

1500-2000 Calorie Meal Plan

Breakfast

- 2 boiled eggs
- 1 slice whole grain toast
- 1/2 avocado
- 1 cup green tea

Calories: ~400 kcal

Snack 1

- 1 small banana
- 1 tablespoon peanut butter

Calories: ~250 kcal

Lunch

- Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and vinaigrette
- 1 small whole wheat roll

Calories: ~500 kcal

Snack 2

- 1 low-fat Greek yogurt
- 10 almonds

Calories: ~250 kcal

Dinner

- Baked cod (120g)
- 1/2 cup brown rice
- 1 cup steamed vegetables (carrots, green beans)
- 1 small baked potato

Calories: ~500 kcal

Total Calories: ~1900 kcal