

7-Day Meal Plan - 1800 Calories Daily

35% Protein | 35% Carbs | 30% Fats | 4 Meals Per Day

Daily Macro Targets

- **Total Calories:** 1800
 - **Protein:** 158g (630 calories)
 - **Carbohydrates:** 158g (630 calories)
 - **Fats:** 60g (540 calories)
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Day 1 - Monday

Meal 1 (Breakfast) - 450 calories

- **Scrambled Eggs with Cheese**
 - 3 large eggs (210 cal)
 - 1 oz cheddar cheese (110 cal)
 - 1 cup blueberries (85 cal)
 - 1 tsp honey (20 cal)
 - Pinch of salt (0 cal)

Meal 2 (Lunch) - 450 calories

- **Ground Beef with Carrots**
 - 4 oz lean ground beef (280 cal)
 - 1 cup cooked carrots (55 cal)

- 1/2 cup plain Greek yogurt (65 cal)
- 2 dates, chopped (40 cal)

Meal 3 (Snack) - 450 calories

- **Salmon Portion**
 - 5 oz cooked salmon (350 cal)
 - 1 cup steamed zucchini (20 cal)
 - 1/2 cup blueberries (40 cal)
 - 1 tsp honey (20 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken and Vegetables**
 - 4 oz grilled chicken breast (230 cal)
 - 1 cup roasted carrots (55 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 3 dates (60 cal)
 - 1 oz cheese (110 cal)
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Day 2 - Tuesday

Meal 1 (Breakfast) - 450 calories

- **Greek Yogurt Bowl**
 - 1 cup plain Greek yogurt (130 cal)
 - 1 cup blueberries (85 cal)
 - 3 dates, chopped (90 cal)
 - 2 tbsp honey (120 cal)
 - 2 hard-boiled eggs (140 cal)

Meal 2 (Lunch) - 450 calories

- **Salmon Salad**
 - 4 oz cooked salmon (280 cal)
 - 1 cup raw carrots (50 cal)
 - 1 cup zucchini (20 cal)
 - 1 oz cheese (110 cal)

Meal 3 (Snack) - 450 calories

- **Beef and Eggs**
 - 3 oz ground beef (210 cal)
 - 2 large eggs (140 cal)
 - 1/2 cup blueberries (40 cal)
 - 2 dates (40 cal)
 - Pinch of salt (0 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken with Vegetables**
 - 5 oz grilled chicken breast (290 cal)
 - 1 cup steamed zucchini (20 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 2 tbsp honey (120 cal)
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Day 3 - Wednesday

Meal 1 (Breakfast) - 450 calories

- **Egg and Cheese Scramble**

- 4 large eggs (280 cal)
- 1 oz cheese (110 cal)
- 1/2 cup blueberries (40 cal)
- 1 tsp honey (20 cal)

Meal 2 (Lunch) - 450 calories

- **Ground Beef Bowl**
 - 4 oz ground beef (280 cal)
 - 1 cup cooked zucchini (25 cal)
 - 1 cup cooked carrots (55 cal)
 - 3 dates (90 cal)

Meal 3 (Snack) - 450 calories

- **Salmon and Yogurt**
 - 4 oz cooked salmon (280 cal)
 - 3/4 cup Greek yogurt (100 cal)
 - 1/2 cup blueberries (40 cal)
 - 1 tbsp honey (60 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken Dinner**
 - 4 oz grilled chicken breast (230 cal)
 - 1 cup roasted carrots (55 cal)
 - 1 oz cheese (110 cal)
 - 2 dates (40 cal)
 - Salt to taste (0 cal)
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Day 4 - Thursday

Meal 1 (Breakfast) - 450 calories

- **Protein-Rich Breakfast**
 - 3 large eggs (210 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 1 cup blueberries (85 cal)
 - 3 dates (90 cal)

Meal 2 (Lunch) - 450 calories

- **Beef and Vegetables**
 - 4 oz ground beef (280 cal)
 - 1 cup steamed zucchini (20 cal)
 - 1/2 cup carrots (25 cal)
 - 1 oz cheese (110 cal)
 - 1 tsp honey (20 cal)

Meal 3 (Snack) - 450 calories

- **Salmon Plate**
 - 5 oz cooked salmon (350 cal)
 - 1/2 cup blueberries (40 cal)
 - 2 dates (40 cal)
 - Pinch of salt (0 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken and Yogurt**
 - 4 oz grilled chicken breast (230 cal)

- 1 cup Greek yogurt (130 cal)
 - 1 cup zucchini (20 cal)
 - 2 tbsp honey (120 cal)
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Day 5 - Friday

Meal 1 (Breakfast) - 450 calories

- **Hearty Egg Breakfast**
 - 4 large eggs (280 cal)
 - 1/2 cup blueberries (40 cal)
 - 1 oz cheese (110 cal)
 - 1 tsp honey (20 cal)

Meal 2 (Lunch) - 450 calories

- **Ground Beef and Carrots**
 - 4 oz lean ground beef (280 cal)
 - 1 cup cooked carrots (55 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 2 dates (40 cal)

Meal 3 (Snack) - 450 calories

- **Salmon and Vegetables**
 - 4 oz cooked salmon (280 cal)
 - 1 cup zucchini (20 cal)
 - 1 cup blueberries (85 cal)
 - 2 dates (40 cal)
 - Salt to taste (0 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken Bowl**
 - 5 oz grilled chicken breast (290 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 1/2 cup carrots (25 cal)
 - 2 tbsp honey (120 cal)
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Day 6 - Saturday

Meal 1 (Breakfast) - 450 calories

- **Weekend Breakfast**
 - 3 large eggs (210 cal)
 - 1 oz cheese (110 cal)
 - 3/4 cup blueberries (65 cal)
 - 2 dates (40 cal)
 - 1 tsp honey (20 cal)

Meal 2 (Lunch) - 450 calories

- **Beef and Zucchini**
 - 4 oz ground beef (280 cal)
 - 1.5 cups cooked zucchini (30 cal)
 - 1 cup Greek yogurt (130 cal)

Meal 3 (Snack) - 450 calories

- **Salmon Feast**
 - 5 oz cooked salmon (350 cal)

- 1/2 cup carrots (25 cal)
- 1/2 cup blueberries (40 cal)
- 1 date (30 cal)

Meal 4 (Dinner) - 450 calories

- **Chicken and Cheese**
 - 4 oz grilled chicken breast (230 cal)
 - 1 oz cheese (110 cal)
 - 1 cup steamed carrots (55 cal)
 - 2 dates (40 cal)
 - Salt to taste (0 cal)
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Day 7 - Sunday

Meal 1 (Breakfast) - 450 calories

- **Sunday Special**
 - 4 large eggs (280 cal)
 - 1/2 cup Greek yogurt (65 cal)
 - 1/2 cup blueberries (40 cal)
 - 2 dates (40 cal)
 - 1 tsp honey (20 cal)

Meal 2 (Lunch) - 450 calories

- **Ground Beef Mix**
 - 4 oz ground beef (280 cal)
 - 1 cup carrots (50 cal)
 - 1 cup zucchini (20 cal)

- 1 oz cheese (110 cal)

Meal 3 (Snack) - 450 calories

- **Salmon and Honey**
 - 4 oz cooked salmon (280 cal)
 - 1 cup blueberries (85 cal)
 - 2 tbsp honey (120 cal)
 - Pinch of salt (0 cal)

Meal 4 (Dinner) - 450 calories

- **Sunday Dinner**
 - 5 oz grilled chicken breast (290 cal)
 - 3/4 cup Greek yogurt (100 cal)
 - 2 dates (40 cal)
 - 1 tsp honey (20 cal)
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Shopping List Summary

Proteins

- 48 large eggs
- 1.1 kg lean ground beef
- 1.1 kg salmon fillets
- 1.1 kg chicken breast
- 240g cheddar cheese

Vegetables & Fruits

- 450g fresh blueberries
- 2.5 kg large carrots
- 800g medium zucchini

Other

- 1 litre plain Greek yogurt
- 21 dates
- 200ml honey
- Salt

Preparation Tips

1. **Meal Prep:** Cook proteins in batches and store in refrigerator
2. **Vegetables:** Steam or roast vegetables in advance
3. **Portion Control:** Use a food scale for accurate portions
4. **Hydration:** Drink plenty of water throughout the day
5. **Timing:** Space meals 3-4 hours apart for optimal digestion

Note: All calorie counts are approximate. Adjust portions slightly based on your specific ingredients and preparation methods.