, no salt added

1 slice French bread

1 cup fat-free milk

1 apple

Protein: 41g

Friday

Cereal with Blueberries + Hard-Cooked Egg

11/2 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



1 banana

1 part-skim mozzarella cheese stick

Protein: 7g



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

1 cup celery

1 cup strawberries

Protein: 42g



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



Baby Carrots + Hummus

1/2 cup baby carrots

1/4 cup hummus

Protein: 5g

Apple + Peanut Butter + Granola

Calorie Saver Swap

Replace apple with ½ cup celery and remove granola

Saves 110 calories



Asian-Style Brown Rice Bowl

+ Blackberries

(e.g., beef strip steak, boneless, skinless

1 cup cooked brown rice

1/4 cup red bell pepper

1/4 cup water chestnuts

11/2 Tbsp. olive oil

Protein: 38g



1 apple

1 Tbsp. peanut butter

2 Tbsp. granola

Protein: 5g



3 oz. lean protein of choice, cooked*

chicken breast, tofu)

1/4 cup edamame

1/4 cup baby carrots

½ cup blackberries



Grilled Steak + Mozzarella Flatbread + Roasted Brussels Sprouts

4 oz. beef, top sirloin steak, cooked

1/4 tsp lemon pepper seasoning

1/4 cup baby spinach

1 oz. part-skim mozzarella cheese

½ tsp fresh basil

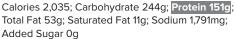
1/8 tsp balsamic vinegar

1 whole grain pita bread

1 Tbsp. olive oil

1 cup Brussels sprouts

1 cup fat-free milk Protein: 52g



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

Saturday

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

Sunday

Breakfast Beef Burrito

4 oz. beef, top sirloin steak, cooked

1 egg, scrambled

1/8 cup shredded Mexican cheese

1/8 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

Banana + Peanut Butter

1 banana

2 Tbsp. peanut butter

Protein: 9g

Roasted Almonds + Blackberries

 $\frac{1}{2}$ oz. roasted almonds

½ cup blackberries

Protein: 4g

Morning Snack

Southwest Salad + Pita Bread

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

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

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

Beef Jerky + Cheese + Crackers

1 piece (0.7oz) beef jerky

5 whole grain crackers

1½ oz. part-skim mozzarella cheese

Protein: 19g

Afternoon Snack

Calorie Saver Swap

Replace crackers and cheese with 10 baby carrots

Saves 170 calories

String Cheese + Apple

1 apple

1 part-skim mozzarella string cheese

Protein: 6g

Beef + Asparagus Pasta Toss + Pear

4 oz. 93% lean ground beef,

crumbles, cooked

1 cup cooked bow tie pasta

3 asparagus spears

1/4 Tbsp. olive oil

1 Tbsp. shallots

1/4 Tbsp. garlic

1 pear Protein: 35g

Protein Power Bowl + Strawberries

4 oz. lean protein of choice, cooked* (e.g., beef top round steak,

pork tenderloin, salmon)

1½ cup broccoli

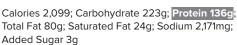
1 Tbsp. olive oil

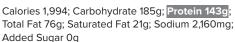
1 cup cooked brown rice

½ cup strawberries

Protein: 51g









Grocery List

Produce	Dairy	Frozen Foods
□ Apples	□ Cheddar cheese, low-fat	□ Frozen edamame
□ Asparagus	(shredded)	□ Frozen green beans
□ Baby spinach	☐ Cottage cheese, low-fat, unsalted	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	☐ Salad dressing, Asian Sesame,
□ Carrots (shredded and baby)	(shredded, ball, string cheese)	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	\square Low-sodium deli roast beef	Already Have
□ Red bell pepper	□ Low-sodium deli turkey breast	□ Balsamic vinegar
□ Red onion	(optional)	☐ 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	□ Peanut butter
☐ Beef, top round	wheat	□ Relish
☐ Beef, top sirloin	□ Soba noodles	□ Salsa
☐ Beef, strip steak	□ Tortilla, flour 10"	□ Salt
☐ Chicken breast	Consider	□ Tomato sauce, no salt added
□ Pork, ground, lean (optional)	Snacks	
□ Pork tenderloin (optional)	□ Beef jerky	Miscellaneous
□ Salmon (optional)	□ Almonds, roasted	☐ Whey protein powder
□ Tofu (optional)	☐ Crackers, whole grain	
□ Turkey, ground, lean (optional)	☐ Granola	
	□ Trail mix bars	



