

Daily Caloric Intake:

- **Total Calories:** 2000 kcal/day

Meal Plan:

Breakfast:

- **Food:** Whole grain toast, scrambled eggs, spinach
- **Calories:** 300 kcal
- **Notes:** Include a glass of skimmed milk for added protein.

Snack (Morning):

- **Food:** Greek yogurt with mixed berries and honey
- **Calories:** 150 kcal
- **Notes:** Choose low-fat Greek yogurt for a healthier option.

Lunch:

- **Food:** Grilled chicken breast, brown rice, steamed vegetables
- **Calories:** 500 kcal
- **Notes:** Use olive oil and herbs for seasoning instead of high-calorie sauces.

Snack (Afternoon):

- **Food:** Handful of almonds and an apple
- **Calories:** 200 kcal
- **Notes:** Almonds provide healthy fats and protein.

Dinner:

- **Food:** Baked salmon, quinoa, roasted broccoli and carrots
- **Calories:** 600 kcal
- **Notes:** Salmon is a good source of omega-3 fatty acids.

Evening Snack:

- **Food:** Protein smoothie (whey protein, banana, almond milk)
- **Calories:** 250 kcal
- **Notes:** Blend with ice for a refreshing drink.