

# College Meal Saver

## 7-Day 30-30-30 Meal Plan

Your printable routine to lose fat with protein and cardio

The 30-30-30 plan is simple: start your day with 30 minutes of low-intensity cardio followed by a high-protein breakfast of at least 30 grams. This printable plan gives you 7 structured days to try it out, designed with busy students in mind!

### Day 1

- ☐ Workout: 30-minute brisk walk or treadmill walk
- ☐ Breakfast: 3 scrambled eggs, 1 slice of whole grain toast, 1 Greek yogurt (plain)
- ☐ Protein Total: 32g

### Day 2

- ☐ Workout: 30-minute cycling or stationary bike
- ☐ Breakfast: Protein smoothie with whey, banana, almond milk, peanut butter
- ☐ Protein Total: 35g

### Day 3

- ☐ Workout: 30-minute walk outside with light hills
- ☐ Breakfast: Overnight oats with protein powder, chia seeds, and berries
- ☐ Protein Total: 30g

#### Day 4

- ☐ Workout: 30-minute bodyweight circuit (squats, push-ups, lunges)
- ☐ Breakfast: Tofu scramble, sautéed spinach, and avocado toast
- ☐ Protein Total: 31g

#### Day 5

- ☐ Workout: 30-minute jog-walk intervals
- ☐ Breakfast: Cottage cheese with pineapple, 1 boiled egg, protein bar
- ☐ Protein Total: 33g

#### Day 6

- ☐ Workout: 30-minute dance or YouTube cardio workout
- ☐ Breakfast: Turkey sausage wrap with egg whites and low-fat cheese
- ☐ Protein Total: 34g

#### Day 7

- ☐ Workout: 30-minute light yoga or stretching walk
- ☐ Breakfast: High-protein pancakes with peanut butter drizzle & berries
- ☐ Protein Total: 36g

#### ☐ Tips for Success

- Stay consistent with your cardio every morning
- Prioritize protein right after your workout
- Drink water and avoid sugary drinks
- Prep your breakfast ingredients the night before
- Use this as a reset week, not a strict diet!