

## 1,500 -1,799 Calorie Sample Meal Plan

| Day       | Meals  | Menu                                 | Veg | Fruit | Protein | Carbs/<br>Starch | Nuts/<br>Cheese | Seeds/<br>Oils |
|-----------|--------|--------------------------------------|-----|-------|---------|------------------|-----------------|----------------|
|           |        |                                      | 4   | 3     | 5       | 2                | 1               | 10             |
| Sunday    | Break  | 2 baked egg cup, berries             | 0.5 | 1     | 2       |                  |                 | 1              |
|           | Snack  | cucumber slices, cottage cheese      | 1   |       | 1       |                  |                 |                |
|           | Lunch  | Greek chicken quesadillas, salad     | 1.5 |       | 1       | 1                | 0.5             | 3              |
|           | Snack  | apple slices, 2Tbsp. almonds         |     | 1     |         |                  | 0.5             |                |
|           | Dinner | steak, ½ potato, salad/seeds, orange | 1   | 1     | 1       | 1                |                 | 6              |
| Monday    | Break  | 2 waffles, 1/2 banana, 2 T. PB       |     | 1     |         | 2                |                 | 6              |
|           | Snack  | Greek yogurt, blueberries            |     | 1     | 1       |                  |                 |                |
|           | Lunch  | Greek salad in mason jar, peach      | 1   | 1     | 1       |                  | 1               | 3              |
|           | Snack  | cottage cheese, tomatoes             | 1   |       | 1       |                  |                 |                |
|           | Dinner | summer squash/chicken                | 2   |       | 2       |                  |                 | 1              |
| Tuesday   | Break  | Greek yogurt, berries, dry oatmeal   |     | 1     | 1       | 1                |                 |                |
|           | Snack  | raw vegetables and hummus            | 1   |       |         |                  | 1               |                |
|           | Lunch  | chicken, spinach salad, 1 T seeds    | 2   |       | 2       |                  |                 | 6              |
|           | Snack  | Apple slices, 1 T. almond butter     |     | 1     |         |                  |                 | 3              |
|           | Dinner | turkey/black bean chili, berries     | 1   | 1     | 1       | 1                |                 |                |
| Wednesday | Break  | 2 eggs, toast/2 tsp. PB, honeydew    |     | 1     | 1       | 1                |                 | 2              |
|           | Snack  | pear, 2 T. almonds                   |     | 1     |         |                  | 0.5             |                |
|           | Lunch  | chicken quinoa salad, watermelon     | 1   | 1     | 1       | 1                | 0.5             | 1              |
|           | Snack  | 2 hardboiled eggs, celery            | 1   |       | 1       |                  |                 |                |
|           | Dinner | 2 salmon burgers, asparagus, salad   | 2   |       | 2       |                  |                 | 6              |
| Thursday  | Break  | 1 c. oatmeal, 1/2 banana, 1 tsp. PB  |     | 1     |         | 2                |                 | 1              |
|           | Snack  | Greek yogurt, strawberries           |     | 1     | 1       |                  |                 |                |
|           | Lunch  | Ham/turkey, 2 cups salad greens      | 2   |       | 2       |                  |                 | 6              |
|           | Snack  | cottage cheese, peach                |     | 1     | 1       |                  |                 |                |
|           | Dinner | cauliflower pizza, salad             | 2   |       |         |                  | 1               | 3              |
| Friday    | Break  | breakfast burrito                    | 1   |       | 1       | 1                | 1               | 1              |
|           | Snack  | Apple, 1 T. peanut butter            |     | 1     |         |                  |                 | 3              |
|           | Lunch  | tuna salad, lettuce/tomato, berries  | 1   | 1     | 2       |                  |                 | 2              |
|           | Snack  | Greek yogurt, mango                  |     | 1     | 1       |                  |                 |                |
|           | Dinner | chicken, quinoa, eggplant, salad     | 2   |       | 1       | 1                |                 | 3              |
| Saturday  | Break  | WG pancake, strawberries             |     | 1     |         | 1                |                 |                |
|           | Snack  | Greek yogurt, raspberries, 1T. flax  |     | 1     | 1       |                  |                 | 3              |
|           | Lunch  | Chicken (extra) apple salad          | 2   | 1     | 2       |                  |                 | 6              |
|           | Snack  | cottage cheese, baby carrots         | 1   |       | 1       |                  |                 |                |
|           | Dinner | chicken enchiladas                   | 1   |       | 1       | 1                | 1               |                |

\*food items highlighted can be found in the recipe booklet