

# 7-Day 1600 Calorie Meal Plan (40/30/30 Macros)

## Day 1

Meal 1: Breakfast - Egg scramble with spinach + ½ cup low-fat cottage cheese

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Grilled chicken + ½ cup jasmine rice + broccoli + olive oil

Meal 4: Afternoon Snack - Hard-boiled egg + string cheese + cucumber slices

Meal 5: Dinner - Ground turkey teriyaki + ½ cup jasmine rice + veggies

Meal 6: Evening Snack - Greek yogurt + dark chocolate shavings + cinnamon

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## Day 2

Meal 1: Breakfast - 2 boiled eggs + 1 slice Ezekiel toast + avocado spread

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Shrimp + ½ cup basmati rice + roasted zucchini + lemon

Meal 4: Afternoon Snack - Greek yogurt (½ cup) + 1 tbsp almond butter

Meal 5: Dinner - Garlic shrimp + ½ cup basmati rice + green beans

Meal 6: Evening Snack - Cottage cheese + almond butter + cinnamon

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## Day 3

Meal 1: Breakfast - Greek yogurt (½ cup) + 1 scoop protein powder + berries

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Ground turkey + ½ cup jasmine rice + spinach + coconut aminos

Meal 4: Afternoon Snack - 2 rice cakes + 1 tbsp peanut butter + 1 boiled egg

Meal 5: Dinner - Grilled sirloin + ½ cup rice + sautéed mushrooms

Meal 6: Evening Snack - Protein pudding + 1 tbsp + cocoa nibs

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## **Day 4**

Meal 1: Breakfast - Egg white omelet + sautéed veggies + feta

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Rotisserie chicken + ½ cup rice + green beans + olive oil

Meal 4: Afternoon Snack - Low-fat cheese cubes + veggie sticks + hummus

Meal 5: Dinner - Lemon salmon + ½ cup rice + broccoli

Meal 6: Evening Snack - Low-fat yogurt + crushed cake + berries

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## **Day 5**

Meal 1: Breakfast - 2 scrambled eggs + ½ avocado + salsa

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Steak strips + ½ cup rice + bell peppers + chimichurri

Meal 4: Afternoon Snack - Cottage cheese + cinnamon + a few crushed walnuts

Meal 5: Dinner - Chicken breast + ½ cup jasmine rice + spinach

Meal 6: Evening Snack - Low-fat Greek yogurt + cinnamon + 1 tbsp chopped walnuts

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## **Day 6**

Meal 1: Breakfast - Low-fat cottage cheese bowl + cinnamon + blueberries

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Grilled salmon + ½ cup jasmine rice + asparagus + butter

Meal 4: Afternoon Snack - Sliced turkey + cucumber slices + 1 tbsp hummus

Meal 5: Dinner - Beef stir fry + ½ cup basmati rice + veggies

Meal 6: Evening Snack - Greek yogurt + cinnamon + 1.5 tbsp chopped nuts

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

*Fats: 53g (30%)*

## **Day 7**

Meal 1: Breakfast - Greek yogurt parfait + chia seeds + strawberries

Meal 2: Protein Shake + Fruit - Protein shake + ½ banana or berries + almond milk + chia or flax seeds

Meal 3: Lunch - Chicken stir fry + ½ cup rice + mixed veggies

Meal 4: Afternoon Snack - Turkey slices + pickle roll-ups + mustard dip

Meal 5: Dinner - Shrimp curry + ½ cup rice + steamed carrots

Meal 6: Evening Snack - Protein ice cream (homemade) + crushed almonds

*Macros:*

*Protein: 160g (40%)*

*Carbs: 120g (30%)*

Fats: 53g (30%)