

Standard 1800-Calorie Meal Plan (7 Days, 6 Meals/Day)

Day 1

Breakfast: 3 scrambled eggs with spinach + 1 slice whole grain toast (P: 20g C: 18g F: 12g)

AM Snack: Apple slices with 1 tbsp peanut butter (P: 4g C: 18g F: 8g)

Lunch: Grilled chicken breast with 1/2 cup rice and broccoli (P: 35g C: 25g F: 10g)

PM Snack: Cottage cheese with pineapple chunks (P: 14g C: 12g F: 2g)

Dinner: Baked salmon with sweet potato and asparagus (P: 30g C: 28g F: 14g)

Evening Snack: Greek yogurt with a drizzle of honey (P: 20g C: 10g F: 4g)

Day 2

Breakfast: Oatmeal with blueberries and scoop of protein powder (P: 25g C: 30g F: 6g)

AM Snack: Boiled egg + 10 almonds (P: 8g C: 2g F: 10g)

Lunch: Turkey wrap with whole grain tortilla, spinach, mustard (P: 35g C: 25g F: 8g)

PM Snack: Carrots + hummus (P: 6g C: 10g F: 5g)

Dinner: Grilled chicken, jasmine rice, roasted zucchini (P: 30g C: 30g F: 10g)

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

Day 3

Breakfast: Whole grain English muffin + 2 eggs + avocado (P: 20g C: 18g F: 14g)

AM Snack: String cheese + small apple (P: 8g C: 15g F: 6g)

Lunch: Salmon salad with vinaigrette (P: 30g C: 8g F: 20g)

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

Dinner: Beef stir-fry with brown rice and mixed veggies (P: 35g C: 28g F: 12g)

Evening Snack: Cottage cheese with cinnamon (P: 15g C: 6g F: 3g)

Day 4

Breakfast: Greek yogurt with granola and banana slices (P: 20g C: 25g F: 6g)

AM Snack: Hard-boiled egg + grapes (P: 6g C: 12g F: 5g)

Lunch: Chicken taco bowl with avocado and salsa (P: 30g C: 22g F: 14g)

PM Snack: Cucumber slices + low-fat ranch (P: 4g C: 4g F: 4g)

Dinner: Ground turkey spaghetti with whole wheat noodles (P: 35g C: 30g F: 10g)

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

Day 5

Breakfast: Chia pudding with almond milk and protein scoop (P: 25g C: 15g F: 8g)

AM Snack: Protein bar (P: 20g C: 14g F: 7g)

Lunch: Tuna salad with crackers and spinach (P: 30g C: 20g F: 12g)

PM Snack: Celery + peanut butter (P: 6g C: 6g F: 10g)

Dinner: Baked cod with mashed sweet potatoes and broccoli (P: 30g C: 30g F: 10g)

Evening Snack: Low-fat Greek yogurt (P: 20g C: 8g F: 3g)

Day 6

Breakfast: Veggie scramble (egg whites + mushrooms + spinach) (P: 20g C: 6g F: 4g)

AM Snack: Cheese stick + orange slices (P: 7g C: 15g F: 6g)

Lunch: Turkey burger with lettuce wrap and sweet potato fries (P: 30g C: 25g F: 12g)

PM Snack: Cottage cheese + pineapple (P: 14g C: 10g F: 2g)

Dinner: Grilled chicken with roasted carrots and quinoa (P: 30g C: 28g F: 10g)

Evening Snack: Protein hot cocoa (P: 18g C: 6g F: 5g)

Day 7

Breakfast: Protein pancakes with sugar-free syrup (P: 25g C: 20g F: 6g)

AM Snack: Apple slices + peanut butter (P: 6g C: 18g F: 10g)

Lunch: Shrimp stir-fry with rice and vegetables (P: 30g C: 30g F: 10g)

PM Snack: Hummus with red bell pepper slices (P: 6g C: 8g F: 6g)

Dinner: Lean beef with sweet potatoes and green beans (P: 35g C: 28g F: 12g)

Evening Snack: Greek yogurt with cocoa and cinnamon (P: 20g C: 8g F: 4g)

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Grocery List

Eggs & Dairy

- 2 eggs
- 3 scrambled eggs with spinach
- boiled egg
- cheese stick
- chia pudding with almond milk
- cottage cheese
- cottage cheese with cinnamon
- cottage cheese with pineapple chunks
- greek yogurt with a drizzle of honey
- greek yogurt with cocoa
- greek yogurt with granola
- hard-boiled egg
- low-fat greek yogurt
- mixed veggies
- protein shake with almond milk
- string cheese
- veggie scramble (egg whites

Grains & Starches

- 1 slice whole grain toast
- jasmine rice
- oatmeal with blueberries
- protein pancakes with sugar-free syrup
- quinoa
- rice cake with peanut butter
- whole grain english muffin

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Fruits

- apple slices
- apple slices with 1 tbsp peanut butter
- banana slices
- grapes
- orange slices
- pineapple
- small apple

Proteins

- baked cod with mashed sweet potatoes
- baked salmon with sweet potato
- beef stir-fry with brown rice
- chicken taco bowl with avocado
- grilled chicken
- grilled chicken breast with 1/2 cup rice
- grilled chicken with roasted carrots
- ground turkey spaghetti with whole wheat noodles
- lean beef with sweet potatoes
- salmon salad with vinaigrette
- shrimp stir-fry with rice
- tuna salad with crackers
- turkey burger with lettuce wrap
- turkey wrap with whole grain tortilla

Vegetables

- broccoli
- carrots
- cucumber slices
- hummus with red bell pepper slices

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- mushrooms
- roasted zucchini
- spinach
- spinach)
- sweet potato fries

Other

- asparagus
- avocado
- celery
- chocolate protein mousse
- cinnamon
- green beans
- mustard
- protein bar
- protein hot cocoa
- protein scoop
- salsa
- scoop of protein powder
- vegetables

Pantry & Condiments

- 10 almonds
- hummus
- low-fat ranch
- peanut butter