

\$75 Ramen Glow-Up

7-Day Full Recipes with Detailed Directions | Under 1100 Calories | Under 75g Carbs

Day 1 (~1030 cal | 68g carbs)

Breakfast – Greek Yogurt Protein Bowl

- Ingredients: 3/4 cup nonfat Greek yogurt, 1 tbsp chia seeds, 1/2 banana sliced.
- Directions: Add yogurt to a bowl. Stir in chia seeds. Top with sliced banana. Let sit 5 minutes for chia to soften.

Lunch – Chicken Cabbage Ramen Bowl

- Ingredients: 1/2 block ramen (no seasoning), 3 oz cooked chicken breast, 1 cup cabbage, 1/2 cup spinach, 1 1/2 cups broth, garlic & pepper.
- Directions: Bring broth to a simmer. Add ramen and cook 2–3 minutes. Add cabbage and cook 2 more minutes. Stir in spinach and chicken just until heated through. Season to taste.

Dinner – Shrimp Zucchini Stir Fry

- Ingredients: 3 oz shrimp, 1 sliced zucchini, 1 cup broccoli, 1 tsp olive oil, garlic, lemon.
- Directions: Heat oil in skillet. Cook shrimp 2–3 minutes per side, remove. Sauté vegetables 5–6 minutes. Return shrimp, squeeze lemon, season and serve.

Day 2 (~1060 cal | 60g carbs)

Breakfast – Spinach Mushroom Eggs

- Ingredients: 2 eggs, 1 cup spinach, 1/2 cup mushrooms, 1 tsp olive oil.
- Directions: Heat oil in pan. Cook mushrooms 3 minutes. Add spinach until wilted. Whisk eggs, pour into pan, scramble until set.

Lunch – Lentil Cabbage Soup

- Ingredients: 1/2 cup dry lentils, 1 cup cabbage, 1/2 cup carrots, 1 1/2 cups broth.
- Directions: Rinse lentils. Simmer in broth 15 minutes. Add cabbage and carrots. Cook another 10–15 minutes until lentils are tender.

Dinner – Lemon Chicken & Broccoli

- Ingredients: 4 oz chicken breast, 1 1/2 cups broccoli, 1 tsp olive oil, lemon, pepper.
- Directions: Toss broccoli with oil. Place chicken and broccoli on baking sheet. Bake at 400°F for 15–18 minutes. Finish with lemon and pepper.

Day 3 (~990 cal | 52g carbs)

Breakfast – Yogurt & Chia

- Ingredients: 3/4 cup Greek yogurt, 1 tbsp chia seeds.
- Directions: Stir together and let sit 5 minutes before eating.

Lunch – Shirataki Shrimp Bowl

- Ingredients: 1 pack shirataki noodles (rinsed), 3 oz shrimp, 1 cup spinach, 1 cup broth.
- Directions: Bring broth to simmer. Add shrimp and cook 2–3 minutes. Add noodles and spinach, simmer 3 more minutes.

Dinner – Tofu Veggie Stir Fry

- Ingredients: 4 oz tofu cubed, 1 zucchini, 1 cup cabbage, 1 tsp olive oil.
- Directions: Heat oil. Brown tofu 4–5 minutes. Add vegetables and cook 5–6 minutes until tender.

Day 4 (~1040 cal | 64g carbs)

Breakfast – Eggs & Zucchini

- Ingredients: 2 eggs, 1 cup zucchini sliced, 1 tsp olive oil.
- Directions: Sauté zucchini 4 minutes. Add whisked eggs and cook until set.

Lunch – Tofu Ramen Bowl

- Ingredients: 1/2 ramen block, 4 oz tofu, 1 cup cabbage, 1 cup spinach, 1 1/2 cups broth.
- Directions: Simmer broth. Add ramen and cook 2–3 minutes. Add tofu and cabbage 3 minutes. Stir in spinach just before serving.

Dinner – Chicken with Carrots & Broccoli

- Ingredients: 4 oz chicken, 1/2 cup carrots, 1 cup broccoli, 1 tsp olive oil.
- Directions: Toss vegetables in oil. Bake chicken and vegetables at 400°F for 15–18 minutes.

Day 5 (~1000 cal | 69g carbs)

Breakfast – Yogurt & Banana

- Ingredients: 3/4 cup Greek yogurt, 1/2 banana sliced.
- Directions: Combine and serve.

Lunch – Lentil Vegetable Bowl

- Ingredients: 1/2 cup dry lentils cooked, 1 cup cabbage, 1/2 cup carrots, 1/2 cup spinach.
- Directions: Cook lentils until tender. Steam vegetables 5–7 minutes. Combine and season.

Dinner – Shrimp & Veg Stir Fry

- Ingredients: 3 oz shrimp, 1 zucchini, 1/2 cup mushrooms, 1 tsp olive oil.
- Directions: Cook shrimp 2–3 minutes per side. Remove. Sauté vegetables 5 minutes. Combine and serve.

Day 6 (~1020 cal | 58g carbs)

Breakfast – Eggs & Spinach

- Ingredients: 2 eggs, 1 cup spinach.
- Directions: Wilt spinach in pan. Add whisked eggs and scramble until set.

Lunch – Shirataki Chicken Bowl

- Ingredients: 1 pack shirataki noodles, 3 oz chicken, 1 cup broccoli, 1 cup broth.
- Directions: Simmer broth. Add chicken and broccoli 5 minutes. Add noodles and cook 3 more minutes.

Dinner – Tofu & Roasted Veg

- Ingredients: 4 oz tofu, 1 cup cabbage, 1/2 cup carrots, 1 tsp olive oil.
- Directions: Toss vegetables with oil. Roast at 400°F for 20 minutes. Add tofu during last 10 minutes.

Day 7 (~1050 cal | 70g carbs)

Breakfast – Yogurt & Chia

- Ingredients: 3/4 cup Greek yogurt, 1 tbsp chia seeds.
- Directions: Mix and allow chia to soften 5 minutes.

Lunch – Egg Ramen Bowl

- Ingredients: 1/2 ramen block, 1 egg, 1 cup cabbage, 1 cup spinach, 1 1/2 cups broth.
- Directions: Simmer broth. Add ramen and cabbage 2–3 minutes. Crack egg into broth and cook 3 minutes. Stir in spinach before serving.

Dinner – Chicken & Veg Stir Fry

- Ingredients: 4 oz chicken, 1 zucchini, 1 cup broccoli, 1 tsp olive oil.
- Directions: Cook chicken 5–6 minutes until done. Remove. Sauté vegetables 5 minutes. Combine and serve.