



# 7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 CALORIES

|              | <b>Breakfast</b><br><i>Aim for 250 - 300 cal.</i>         | <b>A.M. Snack</b><br><i>Aim to fulfill calories</i>  | <b>Lunch</b><br><i>Aim for 300-350 cal.</i>         | <b>P.M. Snack</b><br><i>Aim to fulfill calories</i>  | <b>Dinner</b><br><i>Aim for 400 - 500 cal.</i>   |
|--------------|---|--|---|--|--|
| <b>Day 1</b> | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 medium apple, sliced and 1 Tbsp. peanut butter   | 1 serving Veggie & Hummus Sandwich                  | 1 medium banana  | 1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice                                  |
| <b>Day 2</b> | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 oz. Cheddar cheese and 1 hard-boiled egg   | 1 serving Chipotle-Lime Cauliflower Taco Bowls      | 1 medium apple   | 1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries |
| <b>Day 3</b> | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 medium apple   | 1 serving Chipotle-Lime Cauliflower Taco Bowls      | 1 medium banana and 1 Tbsp. peanut butter  | 1 serving Easy Salmon Cakes over 2 cups baby spinach and 1 (2-inch) piece whole-wheat baguette           |
| <b>Day 4</b> | 1 serving Muesli with Raspberries and 1 medium banana     | 1 hard-boiled egg sprinkled with a pinch each of salt and pepper                                   | 1 serving Chipotle-Lime Cauliflower Taco Bowls      |  1/2 cup raspberries and 1 oz. dark chocolate | 1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce   |
| <b>Day 5</b> | 1 serving Muesli with Raspberries                         | 1 oz. Cheddar cheese and 1 hard-boiled egg   | 1 serving Chipotle-Lime Cauliflower Taco Bowls      | 1 medium banana and 1 Tbsp. peanut butter  | 1 serving Spinach Ravioli with Artichokes & Olives   |
| <b>Day 6</b> | 1 serving Muesli with Raspberries and 1 medium banana     | 1 medium apple and 1 Tbsp. peanut butter   | 1 serving Veggie & Hummus Sandwich and 1 clementine | 1 hard-boiled egg sprinkled with a pinch each salt and pepper  | 1 serving Curried Sweet Potato & Peanut Soup and 1 (2-in.) slice whole-wheat baguette                    |
| <b>Day 7</b> | 1 serving "Egg in a Hole" Peppers with Avocado Salsa      |  1 medium apple | 1 serving Curried Sweet Potato & Peanut Soup        | 1 cup raspberries and 1 oz. dark chocolate   | 1 serving Spinach & Artichoke Dip Pasta  |

## How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers.
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5.
- Hard boil 4 eggs to have for snacks on Days 2, 4, 5 and 6.

# Weight Loss Plan How To Free Shipping

**Puja Mehta**



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