

HSN Sample Meal Ideas

1400-1800 kcal/day

Day 1

Day 2

Day 3

Breakfast	3-4 Egg Muffins 1 cup blackberries	1 serving Double Chocolate Overnight Oats	Strawberry Shortcake Smoothie
Snack	2 Almond Joy Energy Balls	1-2 hard-boiled eggs 1 cup grapes	1 small container (5.3 oz) low sugar greek yogurt with 1-2 tsp chopped almonds
Lunch	4-6 oz Pulled Chicken 2-3 corn tortillas ¼ avocado 2 cups Roasted Broccoli	1 -1 ½ serving Egg Roll in a Bowl ¼-½ cup cooked brown rice	Wrap: 1 Ezekiel wrap 4-6 slices deli turkey 1 wedge spreadable cheese 1 tbsp hummus Load up with veggies ½-1 cup blueberries
Snack	Roll-Up: 4 slices deli turkey 1 wedge spreadable cheese ½-1 cup sliced strawberries	2-4 tbsp hummus Enjoy with veggie sticks (carrot, cucumber, and bell pepper)	1 serving Oven Roasted Chickpeas
Dinner	4-6 oz grilled shrimp ½-¾ cup cooked brown rice 1 ½ cup mushrooms sauteed with ½ cup sliced onions and 1 tsp olive oil	1 serving Cheesy Beef and Broccoli Bake ½-¾ cup roasted sweet potato	4-6 oz grilled chicken breast ½-1 cup Garlic Mashed Cauliflower 2 cups Seasoned Brussels Sprouts

HSN Sample Meal Ideas

1800-2200 kcal/day

Day 1

Day 2

Day 3

Breakfast	4 Egg Muffins 1-1 ½ cup blackberries	1-1 ½ serving Double Chocolate Overnight Oats	Strawberry Shortcake Smoothie
Snack	2-3 Almond Joy Energy Balls	2 hard-boiled eggs 1 cup grapes	1 small container (5.3 oz) low sugar greek yogurt with 1 tbsp chopped almonds
Lunch	6-8 oz Pulled Chicken 3-4 corn tortillas ¼ avocado 2 cups Roasted Broccoli	1 ½ - 2 servings Egg Roll in a Bowl ½ cup cooked brown rice	Wrap: 1-2 Ezekiel wrap 6-8 slices deli turkey 1-2 wedges spreadable cheese, 1-2 tbsp hummus Load up with veggies 1 cup blueberries
Snack	Roll-Up: 4-8 slices deli turkey 1 wedge spreadable cheese 1-1½ cup sliced strawberries	4 tbsp hummus Enjoy with veggie sticks (carrot, cucumber, and bell pepper)	1 serving Oven Roasted Chickpeas
Dinner	6-8 oz grilled shrimp ¾-1 cup cooked brown rice 1 ½ cup mushrooms sauteed with ½ cup sliced onions and 1 tsp olive oil	1 serving Cheesy Beef and Broccoli Bake ¾-1 cup roasted sweet potato	6-8 oz grilled chicken breast 1 cup Garlic Mashed Cauliflower 2 cups Seasoned Brussels Sprouts