

1600-Calorie Standard Meal Plan

Breakfast Options

Veggie Egg Scramble with Toast

Ingredients:

- 2 whole eggs + 1 egg white
- ½ cup spinach
- ¼ cup bell pepper, diced
- 1 tsp olive oil
- 1 slice whole grain toast

Instructions:

- Heat olive oil in pan, sauté spinach and bell pepper.
- Whisk eggs, scramble in pan.
- Serve with toasted bread.

Macros: 270 cal | 20g P | 20g C | 12g F

Greek Yogurt & Berries

Ingredients:

- ¾ cup nonfat Greek yogurt
- ½ cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp granola

Instructions:

- Add yogurt to a bowl.
- Top with berries, chia seeds, and granola.

Macros: 240 cal | 18g P | 28g C | 4g F

Protein Oats (Lightened)

Ingredients:

- 1 cup rolled oats
- 1 scoop vanilla protein powder
- ½ banana, sliced

Instructions:

- Cook oats with water until soft.
- Stir in protein powder.
- Top with banana slices.

Macros: 300 cal | 25g P | 35g C | 4g F

Lunch Options

Grilled Chicken Salad

Ingredients:

- 4 oz grilled chicken breast
- 2 cups mixed greens
- ½ avocado
- ½ cup cherry tomatoes

- 1 tbsp olive oil + lemon juice

Instructions:

- Grill chicken until fully cooked.
- Assemble greens, tomatoes, avocado in bowl.
- Top with chicken and drizzle with dressing.

Macros: 350 cal | 30g P | 14g C | 20g F

Turkey Wrap

Ingredients:

- 1 whole wheat tortilla
- 3 oz sliced turkey breast
- 1 slice provolone cheese
- 1 cup spinach

Instructions:

- Lay tortilla flat.
- Layer turkey, spinach, and provolone.
- Roll tightly and slice in half.

Macros: 320 cal | 28g P | 28g C | 11g F

Lentil Bowl (Vegetarian)

Ingredients:

- ½ cup cooked lentils
- ½ cup roasted zucchini
- 2 cups spinach
- 1 tsp olive oil

Instructions:

- Roast zucchini with olive oil.
- Warm lentils.
- Combine with spinach in bowl and top with zucchini.

Macros: 290 cal | 18g P | 36g C | 7g F

Dinner Options

Salmon with Broccoli & Quinoa

Ingredients:

- 4 oz salmon fillet
- ½ cup cooked quinoa
- 1 cup steamed broccoli

Instructions:

- Cook salmon until flaky.
- Prepare quinoa.
- Steam broccoli.
- Serve together.

Macros: 420 cal | 35g P | 32g C | 18g F

Chicken & Sweet Potato Bowl

Ingredients:

- 4 oz grilled chicken breast

- ½ medium sweet potato, cubed and roasted
- 1 cup green beans

Instructions:

- Roast sweet potato.
- Grill chicken until done.
- Steam green beans.
- Assemble in bowl.

Macros: 360 cal | 32g P | 30g C | 10g F

Turkey Stir Fry

Ingredients:

- 4 oz ground turkey (93% lean)
- 1 cup mixed stir-fry veggies
- ½ cup cauliflower rice
- 1 tsp soy sauce

Instructions:

- Cook turkey until browned.
- Add veggies and cook until tender.
- Stir in soy sauce.
- Serve over cauliflower rice.

Macros: 330 cal | 30g P | 15g C | 15g F

Snack Options

Apple + Peanut Butter

Ingredients:

- 1 medium apple
- 1 tsp natural peanut butter

Instructions:

- Slice apple and serve with peanut butter.

Macros: 140 cal | 2g P | 18g C | 7g F

String Cheese + Turkey Slices

Ingredients:

- 1 mozzarella string cheese
- 2 oz turkey breast

Instructions:

- Pair string cheese with turkey slices for quick snack.

Macros: 150 cal | 16g P | 3g C | 7g F

Oatmeal Protein Ball (Lightened, 1 ball)

Ingredients:

- 1 cup rolled oats
- ½ cup peanut butter
- 2 scoops protein powder
- 2 tbsp honey
- 2 tbsp mini chocolate chips

Instructions:

- Mix all ingredients until dough forms.
- Roll into ~12 balls.
- Store in fridge.
- 1 ball = 1 serving.

Macros: 170 cal | 10g P | 15g C | 7g F