

2500-3000 Calorie Meal Plan

Breakfast

- 3 scrambled eggs with cheese
- 2 slices whole grain toast with butter
- 1 cup oatmeal with honey and berries
- 1 glass orange juice

Calories: ~750 kcal

Snack 1

- 1 protein bar
- 1 banana

Calories: ~400 kcal

Lunch

- Grilled chicken wrap with hummus, lettuce, tomato, and whole wheat tortilla
- Side of sweet potato fries
- 1 cup mixed fruit

Calories: ~750 kcal

Snack 2

- Smoothie with banana, protein powder, almond milk, oats, and peanut butter

Calories: ~500 kcal

Dinner

- Beef stir-fry with vegetables and brown rice
- Side salad with olive oil dressing
- 1 dinner roll

Calories: ~600 kcal

Total Calories: ~3000 kcal