

## 9-Day Diet Meal Plan: 800 calorie/day (Each meal block is 400 calories total)

You might find it helpful to track your calories with a free app like **MyFitnessPal** or **MyNetDiary**

Day	1 <sup>st</sup> Meal	2 <sup>nd</sup> Meal
1	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breast (276 cal)</li> <li>· 6 oz broccoli (60 cal, <b>12 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· 1 tsp canola or olive oil (40 cal)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 oz cooked and drained 90% lean ground beef (346 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
2	<ul style="list-style-type: none"> <li>· 4 large eggs (312 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breasts (276 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
3	<ul style="list-style-type: none"> <li>· 6 oz skinless salmon or 4.5 oz salmon with skin on (241 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 6 oz boiled kale (48 cal, <b>10 g carb</b>)</li> <li>· 3 oz blackberries (35 cal, <b>8 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 large eggs (312 cal), scrambled</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ½ tsp canola oil (20 cal)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
4	<ul style="list-style-type: none"> <li>· 8 oz sirloin tip Steak ( 320 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8 oz tilapia (292 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· 4 oz blackberries (32 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
5	<ul style="list-style-type: none"> <li>· 6 oz ground turkey for burger (253 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8oz beef eye of round, lean, trimmed to 1/8" fat (281 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g</b>)</li> <li>· 32 oz of water</li> <li>· 8 oz spinach (53 cal, <b>8 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
6	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breasts (276 cal)</li> <li>· 4 oz edamame soy beans (138 cal, <b>11 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 large eggs, scrambled (312 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· 4 oz spinach (26 cal, <b>4 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
7	<ul style="list-style-type: none"> <li>· 3 baked skinless chicken thigh (323 cal)</li> <li>· 8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8 Oz Pork Chops, Top Loin, Boneless (327 cal)</li> <li>· 1 medium onion (22 cal, <b>5 g carb</b>)</li> <li>· 6 oz turnip greens (54 cal, <b>12 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
8	<ul style="list-style-type: none"> <li>· 6 oz ground turkey, crumbled, for salad (253 cal)</li> <li>· ½ tomato (18 calories, <b>3 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 large eggs, hard-boiled for deviled eggs (234 cal)</li> <li>· 3 tsp real mayo (94 calories)</li> <li>· ½ head of lettuce for a side salad (26 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
9	<ul style="list-style-type: none"> <li>· 8 Oz Pork Chops, Top Loin, Boneless (327 cal)</li> <li>· 2 cups zucchini (38 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 baked skinless chicken thigh (323 cal)</li> <li>· 8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>

## 9-Day Vegetarian Meal Ideas (Each meal block is 300-400 calories total)

You might find it helpful to track your calories with a free app like **MyFitnessPal** or **MyNetDiary**

Day	1 <sup>st</sup> Meal	2 <sup>nd</sup> Meal
1	<p><b>Spinach Feta Omelet</b></p> <p>2 eggs (140 cal, <b>1g carb</b>) 1 cup cooked spinach (40 cal, <b>7g carbs</b>) 1 oz feta (75 cal, <b>1g carb</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>	<p><b>Zoodles with Pesto</b></p> <p>2 cups zucchini (40 cal, <b>8g carbs</b>) 2 tbsp pesto (160 cal, <b>2g carbs</b>) 2 oz mozzarella (140 cal, <b>2g carbs</b>) 32 oz of water</p>
2	<p><b>Egg Salad Wraps</b></p> <p>2 eggs (140 cal, <b>1g carb</b>) 1.5 tbsp mayo (150 cal, <b>0g carbs</b>) 3 leaves romaine (15 cal, <b>2g carbs</b>) 32 oz of water</p>	<p><b>Stuffed Portobello</b></p> <p>2 mushrooms (40 cal, <b>8g carbs</b>) ¼ cup ricotta (100 cal, <b>3g carbs</b>) ½ cup spinach (20 cal, <b>3g carbs</b>) 2 tbsp sour parmesan (45 cal, <b>1g carb</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>
3	<p><b>Cauliflower Fried Rice</b></p> <p>2 cups cauliflower (50 cal, <b>10g carbs</b>) 2 eggs (140 cal, <b>1g carb</b>) 1 tbsp sesame oil (120 cal, <b>0g carbs</b>) 1 tbsp soy sauce (10 cal, <b>1g carb</b>) 32 oz of water</p>	<p><b>Halloumi Salad</b></p> <p>2 oz halloumi (180 cal, <b>2g carbs</b>) 1 cup cucumber (15 cal, <b>4g carbs</b>) ½ cup tomatoes (15 cal, <b>3g carbs</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>
4	<p><b>Tofu Stir Fry</b></p> <p>6 oz tofu (140 cal, <b>4g carbs</b>) 1 cup broccoli (55 cal, <b>11g carbs</b>) 1 tbsp sesame oil (120 cal, <b>0g carbs</b>) 32 oz of water</p>	<p><b>Avocado Cottage Bowl</b></p> <p>1 cup cottage cheese (220 cal, <b>8g carbs</b>) ½ avocado (120 cal, <b>6g carbs</b>) 32 oz of water</p>
5	<p><b>Cabbage Alfredo</b></p> <p>2 cups cabbage (50 cal, <b>10g carbs</b>) 3 tbsp heavy cream (150 cal, <b>2g carbs</b>) ¼ cup parmesan (110 cal, <b>4g carbs</b>) 32 oz of water</p>	<p><b>Egg &amp; Cheese Plate</b></p> <p>2 eggs (140 cal, <b>1g carb</b>) 2 oz cheddar cheese (220 cal, <b>2g carbs</b>) 32 oz of water</p>
6	<p><b>Zoodles + Alfredo</b></p> <p>2 cups zucchini (40 cal, <b>8g carbs</b>) ¼ cup heavy whipping cream (200 cal, <b>2g carbs</b>) 2 tbsp parmesan (45 cal, <b>1g carbs</b>) 32 oz of water</p>	<p><b>Greek Bowl</b></p> <p>2 oz halloumi (180 cal, <b>2g carbs</b>) 5 kalamata olives (40 cal, <b>2g carbs</b>) 1 cup cucumber (15 cal, <b>4g carbs</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>
7	<p><b>Egg Scramble w/ Cheese</b></p> <p>2 eggs (140 cal, <b>1g carbs</b>) 1 oz cheddar cheese (110 cal, <b>1g carb</b>) 3 cups spinach (20 cal, <b>3g carbs</b>) 1 tbsp butter (100 cal, <b>0g carbs</b>) 32 oz of water</p>	<p><b>Tofu Bowl</b></p> <p>6 oz tofu (140 cal, <b>4g carbs</b>) 1.5 cups cabbage (40 cal, <b>8g carbs</b>) 1 tbsp sesame oil (120 cal, <b>0g carbs</b>) 32 oz of water</p>
8	<p><b>Cottage Cheese + Seeds</b></p> <p>1 cup cottage cheese (220 cal, <b>8g carbs</b>) 1 tbsp chia seeds (60 cal, <b>5g carbs</b>) 32 oz of water</p>	<p><b>Zucchini Ricotta Skillet</b></p> <p>2 cups sautéed zucchini (40 cal, <b>8g carbs</b>) ¼ cup ricotta (100 cal, <b>3g carbs</b>) 2 tbsp parmesan (45 cal, <b>1g carb</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>
9	<p><b>Omelet w/ Mozzarella</b></p> <p>2 eggs (140 cal, <b>1g carb</b>) 2 oz mozzarella (140 cal, <b>2g carbs</b>) 1 tbsp olive oil (120 cal) 32 oz of water</p>	<p><b>Broccoli Alfredo</b></p> <p>1 cup broccoli (55 cal, <b>11g carbs</b>) ¼ cup heavy whipping cream (200 cal, <b>2g carbs</b>) 2 tbsp parmesan (45 cal, <b>1g carb</b>) 32 oz of water</p>