



1800 Calorie Balanced Performance Meal Plan

High-protein, moderate-carb, moderate-fat for energy, strength, and body composition.

Approx. 1800 cal | 180 g Protein | 135 g Carbs | 60 g Fat

Breakfast Options (400–450 cal)

Egg & Oat Power Bowl

3 eggs, ½ cup oats cooked in water, 1 tbsp peanut butter

430 cal | 35 g P | 30 g C | 18 g F

Greek Yogurt Crunch

1 cup nonfat Greek yogurt, ½ scoop whey, ¼ cup granola, ½ banana

420 cal | 38 g P | 35 g C | 8 g F

Protein Pancakes

2 protein pancakes (made with oats, egg whites, whey), 1 tsp butter, 1 tbsp sugar-free syrup

410 cal | 36 g P | 30 g C | 10 g F

Egg White Scramble + Toast

1 whole egg + 3 egg whites, 1 slice Ezekiel toast, 1 tsp olive oil

400 cal | 34 g P | 25 g C | 13 g F

Shake & Go

1 scoop whey, 1 cup unsweetened almond milk, ½ banana, 1 tbsp almond butter

440 cal | 42 g P | 28 g C | 14 g F

Lunch Options (400–450 cal)

Chicken & Rice Bowl

5 oz grilled chicken breast, ¾ cup jasmine rice, 1 tsp olive oil, veggies

440 cal | 45 g P | 40 g C | 9 g F

Turkey Wrap

4 oz turkey breast, 1 low-carb wrap, 1 tbsp mayo, lettuce, tomato

430 cal | 42 g P | 25 g C | 14 g F

Ground Beef Bowl

4 oz 93/7 ground beef, ½ cup rice, 1 egg

450 cal | 40 g P | 35 g C | 14 g F

Tuna & Quinoa Salad

1 can tuna, ½ cup cooked quinoa, olive oil, greens

420 cal | 38 g P | 32 g C | 12 g F

Shrimp Stir Fry

5 oz shrimp, 1 cup stir-fry veggies, ½ cup rice, 1 tsp sesame oil

440 cal | 42 g P | 35 g C | 10 g F

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

5 oz salmon, ½ cup roasted potatoes, asparagus, 1 tsp olive oil

480 cal | 40 g P | 28 g C | 22 g F

Chicken Thighs & Greens

5 oz chicken thighs, 1 cup green beans, ½ cup rice

460 cal | 42 g P | 35 g C | 13 g F

Steak Bowl

5 oz sirloin steak, ½ cup rice, mushrooms sautéed in butter

490 cal | 45 g P | 30 g C | 18 g F

Cod & Sweet Potato Mash

5 oz cod, ½ cup mashed sweet potato, 1 tsp butter

470 cal | 43 g P | 35 g C | 15 g F

Turkey Meatballs & Zoodles

4 oz turkey meatballs, 1 cup zucchini noodles, marinara

460 cal | 38 g P | 28 g C | 16 g F

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

1 bar (20 g protein)

190 cal | 20 g P | 23 g C | 5 g F

Cottage Cheese & Berries

½ cup low-fat cottage cheese, ¼ cup blueberries

170 cal | 18 g P | 10 g C | 7 g F

Beef Jerky

2 oz jerky

190 cal | 28 g P | 2 g C | 7 g F

Rice Cake Stack

2 rice cakes, 1 tbsp peanut butter

180 cal | 8 g P | 20 g C | 8 g F

Hard-Boiled Eggs

2 eggs

160 cal | 12 g P | 1 g C | 11 g F

Approximate Daily Summary

Calories: 1800

Protein: 175–185 g

Carbs: 120–140 g

Fat: 55–65 g