

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)