

# 3000+ Calorie Meal Plan

## Breakfast

- 4 scrambled eggs with cheese
- 2 slices whole grain toast with butter
- 1 banana
- 1 cup whole milk

Calories: ~850 kcal

## Snack 1

- 1 peanut butter and jelly sandwich on whole wheat bread
- 1 cup Greek yogurt

Calories: ~600 kcal

## Lunch

- Grilled chicken breast (200g)
- 1 cup cooked brown rice
- 1 cup steamed broccoli with olive oil
- 1 apple

Calories: ~750 kcal

## Snack 2

- Protein shake with banana and peanut butter
- Handful of almonds

Calories: ~500 kcal

## Dinner

- Salmon fillet (200g)
- 1.5 cups mashed potatoes with butter

- 1 cup sautéed green beans

- 1 dinner roll

Calories: ~750 kcal

**Total Calories: ~3450 kcal**