Good Bowl Co.

THE FREE STARTER GUIDE · EDITION 01

The 7-Day *Clean Eating* Kickstart

One week of high-protein, real-food meals. One grocery trip, one Sunday prep, and zero guesswork.



7 recipes

21 meals planned

85g+ protein a day

Macros on every page

YOUR FREE COPY
18 pages

WELCOME

Hi, I'm so glad *you're here.*

Eating well shouldn't mean bland chicken, complicated recipes or a new grocery list every night. This guide is the exact system we use: **cook a little on Sunday, eat well all week.**

Every recipe is high-protein, built from everyday ingredients, and shows the calories, protein, carbs and fat per serving, so you always know what's on your plate.

Follow it exactly for seven days, or use it as a menu and mix and match. Either way, by next Sunday you'll have a routine that actually sticks.

— The Good Bowl Co. kitchen

INSIDE THIS GUIDE

How it works	03
Your week at a glance	04
Sunday prep, step by step	05
The one-trip grocery list	06
7 recipes with full macros	07
Protein cheat sheet BONUS	14
Build-a-bowl + snacks BONUS	15
Fridge & freezer guide BONUS	16
Your 7-day tracker BONUS	17

7	21	1	~75
RECIPES	MEALS PLANNED	GROCERY TRIP	MIN SUNDAY PREP

HOW IT WORKS

Four steps. *That's the whole system.*

The plan is built for **one person**. Spare portions are there for a partner, a hungry teenager or an extra lunch.

1

Shop once

Take the grocery list on page 6. It's grouped by store section and covers every meal of the week.

2

Prep on Sunday

About 75 minutes gets you breakfast and lunch ready through Thursday. The timeline on page 5 tells you exactly what to do and when.

3

Cook 4 quick dinners

Each takes 25–30 minutes and is designed to make leftovers, so you only cook every other night.

4

Track & adjust

Tick off meals in the tracker on page 17. Hungry? Add a snack from page 15. Full? Skip one.

Make it yours

- Swap any protein for tofu, tempeh or beans. Every recipe lists swaps.
- Gluten-free? Use GF pasta and tamari.
- Most adults need more than these meals alone. Add 1–3 snacks to match your hunger and goals.
- Repeat your favorite days. There's no rule against it.

Food-safety basics

- Cook chicken and turkey to **165°F / 74°C**, salmon to **145°F / 63°C**.
- Cool leftovers and refrigerate within **2 hours**.
- Keep the fridge at **40°F / 4°C** or below.
- Reheat leftovers until steaming hot (165°F / 74°C).

Nutrition values are estimates per serving based on standard ingredient data and will vary with brands and portions. This guide is general healthy-eating inspiration, not medical or dietary advice. If you have a health condition, allergies or specific nutrition needs, please talk to a doctor or registered dietitian.

YOUR WEEK

The week *at a glance*

DAY	BREAKFAST	LUNCH	DINNER	DAILY TOTAL
Mon DAY 1	 Berry Protein Overnight Oats 345 cal · 19g protein	 Greek Chicken Power Bowls 510 cal · 48g protein	 COOK Honey-Garlic Sheet-Pan Salmon 525 cal · 34g protein	1,380 101g protein
Tue DAY 2	 Berry Protein Overnight Oats 345 cal · 19g protein	 Greek Chicken Power Bowls 510 cal · 48g protein	 COOK · FREEZE 2 One-Pan Turkey Taco Skillet 385 cal · 31g protein	1,240 98g protein
Wed DAY 3	 Berry Protein Overnight Oats 345 cal · 19g protein	 Greek Chicken Power Bowls 510 cal · 48g protein	 LEFTOVER One-Pan Turkey Taco Skillet 385 cal · 31g protein	1,240 98g protein
Thu DAY 4	 Berry Protein Overnight Oats 345 cal · 19g protein	 Greek Chicken Power Bowls 510 cal · 48g protein	 COOK Creamy Pesto Chicken Pasta 435 cal · 40g protein	1,290 107g protein
Fri DAY 5	 Spinach & Feta Egg Muffins 220 cal · 18g protein	 MAKE Lemon Tuna & Chickpea Crunch Salad 390 cal · 37g protein	 LEFTOVER Creamy Pesto Chicken Pasta 435 cal · 40g protein	1,045 95g protein
Sat DAY 6	 Spinach & Feta Egg Muffins 220 cal · 18g protein	 LEFTOVER Lemon Tuna & Chickpea Crunch Salad 390 cal · 37g protein	 FROM FREEZER One-Pan Turkey Taco Skillet 385 cal · 31g protein	995 86g protein
Sun DAY 7	 Spinach & Feta Egg Muffins 220 cal · 18g protein	 LEFTOVER Creamy Pesto Chicken Pasta 435 cal · 40g protein	 FROM FREEZER One-Pan Turkey Taco Skillet 385 cal · 31g protein	1,040 89g protein

Totals are before snacks: about 1,000–1,400 calories and 85–110g protein a day. Add snacks from page 15 to suit your hunger and goals.



Sunday prep, *step by step*

Put on a podcast. In about 75 minutes, breakfast and lunch are handled through Thursday.

0:00 **Oven on** to 375°F / 190°C for the egg muffins. Start the **quinoa** (it simmers on its own).

0:05 **Marinate the chicken** for the Greek bowls, then chop the cucumber, tomatoes, onion, spinach, pepper and scallions.

0:20 **Egg muffins into the oven.** While they bake, **sear the chicken** for the bowls.

0:45 **Overnight oats:** build 4 jars while the chicken rests.

0:55 **Pack 4 Greek bowls**, with hummus in small side cups.

1:05 **Cool & store.** Muffins into a container (Fri–Sun + 1 spare). Everything in the fridge within 2 hours.

Midweek

Tue: cook the taco skillet and freeze 2 portions.
Thu: cook the pesto pasta.

Friday

Make the tuna salad in 10 minutes, with no cooking. It covers Friday and Saturday lunch.



One trip. *Everything.*

PRODUCE

- [ ] Baby spinach 5 oz bag
- [ ] Cherry tomatoes 2 pints
- [ ] Cucumber 1
- [ ] Red onion 1
- [ ] Yellow onion 1 small
- [ ] Red bell peppers 3
- [ ] Broccoli 1 head
- [ ] Sweet potato 1 medium
- [ ] Scallions 1 bunch
- [ ] Lemons 2
- [ ] Garlic 1 head
- [ ] Fresh parsley 1 bunch
- [ ] Mixed berries 2 cups, or frozen
- [ ] Butter lettuce optional

PROTEIN & DAIRY

- [ ] Chicken breast 2½ lb
- [ ] Salmon fillets 2 × 5 oz
- [ ] Ground turkey 93% 1 lb
- [ ] Eggs 10 large
- [ ] Tuna in water 2 × 5 oz cans
- [ ] Nonfat Greek yogurt 32 oz
- [ ] Feta 2 oz
- [ ] Shredded cheddar ½ cup
- [ ] Parmesan small piece
- [ ] Unsweetened almond milk ½ gallon
- [ ] Hummus 8 oz tub

PANTRY

- [ ] Rolled oats 2 cups
- [ ] Chia seeds ¼ cup
- [ ] Quinoa 1 cup
- [ ] Whole-wheat pasta 8 oz
- [ ] Chickpeas 1 can
- [ ] Black beans 1 can
- [ ] Diced tomatoes 1 can
- [ ] Frozen corn 1 cup
- [ ] Basil pesto small jar
- [ ] Olive oil · honey
- [ ] Low-sodium soy sauce
- [ ] Taco seasoning
- [ ] Oregano · cinnamon
- [ ] Salt, pepper, oil spray

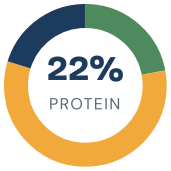
Check your pantry first. You likely have the oil, spices and honey already.



RECIPE 01 OF 07

Berry Protein Overnight Oats

⏱ 5 min + overnight · 🍽 4 jars



345	19g	50g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **2 cups** rolled oats
- **2 cups** plain nonfat Greek yogurt
- **2 cups** unsweetened almond milk
- **¼ cup** chia seeds
- **2 cups** mixed berries
- **4 tsp** honey or maple syrup
- **pinch** cinnamon + salt

METHOD

1. Line up 4 jars or containers with lids.
2. To each jar add ½ cup oats, ½ cup yogurt, ½ cup almond milk, 1 tbsp chia, 1 tsp honey and a pinch of cinnamon and salt.
3. Stir well, then top each with ½ cup berries.
4. Refrigerate overnight (at least 4 hours). Eat cold, or warm 1–2 min in the microwave.

CHEF'S TIP
Frozen berries thaw overnight into a jammy sauce, and they're cheaper than fresh.

SWAP IT
Dairy-free: coconut yogurt + 1 extra tsp chia. No chia? Use 1 tbsp ground flax.

STORE IT
Fridge up to 4 days. Not suitable for freezing.

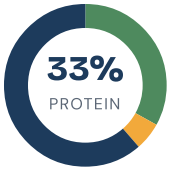
Per serving, estimated.



RECIPE 02 OF 07

Spinach & Feta Egg Muffins

⏱ 30 min | 🍽 12 muffins · 3 per serving



220	18g	3g	15g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **10** large eggs
- **1 cup** baby spinach, chopped
- **½** red bell pepper, diced
- **⅓ cup** crumbled feta (2 oz)
- **2** scallions, sliced
- **¼ tsp** salt + black pepper
- oil spray for the pan

METHOD

1. Heat the oven to 375°F / 190°C. Spray a 12-cup muffin pan well.
2. Divide the spinach, pepper, feta and scallions between the cups.
3. Whisk the eggs with salt and pepper and pour over the veg, about ¾ full.
4. Bake 18–22 min until set in the center. Cool 5 min before removing.

CHEF'S TIP
Spray the pan generously, or use silicone liners, and the muffins pop right out.

SWAP IT
+6g protein: add cooked turkey sausage. Dairy-free: skip feta, add sun-dried tomatoes.

STORE IT
Fridge 3–4 days. Freeze up to 2 months; reheat 30–45 sec.

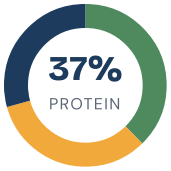
Per serving, estimated.



RECIPE 03 OF 07

Greek Chicken Power Bowls

⏱ 35 min | 🍽 4 bowls



510	48g	42g	17g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **1½ lb** boneless chicken breast
- **1 cup** dry quinoa
- **1** cucumber, diced
- **1 cup** cherry tomatoes, halved
- **¼** red onion, thinly sliced
- **½ cup** hummus
- **2 tbsp** olive oil
- **1** lemon (zest + juice)
- **2** garlic cloves, minced
- **2 tsp** dried oregano

METHOD

1. Mix the oil, lemon zest and juice, garlic, oregano, ½ tsp salt and pepper. Coat the chicken and marinate 10 min.
2. Rinse the quinoa and simmer in 2 cups water, covered, 15 min. Rest 5 min and fluff.
3. Cook the chicken in a hot skillet 6–7 min per side, to 165°F / 74°C. Rest 5 min, then slice.
4. Divide the quinoa, chicken and veg between 4 containers, with 2 tbsp hummus each on the side.

CHEF'S TIP
Keep the hummus in a small separate cup so the bowls stay crisp all week.

SWAP IT
Veggie: chickpeas instead of chicken. Lower-carb: greens instead of quinoa.

STORE IT
Fridge up to 4 days. Best eaten cold or barely warm.

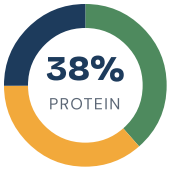
Per serving, estimated.



RECIPE 04 OF 07

Lemon Tuna & Chickpea Crunch Salad

⏱ 10 min | 🍽 2 servings



390	37g	35g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **2 cans** tuna in water (5 oz), drained
- **1 can** chickpeas (15 oz), rinsed
- **1 cup** cherry tomatoes, halved
- ¼ red onion, finely diced
- **¼ cup** plain nonfat Greek yogurt
- **1 tbsp** olive oil
- ½ lemon, juiced
- **¼ cup** fresh parsley, chopped

METHOD

1. Stir the yogurt, oil, lemon juice, ¼ tsp salt and pepper together in a bowl.
2. Add the tuna, chickpeas, tomatoes, onion and parsley.
3. Toss and taste. Add more lemon or salt if you like.
4. Eat as is, in lettuce cups, or with whole-grain crackers.

CHEF'S TIP
Pat the chickpeas dry after rinsing. The dressing clings better and nothing goes watery.

SWAP IT
Canned salmon instead of tuna. Make it a wrap with a whole-wheat tortilla.

STORE IT
Fridge up to 2 days. Tastes even better on day two.

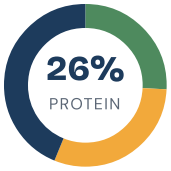
Per serving, estimated.



RECIPE 05 OF 07

Honey-Garlic Sheet-Pan Salmon

⏱ 30 min | 🍽 2 servings



525	34g	40g	26g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **2** salmon fillets (5 oz each)
- **1** medium sweet potato, cubed
- **2 cups** broccoli florets
- **1** red bell pepper, chopped
- **1 tbsp** olive oil
- **1 tbsp** honey
- **1 tbsp** low-sodium soy sauce
- **2** garlic cloves, minced

METHOD

1. Heat the oven to 425°F / 220°C. Toss the sweet potato with half the oil and roast 10 min.
2. Add the broccoli and pepper with the remaining oil, salt and pepper. Push to the sides.
3. Place the salmon in the center. Brush with honey, soy and garlic mixed together.
4. Roast 12–14 min until the salmon flakes easily (145°F / 63°C).

CHEF'S TIP
Cut the sweet potato into small ¾-inch cubes so it's tender at the same time as the salmon.

SWAP IT
Chicken thighs instead (roast 20–22 min, to 165°F). Gluten-free: tamari instead of soy.

STORE IT
Fridge up to 3 days. Reheat gently, or eat flaked cold over greens.

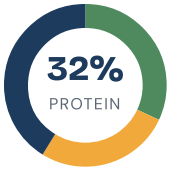
Per serving, estimated.



RECIPE 06 OF 07

One-Pan Turkey Taco Skillet

⏱ 25 min | 🍽 4 servings



385	31g	26g	18g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **1 lb** 93% lean ground turkey
- **1 can** black beans (15 oz), rinsed
- **1 cup** frozen corn
- **1 can** diced tomatoes (14 oz)
- **1** bell pepper, diced
- **1** small onion, diced
- **2 tbsp** taco seasoning
- **1 tbsp** olive oil
- **½ cup** shredded cheddar

METHOD

1. Heat the oil in a large skillet. Cook the onion and pepper 4 min.
2. Add the turkey and cook, breaking it up, until no pink remains (165°F / 74°C).
3. Stir in the seasoning, tomatoes, beans and corn. Simmer 8 min until thick.
4. Top with cheddar and cover 2 min to melt. Serve in lettuce cups or over ½ cup rice.

CHEF'S TIP
Freeze 2 portions on day one. Future you gets a 3-minute dinner on Saturday and Sunday.

SWAP IT
Lean beef or cooked lentils instead of turkey. Rice adds about 100 cal per ½ cup.

STORE IT
Fridge 3–4 days. Freezes beautifully for up to 3 months.

Per serving, estimated.

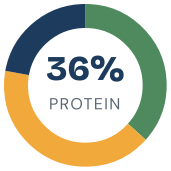


DINNER
Thu · Fri · Sun lunch

RECIPE 07 OF 07

Creamy Pesto Chicken Pasta

⏱ 25 min | 🍽 4 servings



435	40g	45g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- **8 oz** whole-wheat or protein pasta
- **1 lb** chicken breast, bite-size
- **¼ cup** basil pesto
- **½ cup** plain nonfat Greek yogurt
- **2 cups** baby spinach
- **1 cup** cherry tomatoes, halved
- **2 tbsp** grated parmesan

METHOD

1. Cook the pasta in salted water. Save ½ cup pasta water, then drain.
2. Season the chicken and cook in a non-stick pan 6–8 min, to 165°F / 74°C.
3. Off the heat, stir the pesto and yogurt with a splash of pasta water until creamy.
4. Toss in the pasta, chicken, spinach and tomatoes until the spinach wilts. Top with parmesan.

CHEF'S TIP
Always add the yogurt off the heat. Direct heat can split it, while off the heat it stays silky.

SWAP IT
Chickpea pasta for extra protein + gluten-free. Shrimp instead of chicken (cook 3–4 min).

STORE IT
Fridge up to 3 days. Add a splash of water when reheating.

Per serving, estimated.

BONUS · PROTEIN CHEAT SHEET

Hit your protein *without thinking.*

Keep this on the fridge. Portions are typical servings. The bar shows protein per serving compared with chicken breast.

FOOD	PORTION	CALORIES	PROTEIN
ANIMAL PROTEIN			
Chicken breast, cooked	4 oz	185	**35g**
Lean beef (sirloin), cooked	4 oz	205	**34g**
Lean ground turkey 93%, cooked	4 oz	240	**31g**
Shrimp, cooked	4 oz	110	**27g**
Tuna in water, drained	1 can (5 oz)	120	**26g**
Salmon, cooked	4 oz	235	**25g**
Eggs	2 large	145	**12g**
Egg whites	½ cup	65	**13g**
DAIRY			
Whey protein powder	1 scoop	120	**24g**
Greek yogurt, nonfat	1 cup	130	**23g**
Cottage cheese, 2%	½ cup	90	**12g**
Milk, 2%	1 cup	120	**8g**
Cheddar cheese	1 oz	115	**7g**
PLANT PROTEIN			
Firm tofu	½ cup	180	**22g**
Edamame, shelled	1 cup	190	**18g**
Lentils, cooked	1 cup	230	**18g**
Tempeh	3 oz	160	**17g**
Black beans, cooked	1 cup	225	**15g**
Chickpeas, cooked	1 cup	270	**15g**
Quinoa, cooked	1 cup	220	**8g**
Peanut butter	2 tbsp	190	**7g**

Approximate values from standard nutrition data; brands vary. Protein powder varies most, so check your label.

BONUS · BUILD-A-BOWL FORMULA

Make your own *good bowl.*

Out of recipes? Use your hand as a measuring tool and build a balanced, high-protein bowl from whatever is in the fridge.

P

Protein

1–1½ PALMS

Chicken, salmon, turkey, eggs, tofu, beans

C

Smart carbs

1 CUPPED HAND

Quinoa, rice, sweet potato, pasta, oats

V

Veggies

2 FISTS

Greens, peppers, broccoli, cucumber, tomato

S

Sauce & fat

1 THUMB

Hummus, pesto, olive oil, avocado, tzatziki

HIGH-PROTEIN SNACKS

Greek yogurt + berries 1 cup nonfat + ½ cup	**165 cal · 23g**
Protein shake 1 scoop whey + water	**120 cal · 24g**
Turkey & cheese roll-ups 3 oz turkey + light cheese stick	**140 cal · 22g**
Edamame 1 cup shelled, sea salt	**190 cal · 18g**
Cottage cheese + pineapple ½ cup 2% + ½ cup	**130 cal · 12g**
Hard-boiled eggs 2 large	**145 cal · 12g**
Almonds 1 oz, about 23	**165 cal · 6g**
Hummus + veggie sticks ¼ cup + 1 cup veg	**130 cal · 5g**

Snack values are estimates.

BONUS · FRIDGE & FREEZER GUIDE

How long does it *really* keep?

Cooked food, stored in sealed containers at 40°F / 4°C or below. When in doubt, throw it out.

FOOD	FRIDGE	FREEZER
Cooked chicken & turkey	3–4 days	2–3 months
Cooked salmon	3 days	2–3 months
Cooked quinoa & rice	3–4 days	1–2 months
Egg muffins	3–4 days	2 months
Overnight oats	4 days	Not recommended
Taco skillet & saucy dishes	3–4 days	3 months
Pasta dishes	3 days	Not recommended
Cut raw veggies	3–5 days	—
Hummus & dips (opened)	Check the label, usually 5–7 days	—

Reheat like a pro

- Add a splash of water to rice, pasta and skillets, then cover.
- Microwave in 60-second bursts and stir in between.
- Heat until steaming hot, 165°F / 74°C.

Freezer tips

- Cool food fully first, then freeze flat in labeled bags.
- Write the date on everything.
- Thaw overnight in the fridge, never on the counter.

Times follow common food-safety guidance for quality and safety. Always trust your senses and package dates.

BONUS · YOUR 7-DAY TRACKER

Small ticks, *big week.*

Print this page or fill it in on your phone. Aim for consistency, not perfection.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast as planned	○	○	○	○	○	○	○
Lunch as planned	○	○	○	○	○	○	○
Dinner as planned	○	○	○	○	○	○	○
Protein goal e.g. 100g+	○	○	○	○	○	○	○
Water 8 glasses	○	○	○	○	○	○	○
Move 20+ minutes	○	○	○	○	○	○	○
Sleep 7+ hours	○	○	○	○	○	○	○

My favorite meal this week

What I'll repeat next week

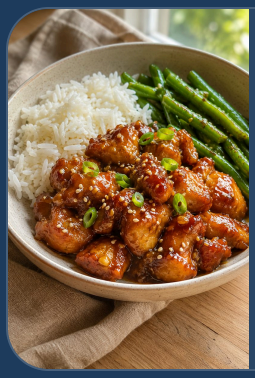
Notes

Good Bowl Co.

Loved this week?

There's a whole kitchen of it.

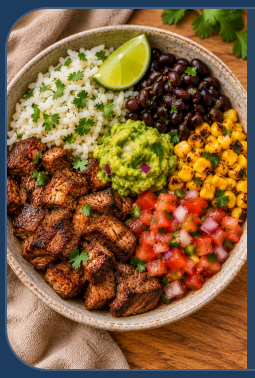
Our cookbooks are built exactly like this guide: high-protein recipes, macros on every page, grocery lists, swaps and meal-prep plans. Just more of everything.



High-Protein Clean Dinners

30 dinners with 30–55g protein each, grocery lists and swaps.

COMING SOON



Clean Meal Prep Sundays

20 batch recipes with step-by-step Sunday prep plans.

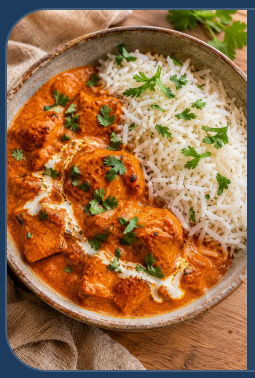
COMING SOON



15-Minute Clean Lunches

30 fast lunches for busy days, every one with macros.

COMING SOON



The 4-Week Clean Eating Plan

Four full weekly plans with grocery lists and prep guides.

COMING SOON

New recipes every day

Follow Good Bowl Co. on Pinterest, and be first to know when the cookbooks launch.

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