

1800 Calorie Meal Planner High Protein



	MONDAY	THEODAY	WEDNODEAN	THURSDAY	EDIDAY	O A TUDD AV	
	MONDAY	TUESDAY	WEDNSDEAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Ham and Egg Scramble	Eggs 4 large eggs	Ham and Egg Scramble	Eggs 4 large eggs	Ham and Egg Scramble	Eggs 4 large eggs	Ham and Egg Scramble
	3 large eggs 50g ham, diced	2/3 tablespoon olive oil	3 large eggs 50g ham, diced	2/3 tablespoon olive oil	3 large eggs 50g ham, diced	2/3 tablespoon olive oil	3 large eggs 50g ham, diced
	1 pinch cayenne pepper	2/3 tablespoon onve on	1 pinch cayenne pepper	2/3 tablespoon onve on	1 pinch cayenne pepper	2/3 tablespoon onve on	1 pinch cayenne pepper
MEAL 1	1/4 teaspoon turmeric	1 medium apple	½ teaspoon turmeric	1 medium apple	1/4 teaspoon turmeric	1 medium apple	1/4 teaspoon turmeric
	74 teaspoon turmerie	½ teaspoon cinnamon	74 teaspoon turmerie	½ teaspoon cinnamon	74 teaspoon turmerie	½ teaspoon cinnamon	74 teaspoon turmerie
	2 hardboiled eggs	72 teaspoon enmanion	2 hardboiled eggs	72 teaspoon enmanion	2 hardboiled eggs	72 teaspoon enmanion	2 hardboiled eggs
	Z narabonea eggs		2 narabonea eggs		2 narabonea eggs		2 har abonea eggs
	435 calories	447 calories	435 calories	447 calories	435 calories	447 calories	435 calories
	1 scoop whey protein	2 slices cheddar cheese	1 scoop whey protein	2 slices cheddar cheese	1 scoop whey protein	2 slices cheddar cheese	1 scoop whey protein
	powder	230 calories	powder	230 calories	powder	230 calories	powder
	½ cup reduced fat milk 1 tablespoon cocoa	230 calories	½ cup reduced fat milk 1 tablespoon cocoa	230 calories	½ cup reduced fat milk 1 tablespoon cocoa	230 calories	½ cup reduced fat milk 1 tablespoon cocoa
	1 tablespoon sugar		1 tablespoon sugar		1 tablespoon sugar		1 tablespoon sugar
MEAL 2	Water		Water		Water		Water
	Ice		Ice		Ice		Ice
	ice		ice		ice		ice
	242 calories		242 calories		242 calories		242 calories
	Berry Smoothie Bowl	<u>Tuna Salad</u>	Berry Smoothie Bowl	<u>Tuna Salad</u>	Berry Smoothie Bowl	<u>Tuna Salad</u>	Berry Smoothie Bowl
	1 cup almond milk	1 can tuna, canned in	1 cup almond milk	1 can tuna, canned in	1 cup almond milk	1 can tuna, canned in	1 cup almond milk
	1 cup spinach	water	1 cup spinach	water	1 cup spinach	water	1 cup spinach
	2 cup frozen mixed	1 tablespoon sour cream	2 cup frozen mixed	1 tablespoon sour cream	2 cup frozen mixed	1 tablespoon sour cream	2 cup frozen mixed
	berries	½ avocado	berries	½ avocado	berries	½ avocado	berries
MEAL 3	1 medium banana	¼ cup salsa	1 medium banana	¼ cup salsa	1 medium banana	¼ cup salsa	1 medium banana
	0 . 11 . 1	1 cup edamame beans	0 . 11 . 1	1 cup edamame beans	0 . 11 . 1	1 cup edamame beans	0 . 11 . 1
	2 stalk celery	404 1 1	2 stalk celery	404 1 1	2 stalk celery	404 1 1	2 stalk celery
	2 tablespoon almond	431 calories	2 tablespoon almond	431 calories	2 tablespoon almond	431 calories	2 tablespoon almond
	butter		butter		butter		butter
	429 calories		429 calories		429 calories		429 calories
	4 slices turkey breast	1 scoop whey protein	4 slices turkey breast	1 scoop whey protein	4 slices turkey breast	1 scoop whey protein	4 slices turkey breast
	4 lettuce leaves	powder	4 lettuce leaves	powder	4 lettuce leaves	powder	4 lettuce leaves
		½ cup reduced fat milk		½ cup reduced fat milk		½ cup reduced fat milk	
MEAL 4	119 calories	1 tablespoon cocoa	119 calories	1 tablespoon cocoa	119 calories	1 tablespoon cocoa	119 calories
WEAL 4		1 tablespoon sugar		1 tablespoon sugar		1 tablespoon sugar	
		Water		Water		Water	
		Ice		Ice		Ice	
I		242 calories		242 calories		242 calories	
		242 calulies		LTL CAIDITES		LTL CAIDITES	

	MEAL 5	Chicken and Strawberry Salad 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa	Chicken and Strawberry Salad 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa	Chicken and Strawberry Salad 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar 529 calories	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa	Chicken and Strawberry Salad 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar
ļ	TOTAL CALORIES	1754calories	1775 calories	1754calories	1775 calories	1754calories	1775 calories	1754calories