

Snack 1

Balsamic Green Bean Salad



Calories and Macros

216 Calories
6.5g Protein (12%)
16.3g Carbohydrates (29%)
14.6g Fat (59%)

Ingredients

100 grams [Green Beans](#)
1/2 [Red Onion](#)
50 grams [Cherry Tomatoes](#)
25 grams [Feta Cheese](#)
1 tsp Balsamic Vinegar
1 pinch Salt
1 wedge [Lemon](#)
2 tsp [Olive Oil](#)
1 pinch Garlic Powder
1 pinch Black Pepper

Snack 2

Pumpkin Seed Snack (30 grams)

Pumpkin power!

Calories and Macros

168 Calories
9.1g Protein (20%)
3.2g Carbohydrates (7%)
14.7g Fat (73%)

Dinner

Spicy Crispy Chicken Burger



Calories and Macros

632 Calories
44.6 Protein (28%)
70.5g Carbohydrates (44%)
19.5g Fat (28%)

Ingredients

100 grams [Chicken Breast](#)
1 [Whole Wheat Burger Bun](#)
1 [Egg](#)
1 1/2 tbsp [Bread Crumbs](#)
1 wedge [Lemon](#)
70ml [Milk \(1% fat\)](#)
20 grams [Whole Grain Wheat Flour](#)
1 tsp Paprika
1/2 tsp Dried Oregano
1/2 tsp Chili Powder
1/2 tsp Garlic Powder
1/4 tsp Salt
1/4 tsp Black Pepper
1/2 tbsp [Sunflower Oil](#)
1/2 [Tomato](#)
1 1/2 leaves [Iceberg Lettuce](#)

Instructions

Step 1: Place your chicken breast onto a clean, flat surface, and cover with a sheet of cling film. Using a rolling pin, lightly pound/roll out the chicken breast until it reaches about a 3/4-inch thickness. Your ultimate goal is to reach this thickness while maintaining solid burger shape; trimming the edges of the chicken breast to achieve this is perfectly acceptable!

Step 2: In a medium-sized bowl, combine the juice from a wedge of lemon, milk, 1/2 the paprika, onion powder, garlic powder, salt, and pepper.

Step 3: Place your chicken breast into the bowl and leave to marinate for up to 30 minutes (if stuck for time, 10 minutes will do!).

Step 4: While you wait, beat the egg in a small bowl and place the breadcrumbs on a plate next to the beaten egg bowl.

Step 5: In a separate bowl mix the flour with the remaining paprika, oregano, and chili powder.

Step 6: Remove the chicken breast from the milk marinade and coat with the flour mix ensuring that the breast is completely covered. Then, dip the chicken into the beaten egg, further ensuring the chicken is fully coated. Finally, lay the chicken breast onto the breadcrumbs and work them together to finalise the coating process.

Step 7: Heat the sunflower oil in a frying pan over a medium to high heat. Carefully place your coated chicken burger breast into the pan and fry for between 4 and 5 minutes per side.

Step 8: Slice your tomatoes and onion into burger slices.

Step 9: Once cooked through and golden brown on the outside, allow to rest on a wire rack above a paper towel for a minute or two in order to remove excess oil.

Step 10: Layer your burger in a lightly-toasted bun with sliced tomato and lettuce underneath, with the sliced red onion and additional herbs on top!

Step 11: Serve with a side of sugar-free ketchup or mustard!

Lunch

Simple Turkey Bolognese

Don't worry about fixing your apron too well, this one is going to be quick.



Calories and Macros

609 Calories

43.7g Protein (27%)

83.8g Carbohydrates (52%)

14.7g Fat (21%)

Ingredients

120 grams [Ground Turkey \(fat free\)](#)

80 grams [Wholegrain Penne Pasta](#)

50 grams [Red Onion](#)

50 grams [Carrot](#)

50 grams [Green Bell Pepper](#)

1 [Red Chili Pepper](#)

1 clove [Garlic](#)

2 tsp [Olive Oil](#)

1/2 tsp Dried Oregano

240 grams [Chopped Tomatoes \(canned\)](#)

Instructions

Step 1: Chop the onion, carrot, bell pepper, chili, garlic clove, and keep separated on the side.

Step 2: Heat a medium-sized pan over a low heat and add the olive oil.

Step 3: The moment that olive oil becomes hot (check the speed it moves over the pan!) carefully add the onion and carrot and sauté until soft.

Step 4: Then, add the turkey mince and stir until all mince has browned over evenly.

This is where things get spicy...

Step 5: Add the chili, garlic, and bell pepper and cook for a further 5 minutes.

Ready for things to get... saucy?

Step 6: Add the canned tomato, oregano, and additional water if necessary.

Step 7: Allow to simmer over a low heat, tasting every now and again while adding salt and pepper to taste to your preference.

Step 8: This is the perfect time to bring some water to boil on a separate hob.

Step 9: Once the water is boiling, add a little salt and then your pasta.

Step 10: Boil that pasta to preferred readiness, stirring regularly.

Step 11: Serve either all mixed together, or layered with the bolognese on top of the pasta.

Step 12: Season with additional oregano if necessary.

Breakfast

Chocolate Peanut Butter Delight Smoothie



Calories and Macros

690 Calories

49.1g Protein (26%)

74.3g Carbohydrates (39%)

28.8g Fat (34%)

Ingredients

2 [Bananas](#)

2 tbsp [Cocoa Powder \(unsweetened\)](#)

40 grams [Peanut Butter \(smooth\)](#)

400ml [Almond Milk](#)

40 grams [Chocolate Whey Protein \(80%\)](#)

Instructions

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

Step 1: Place all ingredients into your blender companion and securely fasten the lid.

Step 2: Blend thoroughly for around 15 – 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a treat that ignites your taste buds and boosts your health!

What Does a 2,300 Calorie Diet Look Like?

Spaced out over 5 meals (3 main meals and 2 snacks) this micronutrient-loaded meal plan aims to create the calorie balance necessary in promoting **weight maintenance**. By following a meal plan similar to this, you can expect to meet the acceptable breakdown of macronutrients needed for your goals, as well as optimal health.

Here is an example 2,300 calorie meal plan:

Provides 2,315 kcal, 153g Protein (25%), 248g Carbs (41%), 92g Fat (34%) per day.

2,300 Calorie Meal Plan

Maintaining a balanced and healthy diet is crucial for overall well-being. For those looking at **maintaining weight** as a primary goal, 2,300 calories falls within the total caloric intake for what may be needed to reach this goal.

But what does a 2,300 calorie diet look like, and is it healthy?

In this short article, we will explore the benefits of a 2,300 calorie diet, as well as provide you with a **printable 2,300 calorie diet plan**.

Please note: This is just a day's example of a 2,300 calorie meal plan. For a **fully personalized plan** that suits you and your goals, with hundreds of individual and delicious recipes, be sure to check out our [Macro Calculator](#) and [Meal Plan Generator](#) and let us do all the work for you!