

MEAL PLAN: 1200 - 1400 CALORIES

MONDAY

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Smoothie	½ banana ½ frozen berries ½ scoop protein powder 2 tablespoon flax seeds ½ cup Milk/ nut milk	37g	18g	13g	320
Snack/Breakfast	½ cup Natures Path Smart Bran Cereal ½ cup Milk/Nut Milk	27g	7g	1g	115
Lunch	1 cup Roasted veggies ½ tablespoon oil for roasting 1 small sweet potato, baked 3 oz Chicken Breast roasted Add herbs and spices as needed 2 tablespoon hummus	30g	33g	13g	370
Dinner	3 oz Salmon ½ cup cooked brown rice ½ cup sautéed kale 1 tablespoon oil for roasting ½ cup roasted veggies ¼ avocado Season as needed	35g	27g	20g	427
Total		130g	88g	48g	1236

TUESDAY

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Smoothie	½ banana ½ apple 1 cup spinach ½ scoop protein powder 2 tablespoon flax seeds ½ cup Milk/ nut milk	40g	20g	13g	335
Snack/Breakfast	½ cup Natures Path Smart Bran Cereal ½ cup Milk/Nut Milk	27g	7g	1g	115
Lunch: Sweet Potato Hash	½ tablespoon oil cooking ½ cup mixed veg ½ cup kale/ spinach 1 cup butternut squash 2 eggs + ⅔ cup egg whites ¼ avocado	28g	25g	22g	400
Dinner: Veggie Stir Fry	1 Teaspoon oil for cooking ⅓ block of tofu, firm 1 cup mixed veggies 1 cup kale/ spinach ½ cup brown rice Soy sauce/ low calorie sauce	40g	30g	17g	400
Total		135g	80g	52g	1252

WEDNESDAY

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Smoothie	1 cup frozen cherries ½ scoop protein powder ¼ cup plain Greek yogurt 2 tablespoon flax seeds ½ cup Milk/Nut Milk	38g	26g	13g	360
Snack/Breakfast	½ cup Natures Path Smart Bran Cereal ½ cup Milk/Nut Milk	27g	7g	1g	115
Lunch: Shrimp & Quinoa	½ tablespoon oil cooking 1 cup mixed veg ½ cup quinoa 4 oz cooked shrimp ¼ avocado	30g	33g	16g	400
Dinner: Tacos	1 Teaspoon oil for cooking ½ cup mixed veg 3 corn tortillas 1 tablespoon low fat sour cream ¼ cup low fat cheese 3 oz lean ground beef Salsa	37g	36g	15g	400
Total		132g	100g	44g	1287

THURSDAY

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Smoothie	1 cup frozen mango ½ scoop protein powder 2 tablespoon flax seeds ½ cup Milk/ nut milk	36g	19g	13g	325
Snack/Breakfast	½ cup Natures Path Smart Bran Cereal ½ cup Milk/ nut milk	27g	7g	1g	115
Lunch: Lettuce Cups	Lettuce boats 3 oz lean Ground beef ½ cup black beans ¼ cup frozen corn Salsa ¼ Avocado ¼ low fat shredded cheese	34g	38g	13g	407
Dinner: Pasta	½ tablespoon oil cooking 1 cup mixed veg ½ cup cooked whole wheat pasta 4 oz cooked chicken breast ½ cup tomato sauce 2 tablespoon parmesan cheese	34g	37g	13g	380
Total		131g	100g	40g	1223

FRIDAY

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Avocado Toast	2 rice cakes ½ avocado 2 eggs + ½ cup egg whites 1 cup sautéed spinach	23g	20g	28g	380
Snack/Breakfast	½ cup Natures Path Smart Bran Cereal ½ cup Milk/Nut Milk	27g	7g	1g	115
Lunch: Rice Bowl	½ cup brown rice ½ cup canned Tuna 1 tablespoon light mayo 2 tablespoons Hummus 1 cup Mixed vegetables 1 teaspoon Oil for cooking	38g	26g	12g	366
Dinner: Pasta	Sweet potato, cooked 3 oz chicken breast 1 cup Mixed vegetables ½ tablespoon olive oil for cooking	40g	33g	15g	430
Total		125g	93g	44g	1223

SNACK IDEAS

Snack	Ingredients	Carbs	Protein	Fat	Calories
Carrots and Hummus	Carrots, Celery or Red Pepper 2 tablespoon hummus	15g	4g	3g	95
Edamame Beans	1 cup edamame beans	14g	18g	8g	188
Yogurt and Cereal	½ cup plain Greek yogurt ½ cup Natures Path Smart Bran Cereal ¼ cup blueberries	31g	15g	1g	167

NOTES

- Mixed veggies can be swapped in and out for any non-starchy vegetables.
- Mixed vegetables can be added to increase volume of meals
- Meals can be mixed and matched on days
- Low calories Sauces:
 - Soy sauce
 - Salsa
 - Sriracha
 - Hot sauce
 - Mustard
 - Sugar free ketchup
 - Sugar free BBQ sauce
- Drink 2.5 liters of water per day
 - Tips for drinking more water
 - Set alarms/ goals by certain times of the day
 - Carry water bottle with you though the day
 - Keep water bottle by desk/ work space.