

# Currey Creek 7-Day OMAD Meal Plan

## Day 1 - Southwest & Satisfying

- Chicken thighs (6 oz), rice (1 cup), sweet potato (1/2), olive oil (1 tbsp)
- Raw veggies + hummus, Greek yogurt + honey + strawberries
- \*Macros\*: ~110g protein, 55g fat, 135g carbs
- Air Fry: Chicken 375°F for 20–22 min

## Day 2 - Steakhouse Clean

- Sirloin steak (6 oz), sweet potatoes (1.5 cups), spinach salad w/ olive oil & lemon
- Apple + almond butter, cottage cheese
- \*Macros\*: ~120g protein, 60g fat, 120g carbs
- Air Fry: Steak 400°F for 10–12 min, Sweet potatoes 390°F for 16–18 min

## Day 3 - Protein Power Bowl

- Ground beef (5 oz), rice (1 cup), 1/2 avocado, sautéed spinach, egg (optional)
- Raw veggies + ranch, mixed berries + Greek yogurt
- \*Macros\*: ~115g protein, 65g fat, 130g carbs
- Sauté spinach 2–3 min, optional egg for more protein

## Day 4 - Mediterranean Vibes

- Salmon (6 oz), rice (1 cup), cucumber-tomato salad, olive oil
- Cottage cheese + raspberries, apple + peanut butter
- \*Macros\*: ~120g protein, 70g fat, 125g carbs
- Air Fry: Salmon 390°F for 12 min

## **Day 5 - Comfort & Clean**

- Pork chop (6 oz), sweet potato (1/2), steamed spinach + olive oil
- Raw veggies + hummus, protein shake if needed
- \*Macros\*: ~105g protein, 60g fat, 110g carbs
- Air Fry: Pork chop 390°F for 14–16 min

## **Day 6 - Simple Fuel**

- Chicken thighs (6 oz), rice (1.5 cups), 2 eggs
- Carrots + bell peppers, Greek yogurt + blueberries
- \*Macros\*: ~125g protein, 65g fat, 140g carbs
- Air Fry eggs in silicone cups 350°F for 10–12 min

## **Day 7 - Sunday Reset Bowl**

- Ground beef (6 oz), spinach, rice, 1 egg, avocado slices
- Cottage cheese + berries, apple + cinnamon + honey
- \*Macros\*: ~115g protein, 70g fat, 130g carbs
- Air Fry or pan-fry egg, sauté spinach quickly

# Grocery List

## Proteins:

- Chicken thighs, sirloin steak, ground beef, pork chops, salmon
- Eggs, cottage cheese, Greek yogurt, protein powder

## Carbs:

- Rice, sweet potatoes, apples, blueberries, raspberries, strawberries

## Veggies & Greens:

- Spinach, carrots, bell peppers, cucumber, tomatoes

## Fats:

- Olive oil, avocado oil, peanut butter, almond butter, avocados, cheese

## Condiments:

- Hummus, ranch, lemon, garlic, herbs/spices, honey

## Air Fryer Cooking Chart

Chicken Thighs: 375°F for 20–22 min (flip halfway)

Sirloin Steak: 400°F for 10–12 min

Pork Chops: 390°F for 14–16 min

Salmon: 390°F for 12 min

Sweet Potatoes: 390°F for 16–18 min

Egg Cups (in silicone): 350°F for 10–12 min