

DAY 1 —

# 1500 Calorie Meal Plan

## Breakfast

- 2 scrambled eggs + 1 slice whole grain toast
- $\frac{3}{4}$  cup mixed berries
- $\frac{1}{2}$  cup low-fat plain Greek yogurt with 1 tsp chia seeds, cinnamon and vanilla extract

## Lunch

- 3 oz chicken breast
- 1  $\frac{1}{2}$  cups non-starchy vegetable salad and 1 Tbsp oil/vinegar
- $\frac{1}{2}$  cup quinoa +  $\frac{1}{2}$  cup lentils mixed with garlic powder or fresh, 1 Tbsp feta, and  $\frac{1}{4}$  cup chopped cherry tomatoes

## Dinner

- Taco bowl:  $\frac{1}{2}$  cup black beans +  $\frac{1}{3}$  cup brown rice + 3 oz lean ground turkey cooked with cumin, chili powder, oregano, and cayenne + 2 Tbsp salsa, leafy greens, tomatoes, onions, and bell peppers

## Snacks

- 1 small apple + 1 Tbsp unsweetened peanut/nut/seed butter of choice +  $\frac{1}{2}$  tsp roasted, plain sunflower seeds
- 5 baby carrots

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DAY 2 —

# 1500 Calorie Meal Plan

## Breakfast

- 1 boiled egg
- ½ cup cooked old-fashioned or steel-cut oatmeal + 1 Tbsp unsweetened peanut butter + ½ sliced banana + cinnamon + ½ oz chopped walnuts

## Lunch

- 3 oz turkey breast and 2 Tbsp hummus wrap on 1 whole wheat tortilla with lettuce and tomato
- ¾ cup raw bell pepper + ¼ cucumber + 2 Tbsp hummus
- 1 small orange

## Dinner

- 4 oz baked salmon
- ½ cup roasted sweet potato with cinnamon and ½ oz chopped walnuts
- 1 cup steamed green beans

## Snacks

- ½ cup cottage cheese + ½ cup mixed berries + cinnamon
- 1 light string cheese + 5 whole grain crackers

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DAY 3 —

# 1500 Calorie Meal Plan

## Breakfast

- Smoothie: 1 cup plain milk of choice + ½ banana + ½ cup frozen unsweetened berries + 1 Tbsp unsweetened nut/peanut/seed butter of choice + spinach + 1 Tbsp flax

## Lunch

- 1 ½ cups lentil soup
- 1 ½ cup side salad with lettuce, tomato, bell pepper, and onion + 1 Tbsp olive oil/vinegar
- 5 whole grain crackers

## Dinner

- Stir-fry: 3 oz chicken breast chicken, 1 cup zucchini and carrots, ½ cup cooked brown rice with soy sauce, 1/4 tsp sesame oil, and garlic (fresh or powder)
- 1 small apple

## Snacks

- 1 boiled egg + 10 baby carrots + 2 Tbsp hummus
- ½ whole wheat tortilla + 2 Tbsp chopped apples + 1 Tbsp unsweetened nut/peanut/seed butter of choice + 1 tsp sunflower seeds

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DAY 4 —

# 1500 Calorie Meal Plan

## Breakfast

- ½ medium avocado on 1 slice whole wheat toast
- 1 boiled or poached egg
- 1 small apple
- ½ cup unsweetened milk of choice

## Lunch

- ½ cup tuna salad on lettuce wrap
- 1 cup tomato cucumber salad with 1 Tbsp oil and vinegar
- ½ cup chickpeas, rinsed and drained, mixed with the salads
- 1 small orange

## Dinner

- 3 oz turkey meatballs + ¾ cup spaghetti squash + ½ cup cooked lentils
- ½ cup unsweetened pasta sauce of choice
- 1 cup zucchini sauteed with olive oil and fresh garlic

## Snacks

- 1 stick string cheese + 5 whole grain crackers
- ½ cup bell pepper slices

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DAY 5 —

# 1500 Calorie Meal Plan

## Breakfast

- 1 whole wheat tortilla + 2 eggs, scrambled +  $\frac{1}{4}$  of an avocado +  $\frac{1}{2}$  cup spinach + 1 Tbsp salsa
- $\frac{1}{2}$  cup plain Greek yogurt +  $\frac{1}{2}$  cup unsweetened frozen mixed berries

## Lunch

- 1 cup quinoa salad with 3 oz cooked skinless chicken breast +  $\frac{1}{2}$  cup roasted zucchini and  $\frac{1}{2}$  cup roasted baby carrots + 1 Tbsp feta tossed in 1 Tbsp oil/vinegar sprinkled with dill

## Dinner

- 4 oz grilled shrimp +  $\frac{1}{2}$  cup brown rice
- 1 cup roasted green beans
- 1 cup lettuce +  $\frac{1}{4}$  cup tomato with 1 Tbsp oil/vinegar
- 1 small orange

## Snacks

- $\frac{1}{2}$  cup cottage cheese + 1-2 Tbsp salsa
- 5 baby carrots

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DAY 6 —

# 1500 Calorie Meal Plan

## Breakfast

- 1 cup plain Greek yogurt + 1 cup mixed berries + 1 Tbsp unsweetened nut/peanut/seed butter of choice + 1 tsp flaxseed and cinnamon + 1 oz walnuts

## Lunch

- 3 oz chicken breast + 1 whole wheat tortilla + ½ cup lettuce, ¼ cup tomato, and ¼ small avocado + 1 Tbsp salsa
- ½ cup roasted sweet potatoes with cinnamon and paprika

## Dinner

- 3 oz stir-fried shrimp with 1 cup stir-fried zucchini, ½ cup carrots, and ¼ cup onion with 1-2 tsp low sodium soy sauce, ½ tsp sesame oil, and garlic (powdered or fresh)
- ½ cup brown rice

## Snacks

- 2 Tbsp hummus + 1 cup sliced bell peppers
- 1 small apple

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DAY 7 —

# 1500 Calorie Meal Plan

## Breakfast

- 1 slice whole grain toast + 1 Tbsp unsweetened nut/peanut/seed butter of choice + ½ oz walnuts
- 1 small banana
- 1 boiled egg

## Lunch

- ½ cup black beans in lime juice, 1 tsp olive oil, cumin, and chili powder dressing with 1 cup lettuce, ¼ cup tomato, 2 Tbsp bell pepper, and 1 Tbsp onion
- 1 small whole wheat tortilla (spray with cooking spray, cut into triangles, and bake/air fry to make chips if desired)
- 1 small orange

## Dinner

- 3 oz baked chicken breast + ½ cup brown rice seasoned with lemon pepper
- 1 cup sauteed green beans with 1 tsp olive oil

## Snacks

- 1 light string cheese + 5 whole grain crackers
- 1 small apple + 1 Tbsp unsweetened nut/peanut/seed butter of choice

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# WEEK 1 GROCERY LIST

## **Fruit**

Apples  
Avocado  
Bananas  
Mixed berries (fresh or unsweetened frozen)  
Oranges

## **Vegetables**

Baby carrots  
Bell peppers  
Cucumber  
Fresh garlic  
Green beans  
Spinach  
Spaghetti squash  
Sweet potatoes  
Tomato  
Zucchini

## **Pantry**

Black beans  
Chia seeds  
Chickpeas  
Lentils  
Sesame oil  
Soy sauce  
Sunflower seeds  
Walnuts  
Whole wheat crackers

## **Herbs & Flavor Add-ins**

Dill  
Fresh parsley, basil, or cilantro – optional for garnish  
Lemon  
Lemon pepper seasoning  
Lime  
Salsa

## **Whole Grains & Bread**

Brown rice  
Old-fashioned or steel-cut oats  
Whole grain bread  
Whole grain crackers  
Whole wheat tortilla

## **Fresh/Frozen Protein & Dairy**

Chicken breast  
Cottage cheese  
Eggs  
Feta cheese  
Greek yogurt, plain  
Ground turkey (lean)  
Salmon  
Shrimp  
String cheese  
Tuna (canned)  
Turkey meatballs

## **Note:**

Check your pantry/fridge/freezer and use similar items you already have available when it makes sense. This can help you save money and start by using familiar foods in new ways or help you adjust the quantity of each food you're eating to better reflect your needs.