

# College Meal Saver

## 30-30-30 Meal Plan for Beginners

Simple meals and tips to help you lose fat, stay full, and energize your mornings.

This plan helps you implement the 30-30-30 method -- 30 minutes of fasted cardio, 30g of protein, within 30 minutes of waking up. Follow the example meals and tips to stay on track.

| Day       | Workout           | Breakfast (30g protein)            |
|-----------|-------------------|------------------------------------|
| Monday    | 30 min walk       | 3 eggs + 1 cup Greek yogurt        |
| Tuesday   | Fasted bike       | Smoothie (whey, banana, oats)      |
| Wednesday | Stair walking     | Oatmeal + PB + protein powder      |
| Thursday  | Jump rope (light) | Egg sandwich + protein milk        |
| Friday    | Yoga + walk       | Tofu scramble + smoothie           |
| Saturday  | Dance cardio      | Cottage cheese + almonds + berries |
| Sunday    | Light jog         | Protein pancakes + coffee          |

### Bonus Tips

- \* Drink water before your walk
- \* Aim for 25-35g of protein
- \* Black coffee is okay pre-workout
- \* Sleep = recovery = results