

STREET FOOD, SMARTER

14 HEALTHY, MACRO-FRIENDLY STREET-FOOD SWAPS

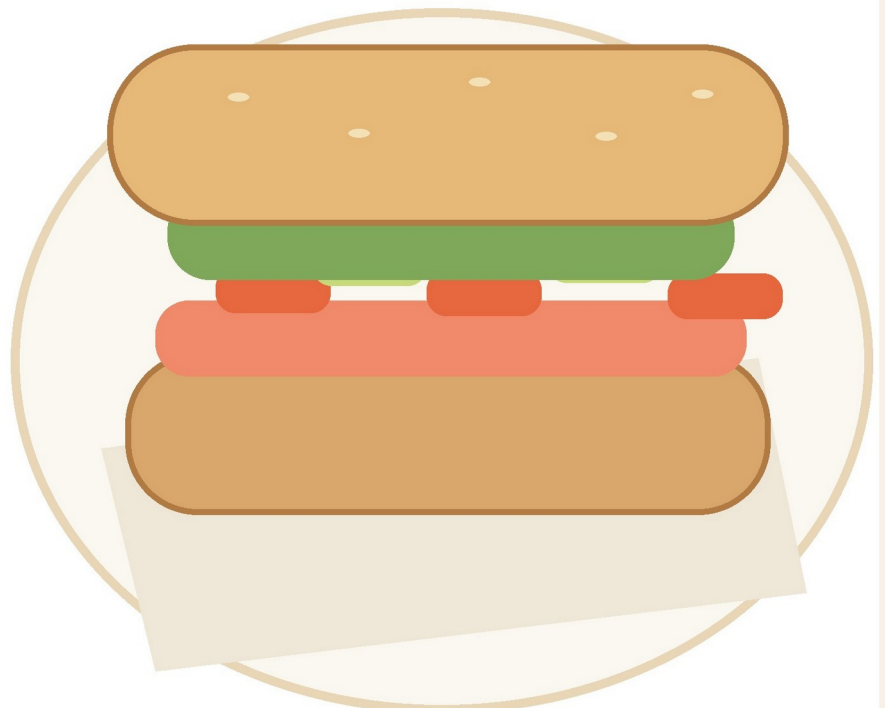
Big flavor. Simple ingredients.

Built for a deficit, maintenance, or surplus.

CUT

BASE

BUILD



WHOLE-FOOD STREET FLAVOR, ONE MEAL THREE WAYS

START HERE

Street food without the macro guesswork

These recipes keep the flavor, texture, and satisfaction of popular street food while making portions easier to control.

This is not a list of sad substitutes.

It is a system for building meals that taste like something you would actually buy from a food truck, corner spot, or takeout counter - with protein, produce, and portions that make sense for your goal.

WHAT YOU GET

- 14 complete meals with simple grocery-store ingredients
- Cut, base, and build portions for every recipe
- Estimated calories, protein, carbs, fat, and fiber
- Budget and batch-cooking moves to reduce cost and waste
- Dairy-light recipes with no red meat and no supplements required

THE RULE THAT MATTERS

A single meal does not create a calorie deficit or surplus. Your total intake and activity over time do. Use the three versions to fit the meal into your daily target - not to label food as good or bad. [2]

MACRO NOTE

All numbers are rounded estimates based on common ingredient data and typical labels. Brands, cooking methods, and portion weights vary. For precision, use the label on the food you actually buy. [1]

Educational use only. This guide is not medical advice and is not a substitute for individualized care from a qualified health professional.

THE SYSTEM

Cut, base, or build - without changing the whole meal

The easiest way to adjust calories is to keep the protein and flavor profile, then change the amount of starch and measured fats.

CUT

Keep 4 to 5 oz protein. Reduce the roll, rice, potato, noodles, or tortillas by 25% to 50%. Use 1 to 2 tablespoons of avocado sauce. Double the non-starchy vegetables.

BASE

Use the recipe as written. This is the middle lane: full flavor, a meaningful protein serving, produce, and a measured amount of starch and fat.

BUILD

Add 1 to 2 oz protein and one practical carb serving: 1/2 to 1 cup rice, 4 to 8 oz potato, one tortilla, or half a roll. Add more fat only when it helps the total target.

THE SMART-SWAP ORDER

1

Protect protein

Do not slash the protein first. It supports fullness, recovery, and the structure of the meal.

2

Measure calorie-dense sauces

Avocado, tahini, peanut butter, and oil are useful foods - and their calories still count.

3

Adjust the starch

Rolls, rice, tortillas, potatoes, and noodles are the cleanest levers for moving a meal up or down.

4

Use vegetables for volume

Cabbage, peppers, onions, cucumbers, tomatoes, and frozen vegetables add texture and volume at a lower calorie cost.

Protein portions in this guide are practical meal portions, not individualized prescriptions. Your daily needs depend on body size, training, health status, and the rest of your diet.

Make avocado work harder

Avocado gives sauce body and flavor, but it is still a concentrated source of calories. Blend it with acid, herbs, water, or beans so a measured portion goes farther.

AVOCADO GREEN SAUCE

- 1 avocado
- Juice of 1 lime
- 1 garlic clove
- Cilantro or parsley
- Salt + 1/4 cup water

Blend until smooth. Thin with water. Use on the salmon Philly, jerk tacos, or fish tacos.

ABOUT 80 CAL PER 1/4 BATCH

AVOCADO RANCH

- 1 avocado
- Juice of 1 lemon
- 1 tsp dried dill
- 1/2 tsp garlic powder
- Salt + 1/4 cup water

Blend until pourable. Use on Buffalo chicken fries, wraps, or bowls.

ABOUT 80 CAL PER 1/4 BATCH

AVOCADO-BEAN CREMA

- 1/2 avocado
- 1/2 cup white beans
- Juice of 1 lime
- Garlic + cumin
- Salt + water

Blend very smooth. This is the budget-friendly, higher-fiber extender for cut versions.

ABOUT 70 CAL PER 1/4 BATCH

THE AVOCADO TRUTH

Avocado is a strong sauce base because it brings creaminess, fiber, and unsaturated fat. It is not calorie-free. A cut version usually needs a smaller serving or an extender - not a ban on avocado.

KEEP IT GREEN

Press plastic wrap directly onto the sauce surface and refrigerate. A little extra citrus slows browning. The color may darken before the flavor changes, so use smell and food-safety judgment rather than color alone.

Choose by flavor, calories, or protein

Base macros are rounded estimates per serving. Each full recipe begins on the page shown.

#	MEAL	BASE CAL	PROTEIN	PAGE
01	Salmon Philly Street Steak	610	41g	6
02	Jerk Chicken Pineapple Tacos	550	51g	7
03	Cajun Shrimp Po'Boy	540	48g	8
04	Chicken Shawarma Pita	520	54g	9
05	Nashville Hot Chicken Sandwich	520	53g	10
06	Korean BBQ Turkey Rice Bowl	570	48g	11
07	Chicago-Style Chicken Sausage Bowl	590	46g	12
08	Buffalo Chicken Sweet Potato Fries	640	50g	13
09	Turkey Kefta Flatbread	540	43g	14
10	Blackened Fish Mango Tacos	550	47g	15
11	Spicy Tuna Crunch Wrap	600	47g	16
12	Crispy Chickpea Shawarma Wrap	590	29g	17
13	BBQ Chicken Street Corn Nachos	510	46g	18
14	Peanut-Lime Chicken Satay Noodles	580	54g	19

Best lower-calorie starting points: Nashville Hot Chicken cut, Tuna Crunch lettuce cups, Blackened Fish Tacos cut, and Cajun Shrimp Po'Boy cut.
 Highest-fiber base meals: Crispy Chickpea Shawarma, Fish Mango Tacos, Tuna Crunch Wrap, and Buffalo Sweet Potato Fries.

Flaky salmon, peppers and onions, and a bright avocado-green sauce in a toasted whole-grain roll.

YOU'LL NEED

5 oz salmon fillet
 1 whole-wheat hoagie roll
 1 cup sliced bell peppers and onion
 1/4 medium avocado
 1 Tbsp lime juice
 1 small garlic clove
 1 tsp smoked paprika
 1/2 tsp onion powder
 To taste salt, black pepper, and optional pickled jalapenos

MAKE IT

1. Season the salmon with paprika, onion powder, salt, and pepper. Pan-sear or bake until cooked through, then break into large flakes.
2. Cook the peppers and onions in a hot nonstick skillet until browned at the edges. Toast the roll.
3. Blend avocado, lime, garlic, a pinch of salt, and 1 to 2 tablespoons water. Load the roll with vegetables and salmon; finish with sauce.

ONE MEAL, THREE WAYS

CUT

420 CAL | P 31g | C 33g | F 19g | FIBER 7g

Use 4 oz salmon, half the roll, and 2 tablespoons avocado sauce.

BASE

610 CAL | P 41g | C 52g | F 28g | FIBER 11g

Recipe as written - a full street-food meal with measured fats.

BUILD

780 CAL | P 50g | C 78g | F 32g | FIBER 14g

Use 6 oz salmon and add 5 oz roasted potatoes on the side.

BUDGET MOVE

Buy individually frozen salmon portions. They are easy to portion and usually waste less than a large fresh side.

BATCH MOVE

Cook extra peppers and onions; they reappear in bowls, tacos, eggs, and wraps.

Allergens: Fish, wheat

Sweet heat, charred chicken, crunchy cabbage, and cooling avocado-lime sauce.

YOU'LL NEED

5 oz chicken breast, sliced
3 small corn tortillas
1/2 cup diced pineapple
1 cup shredded cabbage or slaw mix
1/4 medium avocado
1 Tbsp lime juice
1 to 2 tsp jerk seasoning
2 Tbsp salsa
Optional cilantro and sliced jalapeno

MAKE IT

1. Coat the chicken with jerk seasoning and cook in a hot skillet until browned and cooked through.
2. Warm the tortillas. Quickly sear the pineapple in the same skillet for extra caramelized flavor.
3. Mash avocado with lime and a splash of water. Layer cabbage, chicken, pineapple, salsa, and avocado sauce into each tortilla.

ONE MEAL, THREE WAYS

CUT

410 CAL | P 40g | C 42g | F 9g | FIBER 8g

Use 4 oz chicken, 2 tortillas, and 2 tablespoons avocado sauce.

BASE

550 CAL | P 51g | C 55g | F 15g | FIBER 12g

Recipe as written - balanced protein, carbs, produce, and fat.

BUILD

720 CAL | P 66g | C 79g | F 17g | FIBER 18g

Use 6 oz chicken, 4 tortillas, and add 1/3 cup black beans.

BUDGET MOVE

Use canned pineapple in juice, drained, when fresh pineapple is expensive.

BATCH MOVE

Make a double batch of jerk chicken for rice bowls or salads later in the week.

Allergens: None unless seasoning contains an allergen

A lighter, oven-crisp shrimp sandwich with crunchy vegetables and avocado remoulade.

YOU'LL NEED

6 oz peeled shrimp
1 whole-wheat hoagie roll
1/4 cup panko breadcrumbs
1 cup lettuce, tomato, pickles, and slaw
1/4 medium avocado
1 Tbsp lemon juice
1 tsp mustard
1 to 2 tsp Cajun seasoning
As needed light cooking spray

MAKE IT

1. Pat the shrimp dry. Toss with mustard and Cajun seasoning, then press into panko. Air-fry or bake until crisp and cooked through.
2. Blend avocado with lemon, a little mustard, water, and a pinch of Cajun seasoning.
3. Toast the roll and layer in lettuce, tomato, pickles, slaw, shrimp, and avocado remoulade.

ONE MEAL, THREE WAYS

CUT

360 CAL | P 37g | C 40g | F 7g | FIBER 9g

Use 5 oz shrimp, half the roll, 2 tablespoons sauce, and 2 tablespoons panko.

BASE

540 CAL | P 48g | C 64g | F 13g | FIBER 13g

Recipe as written - crunchy without deep frying.

BUILD

710 CAL | P 62g | C 90g | F 14g | FIBER 16g

Use 8 oz shrimp and add 5 oz roasted potatoes.

BUDGET MOVE

Frozen peeled shrimp are fast, portionable, and often less expensive than seafood-counter shrimp.

BATCH MOVE

Make extra avocado remoulade for fish tacos or a chicken wrap.

Allergens: Shellfish, wheat

Warm spices, crisp chopped salad, and hummus deliver food-truck flavor with grocery-store ingredients.

YOU'LL NEED

5 oz chicken breast, sliced
 1 whole-wheat pita
 1 cup chopped cucumber, tomato, and onion
 2 Tbsp hummus
 1 Tbsp lemon juice
 1 tsp ground cumin
 1 tsp smoked paprika
 1/2 tsp garlic powder
 To taste salt, pepper, and parsley

MAKE IT

1. Season chicken with cumin, paprika, garlic, salt, pepper, and half the lemon. Cook until browned and cooked through.
2. Toss the chopped salad with the remaining lemon and a pinch of salt.
3. Warm the pita, spread with hummus, then fill with salad and chicken.

ONE MEAL, THREE WAYS

CUT

380 CAL | P 42g | C 34g | F 8g | FIBER 8g

Use 4 oz chicken, half a pita, 1 1/2 cups salad, and 1 tablespoon hummus.

BASE

520 CAL | P 54g | C 49g | F 12g | FIBER 9g

Recipe as written - high protein with a measured spread.

BUILD

670 CAL | P 65g | C 72g | F 14g | FIBER 9g

Use 6 oz chicken and add 1/2 cup cooked rice inside or alongside the pita.

BUDGET MOVE

A jarred shawarma blend is convenient, but cumin, paprika, and garlic cover the core flavor.

BATCH MOVE

Cook 1 1/2 to 2 pounds of shawarma chicken and freeze meal-size portions.

Allergens: Wheat, sesame if hummus contains tahini

Crisp, spicy chicken and vinegar slaw - without a deep fryer or heavy mayo sauce.

YOU'LL NEED

5 oz thin chicken breast cutlet
 1 whole-wheat bun
 1/4 cup panko breadcrumbs
 1 cup vinegar-dressed cabbage slaw
 1 tsp oil
 1 Tbsp hot sauce
 1 tsp smoked paprika
 1/4 tsp cayenne, more or less to taste
 To serve pickle slices

MAKE IT

1. Season the chicken with paprika and cayenne. Press into panko and lightly coat with measured oil or spray.
2. Air-fry or bake until crisp and cooked through. Brush with hot sauce while hot.
3. Pile the chicken, vinegar slaw, and pickles onto the toasted bun.

ONE MEAL, THREE WAYS

CUT

330 CAL | P 40g | C 28g | F 6g | FIBER 5g

Use 4 oz chicken, half a bun, and 2 tablespoons panko.

BASE

520 CAL | P 53g | C 48g | F 12g | FIBER 7g

Recipe as written - the crunch comes from panko, not deep frying.

BUILD

750 CAL | P 66g | C 89g | F 14g | FIBER 11g

Use 6 oz chicken and add an 8 oz baked potato or oven fries.

BUDGET MOVE

Slice a large chicken breast into thin cutlets instead of buying premium pre-cut pieces.

BATCH MOVE

Bread several cutlets at once and refrigerate uncooked for the next day.

Allergens: Wheat

Savory-sweet lean turkey, rice, edamame, and vegetables in one fast skillet bowl.

YOU'LL NEED

5 oz 96% lean ground turkey
3/4 cup cooked rice
1/2 cup shelled edamame
1 1/2 cups frozen stir-fry vegetables
1 Tbsp reduced-sodium soy sauce
1 tsp honey or maple syrup
1 tsp rice vinegar or lime juice
1/2 tsp each garlic and ginger
Optional chili flakes or gochujang

MAKE IT

1. Brown the turkey with garlic and ginger. Add vegetables and cook until hot and tender-crisp.
2. Stir together soy sauce, honey, vinegar, and chili. Pour into the skillet and toss until glossy.
3. Build the bowl with rice, turkey mixture, and edamame.

ONE MEAL, THREE WAYS

CUT

450 CAL | P 37g | C 52g | F 9g | FIBER 9g

Use 4 oz turkey, 1/2 cup rice, 1/4 cup edamame, and extra vegetables.

BASE

570 CAL | P 48g | C 64g | F 12g | FIBER 9g

Recipe as written - a balanced training-day bowl.

BUILD

760 CAL | P 63g | C 86g | F 16g | FIBER 10g

Use 7 oz turkey and 1 1/4 cups cooked rice.

BUDGET MOVE

Frozen vegetables and edamame keep the ingredient list inexpensive and reduce waste.

BATCH MOVE

Brown a full pound of turkey; use the rest in kefta flatbreads or tacos.

Allergens: Soy

A Chicago dog-inspired bowl with potatoes, white beans, pickles, peppers, mustard, and celery salt.

YOU'LL NEED

5 oz chicken or turkey sausage, sliced
 1 medium baked or microwaved potato, cubed
 1/2 cup white beans, rinsed
 1 cup tomato, onion, pickles, and sport peppers
 1 Tbsp yellow mustard
 1/4 tsp celery salt
 Optional poppy seeds and fresh dill

MAKE IT

1. Brown the sausage slices in a skillet. Add potato cubes and cook until the edges crisp.
2. Warm the white beans in the same pan. Season lightly with celery salt and pepper.
3. Pile into a bowl and top with tomato, onion, pickles, peppers, mustard, and optional poppy seeds.

ONE MEAL, THREE WAYS

CUT

410 CAL | P 34g | C 48g | F 9g | FIBER 8g

Use 4 oz sausage, half a potato, and 1/3 cup beans.

BASE

590 CAL | P 46g | C 77g | F 12g | FIBER 12g

Recipe as written - the flavor comes from classic toppings, not a heavy sauce.

BUILD

730 CAL | P 54g | C 98g | F 14g | FIBER 14g

Use 6 oz sausage and a 12 oz potato; keep the beans.

BUDGET MOVE

Compare labels: chicken and turkey sausage calories can vary widely. Choose the best protein-to-calorie option in your store.

BATCH MOVE

Bake several potatoes at once; chilled potatoes crisp quickly in a skillet or air fryer.

Allergens: Check sausage label; may contain wheat or soy

Loaded fries with seasoned chicken, crunchy celery slaw, and avocado ranch.

YOU'LL NEED

5 oz chicken breast, chopped
10 oz sweet potato, cut into fries
1 tsp oil
1/4 medium avocado
1 cup shredded cabbage and celery
2 Tbsp buffalo-style hot sauce
1 Tbsp lemon or lime juice
1/2 tsp each garlic powder and dried dill
To taste salt and black pepper

MAKE IT

1. Toss sweet potato fries with measured oil, salt, and pepper. Roast or air-fry until browned.
2. Cook the chicken with garlic, then toss with buffalo sauce.
3. Blend avocado, citrus, dill, water, and salt into ranch. Load fries with chicken, slaw, and sauce.

ONE MEAL, THREE WAYS

CUT

420 CAL | P 39g | C 46g | F 8g | FIBER 9g

Use 4 oz chicken, 6 oz sweet potato, and 2 tablespoons avocado ranch.

BASE

640 CAL | P 50g | C 71g | F 18g | FIBER 14g

Recipe as written - a complete loaded-fries meal.

BUILD

820 CAL | P 65g | C 96g | F 19g | FIBER 20g

Use 6 oz chicken, 12 oz sweet potato, and add 1/3 cup black beans.

BUDGET MOVE

Whole sweet potatoes are usually cheaper than frozen fries and need only a knife and sheet pan.

BATCH MOVE

Roast a second tray of sweet potatoes for bowls, breakfast, or a surplus add-on.

Allergens: Check hot sauce label

Herby, spiced turkey with chopped salad, hummus, and avocado herb sauce.

YOU'LL NEED

5 oz 96% lean ground turkey
1 whole-wheat flatbread
1 cup cucumber, tomato, onion, and parsley
2 Tbsp hummus
2 Tbsp avocado herb sauce
1 tsp ground cumin
1/2 tsp smoked paprika
1/2 tsp garlic powder
To taste salt, pepper, and lemon

MAKE IT

1. Mix turkey with cumin, paprika, garlic, salt, and pepper. Shape into two thin logs or patties.
2. Cook in a skillet or on a grill until browned and cooked through.
3. Warm the flatbread, spread with hummus, then add salad, kefta, lemon, and avocado herb sauce.

ONE MEAL, THREE WAYS**CUT**

380 CAL | P 33g | C 32g | F 13g | FIBER 8g

Use 4 oz turkey, half a flatbread, 1 tablespoon hummus, and 1 tablespoon avocado sauce.

BASE

540 CAL | P 43g | C 47g | F 20g | FIBER 10g

Recipe as written - flavorful and portable.

BUILD

770 CAL | P 59g | C 72g | F 27g | FIBER 12g

Use 7 oz turkey and add 1/2 cup cooked rice.

BUDGET MOVE

Use the same lean turkey bought for the Korean bowl; one pound covers multiple meals.

BATCH MOVE

Form extra kefta patties and freeze them raw between sheets of parchment.

Allergens: Wheat, sesame if hummus contains tahini

Spiced white fish, sweet mango, crunchy slaw, beans, and avocado-lime sauce.

YOU'LL NEED

5 oz tilapia, cod, or other white fish
 3 small corn tortillas
 1/2 cup diced mango
 1 cup shredded cabbage
 1/3 cup black beans, rinsed
 1/4 medium avocado
 1 Tbsp lime juice
 1 to 2 tsp blackening seasoning
 Optional cilantro and hot sauce

MAKE IT

1. Coat the fish with blackening seasoning and cook in a hot skillet until it flakes easily.
2. Mash avocado with lime, salt, and a splash of water. Warm the tortillas.
3. Fill each tortilla with slaw, beans, fish, mango, and avocado-lime sauce.

ONE MEAL, THREE WAYS

CUT

350 CAL | P 40g | C 36g | F 8g | FIBER 8g

Use 5 oz fish, 2 tortillas, 1/4 cup mango, and 2 tablespoons sauce; skip the beans.

BASE

550 CAL | P 47g | C 68g | F 13g | FIBER 17g

Recipe as written - more fiber and staying power from beans.

BUILD

700 CAL | P 65g | C 86g | F 15g | FIBER 21g

Use 7 oz fish, 4 tortillas, and 1/2 cup black beans.

BUDGET MOVE

Frozen tilapia or pollock is often the least expensive fish option and cooks straight from thawed portions.

BATCH MOVE

Mix extra slaw and mango for a next-day taco bowl.

Allergens: Fish

Spicy Tuna Crunch Wrap

15 MIN | NO-COOK FILLING | HIGH PROTEIN

Canned tuna, edamame, crisp vegetables, avocado, and a little crunch in a toasted wrap.

YOU'LL NEED

- 1 can tuna in water, drained
- 1 large whole-wheat tortilla
- 1/2 cup shelled edamame
- 1 1/2 cups shredded cabbage, carrot, and cucumber
- 1/4 medium avocado
- 1/4 cup baked wonton strips
- 1 tsp sriracha or hot sauce
- 1 tsp soy sauce
- 1 Tbsp lime juice

MAKE IT

1. Mix tuna, edamame, vegetables, hot sauce, soy sauce, and lime.
2. Spread mashed avocado over the tortilla, add the tuna mixture, and finish with wonton strips.
3. Fold tightly and toast seam-side down in a dry skillet until crisp.

ONE MEAL, THREE WAYS

CUT

330 CAL | P 38g | C 26g | F 9g | FIBER 10g

Turn it into lettuce cups: keep the tuna, edamame, vegetables, and 2 tablespoons avocado.

BASE

600 CAL | P 47g | C 70g | F 18g | FIBER 18g

Recipe as written - portable, crunchy, and pantry-friendly.

BUILD

770 CAL | P 63g | C 92g | F 19g | FIBER 18g

Use 1 1/2 cans tuna and add 1/2 cup cooked rice inside the wrap or on the side.

BUDGET MOVE

Store-brand canned tuna, frozen edamame, and bagged slaw make this one of the fastest meals in the guide.

BATCH MOVE

Pre-mix the filling, but add avocado and crunch only when you are ready to eat.

Allergens: Fish, soy, wheat

A high-fiber plant-based wrap with chickpeas, edamame, chopped salad, and avocado-tahini sauce.

YOU'LL NEED

3/4 cup chickpeas, rinsed and dried

1/2 cup shelled edamame

1 whole-wheat pita

1 cup cucumber, tomato, and onion

2 Tbsp avocado-tahini sauce

1 tsp ground cumin

1 tsp smoked paprika

1/2 tsp garlic powder

To taste lemon, salt, pepper, and parsley

MAKE IT

1. Toss chickpeas with cumin, paprika, garlic, salt, and pepper. Crisp in a skillet or air fryer; add edamame for the final few minutes.
2. Mix chopped salad with lemon and a pinch of salt.
3. Fill the warm pita with salad, crispy chickpeas, edamame, and avocado-tahini sauce.

ONE MEAL, THREE WAYS

CUT

410 CAL | P 23g | C 63g | F 10g | FIBER 18g

Use 1/2 cup chickpeas, 1/2 cup edamame, half a pita, and 1 tablespoon sauce.

BASE

590 CAL | P 29g | C 89g | F 16g | FIBER 24g

Recipe as written - the highest-fiber base meal in the guide.

BUILD

770 CAL | P 39g | C 107g | F 26g | FIBER 31g

Use 1 cup chickpeas, 3/4 cup edamame, a full pita, and 1/4 avocado plus extra tahini.

BUDGET MOVE

Canned chickpeas and frozen edamame are inexpensive, long-lasting, and easy to portion.

BATCH MOVE

Crisp two cans of chickpeas at once for wraps, bowls, and snack toppers.

Allergens: Soy, wheat, sesame

Baked tortilla chips topped with chicken, beans, corn, cabbage, barbecue sauce, and avocado.

YOU'LL NEED

- 4 oz cooked chicken breast, chopped
- 2 small corn tortillas, cut into wedges
- 1/3 cup black beans, rinsed
- 1/3 cup corn
- 1 cup shredded cabbage
- 1/8 medium avocado
- 1 Tbsp barbecue sauce
- 1 Tbsp lime juice
- 1/2 tsp smoked paprika or chili powder

MAKE IT

1. Bake or air-fry tortilla wedges until crisp. Season corn with paprika and lime.
2. Warm chicken with barbecue sauce and heat the beans and corn.
3. Layer chips with cabbage, beans, corn, chicken, and mashed avocado. Finish with lime.

ONE MEAL, THREE WAYS

CUT

390 CAL | P 43g | C 40g | F 7g | FIBER 10g

Use 1 tortilla, 1/4 cup beans, 1/4 cup corn, and 1 tablespoon avocado.

BASE

510 CAL | P 46g | C 61g | F 10g | FIBER 13g

Recipe as written - a controlled portion of chips with a protein-heavy topping ratio.

BUILD

840 CAL | P 71g | C 104g | F 18g | FIBER 21g

Use 6 oz chicken, 4 tortillas, 1/2 cup beans, 1/2 cup corn, and 1/4 avocado.

BUDGET MOVE

This recipe is built for leftover chicken and the last few tortillas in a package.

BATCH MOVE

Keep baked chips separate from toppings so they stay crisp for packed lunches.

Allergens: Check barbecue sauce label

A fast noodle-box meal with chicken, vegetables, and a measured peanut-lime sauce.

YOU'LL NEED

5 oz chicken breast, thinly sliced
 1 1/2 oz dry rice noodles
 1 1/2 cups frozen stir-fry vegetables
 1 Tbsp peanut butter
 1 Tbsp lime juice
 1 Tbsp soy sauce
 1 small garlic clove, grated
 2 to 3 Tbsp warm water
 Optional chili flakes and chopped scallion

MAKE IT

1. Cook noodles according to package directions. Cook chicken in a hot skillet; add vegetables.
2. Whisk peanut butter, lime, soy sauce, garlic, water, and chili until pourable.
3. Add noodles and sauce to the skillet. Toss until coated and hot.

ONE MEAL, THREE WAYS

CUT

470 CAL | P 44g | C 49g | F 10g | FIBER 8g

Use 4 oz chicken, 1 oz dry noodles, extra vegetables, and 2 teaspoons peanut butter.

BASE

580 CAL | P 54g | C 58g | F 14g | FIBER 7g

Recipe as written - takeout flavor with the peanut butter measured.

BUILD

840 CAL | P 75g | C 85g | F 20g | FIBER 8g

Use 7 oz chicken, 2 1/2 oz dry noodles, and 1 1/2 tablespoons peanut butter.

BUDGET MOVE

Rice noodles, frozen vegetables, and peanut butter are shelf- and freezer-friendly staples.

BATCH MOVE

Make a jar of peanut-lime sauce for two or three meals; thin it with water only when serving.

Allergens: Peanuts, soy

The master grocery list

You do not need every item at once. Pick three or four recipes that share proteins, produce, and sauces, then repeat ingredients on purpose.

PROTEINS

- Salmon portions
- Chicken breast
- Frozen shrimp
- 96% lean ground turkey
- Chicken or turkey sausage
- Frozen white fish
- Canned tuna
- Chickpeas, black beans, white beans
- Frozen shelled edamame

CARBS & CRUNCH

- Whole-wheat hoagie rolls and buns
- Whole-wheat pitas and flatbreads
- Corn tortillas and large whole-wheat tortillas
- Rice and rice noodles
- White and sweet potatoes
- Panko breadcrumbs
- Baked wonton strips

PRODUCE

- Avocados, limes, and lemons
- Bell peppers and onions
- Cabbage or bagged slaw
- Cucumber, tomato, celery, carrots
- Pineapple and mango
- Corn
- Garlic, ginger, cilantro, parsley, dill
- Frozen stir-fry vegetables

PANTRY FLAVOR

- Soy sauce and rice vinegar
- Hot sauce and barbecue sauce
- Mustard
- Peanut butter, hummus, and tahini
- Jerk and Cajun seasonings
- Cumin, smoked paprika, garlic powder
- Celery salt and chili flakes

THE LOW-WASTE COMBO

Start with recipes 2, 6, 9, and 13. They share chicken or turkey, cabbage, avocado, rice or tortillas, beans, lime, and several of the same seasonings. That creates variety without buying a separate grocery cart for every meal.

PREP SMARTER

A 60-minute street-food setup

The goal is not to cook all 14 meals. Prepare flexible components so a sandwich, taco, bowl, or loaded plate takes 10 minutes to finish.

0-10 MIN

Start the slow items

Preheat the oven. Start rice. Put potatoes or sweet potatoes in the oven or microwave. Set frozen proteins in cold water to thaw safely if needed.

10-25 MIN

Build the flavor base

Slice peppers and onions. Chop a large container of cabbage, cucumber, tomato, and onion. Mix one avocado sauce and one non-avocado sauce.

25-45 MIN

Cook two proteins

Cook one neutral batch of chicken and one batch of lean turkey. Change the flavor at serving time with jerk, shawarma, barbecue, hot sauce, or Korean-style sauce.

45-60 MIN

Portion the levers

Divide rice, potatoes, tortillas, beans, and sauces into practical servings. Label cut-size and build-size portions so the decision is already made.

COOK ONCE, CHANGE THE STREET

CHICKEN

Jerk tacos -> Shawarma pita -> Nashville sandwich -> Buffalo fries -> BBQ nachos -> Satay noodles

TURKEY

Korean rice bowl -> Kefta flatbread -> Taco or salad filling with a new sauce

SLAW MIX

Po'Boy -> Tacos -> Hot chicken -> Tuna crunch -> Loaded fries -> Nachos

Food-safety note: cool cooked food promptly, refrigerate in shallow containers, and reheat thoroughly. Follow package instructions and local food-safety guidance.

FINAL WORD

Healthy food still has to taste worth eating

The strongest plan is not the one with the strictest rules. It is the one you can repeat while training, working, living, and still enjoying your food.

Keep the flavor. Keep the protein. Measure the calorie-dense extras. Adjust the starch. Repeat.

THE PEOPLE'S TRAINER PRINCIPLES

- Whole foods most of the time; flexibility all of the time.
- No supplement is required to make a balanced meal.
- A sauce can improve adherence - just measure the ingredients that carry calories.
- Budget meals become easier when ingredients repeat on purpose.
- Your calorie target should fit your body, activity, and timeline - not someone else's social-media plan.

SOURCES & METHOD

- [1] U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. fdc.nal.usda.gov. Accessed August 26, 2026.
- [2] National Institute of Diabetes and Digestive and Kidney Diseases. Body Weight Planner. niddk.nih.gov/bwp. Accessed August 26, 2026.
- [3] U.S. Departments of Agriculture and Health and Human Services. Dietary Guidelines for Americans. dietaryguidelines.gov. Accessed August 26, 2026.

Macro estimates were calculated from common food-composition values and typical packaged-food labels, then rounded. Actual values will change with brands, raw-versus-cooked weights, substitutions, and preparation. This guide provides general education, not medical nutrition therapy.

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