

# 21 DAY NUTRITION RESET MEAL PLAN



Follow This 21-Day High-Protein Meal Plan  
to Jumpstart Fat Loss!

This guide is designed to thrust you into fat loss by prioritizing high-protein meals that keep you full, support muscle growth, and help you lose fat.

# The Habit

## NUTRITIONIST

### Day 1



#### Breakfast

Scrambled eggs with spinach, feta and tomatoes.



#### Lunch

Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, olives and a balsamic vinaigrette.



#### Dinner

Baked salmon with quinoa and steamed broccoli.

# Day 2



## Breakfast

Greek yogurt parfait with fresh berries and a sprinkle of granola.



## Lunch

Turkey and avocado wrap with whole-grain tortilla.



## Dinner

Ground chicken stir fry with peppers, broccoli and brown rice

# Day 3



## Breakfast

Oatmeal with sliced bananas, chia seeds, and a drizzle of honey.



## Lunch

Rotisserie Chicken and Quinoa salad with honey mustard dressing



## Dinner

Grilled shrimp with asparagus and sweet potato wedges.

# Day 4



## Breakfast

Whole grain toast with smashed avocado and poached eggs.



## Lunch

Lentil soup with sausage and a side of mixed green salad.



## Dinner

Baked chicken breast with roasted Brussels sprouts and quinoa.

# Day 5



## Breakfast

Greek yogurt with sliced peaches and a sprinkle of almonds.



## Lunch

Whole grain wrap with canned chicken, hummus, cucumber, cherry tomatoes, and feta cheese.



## Dinner

Spaghetti squash with marinara sauce and turkey meatballs.

# Day 6



## Breakfast

Smoothie bowl blended with protein powder/collagen, berries, banana, and a handful of granola.



## Lunch

Ground Turkey stuffed bell peppers with a side of guacamole.



## Dinner

Grilled tilapia with lemon-dill sauce, asparagus and jasmine rice.

# Day 7



## Breakfast

Egg white omelet with turkey  
bacon and veggies



## Lunch

Canned tuna mixed with  
light mayo on whole grain  
bread with a piece of fruit



## Dinner

Eggplant lasagna with layers  
of marinara sauce, lean  
ground beef, part skim  
ricotta, light cheese & basil.

# Day 8



## Breakfast

Overnight oats with almond milk, chia seeds, and mixed berries.



## Lunch

Crockpot Teriyaki Chicken with broccoli & jasmine rice



## Dinner

Cream of mushroom Chicken with mashed cauliflower and green beans.

# Day 9



## Breakfast

Protein pancakes with blueberries and a dollop of Greek yogurt.



## Lunch

Grilled chicken Caesar salad with romaine lettuce, cherry tomatoes, croutons, and Bolthouse Caesar dressing.



## Dinner

Lean Beef stir-fry with broccoli, bell peppers, and brown rice.

# Day 10



## Breakfast

Scrambled eggs with spinach and whole grain toast.



## Lunch

Tuna salad wrap with mixed greens, cucumber, and whole wheat tortilla.



## Dinner

Baked cod with a lemon-butter sauce, quinoa, and steamed asparagus.

# Day 11



## Breakfast

Omelette with mushrooms, tomatoes, and feta cheese.



## Lunch

Turkey and avocado club salad with a side salad of mixed greens, red onion, and balsamic vinaigrette.



## Dinner

Grilled shrimp skewers with a side of grilled pineapple and roasted Brussels sprouts.

# Day 12



## Breakfast

Smoothie with banana, mango, spinach, and protein powder.



## Lunch

Chicken and vegetable curry with jasmine or basmati rice.



## Dinner

Pork chops with sweet potato mash and sautéed green beans.

# Day 13



## Breakfast

Greek yogurt with sliced strawberries and catalina crunch.



## Lunch

Caprese chicken salad with grilled chicken, cherry tomatoes, mozzarella, and balsamic glaze.



## Dinner

Beef and vegetable kebabs with roasted veggies and brown rice.

# Day 14



## Breakfast

Whole grain toast with smoked salmon, light cream cheese, and capers.



## Lunch

Ground turkey taco bowl with brown rice, avocado, black beans and salsa



## Dinner

Baked chicken thighs with rosemary, sweet potato wedges, and green beans.

# Day 15



## Breakfast

Cottage cheese with pineapple.



## Lunch

Quinoa bowl with grilled steak strips, black beans, corn, and avocado.



## Dinner

Spicy shrimp pasta with whole grain spaghetti and a tomato-based sauce.

# Day 16



## Breakfast

Breakfast burrito with scrambled eggs, black beans, salsa, and cheese in a whole wheat tortilla.



## Lunch

Turkey and vegetable stir-fry with brown rice.



## Dinner

Grilled lamb chops with minted couscous and roasted vegetables.

# Day 17



## Breakfast

Protein smoothie with banana, spinach almond milk, and a scoop of protein powder.



## Lunch

Chicken and vegetable fajitas with whole wheat tortillas.



## Dinner

Baked tilapia with mango salsa, quinoa, and steamed broccoli.

# Day 18



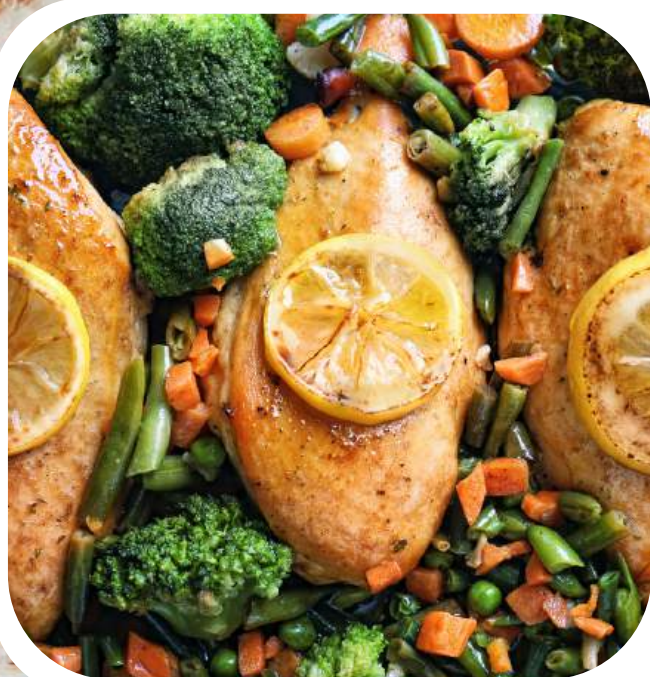
## Breakfast

Whole grain waffles with mixed berries and a drizzle of maple syrup.



## Lunch

Shredded rotisserie chicken, Greek yogurt, Dijon mustard, celery, red onion, grapes, and walnuts in a whole wheat wrap.



## Dinner

Baked chicken breast with lemon-herb marinade, quinoa, and roasted Brussels sprouts.

# Day 19



## Breakfast

Scrambled eggs with spinach, cherry tomatoes, and feta cheese.



## Lunch

Lean ground turkey stir-fried with colorful vegetables (bell peppers, broccoli, snap peas) and served with brown rice.



## Dinner

Grilled salmon with dill sauce, sweet potato wedges, and steamed asparagus.

# Day 20



## Breakfast

Overnight oats with almond milk, chia seeds, and mixed berries.



## Lunch

Pinwheel Sandwiches with hummus and veggies



## Dinner

BBQ Chicken with corn and a side salad

# Day 21



## Breakfast

Two eggs with turkey  
bacon and whole grain  
toast



## Lunch

Copycat Chipotle Burrito  
Bowl



## Dinner

Sheet pan chicken thighs  
with potatoes and veggies

**\* Bonus \***  
**Day 22**



## Breakfast

Greek yogurt with frozen blueberries and catalina crunch.



## Lunch

Buffalo Chicken Wrap with a bag of quest chips



## Dinner

Chicken Fajitas with tortillas

# Key Takeaways

## Practice Portion Control:

- Use measuring cups or a food scale to be mindful of portion sizes.
- Understand proper serving sizes to help manage calorie intake and maintain a balanced diet.

## Create a Calorie Deficit:

- Consuming fewer calories than your body needs is essential for weight loss.
- Determine your daily calorie needs and aim for a modest calorie deficit to promote sustainable weight loss.
- Monitor progress by tracking your food intake, physical activity, and overall progress.

## Listen to Your Body:

- Pay attention to hunger and fullness cues.
- Eat mindfully, savoring each bite, and stop when you feel satisfied, not overly full.