

2000-2500 Calorie Meal Plan

Breakfast

- 3 scrambled eggs
- 1 slice whole grain toast with butter
- 1 orange
- 1 cup black coffee or tea

Calories: ~500 kcal

Snack 1

- 1 granola bar
- 1 small apple

Calories: ~300 kcal

Lunch

- Grilled turkey sandwich on whole grain bread with cheese and veggies
- Side salad with olive oil dressing
- 1 cup mixed berries

Calories: ~650 kcal

Snack 2

- 1 boiled egg
- 1 handful of mixed nuts

Calories: ~350 kcal

Dinner

- Grilled chicken breast (150g)
- 1 cup quinoa
- 1 cup steamed broccoli

- 1 dinner roll

Calories: ~600 kcal

Total Calories: ~2400 kcal