

## 2,500cal/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 with walnuts</li> <li>- 1/2 cup raspberries</li> </ul>   | <b>Breakfast:</b> <ul style="list-style-type: none"> <li>- 3 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>- 1 Cup Greek yogurt</li> <li>- 1 tsp almonds</li> <li>- 3oz Granola</li> <li>- ¼ Cup 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>- 2 Tbsp. hummus</li> <li>- Raw carrots + celery</li> <li>- Nature's Bakery 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>- 1.5 Cups white rice</li> <li>- ¼ c Black beans</li> <li>- 3oz Steak</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 croutons</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>- 4oz Grilled chicken breast</li> <li>- 1 Cheese slice</li> <li>- Lettuce</li> <li>- Tomato</li> <li>- Light-mayo</li> </ul> 1 snack-size bag sea salt and vinegar baked chips |
| <b>Snack:</b> <ul style="list-style-type: none"> <li>- Nutrigrain bar</li> <li>- Cheese-its (snack size bag)</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>- 1 cup Brown Rice with 1 tsp butter</li> <li>- 8oz Skim milk</li> </ul>       | <b>Dinner:</b> <ul style="list-style-type: none"> <li>- 4oz Pork tenderloin</li> <li>- 1 Baked sweet potato with 1 tsp butter</li> <li>- 1 Cup broccoli</li> </ul>  | <b>Dinner:</b><br>Burger x 2 <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 + mustard</li> </ul> 10 Baked Fries                  | <b>Dinner:</b> <ul style="list-style-type: none"> <li>- 1.5 Cups 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 with ½ cup peaches</li> </ul>   |   | <b>Snack:</b> <ul style="list-style-type: none"> <li>- Frozen yogurt bar</li> </ul>  | <b>Snack:</b> <ul style="list-style-type: none"> <li>- 1 bag light-buttered popcorn</li> </ul>  |

**Calories: 2,550cal**

**Protein: 27%**

**Carbs: 42%**

**Fat: 31%**

**Calories: 2,530cal**

**Protein: 29%**

**Carbs: 44%**

**Fat: 27%**

**Calories: 2,560cal**

**Protein: 27%**

**Carbs: 40%**

**Fat: 33%**

**Calories: 2,460cal**

**Protein: 22%**

**Carbs: 48%**

**Fat: 29%**