

# 1800 Calorie Standard Meal Plan (With Macros)

## Monday

Meal 1: 2 eggs + 1 slice toast

Meal 2: Protein shake w/ almond milk

Meal 3: Grilled chicken, jasmine rice, broccoli

Meal 4: Greek yogurt + berries

Meal 5: Salmon, quinoa, asparagus

Meal 6: Cottage cheese + cinnamon

Macros: P: 135g | C: 150g | F: 60g

## Tuesday

Meal 1: Oatmeal + protein powder

Meal 2: Protein shake w/ almond milk

Meal 3: Turkey lettuce wraps

Meal 4: Carrot sticks + hummus

Meal 5: Grilled steak, sweet potato, green beans

Meal 6: Boiled egg + avocado

Macros: P: 130g | C: 155g | F: 58g

## Wednesday

Meal 1: Greek yogurt + granola

Meal 2: Protein shake w/ almond milk

Meal 3: Chicken Caesar salad

Meal 4: Handful almonds

Meal 5: Tuna steak, rice, sautéed spinach

Meal 6: Rice cake + peanut butter

Macros: P: 140g | C: 145g | F: 62g

## **Thursday**

Meal 1: Smoothie (spinach, banana, protein)

Meal 2: Protein shake w/ almond milk

Meal 3: Ground turkey + brown rice bowl

Meal 4: Apple slices + peanut butter

Meal 5: Baked cod, mashed cauliflower, zucchini

Meal 6: Plain Greek yogurt

Macros: P: 135g | C: 150g | F: 60g

## **Friday**

Meal 1: Scrambled eggs + turkey bacon

Meal 2: Protein shake w/ almond milk

Meal 3: Shrimp stir fry w/ jasmine rice

Meal 4: Protein bar

Meal 5: Chicken thighs, roasted veggies

Meal 6: Cottage cheese + pineapple

Macros: P: 130g | C: 160g | F: 57g

## **Saturday**

Meal 1: Pancakes w/ protein powder

Meal 2: Protein shake w/ almond milk

Meal 3: Salmon poke bowl

Meal 4: Edamame + sea salt

Meal 5: Beef stir fry + quinoa

Meal 6: Boiled egg + blueberries

Macros: P: 138g | C: 148g | F: 61g

## **Sunday**

Meal 1: Breakfast burrito w/ egg whites

Meal 2: Protein shake w/ almond milk

Meal 3: Grilled chicken salad

Meal 4: Cheese sticks + cucumbers

Meal 5: BBQ chicken + sweet potato

Meal 6: Protein pudding

Macros: P: 132g | C: 152g | F: 59g