

MEAL PLAN: 2000 CALORIES

- Low glycemic, carbs < 175g daily.
- Caloric based on a 2000 cal daily diet.
- Aim for 100-150g of protein daily.

Monday					
Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Avocado toast	2 eggs+ ¼ cup egg whites ½ avocado 2 slice Ezekiel Bread	36g	28g	22g	460
Snack: Cottage cheese bowl	1 cup cottage cheese ½ cup berries 1 Tea spoon honey 2 table spoon pumpkin seeds	29g	28g	12g	330
Lunch	1 cup Roasted veggies ½ tablespoon oil for roasting 1 small sweet potato, baked 3 oz chicken Brest roasted (about the size of your palm) Add herbs and spices as needed 2 tablespoon hummus	52g	38g	16g	500
Dinner	3 oz Salmon (about the size of your palm) 1 cup cooked brown rice 1 tablespoon oil for roasting cooking 1 cup roasted/ sautéed veggies ½ avocado Season as needed	63g	26g	33g	650
Total:		180g	122g	84g	1940

Tuesday

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Cottage cheese bowl with Hard boiled eggs on the side.	1 cup cottage cheese ½ cup berries 1 Tea spoon honey 2 table spoon pumpkin seeds 2 hard boiled eggs	28g	36g	28g	335
Snack: Rice cakes and Avocado	3 rice cakes 1 avocado	33g	5g	21g	330
Lunch: Fish cakes	<p>Ingredients:</p> <p>1 can of tuna/ salmon 2 table spoon whole what flour 1 egg 1 Spring onion 1 shallot 2 tablespoon chopped parsley 1 clove garlic Salt and pepper to taste ½ table olive oil for cooking</p> <p>To serve: 1-2 cups spinach ½ avocado 3 corn tortillas</p> <p>Instructions: Combine ingredients and mix well. Fry in olive oil</p> <p>Serve over bed of spinach</p>	50g	47g	24g	590

Dinner: Tofu and cashew stir fry	1 Teaspoon oil for cooking 4 oz tofu, firm (about the size of the palm) ¼ cup cashews 1 cup mixed veggies 1 cup kale/ spinach 1 cup brown rice Soy sauce/ low calorie sauce	28g	36g	28g	335
Total:		182g	116g	91g	1960

Wednesday

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Avocado toast	2 eggs+ ¼ cup egg whites ½ avocado 2 slice Ezekiel Bread	36g	28g	22g	460
Snack: chia seed pudding	3 table spoon chia seeds 2/3 cup almond milk ¼ cup frozen berries 1 teaspoon honey	25g	6g	11g	212
Lunch: Nourish bowl	½ cup quinoa 1 cup edamame 1 cup roasted vegetables ¼ cup humm	70g	33g	24g	600
Dinner: Fish tacos	1 table spoon oil for cooking 1 cup mixed veg 3 corn tortillas 2 tablespoon sour cream ¼ cup shredded cheese	47g	41g	35g	650

	5 oz halibut (about 1.5 times the size of your palm) Salsa ½ avocado				
Total:		178g	110g	91g	1920

Thursday					
Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: sweet potato hash	1 cup chopped sweet potato 1 table spoon olive oil 3 eggs 1 cup veggies of choice	60g	25g	21g	527
Snack: Cottage cheese bowl	1 cup cottage cheese ½ cup berries 1 Tea spoon honey 2 table spoon pumpkin seeds	29g	28g	12g	330
Lunch: Nourish bowl	1 cup Roasted veggies ½ tablespoon oil for roasting ½ brown rice ½ cup shrimp cooked Add herbs and spices as needed 2 tablespoon hummus ½ Avocado	44g	36g	23g	530
Dinner: Chick pea pasta	½ tablespoon oil cooking 1 cup mixed veg 1.5 cup cooked chick pea pasta ½ cup tomato sauce 2 tablespoon parmesan cheese 4 oz tofu, firm (about the size of the palm)	34g	37g	13g	380

Total:		190g	125g	71g	1870
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Friday

Meal	Ingredients	Carbs	Protein	Fat	Calories
Breakfast: Avocado toast	2 eggs+ ¼ cup egg whites ½ avocado 2 slice Ezekiel Bread 36g	36g	28g	22g	460
Snack: Cottage cheese bowl	1 cup cottage cheese ½ cup berries 1 Tea spoon honey 2 table spoon pumpkin seeds	29g	28g	12g	330
Lunch: Tuna and Rice bowl	½ cup brown rice 1 can Tuna 2 tablespoons Hummus 1 cup Mixed vegetables 1 teaspoon Oil for cooking	48g	43g	24g	580
Dinner: Edamame stir fry	1 Teaspoon oil for cooking 1 cup edamame 1 cup veggies of choice ½ cup brown rice Peanut sauce ½ avocado Peanut sauce: Soy sauce 2 table spoon peanut butter Garlic powder Lemon juice	53g	28g	36g	600
Total:		167g	130g	94g	1980

ADDITIONAL RECOMMENDATIONS

Water:

- Drink 2.5 liters of water per day
 - o Tips for drinking more water
 - Drink water first thing in the AM
 - Set alarms/ goals by certain times of the day
 - Carry water bottle with you though the day
 - Keep water bottle by desk/ work space.

Protein serving sizes:

- See Protein Handout