

1501-1750 Calorie Meal Plan – Day One

Breakfast: Banana Bread Smoothie

- 1 medium-size (7" long) banana, frozen (or fresh banana with 3-4 ice cubes)
- 1 cup plain, unsweetened almond milk
- 1 scoop vanilla whey protein powder, such as Gold Standard or Designer Whey
- 1 Tbsp. almond butter
- ½ cup plain, nonfat Greek yogurt
- Sprinkle of cinnamon

Blend all ingredients until smooth.

Calories 415; Carbohydrates 40 g; Fat 13 g; Protein 41 g

Lunch: Feta Turkey Burger with Greek Salad

Ingredients:

- 5 oz. 97% ground turkey
- 5-6 fresh basil leaves, chopped
- 1 oz. feta cheese, crumbled
- 1 tomato, chopped
- ½ cucumber, chopped
- 1 ½ Tbsp. balsamic vinegar
- ½ Tbsp. olive oil
- 2 Tbsp. hummus

Directions: Mix ground turkey with basil and feta and form into a patty. Cook in a small pan over medium heat for 10-15 minutes or until burger reaches 165 degrees, flipping every 3-5 minutes.

Top turkey burger with hummus. Mix tomato, cucumber, vinegar and oil and serve alongside turkey burger.

Calories 432; Carbohydrates 19 g; Fat 28 g; Protein 34 g

Dinner: Pork + Sweet Potato

Ingredients:

- 6 oz. thin-cut pork loin chop (boneless) (2-3 loin chops)
- ½ Tbsp. olive oil
- 2 Tbsp. BBQ sauce, such as Stubb's (or any other BBQ sauce that has less than 40 calories per 2 Tbsp.)
- 1 medium sweet potato, cut into fry-like sticks
- 1 tsp. garlic powder, divided (1/2 tsp. + 1/2 tsp.)
- ½ tsp. black pepper
- ½ tsp. smoked paprika
- 2 cups chopped kale (washed and dried)
- Cooking spray

Directions:

Preheat oven to 350 degrees. Place sweet potato sticks on a baking sheet and spray with cooking spray, then sprinkle with ½ tsp. garlic powder, black pepper and smoked paprika. Bake for 30-40 minutes, or until "fries" are tender.

Spread kale on a separate baking sheet, spray with cooking spray and sprinkle with remaining ½ tsp. garlic powder. Cook for 15-20 minutes, or until kale is crisped.

Add olive oil to a medium-size pan and heat for 1-2 minutes. Add pork loin chops to pan and cook for 3-5 minutes on each side. Serve pork with BBQ sauce, kale chips and sweet potato "fries".

Calories 497; Carbohydrates 51; Fat 13 g; Protein 44 g

Snack One: ½ Cup 1% Cottage Cheese + ½ Cup Fresh or Frozen Blueberries

Calories 122; Carbohydrates 14 g; Fat 1 g; Protein 15 g

Snack Two: 1 oz. Almonds (about 23)

Calories 164; Carbohydrates 6 g; Fat 14 g; Protein 6 g

Totals: Calories 1,630; Carbohydrates 130 g; Fat 69 g; Protein 140 g

1501-1750 Calorie Meal Plan – Day Two

Breakfast: Kale & Avocado Omelet + Cottage Cheese & Fruit

Ingredients:

- 1 large egg
- 2 egg whites, or ½ cup 100% egg whites from a carton
- 1 ½ cups fresh kale, torn into small pieces
- Cooking spray
- ½ avocado, mashed + ¼ tsp. salt
- ½ cup 1% cottage cheese
- ½ cup fresh blueberries

Directions:

Spray small pan with cooking spray. Add kale and sauté for 3-5 minutes, until kale starts to soften. Beat egg and egg whites and add to pan. Cover and cook until omelet is set. Serve with mashed, salted avocado and cottage cheese and blueberries.

Calories 434; Carbohydrates 33 g; Fat 18 g; Protein 40 g

Lunch: Chicken with Hummus and Vegetables

Ingredients:

- 6 oz. boneless, skinless chicken breast
- 1 tsp. oregano
- ½ tsp. garlic powder
- 5-6 fresh basil leaves, sliced
- 1 cup sliced carrots
- ½ cucumber, sliced
- ¼ cup hummus
- Medium-sized apple, such as Fuji

Directions: Preheat oven to 375 degrees. Place chicken breast on baking sheet, sprinkle with oregano and garlic powder, and cook for 20-25 minutes, or until it reaches an internal temperature of 165 degrees.

Top cooked chicken with fresh basil and serve with carrots, cucumber and hummus for dipping.

Calories 455; Carbohydrates 49 g; Fat 15 g; Protein 35 g

Dinner: Baked Salmon with Balsamic Asparagus and Quinoa Saute

Ingredients:

- 5 oz. fresh Atlantic, wild salmon
- ½ tsp. black pepper
- ¼ cup uncooked quinoa
- 2 cups fresh or frozen asparagus, chopped into about 2" pieces
- 2 Tbsp. balsamic vinegar
- ½ Tbsp. olive oil
- 1 clove garlic, minced

Directions:

Preheat oven to 350 degrees. Lay salmon on a baking sheet and sprinkle with pepper. Bake for about 15 minutes, until salmon is opaque and flaky.

Cook quinoa according to package directions. Heat olive oil in medium-sized pan. Add garlic and cook for 1-2 minutes. Add asparagus and sauté for 5-7 minutes. Add prepared (drained) quinoa and balsamic vinegar. Saute for 3-5 minutes or until vinegar reduces/thickens.

Calories 452; Carbohydrates 34 g; Fat 18 g; Protein 38 g

Snack One – 1 Cup Plain, Nonfat Greek Yogurt + ½ Tbsp. honey

Calories 162; Carbohydrates 20 g; Fat 0 g; Protein 22 g

Snack Two – 1 Medium Banana + 1 Tbsp. Almond Butter

Calories 200; Carbohydrates 30 g; Fat 9 g; Protein 4 g

Totals: Calories 1,703; Carbohydrates 166 g; Fat 60 g; Protein 140 g

1501-1750 Calorie Meal Plan – Day Three

Breakfast: Strawberry Yogurt Parfait

- 1 cup plain, nonfat Greek yogurt
- ¾ cup fresh (or frozen and thawed) strawberries, sliced
- 2 Tbsp. chopped walnuts
- ½ scoop vanilla whey protein powder (such as Designer Whey or Gold Standard)
- ½ tsp. vanilla extract
- Cinnamon (optional)

Calories 331; Carbohydrates 25 g; Fat 11 g; Protein 38 g

Lunch: Purple Cabbage and Apple Slaw with Chicken

Ingredients:

- 1 cup shredded purple cabbage
- ½ cup shredded carrots
- 1 green apple, finely chopped
- Juice of 1 lime
- ½ Tbsp. olive oil
- 1 tsp. honey
- Salt to taste
- 5 oz. boneless, skinless chicken breast

Directions: Bake chicken in 375 degree oven for about 25 minutes, or until internal temperature reaches 165 degrees. Mix cabbage, carrots, apple, lime juice, honey, olive oil and salt to make the slaw. Serve with cooked chicken breast.

Calories 451; Carbohydrates 43 g; Fat 12 g; Protein 45 g

Snack: ¼ cup hummus + 1 cup cherry tomatoes

Calories 187; Carbohydrates 18 g; Fat 10 g; Protein 5 g

Dinner: Meat and Potatoes Salad

Ingredients:

- ¾ cup baby potatoes, diced
- ½ tsp. garlic powder
- Pinch of salt
- 1, 4-oz., 90% or leaner ground beef patty
- 2 cups raw kale
- 1/5 avocado
- 2 tsp. grainy mustard
- 1 Tbsp. apple cider vinegar

Directions: Preheat oven to 375 degrees. Add potatoes to cooking sheet, spray with cooking spray, sprinkle with garlic powder and salt and roast for 20-25 minutes, or until desired doneness. Cook burger on the stove until medium well.

Mash avocado and mix with mustard and vinegar. Toss this “dressing” with kale and potatoes and top with burger.

Calories 474; Carbohydrates 47 g; Fat 22 g; Protein 28 g

Snack: String Cheese + ¾ cup grapes

Calories 112; Carbohydrates 17 g; Fat 3 g; Protein 8 g

Totals: Calories 1,555; Carbohydrates 150 g; Fat 58 g; Protein 124 g

1501-1750 Calorie Meal Plan - Day Four

Breakfast: Spinach Egg Breakfast Tacos

Ingredients:

- 2 cups spinach, divided (1 cup + 1 cup)
- 2 eggs
- Cooking spray
- ¼ cup salsa
- ½ cup 1% cottage cheese
- 2 corn tacos, such as El Milagro brand

Directions:

Spray small pan with cooking spray. Add 1 cup spinach to pan and cook for 1-2 minutes. Beat two eggs and add to pan. Scramble eggs.

Add spinach, scrambled eggs, cottage cheese and salsa to corn tortillas to make breakfast tacos.

Calories 362; Carbohydrates 34 g; Fat 11 g; Protein 31 g

Lunch: Guacamole Tuna Salad with Peppers + Crackers

Ingredients:

- 1 (4 oz.) can chunk LIGHT tuna (Chunk Light is lower in mercury)
- ¼ cup Trader Joe's Reduced Guilt Guacamole (or 2 Tbsp. each guacamole and nonfat, plain Greek yogurt)
- 2 cups sliced bell pepper for dipping
- 3 crackers, such as Wasa or Ak Mak brands (see pictures of each at right)
- ½ cup grapes



Directions: Mix tuna with Reduced Guilt Guacamole or Guacamole/Greek yogurt. Serve with crackers and peppers.

Calories 405; Carbohydrates 53 g; Fat 4 g; Protein 35 g

Snack: Medium (~7") banana + 1 Tbsp. Peanut or Almond Butter

Calories 195; Carbohydrates 31 g; Fat 8 g; Protein 5 g

Dinner: BBQ Pork Tenderloin with Broccoli Slaw + Sweet Potato

Ingredients:

- 5 oz. pork tenderloin
- ½ tsp. smoked paprika
- ½ tsp. garlic powder
- 2 Tbsp BBQ sauce such as Stubb's (should have <35 calories/2 Tbsp.)
- 1 ½ cups bagged broccoli/carrot slaw mixture (a cabbage-based slaw mixture would also work)
- 1 Tbsp. apple cider vinegar, preferably an unfiltered variety like Bragg's
- 2 Tbsp. plain, nonfat Greek yogurt
- ½ tsp. black pepper
- ¼ tsp. salt
- 1 medium sweet potato
- ½ Tbsp. grass-fed butter, such as Kerrygold

Directions: Preheat oven to 375 degrees. Lay pork tenderloin on a baking sheet and sprinkle with smoked paprika and garlic powder.

Wash and dry sweet potato, then poke the sweet potato several times with a fork and wrap in aluminum foil. Bake sweet potato and pork tenderloin for 40-50 minutes, or until pork reaches 155 degrees and sweet potato is soft.

Mix bagged slaw with apple cider vinegar, Greek yogurt, salt and pepper. Serve pork with BBQ sauce and "creamy" slaw, along with the baked sweet potato with butter.

Calories 523; Carbohydrates 39 g; Fat 18 g; Protein 50 g

Snack: 1 cup nonfat, plain Greek yogurt + 1 Tbsp. honey (preferably local honey)

Calories 196; Carbohydrates 25 g; Fat 0 g; Protein 24 g

Totals: *Calories 1681; Carbohydrates 182 g; Fat 41 g; Protein 145 g*