I'd be happy to help you with a personalized meal plan that suits your preferences, dietary goals, and lifestyle.
Based on your information, here's a sample meal plan for you, with 2 meals per day, Monday to Sunday:
\*\*Monday\*\*
\* \*\*Breakfast\*\*: Oatmeal with banana and almond milk (400 calories)
+ 1 cup cooked oatmeal
+ 1 medium banana, sliced
+ 1 cup almond milk
\* \*\*Lunch\*\*: Grilled chicken breast with quinoa and mixed vegetables (500 calories)
+ 4 oz grilled chicken breast
+ 1/2 cup cooked quinoa
+ 1 cup mixed vegetables (bell peppers, carrots, broccoli)
\*\*Tuesday\*\*
\* \*\*Breakfast\*\*: Greek yogurt with berries and granola (350 calories)
+ 6 oz Greek yogurt
+ 1/2 cup mixed berries (strawberries, blueberries, raspberries)
+ 2 tbsp granola
\* \*\*Lunch\*\*: Turkey and avocado wrap (450 calories)
+ 1 whole wheat tortilla
+ 2 oz sliced turkey breast
+ 1/4 avocado, mashed
+ 1 cup mixed greens
\*\*Wednesday\*\*
\* \*\*Breakfast\*\*: Scrambled eggs with spinach and whole wheat toast (300 calories)
+ 2 scrambled eggs
+ 1 cup fresh spinach leaves
+ 2 slices whole wheat toast
\* \*\*Lunch\*\*: Lentil soup with whole grain bread (400 calories)
+ 1 cup cooked lentils
+ 2 cups vegetable broth
+ 2 slices whole grain bread
\*\*Thursday\*\*
\* \*\*Breakfast\*\*: Smoothie bowl with protein powder, almond milk, and banana (400 calories)
+ 1 scoop protein powder
+ 1 cup almond milk
+ 1 medium banana
+ 1/4 cup sliced almonds
\* \*\*Lunch\*\*: Grilled chicken breast with brown rice and steamed asparagus (500 calories)
+ 4 oz grilled chicken breast
+ 1/2 cup cooked brown rice
+ 1 cup steamed asparagus
\*\*Friday\*\*
\* \*\*Breakfast\*\*: Avocado toast on whole wheat bread with scrambled eggs (350 calories)
+ 2 slices whole wheat bread
+ 1 medium avocado, mashed
+ 2 scrambled eggs
\* \*\*Lunch\*\*: Quinoa and black bean salad with grilled chicken breast (500 calories)
+ 4 oz grilled chicken breast
+ 1 cup cooked quinoa
+ 1 cup cooked black beans
+ 1 cup mixed greens
\*\*Saturday\*\*
\* \*\*Breakfast\*\*: Whole grain waffles with almond butter and sliced banana (400 calories)
+ 2 whole grain waffles
+ 2 tbsp almond butter
+ 1 medium banana, sliced
\* \*\*Lunch\*\*: Grilled chicken Caesar salad (450 calories)
+ 4 oz grilled chicken breast
+ 2 cups romaine lettuce
+ 1/4 cup croutons
+ 2 tbsp Caesar dressing
\*\*Sunday\*\*
\* \*\*Breakfast\*\*: Omelette with mushrooms, spinach, and whole wheat toast (300 calories)
+ 2 eggs
+ 1 cup sliced mushrooms
+ 1 cup fresh spinach leaves
+ 2 slices whole wheat toast
\* \*\*Lunch\*\*: Turkey and cheese wrap with carrot sticks (400 calories)
+ 1 whole wheat tortilla
+ 2 oz sliced turkey breast
+ 1 oz reduced-fat cheddar cheese
+ 4-6 carrot sticks
This meal plan provides approximately 1700-1800 calories per day, which should support your weight loss goal. It's also designed to be balanced and varied, with a focus on whole foods and lean protein sources.
Remember to stay hydrated by drinking plenty of water throughout the day. Also, feel free to adjust the portion sizes based on your individual needs and preferences.
Please note that this meal plan is for general guidance only and may not meet your specific dietary needs or restrictions. If you have any concerns or questions, please consult with a registered dietitian or healthcare professional.