

14-Day Diet Meal Ideas (Each meal block is 400-550 calories total)

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

Day	1 st Meal	2 nd Meal
1	<p>Chicken Avocado Salad</p> <p>5 oz chicken breast (230 cal, 0g carbs) 2 cups mixed greens (15 cal, 4g carbs) ½ avocado (120 cal, 6g carbs) 1 tbsp olive oil (120 cal, 0g carbs) 32 oz of water</p>	<p>Salmon + Asparagus</p> <p>5 oz salmon (290 cal, 0g carbs) 1 cup asparagus (27 cal, 5g carbs) 1 tbsp butter (100 cal, 0g carbs) 32 oz of water</p>
2	<p>Tofu Scramble</p> <p>6 oz tofu (160 cal, 4g carbs) 1 cup spinach (7 cal, 2g carbs) 1 cup mushrooms (15 cal, 3g carbs) 1 tbsp olive oil (120 cal, 0g carbs) 32 oz of water</p>	<p>Tempeh Stir-Fry</p> <p>5 oz tempeh (300 cal, 12g carbs) 1.5 cups broccoli (80 cal, 9g carbs) ½ cup peppers (20 cal, 4g carbs) 1 tbsp sesame oil (120 cal, 0g carbs) 32 oz of water</p>
3	<p>Tuna Avocado Bowl</p> <p>1 can tuna (120 cal, 0g carbs) ½ avocado (120 cal, 6g carbs) 2 cups greens (15 cal, 4g carbs) 1 tbsp mayo (90 cal, 0g carbs) 32 oz of water</p>	<p>Shrimp Cauliflower Rice</p> <p>6 oz shrimp (170 cal, 1g carb) 1.5 cups cauliflower rice (50 cal, 7g carbs) 1 cup zucchini (20 cal, 4g carbs) 1 tbsp oil (120 cal, 0g carbs) 32 oz of water</p>
4	<p>Steak Salad</p> <p>5 oz steak (330 cal, 0g carbs) 2 cups arugula (10 cal, 4g carbs) ¼ cup parmesan (110 cal, 1g carb) 1 tbsp olive oil (120 cal, 0g carbs) 32 oz of water</p>	<p>Beef & Broccoli</p> <p>5 oz beef (330 cal, 0g carbs) 1.5 cups broccoli (80 cal, 9g carbs) 1 tbsp oil (120 cal, 0g carbs) 32 oz of water</p>
5	<p>Turkey Lettuce Wraps</p> <p>5 oz turkey (250 cal, 0g carbs) 3 lettuce leaves (10 cal, 2g carbs) 1 oz cheese (110 cal, 1g carb) 2 tbsp salsa (20 cal, 3g carbs) 32 oz of water</p>	<p>Chicken Zucchini Noodles</p> <p>5 oz chicken (230 cal, 0g carbs) 2 cups zucchini noodles (40 cal, 6g carbs) 2 tbsp pesto (180 cal, 2g carbs) 32 oz of water</p>
6	<p>Chia Pudding</p> <p>2 tbsp chia seeds (140 cal, 10g carbs) 1 cup almond milk (30 cal, 2g carbs) 1 scoop vegan protein (120 cal, 3g carbs) 32 oz of water</p>	<p>Veggie Bowl</p> <p>4 oz tofu (110 cal, 3g carbs) ½ cup lentils (115 cal, 18g carbs) 2 cups greens (15 cal, 4g carbs) 1 tbsp tahini (90 cal, 3g carbs) 32 oz of water</p>
7	<p>Eggs + Salmon</p> <p>2 eggs (140 cal, 1g carb) 3 oz smoked salmon (120 cal, 0g carbs) 1 cup spinach (7 cal, 2g carbs) ¼ avocado (60 cal, 3g carbs) 32 oz of water</p>	<p>Cod + Green Beans</p> <p>5 oz cod (120 cal, 0g carbs) 1.5 cups green beans (60 cal, 10g carbs) 1 tbsp olive oil (120 cal, 0g carbs) 32 oz of water</p>
8	<p>Chicken Caesar</p> <p>5 oz chicken (230 cal, 0g carbs) 2 cups romaine (15 cal, 4g carbs) 2 tbsp dressing (140 cal, 2g carbs) 2 tbsp parmesan (55 cal, 1g carb) 32 oz of water</p>	<p>Shrimp Spinach</p> <p>6 oz shrimp (170 cal, 1g carb) 2 cups spinach (15 cal, 3g carbs) 1 tbsp butter (100 cal, 0g carbs) 32 oz of water</p>
9	<p>Beef Taco Bowl</p> <p>5 oz beef (330 cal, 0g carbs) 2 cups lettuce (15 cal, 4g carbs) 1 oz cheese (110 cal, 1g carb) 2 tbsp salsa (20 cal, 3g carbs) 32 oz of water</p>	<p>Tofu Stir-Fry</p> <p>5 oz tofu (140 cal, 4g carbs) 1.5 cups broccoli (80 cal, 9g carbs) 1 tbsp sesame oil (120 cal, 0g carbs) 32 oz of water</p>

14-Day Diet Meal Ideas Continued (Each meal block is 400-550 calories total)

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Day	1 st Meal	2 nd Meal
10	Omelet 3 eggs (210 cal, 2g carbs) 1 oz cheese (110 cal, 1g carb) 1 cup spinach (7 cal, 2g carbs) 32 oz of water	Salmon Zucchini 5 oz salmon (290 cal, 0g carbs) 1.5 cups zucchini (30 cal, 5g carbs) 1 tbsp olive oil (120 cal, 0g carbs) 32 oz of water
11	Turkey Burger Bowl 5 oz turkey (250 cal, 0g carbs) 2 cups lettuce (15 cal, 4g carbs) ½ avocado (120 cal, 6g carbs) pickles (5 cal, 2g carbs) 32 oz of water	Shrimp Zoodles 6 oz shrimp (170 cal, 1g carb) 2 cups zucchini (40 cal, 6g carbs) 2 tbsp pesto (180 cal, 2g carbs) 32 oz of water
12	Cottage Cheese Bowl 1 cup cottage cheese (180 cal, 6g carbs) ¼ cup berries (20 cal, 5g carbs) 1 oz nuts (170 cal, 4g carbs) 32 oz of water	Veggie Frittata 3 eggs (210 cal, 2g carbs) 1 cup spinach (7 cal, 2g carbs) ½ cup peppers (20 cal, 4g carbs) 1 oz cheese (110 cal, 1g carb) 32 oz of water
13	Chicken Wrap low-carb tortilla (120 cal, 12g carbs) 5 oz chicken (230 cal, 0g carbs) ¼ avocado (60 cal, 3g carbs) 32 oz of water	Haddock + Broccoli 5 oz haddock (120 cal, 0g carbs) 1.5 cups broccoli (80 cal, 9g carbs) 1 tbsp butter (100 cal, 0g carbs) 32 oz of water
14	Eggs + Turkey Bacon 2 eggs (140 cal, 1g carb) 2 slices turkey bacon (70 cal, 0g carbs) ½ avocado (120 cal, 6g carbs) 32 oz of water	Tempeh Greens 5 oz tempeh (300 cal, 12g carbs) 2 cups greens (15 cal, 4g carbs) 1 tbsp oil (120 cal, 0g carbs) 32 oz of water