

2,000 Calorie Meal Plan

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast	1 serving Kashi GoLean Cereal (180 cal) + 50g Grape-Nuts (180 cal) + 1 cup 1% milk (102 cal) + 1 small banana (90 cal) (Total = 552 cal)	1 serving Kashi GoLean Cereal (180 cal) + 50g Grape-Nuts (180 cal) + 1 cup 1% milk (102 cal) + 1 small banana (90 cal) (Total = 552 cal)	1 serving Kashi GoLean Cereal (180 cal) + 50g Grape-Nuts (180 cal) + 1 cup 1% milk (102 cal) + 1 small banana (90 cal) (Total = 552 cal)	1 serving Kashi GoLean Cereal (180 cal) + 50g Grape-Nuts (180 cal) + 1 cup 1% milk (102 cal) + 1 small banana (90 cal) (Total = 552 cal)
Snack	1 individual packet Trek Mix (Omega) (170 cal) (Total = 170 cal)	1 individual packet Trek Mix (Omega) (170 cal) (Total = 170 cal)	1 individual packet Trek Mix (Omega) (170 cal) (Total = 170 cal)	1 individual packet Trek Mix (Omega) (170 cal) (Total = 170 cal)
Lunch	Study Salad 1 (258 cal) + Study Dressing (133 cal) + 1 serving Canned No Salt Tuna (70 cal) (Total: 461 cal)	Study Salad 1 (258 cal) + Study Dressing (133 cal) + 2 servings Canned No Salt Tuna (140 cal) (Total: 531 cal)	Study Salad 1 (258 cal) + Study Dressing (133 cal) + 1 serving Canned No Salt Tuna (70 cal) (Total: 461 cal)	Study Salad 1 (258 cal) + Study Dressing (133 cal) + 2 servings Canned No Salt Tuna (140 cal) (Total: 531 cal)
Snack	1 individual packet Trek Mix (Simply Almonds) (210 cal) (Total = 210 cal)	1 individual packet Trek Mix (Simply Almonds) (210 cal) (Total = 210 cal)	1 individual packet Trek Mix (Simply Almonds) (210 cal) (Total = 210 cal)	1 individual packet Trek Mix (Simply Almonds) (210 cal) (Total = 210 cal)
Dinner	2 servings Hearty Minestrone Soup (280 cal) + 1 serving Multigrain Blend with Vegetables (180 cal) + 1 tablespoon EVOO (119 cal) + 1 serving Tomato Basil Marinara (90 cal) (Total = 669 cal)	1 serving Whole Wheat Pasta (spaghetti, fusilli, or penne) (210 cal) + 1 serving Tomato Basil Marinara (90 cal) + 1 tablespoon EVOO (119 cal) + 1 serving Grilled Chicken (Balsamic Rosemary, Lemon Pepper, or Plain – 105 cal) + 1 serving Harvest Hodgepodge (30 cal) (Total = 554 cal)	2 servings Hearty Minestrone Soup (280 cal) + 1 serving Multigrain Blend with Vegetables (180 cal) + 1 tablespoon EVOO (119 cal) + 1 serving Tomato Basil Marinara (90 cal) (Total = 669 cal)	1 serving Whole Wheat Pasta (spaghetti, fusilli, or penne) (210 cal) + 1 serving Tomato Basil Marinara (90 cal) + 1 tablespoon EVOO (119 cal) + 1 serving Grilled Chicken (Balsamic Rosemary, Lemon Pepper, or Plain – 105 cal) + 1 serving Harvest Hodgepodge (30 cal) (Total = 554 cal)
TOTALS	Total = 2,062 cal %Carb: 50.8 %Fat: 34.3 %Pro: 14.9	Total = 2,017cal %Carb: 46 %Fat: 34.5 %Pro: 19.5	Total = 2,062 cal %Carb: 50.8 %Fat: 34.3 %Pro: 14.9	Total = 2,017cal %Carb: 46 %Fat: 34.5 %Pro: 19.5

Study Salad 1 = 2 cups romaine (11 cal) + ½ cup chopped grape tomatoes (16 cal) + ½ cup quinoa (111) + ½ cup chickpeas (73 cal) + 1 tbsp sunflower seeds (47 cal)

Study Salad 2 = 2 cups romaine + ½ cup chopped grape tomatoes + ½ cup quinoa + ½ cup chickpeas + 2 tbsp sunflower seeds (93 cal)

Study Dressing = 1 tbsp olive oil (119 cal) + 1 tbsp balsamic (14 cal)