

## 7-Day Meal Plan for Weight Loss (1500 kcal/day)

**Calorie Target:** 1500 kcal/day

**Note:** This meal plan is a suggestion and may need to be adjusted based on your individual needs and preferences.

### 7-Day Meal Plan:

#### Day 1 (1500 kcal)

- **Breakfast (350 kcal):** Oatmeal with berries and nuts (1/2 cup oatmeal, 1/2 cup berries, 1/4 cup chopped nuts)
- **Lunch (400 kcal):** Salad with grilled chicken (4oz grilled chicken, mixed greens, 1/2 avocado, 1 tbsp olive oil and vinegar dressing)
- **Dinner (500 kcal):** Salmon with roasted vegetables (4oz salmon, 1 cup roasted broccoli and carrots)
- **Snack (250 kcal):** Greek yogurt with fruit (1 cup Greek yogurt, 1/2 cup chopped fruit)

#### Day 2 (1500 kcal)

- **Breakfast (300 kcal):** Scrambled eggs with whole-wheat toast (2 eggs, 1 slice whole-wheat toast, 1/2 cup spinach)
- **Lunch (450 kcal):** Lentil soup with a side salad (1 cup lentil soup, mixed greens, 1 tbsp vinaigrette dressing)
- **Dinner (500 kcal):** Turkey chili (1.5 cups turkey chili, 1/2 cup brown rice)
- **Snack (250 kcal):** Apple slices with peanut butter (1 medium apple, 2 tbsp peanut butter)

#### Day 3 (1500 kcal)

- **Breakfast (350 kcal):** Smoothie (1 cup spinach, 1 banana, 1/2 cup berries, 1 scoop protein powder, 1/2 cup almond milk)
- **Lunch (400 kcal):** Quinoa salad with chickpeas and vegetables (1 cup cooked quinoa, 1/2 cup chickpeas, 1 cup chopped vegetables, 2 tbsp lemon vinaigrette)
- **Dinner (500 kcal):** Chicken stir-fry with brown rice (4oz chicken, 1 cup mixed vegetables, 1/2 cup brown rice)
- **Snack (250 kcal):** Handful of almonds (1/4 cup almonds)

#### Day 4 (1500 kcal)

- **Breakfast (300 kcal):** Whole-wheat toast with avocado and egg (2 slices whole-wheat toast, 1/2 avocado, 1 egg)
- **Lunch (450 kcal):** Leftover chicken stir-fry
- **Dinner (500 kcal):** Vegetarian lasagna (1 serving vegetarian lasagna)
- **Snack (250 kcal):** Cottage cheese with fruit (1/2 cup cottage cheese, 1/2 cup chopped fruit)

#### Day 5 (1500 kcal)

- **Breakfast (350 kcal):** Greek yogurt with granola and berries (1 cup Greek yogurt, 1/4 cup granola, 1/2 cup berries)
- **Lunch (400 kcal):** Tuna salad sandwich on whole-wheat bread (4oz tuna, 2 slices whole-wheat bread, lettuce, tomato)
- **Dinner (500 kcal):** Shrimp scampi with zucchini noodles (4oz shrimp, 2 cups zucchini noodles, 1 tbsp olive oil, garlic)
- **Snack (250 kcal):** Carrot sticks with hummus (1 cup carrot sticks, 2 tbsp hummus)

#### Day 6 (1500 kcal)

- **Breakfast (300 kcal):** Pancakes (2 small whole-wheat pancakes, 1/4 cup berries)
- **Lunch (450 kcal):** Leftover vegetarian lasagna
- **Dinner (500 kcal):** Pizza with whole-wheat crust and vegetables (1 slice whole-wheat pizza with vegetables)
- **Snack (250 kcal):** Popcorn (3 cups air-popped popcorn)

#### Day 7 (1500 kcal)

- **Breakfast (350 kcal):** Eggs with whole-wheat toast and avocado (2 eggs, 1 slice whole-wheat toast, 1/4 avocado)
- **Lunch (400 kcal):** Salad with chickpeas and vegetables (mixed greens, 1/2 cup chickpeas, 1 cup chopped vegetables, 2 tbsp lemon vinaigrette)
- **Dinner (500 kcal):** Chicken and vegetable curry with brown rice (4oz chicken, 1 cup mixed vegetables, 1/2 cup brown rice)
- **Snack (250 kcal):** Rice cakes with peanut butter (2 rice cakes, 2 tbsp peanut butter)

### Grocery List:

- Oatmeal
- Berries (blueberries, strawberries, raspberries)
- Nuts (almonds, walnuts, cashews)
- Eggs
- Whole-wheat bread
- Spinach
- Chicken breast

- Salmon fillets
- Lentils
- Mixed greens
- Avocado
- Olive oil
- Vinegar (balsamic, red wine)
- Quinoa
- Chickpeas
- Vegetables (broccoli, carrots, zucchini, peppers, onions, tomatoes, etc.)
- Brown rice
- Greek yogurt
- Protein powder
- Almond milk
- Peanut butter
- Apples
- Tuna
- Cottage cheese
- Granola
- Shrimp
- Garlic
- Hummus
- Carrot sticks
- Popcorn kernels
- Whole-wheat pizza crust
- Curry powder
- Rice cakes

Remember to adjust portions based on your individual needs and hunger levels.