

1,800 -2,099 Calorie Sample Meal Plan

Day	Meals	Menu	Veg	Fruit	Protein	Carbs/ Starch	Nuts/ Cheese	Seeds/ Oils
			4	3	5	3	1	11
Sunday	Break	2 egg cups, toast/PB, berries	0.5	1	2	1		2
	Snack	cucumber slices, cottage cheese	1		1			
	Lunch	Greek chicken quesadillas, salad	1.5		1	1	0.5	3
	Snack	apple slices, peanut butter		1				3
	Dinner	steak, ½ potato, salad, orange	1	1	1	1	0.5	3
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, rice	2		2	1		2
Tuesday	Break	Greek yogurt, berries, dry oatmeal		1	1	1		
	Snack	raw vegetables and hummus	1				1	
	Lunch	chicken, salad, 2 tsp. seeds, beans	2		2	1		8
	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, salad, sw. pot fries	2		2	1		8
Thursday	Break	1 c. oatmeal, 1/2 banana, 2 tsp. PB		1		2		2
	Snack	Greek yogurt, strawberries		1	1			
	Lunch	Ham/turkey, 2 c greens, WG pita	2		2	1		6
	Snack	cottage cheese, peach		1	1			
	Dinner	cauliflower pizza + chicken, salad	2		1		1	3
Friday	Break	breakfast burrito	1		1	1	1	1
	Snack	Apple, 1 1/2 T. peanut butter		1				5
	Lunch	tuna salad, veggies, berries, crackers	1	1	2	1		2
	Snack	Greek yogurt, mango		1	1			
	Dinner	chicken, quinoa, eggplant, salad	2		1	1		3
Saturday	Break	2 WG pancake, strawberries		1		2		
	Snack	Greek yogurt, raspberries, 1T. flax		1	1			3
	Lunch	Chicken (extra) apple salad	2	1	2			8
	Snack	cottage cheese, baby carrots	1		1			
	Dinner	chicken enchiladas	1		1	1	1	

*food items highlighted can be found in the recipe booklet