

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

