

# CALORIE DEFICIT MEAL PLAN

**DAY 1** B: Overnight oats, with a topping of fresh berries and a healthy amount of chia seeds  
L: Salad made from lentil-bean  
S: Smoothie made with a combination of mango and spinach  
D: Baked salmon with broiled broccoli and baked potato

**DAY 2** B: Berry protein smoothie  
L: Stuffed bell peppers  
S: Apple slices with nut butter  
D: Zucchini noodles and turkey mince

**DAY 3** B: Spinach-cheese-egg scramble  
L: Cucumber, some mixed-green salad, bell pepper, tomato, corn, sweet potato, olives, and grilled salmon or roasted chickpeas  
S: Roasted nuts  
D: Oven-baked chicken thighs with potatoes and carrots

**DAY 4** B: Greek yogurt topped with berries, nuts, and chia seeds  
L: Turkey sandwich made with whole wheat bread  
S: Homemade nut and dried fruit trail mix  
D: Grilled tempeh, potatoes, and sautéed kale

**DAY 5** B: Green smoothie made with kale, frozen cherries, banana, protein powder, flax seeds, and milk.  
L: Loaded baked potato  
S: Whole wheat crackers with mashed black bean spread  
D: Grilled steak, baked potato, and steamed carrots

**DAY 6** B: Bacon and egg muffins  
L: Slow cooker beef and vegetable stew with whole wheat bread  
S: Low-fat Greek yogurt topped with nuts  
D: Fried shrimp with wild rice and steamed vegetables

**DAY 7** B: Chocolate coconut protein shake  
L: Chicken veggie salad with peanut dressing  
S: Sweet potato chips  
D: Slow cooker beef and vegetable stew with whole wheat bread

