FREE 5-DAY MEAL PLAN

Fall / Winter Workout Series | November - March

Balanced meals. Simple choices.

A flexible five-day meal-plan starter from TrainingwithMoses. Choose portions that fit your needs, activity and appetite. Include a protein source at meals, add produce, and adjust carbohydrates to support your training.

Use this as a planning guide, not a prescription. Swap foods to fit allergies, preferences, culture, budget and medical needs. Water throughout the day is a good default; there is no need for a cleanse or a special drink.

DAY 1

- Breakfast: Greek yogurt, berries, oats and a spoon of nuts or seeds.
- Lunch: Chicken or baked tofu bowl with brown rice, greens, tomatoes and avocado.
- Snack: Apple with peanut butter, or a handful of nuts.
- Dinner: Salmon or beans, roasted potatoes and mixed vegetables.

DAY 2

- Breakfast: Eggs or tofu scramble with spinach and whole-grain toast.
- Lunch: Lentil soup with a side salad and whole-grain bread.
- Snack: Cottage cheese or soy yogurt with fruit.
- Dinner: Turkey, tofu or bean tacos with cabbage, salsa and corn tortillas.

DAY 3

- Breakfast: Overnight oats with milk or fortified soy milk, banana and chia.
- Lunch: Tuna, chickpea or tempeh wrap with greens and crunchy vegetables.
- Snack: Carrots and hummus.
- Dinner: Chicken or edamame stir-fry with vegetables and rice.

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Five-day meal plan (continued)

DAY 4

- Breakfast: Cottage cheese or soy yogurt with fruit and whole-grain cereal.
- Lunch: Quinoa bowl with black beans, peppers, greens and salsa.
- Snack: A banana or orange with a few nuts.
- Dinner: Lean beef, chicken or lentil pasta with tomato sauce and vegetables.

DAY 5

- Breakfast: Whole-grain toast with eggs or smashed beans and fruit.
- Lunch: Leftover protein and vegetables in a grain bowl or salad.
- Snack: Yogurt or a plant-based alternative with berries.
- Dinner: Baked chicken, tofu or chickpeas with sweet potato and greens.

Make it work for you

- Build a plate with protein, vegetables or fruit, a satisfying carbohydrate, and a source of healthy fat as desired.
- For workouts, choose a meal or snack that feels comfortable before training; eat a balanced meal afterward when convenient.
- Increase high-fiber foods gradually and drink regularly. If a food causes discomfort, adjust it rather than forcing it.
- Repeat meals, use frozen produce, and prepare a few ingredients ahead to make the week easier.

If you have a medical condition, food allergy, history of disordered eating, or specific nutrition needs, check with a registered dietitian or healthcare professional for individualized guidance.