

## 2,000cal/day Meal Plan

| Day 1   | Day 2   | Day 3   | Day 4  |
|---|---|---|--|
| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>- 3 eggs scrambled</li> <li>- ½ cup oatmeal</li> <li>- ¼ cup raspberries</li> </ul>  | <b>Breakfast:</b> <ul style="list-style-type: none"> <li>- 2 Slices French toast</li> <li>- 2 Tbsp maple syrup</li> <li>- 8oz 1% milk</li> <li>- Greek Yogurt</li> </ul>                                    | <b>Breakfast:</b> <ul style="list-style-type: none"> <li>- 2 Cups honey nut cheerios with skim milk</li> <li>- 2 Hard-boiled eggs</li> </ul>  | <b>Breakfast:</b><br>Yogurt Parfait <ul style="list-style-type: none"> <li>- Greek Yogurt</li> <li>- Almonds</li> <li>- Granola</li> <li>- Strawberries</li> </ul>   |
| <b>Snack:</b> <ul style="list-style-type: none"> <li>- Pretzels (1oz snack bag)</li> <li>- Cheese Stick</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Banana</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Cliff builder protein bar</li> </ul>   | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Hummus</li> <li>- Raw carrots + celery</li> <li>- Fig bar</li> </ul>  |
| <b>Lunch:</b><br>Deli Sandwich: <ul style="list-style-type: none"> <li>- Turkey (4 slices)</li> <li>- Wheat Bread (2 Slices)</li> <li>- Lettuce</li> <li>- 2 Slices cheese</li> <li>- Low-fat mayo</li> </ul> Apple | <b>Lunch:</b><br>Burrito Bowl: <ul style="list-style-type: none"> <li>- 1 cup white rice</li> <li>- ¼ c black beans</li> <li>- Steak, 3oz</li> <li>- 2oz Shredded cheese</li> <li>- 2 Tbsp salsa</li> </ul> | <b>Lunch:</b><br>Salad <ul style="list-style-type: none"> <li>- 4oz Grilled chicken</li> <li>- Mixed greens</li> <li>- 1 Tbsp parmesan cheese</li> <li>- 2 Tbsp fat-free Caesar dressing</li> <li>- Nutrigrain bar</li> </ul>             | <b>Lunch:</b><br>Grilled Chicken Sandwich <ul style="list-style-type: none"> <li>- Grilled chicken breast</li> <li>- Cheese slice</li> <li>- Lettuce</li> <li>- Tomato</li> <li>- Light-mayo</li> </ul> 1 bag sea salt and vinegar baked chips |
| <b>Snack:</b> <ul style="list-style-type: none"> <li>- Nutrigrain bar</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- 1 Can tuna</li> <li>- 10 Ritz crackers</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Low-fat jerky stick</li> <li>- Apple</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Core Power protein shake</li> </ul>   |
| <b>Dinner:</b> <ul style="list-style-type: none"> <li>- Skinless chicken thigh (4oz)</li> <li>- Steamed green beans (1 cup)</li> <li>- Brown Rice (¾ c.) with 1 tsp butter</li> <li>- 8oz Skim milk</li> </ul>      | <b>Dinner:</b> <ul style="list-style-type: none"> <li>- 3oz Pork tenderloin</li> <li>- 1 baked sweet potato with 1tsp butter</li> <li>- 1 cup broccoli</li> </ul>   | <b>Dinner:</b><br>Burger <ul style="list-style-type: none"> <li>- 1 beef patty</li> <li>- Wheat hamburger bun</li> <li>- Cheddar cheese</li> <li>- Tomato</li> <li>- Lettuce</li> <li>- Ketchup</li> <li>- Mustard</li> </ul> Baked Fries | <b>Dinner:</b> <ul style="list-style-type: none"> <li>- 1 Cup whole wheat pasta</li> <li>- Marinara sauce</li> <li>- 4 Turkey meatballs</li> </ul> 1 Cup steamed veggies (carrots, corn, broccoli)   |
| <b>Snack:</b> <ul style="list-style-type: none"> <li>- 1 Cup cottage cheese</li> </ul>  |   | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Frozen yogurt bar</li> </ul>   |  |

**Calories: 2,040cal**

**Protein: 29%**

**Carbs: 40%**

**Fat: 31%**

**Calories: 2008cal**

**Protein: 29%**

**Carbs: 44%**

**Fat: 27%**

**Calories: 2,060cal**

**Protein: 26%**

**Carbs: 44%**

**Fat: 30%**

**Calories: 2,050cal**

**Protein: 25%**

**Carbs: 47%**

**Fat: 28%**