
The 7-Day
MEAL
PLAN
MAX
STRENGTH
FITNESS





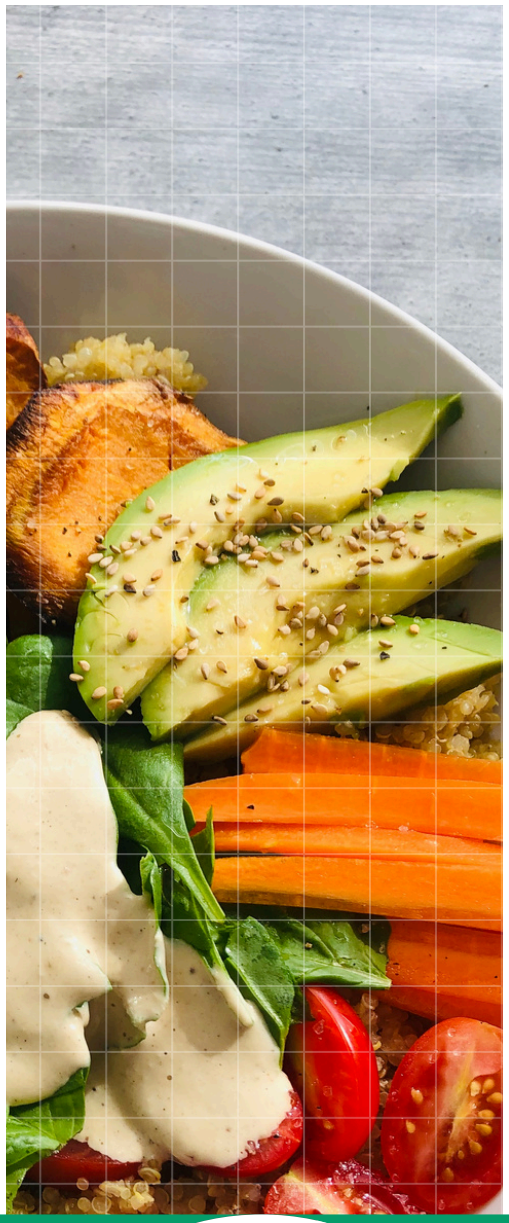
# WELCOME
# Welcome

Ever wonder what healthy eating looks like in a real, sustainable way?

It's a question we hear often, so we decided to pull back the curtain and give you a week of sample meals to help spark ideas and show you how simple, balanced nutrition can look in practice.

But let's be clear — this isn't about the "right" or "only" way to eat. Nutrition is never one-size-fits-all. What works best depends on your lifestyle, your goals, and your body's unique needs.

Too often, people make the mistake of thinking that eating healthy means eating plain, repetitive meals or cutting out entire food groups. This approach usually leaves them feeling frustrated, low on energy, and stalled in their progress.



The truth is, your meals should fuel you — not drain you. With the right balance of protein, carbs, and healthy fats, you can support recovery, stay energized, and actually enjoy the process of fueling your body.

That's when things click: workouts feel better, energy is steadier, and results finally start to line up with the effort you're putting in.

That's why we created this 7-day meal plan. It's designed to provide inspiration, variety, and balance — using real, grocery-store ingredients that are easy to prepare and easy to love.

Our hope is that this guide gives you new ideas you can use right away, and helps you see how healthy eating can fit into your life in a way that's simple, sustainable, and rewarding.



I HOPE THIS MEAL PLAN GIVES YOU SOME

## GREAT IDEAS

AND HELPS YOU REACH YOUR GOALS FASTER!


# JEFF TOMASZEWSKI

CHIEF LIFE TRANSFORMER
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# We Deliver RESULTS

## Wendy Bauer

"MaxStrength Fitness is a great place for beginners like me or advanced gym rats. It is like having your own private gym with a personal trainer that is informed, motivational and looks out for your safety. It is more than a place to build strength; MaxStrength offers a welcoming community which includes the owner and personable trainers. The trainers offer a motivating session that includes patience and expertise. The facility is spotless. If you are looking for a supportive and challenging place to strength train in 20 minutes, this is it!"

## Cynthia Yates

"I was referred to MaxStrength by one of the clients. I had sciatica pain and numbness and was a fall risk. Physical Therapy had reached its limit for my issues. I did not want medication and shots for pain management. The referral to MaxStrength has changed my life. I am stronger and as fit as I was in my younger years. The improvement with my pain and confidence in my body has made a huge difference in my life. I'm increasingly confident in my abilities to walk and move without fear of falling or pain.

I'm very impressed with the staff, especially my trainer. They are all very knowledgeable and supportive. They keep me focused and motivated. I highly recommend MaxStrength. I'm most thankful that I was referred here and will stay as long as possible."

MAX STRENGTH FITNESS



# MY PERSONAL MEAL SHORTCUTS

## Shortcuts



When I sat down to write this guide, I realized there are a few things I do to make my life easier...

I've built some simple habits that have become second nature. I don't even think about them anymore, but they save SO much time and effort and I want to share them with you:

- **Have Go-To Breakfasts**: Stick to a few quick & healthy breakfasts that keep me full and energized. No overthinking in the morning!
- **"Mini Meals" for Snacks**: Plan snacks like mini-meals, balancing them with protein, carbs, and healthy fats. This keeps your energy steady and prevents hunger from sneaking up on you.
- **Quick Salad Fix**: Always keep mixed greens and pre-cut veggies in the fridge. Toss in a healthy carb and some protein, and you've got a balanced meal ready in minutes!

# THE 7-DAY MEAL PLAN



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|---|---|---|
| SUNDAY | BREAKFAST | *Greek yogurt with mixed berries, chia seeds, and a drizzle of local honey* |
| | LUNCH | *An open-faced turkey sandwich at a local restaurant* |
| | DINNER | *Grilled salmon, sweet potato, and steamed broccoli* |
| | SNACK | *Low-fat probiotic cottage cheese with pineapple chunks* |
| MONDAY | BREAKFAST | *Greek yogurt with mixed berries, chia seeds, and a drizzle of local honey* |
| | SNACK | *Protein shake between clients!* |
| | LUNCH | *Chicken breast with mixed greens, avocado, cherry tomatoes, and olive oil dressing* |
| | SNACK | *Sliced apple with almond butter* |
| | DINNER | *Stir-fry with turkey, bell peppers, snap peas, and brown rice* |
| | SNACK | *Fresh strawberries and probiotic cottage* |

# THE 7-DAY MEAL PLAN



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| TUESDAY *(busy training day!)* | BREAKFAST | *Overnight oats with oats, chia seeds, almond milk, and blueberries* |
| | SNACK | *Hard-boiled egg and an orange* |
| | LUNCH | *Turkey and avocado wrap with white corn tortilla and mixed greens* |
| | SNACK | *Protein shake between clients* |
| | DINNER | *Grilled chicken, quinoa, and roasted Brussels sprouts* |
| | SNACK | *Celery sticks with peanut butter* |
| WEDNESDAY | BREAKFAST | *Overnight oats with oats, chia seeds, almond milk, and blueberries* |
| | SNACK | *Sliced apple with almond butter* |
| | LUNCH | *Tuna salad with mixed greens, chickpeas, cucumber, and balsamic vinegar* |
| | SNACK | *Greek yogurt with strawberries* |
| | DINNER | *Salmon, wild rice, and steamed asparagus* |
| | SNACK | *Veggies with hummus* |

# THE 7-DAY MEAL PLAN



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| THURSDAY | BREAKFAST | *Greek yogurt with mixed berries, chia seeds, and a drizzle of local honey* |
| | SNACK | *Apple slices with almond butter* |
| | LUNCH | *Shrimp and avocado salad with mixed greens, ½ cup cooked quinoa, and a lime vinaigrette* |
| | SNACK | *Protein shake between clients* |
| | DINNER | *Turkey meatballs, zoodles, and sautéed zucchini* |
| | SNACK | *Sliced bell peppers and hummus* |
| FRIDAY | BREAKFAST | *Greek yogurt with mixed berries, chia seeds, and a drizzle of local honey* |
| | SNACK | *Hard-boiled egg and an orange* |
| | LUNCH | *Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and olive oil dressing* |
| | SNACK | *Greek yogurt with a handful of granola* |
| | DINNER | *Baked salmon, quinoa, and roasted broccoli* |
| | SNACK | *Celery sticks with peanut butter* |

# THE 7-DAY MEAL PLAN

# Meal Plan



## SATURDAY

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| BREAKFAST | *Sprouted-grain toast with avocado and a poached egg* |
| LUNCH | *This lunch is usually on the go — a salad or small burger with a half a bun and a side salad* |
| DINNER | *Usually grilled seafood, wild rice, and steamed veggies (like green beans)* |
| SNACK | *Carrot and celery sticks with Greek yogurt "ranch" dressing (a little ranch mix stirred into Greek yogurt)* |

*Important:*

# HOW TO KEEP YOUR MOMENTUM

Amazing job making it to the end of The 7-Day Meal Plan guide!

By following close to a meal plan like this.. you're giving your body the fuel it needs to **boost your energy, build strength, and reach your health and fitness goals**.

***While nutrition plays one of the key roles in living a life full of longevity and good health, we also want to focus on a plan that balances not just your nutrition, but also your workouts, habits, and everything else that fits your lifestyle.***



Imagine if you had ALL the pieces of the puzzle—nutrition, exercise, sleep, stress management—AND the accountability to help you stay on track...

You'd have a clear, actionable path to follow, making it so much easier to hit your health and fitness goals and maintain them.

# READY TO TAKE YOUR *Next Steps?*



At MaxStrength Fitness we believe that everyone deserves to be healthy, fit and strong in only minutes a week.

Take your health and wellness outside of only the kitchen and truly transform your life in only minutes a week!

If you're looking for a better way to live, we want to invite you to experience the MaxStrength Fitness difference.



## Ways to Work With Us:

### 1:1 PERSONAL TRAINING

With more energy, improved health, and less stress you are able to enjoy all the activities you love. Click below to learn more about our personal training and schedule a consultation at a location near you:

**LEARN MORE HERE**




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MAX STRENGTH FITNESS

twenty minutes + twice a week = transformation