



1500 Calorie Meal Planner

High Protein



	MONDAY	TUESDAY	WEDNSDEAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	<u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 366 calories	<u>Protein Smoothie</u> 1 scoop whey protein powder 1 tablespoon almond butter ½ cup sliced strawberries 1 orange 326 calories	<u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 366 calories	<u>Protein Smoothie</u> 1 scoop whey protein powder 1 tablespoon almond butter ½ cup sliced strawberries 1 orange 326 calories	<u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 366 calories	<u>Protein Smoothie</u> 1 scoop whey protein powder 1 tablespoon almond butter ½ cup sliced strawberries 1 orange 326 calories	<u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 366 calories
MEAL 2	1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories	2 slices turkey breast 4 lettuce leaves 1 slice cheese 175 calories	1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories	2 slices turkey breast 4 lettuce leaves 1 slice cheese 175 calories	1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories	2 slices turkey breast 4 lettuce leaves 1 slice cheese 175 calories	1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories
MEAL 3	<u>Avocado Salad</u> 1 avocado 2 cups mixed salad leaves 1 cup cucumber, chopped 2 tablespoons Italian dressing 320 calories	<u>Lime Chicken Salad</u> 1 chicken breast, skin removed 2 teaspoon lime juice 4 lettuce leaves 242 calories	<u>Avocado Salad</u> 1 avocado 2 cups mixed salad leaves 1 cup cucumber, chopped 2 tablespoons Italian dressing 320 calories	<u>Lime Chicken Salad</u> 1 chicken breast, skin removed 2 teaspoon lime juice 4 lettuce leaves 242 calories	<u>Avocado Salad</u> 1 avocado 2 cups mixed salad leaves 1 cup cucumber, chopped 2 tablespoons Italian dressing 320 calories	<u>Lime Chicken Salad</u> 1 chicken breast, skin removed 2 teaspoon lime juice 4 lettuce leaves 242 calories	<u>Avocado Salad</u> 1 avocado 2 cups mixed salad leaves 1 cup cucumber, chopped 2 tablespoons Italian dressing 320 calories
MEAL 4	4 slices turkey breast 4 lettuce leaves 119 calories	1 egg 2 tablespoon hummus ½ capsicum, sliced ½ cup tuna, canned in water ½ cup carrot grated 1 tortilla bread 362 calories	4 slices turkey breast 4 lettuce leaves 119 calories	1 egg 2 tablespoon hummus ½ capsicum, sliced ½ cup tuna, canned in water ½ cup carrot grated 1 tortilla bread 362 calories	4 slices turkey breast 4 lettuce leaves 119 calories	1 egg 2 tablespoon hummus ½ capsicum, sliced ½ cup tuna, canned in water ½ cup carrot grated 1 tortilla bread 362 calories	4 slices turkey breast 4 lettuce leaves 119 calories

MEAL 5	<u>Basil Chicken</u> 1 chicken breast, skin removed ¼ cup basil leaves 3 garlic cloves, minced ½ lemon ½ tablespoon olive oil ½ teaspoon chilli flakes 6 asparagus spears, ¾ teaspoon olive oil ¾ teaspoon balsamic vinegar 376 calories	<u>Peach Chicken</u> ½ of 1 chicken breast ½ cup peaches ½ teaspoon honey ¾ teaspoon olive oil 1 cup spinach 2 tablespoon pine nuts 1 tablespoon coconut oil 381 calories	<u>Basil Chicken</u> 1 chicken breast, skin removed ¼ cup basil leaves 3 garlic cloves, minced ½ lemon ½ tablespoon olive oil ½ teaspoon chilli flakes 6 asparagus spears, ¾ teaspoon olive oil ¾ teaspoon balsamic vinegar 376 calories	<u>Peach Chicken</u> ½ of 1 chicken breast ½ cup peaches ½ teaspoon honey ¾ teaspoon olive oil 1 cup spinach 2 tablespoon pine nuts 1 tablespoon coconut oil 381 calories	<u>Basil Chicken</u> 1 chicken breast, skin removed ¼ cup basil leaves 3 garlic cloves, minced ½ lemon ½ tablespoon olive oil ½ teaspoon chilli flakes 6 asparagus spears, ¾ teaspoon olive oil ¾ teaspoon balsamic vinegar 376 calories	<u>Peach Chicken</u> ½ of 1 chicken breast ½ cup peaches ½ teaspoon honey ¾ teaspoon olive oil 1 cup spinach 2 tablespoon pine nuts 1 tablespoon coconut oil 381 calories	<u>Basil Chicken</u> 1 chicken breast, skin removed ¼ cup basil leaves 3 garlic cloves, minced ½ lemon ½ tablespoon olive oil ½ teaspoon chilli flakes 6 asparagus spears, ¾ teaspoon olive oil ¾ teaspoon balsamic vinegar 376 calories
	TOTAL CALORIES	1503calories	1486 calories	1503calories	1486 calories	1503calories	1486 calories