

1800-Calorie Balanced Meal Plan

High-protein, precision-balanced plan for strength, recovery, and sustained energy.

Breakfast Options (400–450 cal)

Protein Pancake Stack

1 scoop whey protein, ¼ cup oats, 2 egg whites, 1 tsp coconut oil, topped with 1 tbsp almond butter and berries.

440 cal | 38g P | 35g C | 15g F

Egg & Sweet Potato Hash

2 eggs, 3 egg whites, ½ cup diced sweet potatoes, peppers, onions, 1 tsp olive oil.

430 cal | 36g P | 30g C | 16g F

Greek Yogurt Parfait

1 cup Greek yogurt, ¼ cup granola, ½ banana, 1 tbsp chia seeds.

420 cal | 35g P | 38g C | 11g F

Cottage Cheese Toast

¾ cup cottage cheese on 2 slices sprouted toast, sliced strawberries, drizzle of honey.

410 cal | 32g P | 40g C | 10g F

Breakfast Smoothie Blend

1 scoop protein powder, ½ cup frozen berries, 1 tbsp peanut butter, spinach, almond milk.

440 cal | 36g P | 35g C | 14g F

Lunch Options (400–450 cal)

Turkey & Avocado Bowl

4 oz turkey breast, ½ cup brown rice, ¼ avocado, 1 tsp olive oil, salsa, greens.

440 cal | 40g P | 32g C | 15g F

Mediterranean Chicken Salad

4 oz grilled chicken, cucumber, tomato, feta, olives, 1 tbsp olive oil, greens.

430 cal | 38g P | 20g C | 18g F

Shrimp Veggie Stir-Fry

4 oz shrimp, 1 cup mixed veggies, ½ cup jasmine rice, 1 tsp sesame oil.

440 cal | 36g P | 34g C | 14g F

Steak & Quinoa Bowl

3 oz sirloin steak, ½ cup quinoa, spinach, 1 tsp butter.

450 cal | 37g P | 33g C | 16g F

Tofu Power Plate

4 oz tofu, ½ cup edamame, ½ cup rice, 1 tsp soy sauce.

430 cal | 35g P | 34g C | 14g F

Dinner Options (450–500 cal)**Salmon & Asparagus Plate**

4 oz salmon, 1 tsp butter, ½ cup rice, 1 cup roasted asparagus.

480 cal | 38g P | 30g C | 18g F

Chicken Pesto Pasta

4 oz chicken, 1 cup chickpea pasta, 1 tbsp pesto sauce.

470 cal | 42g P | 40g C | 14g F

Ground Turkey Lettuce Wraps

4 oz lean ground turkey, shredded carrots, cabbage, 1 tsp sesame oil, soy sauce.

460 cal | 37g P | 28g C | 15g F

Seared Cod with Veggies

4 oz cod, 1 cup zucchini noodles, 1 tsp olive oil, 1 small baked potato.

450 cal | 36g P | 35g C | 13g F

Lentil & Spinach Curry

1 cup lentils, 1 tsp coconut oil, spinach, curry spices.

490 cal | 33g P | 40g C | 18g F

Snack Options (150–200 cal)**Protein Shake**

1 scoop protein with water or almond milk.

180 cal | 30g P | 4g C | 2g F

Almonds & Berries

¼ cup almonds, ½ cup berries.

190 cal | 8g P | 10g C | 14g F

Greek Yogurt Cup

¾ cup Greek yogurt, cinnamon, stevia.

160 cal | 15g P | 9g C | 4g F

Hummus & Veggies

1 cup sliced veggies, 3 tbsp hummus.

170 cal | 9g P | 15g C | 8g F

Apple + String Cheese

1 medium apple, 1 mozzarella string cheese.

190 cal | 10g P | 22g C | 6g F

Approximate Daily Summary

Calories: 1800

Protein: 130–140g

Carbs: 140–150g

Fat: 50–60g