

Example 2600 Calorie Meal Plan

187.2g Carbs 98.9g Fat 165.5g Protein

Meal Summary	Ingredients	Directions
Breakfast 723.7 Calories 68.5g Carbs 43.8g Fat 23.2g Protein 2 serving Banana Tahini Toast 723.7 Calories 68.5g Carbs 43.8g Fat 23.2g Protein	Banana Tahini Toast scaled to 2 serving 4 tbsp Cream cheese 4 tbsp Sesame butter 2 slice Whole-wheat bread 1 medium Banana	Banana Tahini Toast Place cream cheese and tahini in medium bowl; stir until well combined. Toast bread and spread tahini mixture on top of toast. Top with banana slices and enjoy!
Lunch 837.7 Calories 50.6g Carbs 22.0g Fat 107.5g Protein 2 shake Coconut Milk Protein Shake 720.0 Calories 38.0g Carbs 15.9g Fat 101.9g Protein 1 serving Cucumber & Hummus 117.7 Calories 12.6g Carbs 6.0g Fat 5.5g Protein	Coconut Milk Protein Shake scaled to 2 shake 120 grams Whey protein powder 2 cup Pure Coconut Milk 4 tbsp Cocoa Cucumber & Hummus scaled to 1 serving 1/4 cup Hummus 1 cup slices Cucumber	Coconut Milk Protein Shake Mix two scoops protein powder (preferably vanilla flavor) with 1 cup coconut milk and 2 Tbsp. of cocoa powder. Cucumber & Hummus Cut cucumber into round slices and eat with hummus.
Dinner 710.8 Calories 68.2g Carbs 33.2g Fat 34.9g Protein 2 Sausage Sausage on a Bed of Quinoa 710.8 Calories 68.2g Carbs 33.2g Fat 34.9g Protein	Sausage on a Bed of Quinoa scaled to 2 Sausage 2 link Sausage 1/2 cup Quinoa 1 tsp Butter 1/2 spray Pam cooking spray	Sausage on a Bed of Quinoa Boil 1 cup quinoa in 2 cups of water until all is absorbed (keep 1:2 ratio of quinoa to water). Add butter and fluff. Coat pan with cooking spray (or your preferred cooking oil) and cook sausage until cooked through (or just warm and toasty, assuming you're using precooked sausage). Serve quinoa and sausage together.