

1600-Calorie Standard Meal Plan

BREAKFAST RECIPES

1. Protein Oat Bowl

Calories: 380 | **Protein:** 32g | **Carbs:** 40g | **Fat:** 12g

Ingredients

- ½ cup rolled oats
- 1 scoop whey or plant protein
- ½ banana, sliced
- 1 tsp almond butter
- ½ cup water or almond milk
- Cinnamon (optional)

Instructions

1. Cook oats in water or almond milk.
2. Once cooked, stir in protein powder.
3. Top with banana slices and almond butter.
4. Sprinkle cinnamon if desired.

Why It Works:

Balanced, high-protein morning fuel for stable glucose + energy.

2. Egg & Veggie Scramble

360 cal | **34g P** | **14g C** | **18g F**

Ingredients

- 2 whole eggs

- 3 egg whites
- 1 cup spinach
- ½ cup diced peppers
- 1 tsp olive oil
- Salt + pepper

Instructions

1. Heat olive oil in a pan.
2. Add peppers and spinach; sauté until soft.
3. Add eggs + egg whites and scramble.
4. Season and serve.

Why It Works:

High-protein, high-volume, low-carb breakfast for appetite control.

3. Greek Yogurt + Berry Crunch

380 cal | 35g P | 32g C | 8g F

Ingredients

- 1 cup Greek yogurt (0–2% fat)
- ½ cup mixed berries
- 1 tbsp chia seeds
- Drizzle of honey (optional)

Instructions

Mix yogurt with berries; top with chia seeds.

4. Cottage Cheese & Fruit Plate

370 cal | 30g P | 28g C | 12g F

Ingredients

- ¾ cup cottage cheese
- ½ cup pineapple or berries
- 1 tbsp pumpkin seeds

Instructions

Add cottage cheese to a bowl.
Top with fruit and pumpkin seeds.

5. Breakfast Protein Smoothie

360 cal | 34g P | 27g C | 10g F

Ingredients

- 1 scoop protein
- ½ cup frozen berries
- 1 handful spinach
- 1 cup almond milk
- 1 tbsp chia seeds

Instructions

Blend all ingredients until smooth.

LUNCH RECIPES

1. Chicken & Rice Energy Bowl

390 cal | 38g P | 32g C | 10g F

Ingredients

- 4 oz chicken breast
- ½ cup jasmine rice, cooked
- 1 cup cucumbers + greens
- Lemon juice
- Salt + pepper

Instructions

1. Season and cook chicken.
 2. Add rice to a bowl with greens and cucumber.
 3. Slice chicken and add on top.
 4. Add lemon juice + light seasoning.
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2. Mediterranean Tuna Salad

380 cal | 35g P | 10g C | 20g F

Ingredients

- 1 can tuna in water
- 1 tbsp olive oil
- ½ cup chopped tomato
- ½ cup cucumber
- Salt, pepper, lemon

Instructions

Combine all ingredients in a bowl.
Serve chilled.

3. Shrimp Veggie Stir-Fry

360 cal | 28g P | 20g C | 14g F

Ingredients

- 4 oz shrimp
- 1 cup mixed veggies
- ½ cup cauliflower rice
- 1 tsp sesame oil
- Garlic + ginger (optional)

Instructions

1. Sauté shrimp in sesame oil.
2. Add veggies and cauliflower rice.
3. Season and serve hot.

4. Turkey Wrap (Low Carb)

370 cal | 32g P | 26g C | 10g F

Ingredients

- 3 oz sliced turkey
- 1 low-carb wrap
- Lettuce
- Mustard
- Pickles (optional)

Instructions

Layer wrap with turkey and toppings.
Roll and slice.

5. Chickpea Power Bowl

400 cal | 20g P | 40g C | 12g F

Ingredients

- ½ cup chickpeas
- Greens
- Tomato
- Onion
- 1 tsp olive oil
- Salt + pepper

Instructions

Add chickpeas to greens and vegetables.
Drizzle olive oil.

DINNER RECIPES

1. Salmon & Veggies Plate

430 cal | 34g P | 32g C | 16g F

Ingredients

- 4 oz salmon
- 1 cup roasted broccoli
- ½ cup rice
- Salt + pepper

Instructions

Bake salmon at 400° for 12 minutes.
Serve with roasted veggies and rice.

2. Chicken Pasta Lite

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

Ingredients

- 4 oz chicken
- ¾ cup chickpea pasta
- Spinach
- Garlic
- Salt

Instructions

1. Cook pasta.
 2. Sauté chicken + spinach.
 3. Mix and serve.
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3. Lean Turkey Skillet

410 cal | 35g P | 20g C | 18g F

Ingredients

- 4 oz lean ground turkey
- Zucchini, peppers
- 1 tsp olive oil

Instructions

Brown turkey in olive oil.
Add veggies and cook until soft.

4. Cod & Potato Plate

440 cal | 32g P | 34g C | 14g F

Ingredients

- 4 oz cod
- 1 small potato
- Green beans
- 1 tsp butter

Instructions

Bake cod.
Roast or microwave potato.
Serve with steamed green beans.

5. Veggie Protein Curry

450 cal | 30g P | 42g C | 14g F

Ingredients

- 1 cup cooked lentils
- Spinach

- ½ cup carrots
- ½ cup cauliflower
- ½ tsp turmeric
- 1 tsp coconut oil

Instructions

Heat coconut oil, add veggies + spices.
Stir in lentils and simmer.

SNACK RECIPES

1. Protein Shake

120–150 cal | 24–30g P

Mix 1 scoop protein with water or almond milk.

2. Apple + Almond Butter

150 cal | 3g P

1 sliced apple + 1 tbsp almond butter.

3. Greek Yogurt Cup

100 cal | 10g P

½ cup yogurt + cinnamon.

4. Carrots & Hummus

130 cal | 4g P

1 cup carrots + 2 tbsp hummus.

5. String Cheese

80 cal | 7g P

1 stick.