

# 1600-Calorie Meal Plan Collection

Welcome to your 1600-Calorie Meal Plan Collection!

This handout includes four different 7-day meal plans to suit various dietary preferences - Standard, Keto, Vegetarian, and Carnivore. Each plan includes six meals per day, with protein, carb, and fat breakdowns to help you stay consistent and nourished.

Tips:

- Hydrate well throughout the day
- Meal prep ahead when possible
- Use each plan as a flexible framework, not a rigid rule
- Adjust portion sizes based on your energy needs

## Standard Plan

### Day 1

Breakfast: Greek yogurt with honey + 1/2 cup berries (P: 20g C: 20g F: 4g)

AM Snack: Boiled egg + apple slices (P: 8g C: 15g F: 5g)

Lunch: Grilled chicken breast, quinoa, steamed broccoli (P: 35g C: 25g F: 10g)

PM Snack: Cottage cheese + cucumber slices (P: 12g C: 6g F: 2g)

Dinner: Ground turkey lettuce wraps with avocado (P: 30g C: 15g F: 12g)

Evening Snack: Chocolate protein shake with almond milk (P: 25g C: 10g F: 5g)

### Day 2

Breakfast: Oatmeal with cinnamon + scoop of protein (P: 20g C: 25g F: 6g)

AM Snack: String cheese + grapes (P: 8g C: 14g F: 5g)

Lunch: Air fryer salmon, jasmine rice, green beans (P: 35g C: 28g F: 12g)

PM Snack: Rice cake with peanut butter (P: 6g C: 10g F: 8g)

Dinner: Shrimp stir-fry with veggies (P: 25g C: 20g F: 7g)

Evening Snack: Protein pudding (P: 20g C: 8g F: 5g)

### Day 3

Breakfast: Egg white omelet with spinach + toast (P: 25g C: 20g F: 6g)

AM Snack: Coconut yogurt + 1 tbsp flaxseed (P: 10g C: 10g F: 8g)

Lunch: Turkey burger with sweet potato wedges (P: 30g C: 25g F: 10g)

PM Snack: Almonds + carrot sticks (P: 6g C: 10g F: 10g)

Dinner: Grilled tilapia with rice and peas (P: 30g C: 25g F: 8g)

Evening Snack: Vanilla casein protein shake (P: 20g C: 10g F: 4g)

### Day 4

Breakfast: Protein pancakes + sugar-free syrup (P: 25g C: 20g F: 5g)

AM Snack: Hard-boiled eggs + cucumber slices (P: 12g C: 4g F: 7g)

Lunch: Ground chicken bowl with cauliflower rice (P: 30g C: 20g F: 10g)

PM Snack: Greek yogurt with chia seeds (P: 15g C: 10g F: 5g)

Dinner: Stuffed bell peppers with lean beef (P: 30g C: 25g F: 8g)

Evening Snack: Chocolate protein mug cake (P: 20g C: 8g F: 6g)

## **Day 5**

Breakfast: Chia pudding with berries + protein scoop (P: 20g C: 25g F: 8g)

AM Snack: Peanut butter protein ball (P: 10g C: 8g F: 7g)

Lunch: Grilled chicken salad with vinaigrette (P: 30g C: 10g F: 12g)

PM Snack: Cheese stick + orange slices (P: 8g C: 12g F: 6g)

Dinner: Zucchini noodles with turkey meatballs (P: 30g C: 20g F: 10g)

Evening Snack: Chocolate casein shake (P: 20g C: 10g F: 5g)

## **Day 6**

Breakfast: Avocado toast with egg (P: 18g C: 20g F: 12g)

AM Snack: Protein bar (P: 20g C: 15g F: 6g)

Lunch: Baked cod with quinoa and spinach (P: 30g C: 25g F: 8g)

PM Snack: Rice cakes with almond butter (P: 6g C: 14g F: 10g)

Dinner: Lean steak with asparagus and mashed cauliflower (P: 30g C: 10g F: 12g)

Evening Snack: Protein yogurt bowl with cocoa nibs (P: 20g C: 10g F: 6g)

## **Day 7**

Breakfast: Smoothie with protein, banana, almond milk (P: 25g C: 20g F: 6g)

AM Snack: Hard-boiled eggs + blueberries (P: 12g C: 10g F: 7g)

Lunch: Turkey lettuce wraps + hummus + cucumber (P: 30g C: 15g F: 10g)

PM Snack: Almonds + apple slices (P: 6g C: 18g F: 8g)

Dinner: Lemon herb grilled chicken, roasted carrots, rice (P: 30g C: 25g F: 10g)

Evening Snack: Chocolate protein shake (P: 20g C: 10g F: 4g)

# Keto Plan

## Day 1

Breakfast: Scrambled eggs with spinach cooked in butter (P: 18g C: 4g F: 20g)

AM Snack: Celery sticks with almond butter (P: 4g C: 5g F: 12g)

Lunch: Grilled chicken thighs with avocado and arugula salad (P: 30g C: 6g F: 24g)

PM Snack: Mozzarella cheese stick + olives (P: 8g C: 2g F: 10g)

Dinner: Zucchini noodles with pesto and ground beef (P: 28g C: 7g F: 22g)

Evening Snack: Keto chocolate fat bomb (P: 3g C: 2g F: 15g)

## Day 2

Breakfast: Avocado egg boat (baked avocado halves with egg and cheese) (P: 18g C: 6g F: 22g)

AM Snack: Boiled eggs with salt + pepper (P: 12g C: 1g F: 10g)

Lunch: Tuna salad with olive oil mayo, lettuce wraps (P: 28g C: 4g F: 25g)

PM Snack: Macadamia nuts (P: 3g C: 4g F: 16g)

Dinner: Grilled salmon with asparagus and butter (P: 30g C: 5g F: 22g)

Evening Snack: Coconut chia pudding (P: 5g C: 3g F: 12g)

## Day 3

Breakfast: Omelet with mushrooms, bacon, and cheddar (P: 22g C: 5g F: 24g)

AM Snack: Cucumber slices with guacamole (P: 3g C: 5g F: 10g)

Lunch: Chicken Caesar salad (no croutons) (P: 28g C: 6g F: 20g)

PM Snack: Beef jerky (sugar-free) (P: 10g C: 3g F: 7g)

Dinner: Stuffed bell pepper with ground turkey + cheese (P: 30g C: 6g F: 20g)

Evening Snack: Keto peanut butter ball (P: 5g C: 2g F: 15g)

## Day 4

Breakfast: Keto pancakes with butter and sugar-free syrup (P: 20g C: 5g F: 18g)

AM Snack: Walnuts + 1 square dark chocolate (90%) (P: 4g C: 4g F: 15g)

Lunch: Egg salad lettuce wraps with bacon crumbles (P: 28g C: 3g F: 25g)

PM Snack: Cheddar cheese + turkey slices (P: 10g C: 1g F: 8g)

Dinner: Pork chops with sautéed kale and ghee (P: 30g C: 5g F: 22g)

Evening Snack: Keto protein mousse (P: 6g C: 3g F: 12g)

## **Day 5**

Breakfast: Sausage patties + eggs cooked in coconut oil (P: 24g C: 3g F: 25g)

AM Snack: Avocado slices with lime and sea salt (P: 3g C: 4g F: 10g)

Lunch: Grilled turkey burger (no bun) with zucchini fries (P: 30g C: 6g F: 20g)

PM Snack: Hard-boiled eggs + cheese cube (P: 10g C: 2g F: 8g)

Dinner: Baked chicken thighs with garlic butter broccoli (P: 30g C: 5g F: 22g)

Evening Snack: Keto almond coconut bar (P: 6g C: 4g F: 12g)

## **Day 6**

Breakfast: Keto smoothie (unsweetened almond milk, spinach, chia, protein) (P: 20g C: 6g F: 14g)

AM Snack: Brazil nuts (P: 4g C: 3g F: 16g)

Lunch: Eggplant lasagna (cheese, marinara, ground beef) (P: 30g C: 7g F: 25g)

PM Snack: Pepperoni slices + cheese (P: 10g C: 1g F: 10g)

Dinner: Shrimp stir-fry with low-carb veggies in sesame oil (P: 25g C: 6g F: 18g)

Evening Snack: Coconut cream cup (P: 4g C: 3g F: 12g)

## **Day 7**

Breakfast: Almond flour waffles with butter (P: 22g C: 5g F: 20g)

AM Snack: Mini charcuterie plate (salami, cheese, olives) (P: 10g C: 2g F: 12g)

Lunch: Cauliflower crust chicken pizza (P: 30g C: 6g F: 25g)

PM Snack: Tuna-stuffed avocado (P: 12g C: 4g F: 18g)

Dinner: Grilled steak with garlic green beans (P: 30g C: 5g F: 20g)

Evening Snack: Chocolate coconut fat bomb (P: 4g C: 2g F: 14g)

# Vegetarian Plan

## Day 1

Breakfast: Greek yogurt with berries and chia seeds (P: 20g C: 22g F: 6g)

AM Snack: Apple slices with almond butter (P: 4g C: 18g F: 10g)

Lunch: Lentil salad with feta and cucumber (P: 25g C: 28g F: 8g)

PM Snack: Cottage cheese with pineapple (P: 12g C: 10g F: 2g)

Dinner: Tofu stir-fry with broccoli and brown rice (P: 25g C: 30g F: 10g)

Evening Snack: Chocolate protein shake with almond milk (P: 20g C: 8g F: 4g)

## Day 2

Breakfast: Oatmeal with flaxseed and banana (P: 15g C: 25g F: 7g)

AM Snack: Boiled eggs + cherry tomatoes (P: 12g C: 3g F: 10g)

Lunch: Chickpea and quinoa bowl with tahini dressing (P: 25g C: 30g F: 10g)

PM Snack: Protein bar (plant-based) (P: 20g C: 15g F: 7g)

Dinner: Vegetable curry with tofu and cauliflower rice (P: 25g C: 20g F: 12g)

Evening Snack: Coconut milk chia pudding (P: 8g C: 6g F: 10g)

## Day 3

Breakfast: Protein smoothie with almond milk, spinach, and berries (P: 22g C: 20g F: 5g)

AM Snack: Trail mix (pumpkin seeds, raisins, almonds) (P: 6g C: 15g F: 10g)

Lunch: Black bean burrito bowl with avocado (P: 25g C: 28g F: 10g)

PM Snack: Hummus + cucumber and carrots (P: 8g C: 12g F: 6g)

Dinner: Grilled tempeh with roasted veggies and quinoa (P: 25g C: 25g F: 10g)

Evening Snack: Low-fat ricotta with cocoa and stevia (P: 14g C: 6g F: 5g)

## Day 4

Breakfast: Avocado toast with poached egg (P: 18g C: 20g F: 12g)

AM Snack: Plain kefir with cinnamon (P: 10g C: 8g F: 4g)

Lunch: Zucchini noodles with marinara and lentil meatballs (P: 25g C: 22g F: 8g)

PM Snack: Almonds + string cheese (P: 10g C: 5g F: 10g)

Dinner: Stuffed bell peppers with rice and black beans (P: 25g C: 25g F: 8g)

Evening Snack: Vanilla plant protein shake (P: 20g C: 8g F: 4g)

## **Day 5**

Breakfast: Chia pudding with plant milk and berries (P: 18g C: 20g F: 10g)

AM Snack: Banana + peanut butter (P: 6g C: 22g F: 9g)

Lunch: Sweet potato and kale hash with tofu (P: 25g C: 30g F: 10g)

PM Snack: Edamame pods with sea salt (P: 10g C: 8g F: 3g)

Dinner: Veggie burger on lettuce bun + roasted cauliflower (P: 25g C: 20g F: 10g)

Evening Snack: Chocolate casein shake (P: 20g C: 8g F: 5g)

## **Day 6**

Breakfast: Egg white scramble with veggies and feta (P: 20g C: 8g F: 6g)

AM Snack: Kefir smoothie with strawberries (P: 12g C: 10g F: 5g)

Lunch: Lentil soup with side salad and olive oil (P: 25g C: 20g F: 12g)

PM Snack: Protein cookie (plant-based) (P: 15g C: 12g F: 7g)

Dinner: Spaghetti squash with tomato basil sauce + cheese (P: 25g C: 20g F: 8g)

Evening Snack: Cottage cheese with cinnamon (P: 18g C: 6g F: 4g)

## **Day 7**

Breakfast: Protein oats with almond butter and blueberries (P: 20g C: 25g F: 8g)

AM Snack: String cheese + 1/2 orange (P: 8g C: 10g F: 6g)

Lunch: Falafel bowl with greens and tahini (P: 25g C: 25g F: 10g)

PM Snack: Greek yogurt + flax (P: 15g C: 8g F: 5g)

Dinner: Grilled halloumi with roasted Brussels sprouts (P: 25g C: 15g F: 12g)

Evening Snack: Protein hot cocoa (plant protein + almond milk) (P: 20g C: 6g F: 5g)

## Carnivore Plan

### Day 1

Breakfast: 3 scrambled eggs cooked in butter (P: 21g C: 0g F: 21g)

AM Snack: Beef jerky (no sugar added) (P: 15g C: 1g F: 6g)

Lunch: Grilled ribeye steak (6 oz) (P: 42g C: 0g F: 36g)

PM Snack: 2 hard-boiled eggs (P: 12g C: 0g F: 10g)

Dinner: Ground beef patties (85/15, 6 oz) (P: 36g C: 0g F: 30g)

Evening Snack: Bone broth with collagen scoop (P: 15g C: 0g F: 2g)

### Day 2

Breakfast: Bacon (3 slices) + 2 fried eggs (P: 18g C: 0g F: 22g)

AM Snack: Sliced roast beef (3 oz) (P: 21g C: 0g F: 8g)

Lunch: Chicken thighs (skin-on, 6 oz) (P: 35g C: 0g F: 28g)

PM Snack: Pork rinds (P: 8g C: 0g F: 10g)

Dinner: Lamb chops (5 oz) (P: 30g C: 0g F: 26g)

Evening Snack: 2 boiled eggs (P: 12g C: 0g F: 10g)

### Day 3

Breakfast: Ground pork patties (4 oz) (P: 20g C: 0g F: 22g)

AM Snack: Turkey slices (4 oz) (P: 28g C: 0g F: 6g)

Lunch: Grilled salmon (5 oz) (P: 30g C: 0g F: 20g)

PM Snack: Cheddar cheese (1 oz) (P: 7g C: 0g F: 9g)

Dinner: Ground beef (85/15, 6 oz) (P: 36g C: 0g F: 30g)

Evening Snack: Bone marrow broth (P: 10g C: 0g F: 4g)

### Day 4

Breakfast: Omelet with cheddar (3 eggs + 1 oz cheese) (P: 25g C: 0g F: 25g)

AM Snack: Chicken liver (2 oz) (P: 15g C: 1g F: 6g)

Lunch: Beef roast (6 oz) (P: 38g C: 0g F: 28g)

PM Snack: Pork cracklings (P: 6g C: 0g F: 10g)

Dinner: Grilled turkey breast (6 oz) with butter (P: 40g C: 0g F: 20g)



Evening Snack: Scrambled eggs (2) (P: 14g C: 0g F: 14g)

## **Day 5**

Breakfast: Sausage links (3 oz) (P: 18g C: 1g F: 18g)

AM Snack: Hard cheese slices (1.5 oz) (P: 10g C: 0g F: 12g)

Lunch: Pork chop (6 oz) (P: 38g C: 0g F: 24g)

PM Snack: Boiled egg + sardines (2 oz) (P: 15g C: 0g F: 12g)

Dinner: Grilled chicken thighs (6 oz) (P: 35g C: 0g F: 24g)

Evening Snack: Bone broth + ghee (P: 8g C: 0g F: 8g)

## **Day 6**

Breakfast: Eggs and ham scramble (3 eggs + 2 oz ham) (P: 25g C: 0g F: 18g)

AM Snack: Turkey jerky (low sugar) (P: 14g C: 1g F: 4g)

Lunch: Beef liver (4 oz) sautéed in ghee (P: 28g C: 1g F: 20g)

PM Snack: Chicken drumstick (skin-on) (P: 12g C: 0g F: 8g)

Dinner: Salmon patties (2) (P: 30g C: 0g F: 22g)

Evening Snack: Boiled eggs (2) (P: 12g C: 0g F: 10g)

## **Day 7**

Breakfast: Beef bacon (3 slices) + fried eggs (2) (P: 20g C: 0g F: 24g)

AM Snack: Grilled sausage slices (2 oz) (P: 14g C: 1g F: 16g)

Lunch: Grilled bison burger patties (6 oz) (P: 38g C: 0g F: 24g)

PM Snack: Cheese cubes (1 oz) (P: 7g C: 0g F: 9g)

Dinner: Roast duck breast (5 oz) (P: 35g C: 0g F: 28g)

Evening Snack: Bone broth + scoop collagen (P: 15g C: 0g F: 2g)