

1500 CALORIES A DAY MEAL PLAN



BREAKFAST

SNACK

LUNCH

SNACK

DINNER

DAY 1

Baked Banana-Nut Oatmeal Cups (2 servings), One clementine

One medium apple, sliced, 1 Tbsp. peanut butter

Veggie & Hummus Sandwich (1 serving)

One medium banana

Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice (1 serving)

DAY 2

Baked Banana-Nut Oatmeal Cups (2 servings), One clementine

1oz. Cheddar cheese
One hard-boiled egg

Chipotle-Lime Cauliflower Taco Bowls (1 serving)

One medium apple

Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce (1 serving), Oven Sweet-Potato Fries (1 serving)

DAY 3

Baked Banana-Nut Oatmeal Cups (2 servings), One clementine

One medium apple

Chipotle-Lime Cauliflower Taco Bowls (1 serving)

One medium banana, 1 Tbsp. peanut butter

Easy Salmon Cakes over 2 cups baby spinach (1 serving), One-piece whole-wheat baguette (2-inch)

DAY 4

Muesli with Raspberries (1 serving), One medium banana

One hard-boiled egg sprinkled with a pinch each of salt and pepper

Chipotle-Lime Cauliflower Taco Bowls (1 serving)

1/2 cup raspberries, 1 oz. dark chocolate

One serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce

DAY 5

Muesli with Raspberries (1 serving)

1 oz. Cheddar cheese, One hard-boiled egg

Chipotle-Lime Cauliflower Taco Bowls (1 serving)

One medium banana, 1 Tbsp. peanut butter

Mediterranean Ravioli with Artichokes & Olives (1 serving)

DAY 6

Muesli with Raspberries (1 serving), One medium banana

One medium apple, 1 Tbsp. peanut butter

Veggie & Hummus Sandwich (1 serving), One clementine

One hard-boiled egg sprinkled with a pinch each salt and pepper

Curried Sweet Potato & Peanut Soup (1 serving), One slice whole-wheat baguette (2-in.)

DAY 7

"Egg in a Hole" Peppers with Avocado Salsa (1 serving)

One medium apple

Curried Sweet Potato & Peanut Soup (1 serving)

1 cup raspberries, 1 oz. dark chocolate

Spinach & Artichoke Dip Pasta (1 1/2 serving)