

7-Day Meal Plan

1,500 calorie budget goal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 single-serving container vanilla Dannon Greek (Light & Fit) yogurt 1 medium apple ¼ C cranberry trail mix (305 cal)	½ Veggie frittata 1 Whole Wheat English Muffin ½ T honey (340 cal)	1.5C whole grain oatmeal 1/8 cup chopped walnuts 1 packet Stevia ¾C blueberries (311 cal)	½ Greek omelet 2T plain Greek yogurt (287 cal)	1 Lemon blueberry yogurt muffin 2 poached eggs (332 cal)	Green detox smoothie 2 Pieces turkey bacon (240 cal)	5 Banana pancakes 2 Pieces turkey bacon 2 oz. sugar free maple syrup (296 cal)
SNACK	5 small stalks celery 2T creamy peanut butter (210 cal)	1 medium orange 24 almonds (225 cal)	1 stick string cheese 10 cherry tomatoes (80 cal)	1 large pear 1 hard-boiled egg (210 cal)	¾C edamame (190 cal)	1 small banana 1T peanut butter 8 Wheat thins (254 cal)	2/3C baby carrots 2T hummus 10 olives (152 cal)
LUNCH	Creamy butternut squash soup (305 cal)	Two-bean veggie nachos (281 cal)	Sunshine salad (282 cal)	1.5C roasted tomato-bread soup 3C mixed greens 5 cherry tomatoes ¼C diced cucumber 1.5T Balsamic vinaigrette 1 oz light feta cheese (253 cal)	Baked chicken tenders 3C mixed greens 5 cherry tomatoes ¼C diced cucumber 1T light French dressing (455 cal)	Spinach salad with avocado ranch dressing (207 cal)	Black bean & zucchini quesadilla 2T salsa 1T plain Greek yogurt (470 cal)
SNACK	Chocolate mint protein shake (273 cal)	1 small apple 1T peanut butter (155 cal)	6C popcorn (183 cal)	½ sliced cucumber 2T hummus (90 cal)	1 slice whole-wheat toast 2T apple butter (170 cal)	1 Luna bar (180 cal)	8 Cocktail shrimp 4T cocktail sauce (130 cal)
DINNER	8-ingredient meatless fajitas (342 cal)	Asparagus farro risotto (297 cal)	Baked buffalo wings 5 stalks celery 2T light bleu cheese dressing (642 cal)	Greek tortilla pizza (295 cal)	2C Creamy cauliflower soup (200 cal)	Whatever you want. That's right, folks! It's a cheat meal. Note: it's a cheat MEAL, not a cheat DAY. Indulge in moderation.	Quinoa mushroom soup (229 cal)
DESSERT	1C raspberries	Banana chocolate ice cream (134 cal)	1C strawberries (45 cal)	1 Fudgy flourless black bean brownie (174 cal)	8 Hershey's dark kisses (184 cal)	2 mini cheesecake cups	1 Large peach 4T lite Cool-Whip 1/8C chopped pecans (195 cal)
TOTAL CALS	1,495 calories	1,432 calories	1,543 calories	1,491 calories	1,531 calories	~2,000 calories	1,472 calories

T=Tablespoon // C=Cups

