

DAY 1 —

1500 Calorie Meal Plan

Breakfast

- 1 slice sprouted grain toast + 1 Tbsp unsweetened nut/peanut/seed butter of choice
- 1 cup unsweetened milk of choice
- 1 small apple + 1 Tbsp unsweetened nut/peanut/seed butter of choice
- 1 boiled egg

Lunch

- 1 cup lentil & veggie soup
- 1 cup lettuce + 5 cherry tomatoes and ¼ cup cucumber + 1 Tbsp yogurt-based ranch
- ½ whole wheat pita

Dinner

- 4 oz grilled cod + 1 cup mashed butternut squash topped with cinnamon and olive oil
- 1 cup roasted broccoli
- 1 cup roasted zucchini
- 1 small dinner roll + 1 tsp butter

Snacks

- ¾ cup edamame in the pod (remove the pod for eating)
- 3 cups air-popped popcorn

This meal plan is estimated to provide approximately 1,500 calories per day, depending on the quantity of each item consumed. If you need fewer or more calories, adjust as necessary and/or meet with a Registered Dietitian to help you adjust to better reflect your needs.

DAY 2 —

Meal Plan

Breakfast

- PREP OVERNIGHT OATS AHEAD: ½ cup old fashioned oats + ½ cup unsweetened milk of choice with cinnamon + ½ tsp maple syrup + 3 Tbsp chopped pecans
- 1 small apple (chopped and added to oats in the morning)

Lunch

- Chicken and veggie Buddha bowl:
 - ½ cup quinoa
 - ½ cup roasted carrots, 1 cup fresh spinach, and ¼ sliced avocado
 - 3 oz grilled chicken
 - Lemon juice, black pepper, and fresh chives
- 1 cup cantaloupe

Dinner

- 3 oz lean turkey burger with lettuce, tomato, and mustard and 1 Tbsp light mayonnaise on whole wheat hamburger bun
- 1 cup cucumber slices with dill
- ¾ cup roasted butternut squash cubes

Snacks

- ¼ cup walnut halves + 1/2 cup plain Greek yogurt + ½ cup strawberries
- ¾ cup cucumber slices

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DAY 3 —

Meal Plan

Breakfast

- Smoothie: ½ banana + ½ cup frozen cherries + 1 cup spinach + 1 Tbsp ground flaxseed + ½ cup unsweetened milk of choice
- 1 slice sprouted grain toast with 1 slice ultra-thin cheese slice

Lunch

- ½ cup tuna salad with olive oil + oregano
- ½ whole wheat pita
- ½ cup lentils with 1 tsp pesto
- 1 cup cherry tomatoes

Dinner

- 4 oz baked cod with dill and 1 tsp whole wheat panko
- ½ cup mashed cauliflower
- 1 cup steamed broccoli + ½ cup quinoa + 1 slice ultra-thin cheese

Snacks

- 1 small banana with 1 Tbsp unsweetened nut/peanut/seed butter of choice
- ¾ cup edamame in the pod (remove the pod for eating)

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DAY 4 —

Meal Plan

Breakfast

- 2 sprouted grain slice toast
- 2 scrambled egg + 1 cup spinach
- 2 ultra thin slices of cheese
- ¼ avocado
- 1 cup cantaloupe

Lunch

- ½ cup chickpeas (drained) + ½ cup cherry tomatoes + 1 Tbsp oil and vinegar dressing
- ½ whole wheat pita
- 1/2 cup lettuce
- 1 cup roasted broccoli & peppers

Dinner

- 4 oz grilled shrimp + 1 cup quinoa with 2 tsp pesto
- 1 cup sautéed zucchini & red onion

Snacks

- ½ cup plain Greek yogurt with ½ cup strawberries
- 3 cups air popped popcorn

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DAY 5 —

Meal Plan

Breakfast

- 1 cup cooked old fashioned oatmeal made with 1 cup unsweetened milk of choice + 1 Tbsp chopped pecans + ¼ cup diced apple + cinnamon
- 1 boiled egg

Lunch

- 3 oz grilled chicken + ⅓ cup lettuce + 1 Tbsp light mayo + 1 ultra-thin slice cheese on a whole wheat hamburger bun
- 1 cup side tomato + cucumber salad with olive oil and dill
- ½ cup diced mango

Dinner

- 3 oz stir-fried tofu + ½ cup soba noodles
- 1 cup broccoli, mushroom, and onion stir fry with soy sauce, ½ tsp sesame oil, ginger, and garlic
- 1 cup cantaloupe

Snacks

- 2 Tbsp hummus + 1/2 cucumber
- 1/2 cup strawberries

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DAY 6 —

Meal Plan

Breakfast

- 1 cup plain Greek yogurt + ½ cup mango diced + ¼ cup chopped strawberries
- 1 slice sprouted grain toast with 1 Tbsp unsweetened peanut/nut/seed butter

Lunch

- 1 cup turkey and bean chili + 1 ultra thin cheese slice
- ½ whole wheat pita
- 1 cup raw bell pepper slices + 2 Tbsp salsa

Dinner

- 3 oz baked chicken thigh + ⅔ cup herb couscous
- 1 cup roasted broccoli
- 1 cup cooked carrots

Snack

- 1 cup air-popped popcorn + ultra thin cheese slice cut into pieces + garlic powder (toss together)
- 1 small apple + 1 Tbsp unsweetened nut/peanut/seed butter

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DAY 7 —

1500 Calorie Meal Plan

Breakfast

- Smoothie bowl: ½ cup frozen cherries + ½ banana + 1 cup plain Greek yogurt + ½ cup unsweetened milk of choice + 1 Tbsp flaxseed
- 1 Tbsp peanut/nut/seed butter drizzled on top

Lunch

- 4 oz cod + 2 cups lettuce + ½ cup chopped tomato + ¼ cup diced cucumber + ¼ avocado, + ⅓ cup homemade roasted chickpeas + 2 Tbsp yogurt-based ranch
- ½ cup mango

Dinner

- 1 cup leftover turkey chili
- Toppings & Mix-ins: 1 slice ultra-thin cheese + 2 Tbsp plain Greek yogurt for topping + 1 cup roasted butternut squash + ½ cup sautéed peppers + 1 Tbsp onions

Snack

- ¾ cup edamame in the pod (remove the pod for eating)
- 1 small banana with 1 Tbsp unsweetened nut/peanut/seed butter of choice

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Week 2 Grocery List

Fruit

Apples
Bananas
Cantaloupe
Cherries, frozen
Lemon or lemon juice
Mango
Strawberries

Whole Grains & Legumes

Air-popped popcorn
Beans for chili
Chickpeas
Herb couscous
Lentils
Oatmeal
Quinoa
Sprouted grain bread
Soba noodles
Whole wheat hamburger buns
Whole wheat pita

Fresh Herbs & Flavor Add-ins

Chives (fresh)
Dill
Garlic
Ginger

Vegetables

Bell Peppers
Broccoli
Butternut squash
Carrots
Cauliflower
Cherry Tomatoes
Cucumbers
Edamame (frozen in pods)
Lettuce/Leafy Greens
Mushrooms
Onions
Spinach
Tomatoes
Zucchini

Protein

Chicken thigh
Cod
Eggs
Greek Yogurt, plain
Ground turkey (lean)
Nut/peanut/seed butter
Pecans
Shrimp
Tofu (extra firm)
Tuna (canned in water)
Ultra-thin cheese slices

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.