

1600 Calorie Standard Meal Plan

Balanced macros for strength, energy, and longevity.

Breakfast Options

- Greek Yogurt Power Bowl 1 cup nonfat Greek yogurt, ½ cup mixed berries, 1 tbsp honey, 1 tbsp chia seeds. Mix yogurt and chia seeds. Top with berries and drizzle honey. Macros: ~330 cal | 28g P | 35g C | 5g F
- Veggie Omelet with Toast 2 eggs + 2 egg whites, ¼ cup diced peppers & spinach, 1 tsp olive oil, 1 slice whole grain toast. Cook veggies in olive oil, add eggs, and scramble. Serve with toast. Macros: ~340 cal | 29g P | 18g C | 16g F
- Protein Oatmeal ½ cup oats, 1 scoop vanilla whey protein, 1 tsp almond butter, ½ banana. Cook oats, stir in protein after heating. Top with banana and almond butter. Macros: ~360 cal | 32g P | 40g C | 9g F

Lunch Options

- Chicken, Rice & Veg Bowl 4 oz grilled chicken, ½ cup cooked jasmine rice, 1 cup mixed vegetables, 1 tsp olive oil. Grill chicken and combine with rice + veggies. Drizzle olive oil before serving. Macros: ~370 cal | 36g P | 32g C | 10g F
- Turkey Wrap 1 whole wheat wrap, 3 oz turkey, 1 slice provolone, 1 tbsp mayo or mustard, lettuce + tomato. Layer turkey, cheese, and veggies on wrap. Roll and cut in half. Macros: ~350 cal | 30g P | 25g C | 14g F
- Tuna Rice Bowl 1 can tuna (4 oz), ½ cup cooked rice, 1 tsp olive oil or mayo. Mix tuna and rice with oil or mayo, season to taste. Macros: ~340 cal | 32g P | 28g C | 9g F

Dinner Options

- Salmon, Sweet Potato & Broccoli 4 oz salmon, ½ sweet potato, 1 cup broccoli, 1 tsp olive oil. Bake or air-fry salmon, steam broccoli, bake sweet potato. Macros: ~380 cal | 32g P | 28g C | 15g F
- Lean Beef Stir-Fry 4 oz lean beef (90/10), 1 cup mixed veggies, 1 tsp soy sauce, 1 tsp sesame oil. Sauté beef and veggies together, season with soy and sesame oil. Macros: ~370 cal | 33g P | 20g C | 18g F
- Chicken Caesar Bowl 4 oz chicken, 2 cups romaine lettuce, 1 tbsp Caesar dressing, 1 tbsp parmesan. Toss lettuce with dressing, top with chicken and cheese. Macros: ~320 cal | 35g P | 8g C | 15g F

Snack Options

- Protein Shake 1 scoop protein powder, 1 cup unsweetened almond milk. Macros: ~150 cal | 25g P | 3g C | 4g F
- Apple with Peanut Butter 1 small apple, 1 tbsp peanut butter. Macros: ~170 cal | 4g P | 22g C | 8g F

- Hard-Boiled Eggs 2 boiled eggs. Macros: ~140 cal | 12g P | 1g C | 9g F

Daily Macro Summary (Approximate)

Calories: 1600 | Protein: 130–145g | Carbs: 120–140g | Fat: 45–55g