

1500 Calorie Meal Plan

BREAKFAST

Protein 17 grams	1 whole egg & 3 egg whites	Or	<u>1 scoop protein powder</u> <u>6 ounces nonfat Greek yogurt</u> <u>5 ounces low fat cottage cheese</u>
Carbohydrate 25 grams	½ cup black beans	Or	<u>2 slice Ezekiel bread</u> <u>½ cup oats (uncooked)</u> <u>3 plain rice cakes</u>

AM SNACK

Carbohydrate 21 grams	3 rice cakes	Or	1 medium apple
Fat 10 grams	1 TBS almond butter	Or	<u>1/3 avocado</u> <u>12 almonds</u>

Lunch

Protein 26 grams	4 ounces chicken breast	Or	<u>5 ounces lean ground turkey (97% lean)</u> <u>4 ounces sliced turkey breast</u> <u>4 ounces top sirloin steak</u>
Carbohydrate 12 grams	1/3 cup quinoa (cooked)	Or	<u>¼ cup black beans</u> <u>2 ounces yams</u>
Vegetables	1 large salad		At least 5 vegetables. As much as you can eat

PM SNACK

Protein 26 grams	8 ounces fat free Greek yogurt	Or	<u>1 scoop protein powder</u> <u>8 ounces low fat cottage cheese</u>
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1500 Calorie Meal Plan
Continued

Dinner

Protein 25 grams	4 ounces Chicken Breast	Or	<u>4 ounces salmon</u> <u>4 ounces lean ground turkey (97% lean)</u> <u>4 ounces top sirloin steak</u>
Carbohydrate 37 grams	6 ounces yam	Or	<u>¼ cup quinoa (cooked)</u> <u>1 cup black beans</u> <u>¾ cup brown rice (cooked)</u>
Veggies	1 large salad		At least 5 vegetables. As much as you Can eat

Post Workout Shake

Protein 24 -30 grams	1 scoop protein powder	Drink immediately after workout
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