

2500 CALORIE MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
MON	Scrambled eggs with spinach, feta, whole-grain toast, and avocado. (650 cal)	Grilled chicken salad with mixed greens, quinoa, cherry tomatoes, and balsamic vinaigrette. (700 cal)	Greek yogurt parfait with berries and granola. (300 cal)	Baked salmon with roasted sweet potatoes and steamed broccoli. (850 cal)	A handful of almonds and a banana. (200 cal)
TUE	Protein smoothie with spinach, banana, protein powder, and almond milk. (500 cal)	Turkey and avocado wrap with whole-wheat tortillas, lettuce, and tomato. (650 cal)	Cottage cheese with pineapple chunks and almonds. (350 cal)	Lean beef stir-fry with mixed vegetables and brown rice. (800 cal)	A protein bar and an apple. (200 cal)
WED	Oatmeal topped with sliced bananas, chia seeds, and walnuts. (550 cal)	Lentil soup with whole-grain bread and a side salad. (600 cal)	Hummus with carrot sticks and cucumber slices. (200 cal)	Grilled tofu with quinoa and roasted Brussels sprouts. (800 cal)	A handful of mixed nuts and dried fruit. (350 cal)
THU	Greek yogurt with honey, mixed berries, and pumpkin seeds. (400 cal)	Spinach and chickpea salad with grilled shrimp and citrus vinaigrette. (550 cal)	Protein bar and an apple. (300 cal)	Baked chicken breast with roasted root vegetables and couscous. (850 cal)	A cup of Greek yogurt with granola. (400 cal)
FRI	Two slices of whole-grain toast with almond butter and sliced strawberries. (450 cal)	Tuna salad sandwich with whole-grain bread and cucumber slices. (600 cal)	Protein shake with banana and peanut butter. (500 cal)	Veggie stir-fry with tofu and brown rice. (850 cal)	A handful of mixed nuts and dark chocolate. (200 cal)
SAT	Egg and vegetable scramble with whole-grain toast. (500 cal)	Quinoa salad with grilled vegetables and feta cheese. (650 cal)	Trail mix with dried fruit and nuts. (350 cal)	Grilled steak with mashed sweet potatoes and asparagus. (850 cal)	A protein shake with a banana. (250 cal)
SUN	Breakfast burrito with scrambled eggs, black beans, and salsa wrapped in a whole-wheat tortilla. (550 cal)	Chicken Caesar salad with romaine lettuce, grilled chicken breast, Parmesan cheese, and Caesar dressing. (700 cal)	Greek yogurt with honey and sliced peaches. (300 cal)	Baked cod with quinoa and roasted vegetables. (850 cal)	A handful of almonds and a piece of fruit. (200 cal)