



1800 Calorie Meal Planner

High Protein



| | MONDAY | TUESDAY | WEDNSDEAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|---|--|---|--|---|--|
| MEAL 1 | <u>Ham and Egg Scramble</u> 3 large eggs 50g ham, diced 1 pinch cayenne pepper ¼ teaspoon turmeric 2 hardboiled eggs 435 calories | <u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 1 medium apple ½ teaspoon cinnamon 447 calories | <u>Ham and Egg Scramble</u> 3 large eggs 50g ham, diced 1 pinch cayenne pepper ¼ teaspoon turmeric 2 hardboiled eggs 435 calories | <u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 1 medium apple ½ teaspoon cinnamon 447 calories | <u>Ham and Egg Scramble</u> 3 large eggs 50g ham, diced 1 pinch cayenne pepper ¼ teaspoon turmeric 2 hardboiled eggs 435 calories | <u>Eggs</u> 4 large eggs 2/3 tablespoon olive oil 1 medium apple ½ teaspoon cinnamon 447 calories | <u>Ham and Egg Scramble</u> 3 large eggs 50g ham, diced 1 pinch cayenne pepper ¼ teaspoon turmeric 2 hardboiled eggs 435 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 cheddar cheese 230 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories | 2 slices cheddar cheese 230 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories | 2 slices cheddar cheese 230 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories |
| MEAL 3 | <u>Berry Smoothie Bowl</u> 1 cup almond milk 1 cup spinach 2 cup frozen mixed berries 1 medium banana 2 stalk celery 2 tablespoon almond butter 429 calories | <u>Tuna Salad</u> 1 can tuna, canned in water 1 tablespoon sour cream ½ avocado ¼ cup salsa 1 cup edamame beans 431 calories | <u>Berry Smoothie Bowl</u> 1 cup almond milk 1 cup spinach 2 cup frozen mixed berries 1 medium banana 2 stalk celery 2 tablespoon almond butter 429 calories | <u>Tuna Salad</u> 1 can tuna, canned in water 1 tablespoon sour cream ½ avocado ¼ cup salsa 1 cup edamame beans 431 calories | <u>Berry Smoothie Bowl</u> 1 cup almond milk 1 cup spinach 2 cup frozen mixed berries 1 medium banana 2 stalk celery 2 tablespoon almond butter 429 calories | <u>Tuna Salad</u> 1 can tuna, canned in water 1 tablespoon sour cream ½ avocado ¼ cup salsa 1 cup edamame beans 431 calories | <u>Berry Smoothie Bowl</u> 1 cup almond milk 1 cup spinach 2 cup frozen mixed berries 1 medium banana 2 stalk celery 2 tablespoon almond butter 429 calories |
| MEAL 4 | 4 slices turkey breast 4 lettuce leaves 119 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories | 4 slices turkey breast 4 lettuce leaves 119 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories | 4 slices turkey breast 4 lettuce leaves 119 calories | 1 scoop whey protein powder ½ cup reduced fat milk 1 tablespoon cocoa 1 tablespoon sugar Water Ice 242 calories | 4 slices turkey breast 4 lettuce leaves 119 calories |

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| MEAL 5 | <u>Chicken and Strawberry Salad</u> 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar | <u>Baked Parmesan Chicken</u> 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa | <u>Chicken and Strawberry Salad</u> 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar | <u>Baked Parmesan Chicken</u> 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa | <u>Chicken and Strawberry Salad</u> 1 chicken breast, skin removed 1 cup, strawberry halves 6 cups spinach ½ medium onion, diced 1 tablespoon olive oil 1 tablespoon balsamic vinegar | <u>Baked Parmesan Chicken</u> 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa | <u>Chicken and Strawberry Salad</u> 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 | 425 calories | 529 calories | 425 calories | 529 calories | 425 calories | 529 calories |
| TOTAL CALORIES | 1754calories | 1775 calories | 1754calories | 1775 calories | 1754calories | 1775 calories | 1754calories |