

1500 Calorie Meal Plan

	MON	TUES	WED	THURS	FRI
B R E A K F A S T	Oatmeal: ½ cup cooked Nuts: 4 Tbsp Blueberries: ¼ cup Milk: ¼ cup whole milk Butter: 1 tsp butter (optional)	Smoothie: Yogurt: 1 cup Greek or low fat Raspberries: ½ cup Water: ½ cup- (just enough to liquefy Chia seeds- 2 Tbsp (or other nut/ seed) Try 4 cup greens like baby spinach Cane sugar: 1 tsp	Greek Yogurt: 1 cup plain low fat Walnuts: 3 Tbsp Apple: ¼ cup chopped Berries: ¼ cup Mandarin oranges: 4 small wedges	Peach- 1 small peach or ½ large Cottage cheese: ¾ cup Toast: 1 slice whole grain toast Butter: 1 tsp butter Cashews- 2 tbsp	Pancake: 1 cd size ½ flour, ½ almond flour about 4 inches Yogurt ½ cup plain 2 Tbsp pecans Berries: ¼ cup (blend a cup of berries for more of a sauce- use ¼ cup)
S N A C K	1 small apple + 1 Tbsp Peanut Butter	1 cup carrot sticks, ¼ cup hummus	1 oz tortilla chips with ¼ cup guacamole	8 romaine lettuce leaves with ¼ cup tuna salad	4 cups green leaf salad, 1 tomato, 1 Tbsp vinaigrette
L U N C H	4 oz breaded fish with 1 Tbsp cornmeal Broccoli: 2 cups steamed broccoli Banana chips: ½ cup	Refried beans; ¾ cup, organic is best Tomatoes: ½ cup or ¼ cup salsa Lettuce: ½ cup Cheese: 2 Tbsp shredded Avocado: ¼ cup Sour cream: 1 Tbsp	1 baked chicken leg (~3oz meat) Salad: 2 cups romaine lettuce Carrots: ½ cup Bread: 2 slices whole grain bread with 1 tsp butter	Bread: 2 slices whole grain or sprouted bread Nut butter: 1 ½ Tbsp Fruit: ¼ cup of your favorite fruit ½ cup whole milk	Chicken soup: 3 oz chicken, 1 cup peas, ½ cup carrots, ½ cup celery, ½ cup onions, 1 cup low sodium broth, pinch of sea salt & black pepper Olive oil: 1 tsp
D I N N E R	Chili: ½ cup Zucchini: 1 cup steamed Cherry tomatoes: 1 cup raw or roasted	Salmon: 4 oz Baby spinach: ½ cup cooked with 1 tsp butter ½ cup mashed sweet potato with 1 tsp olive oil and pinch of sea salt or Cajun seasoning	3 oz baked chicken 1 cup root vegetables with 1 tsp olive oil 1 cup peas with 1 tsp butter	3 oz leg of lamb 1 cup cole slaw 3 oz cornbread	4 oz catfish 1 cup green beans ½ cup white beans
S N A C K	3 cups popcorn 1 oz cheese	1 small pear with 1 oz cheese	1/2 small banana with 1 tbsp nut butter	1 cup Bell peppers ¼ cup refried beans	2 Tbsp pumpkin seed kernels & ½ cup fresh fruit
	1495 calories	1528 calories	1541 calories	1486 calories	1443 calories