

1,500 Calorie

5-Day

Meal Plan

What to Expect

This is a 5-day meal plan that's based around a 1,500-calorie daily diet. This includes breakfast, lunch, dinner, and 2 snacks placed anywhere in your day. I've also included a sample meal prep session to get you ready for the week.

Feel free to substitute items. For example, buy baby carrots instead of cucumbers for your snack; or buy almond butter instead of peanut butter. Just be aware that this may change the calorie counts.

Also, this is a meal plan for **one person**. You'll be eating some leftovers for lunch; but if you have a large family, consider doubling some of the recipes in order to feed everyone.

The Menu page only has the name for the recipes. To see what's actually in each meal, see the following pages for Recipes and Meals. The Meals page is for the meals that don't technically have a recipe; rather, it just shows the ingredients you put together. Use that page when assembling your meals.

Disclaimer

These meals were calculated using MyFitnessPal, and your calorie counts may differ depending on the brands you use.

I am not a medical professional and this is not a medically-prescribed diet. This is only a suggestion and should be followed at your own risk. Please see your doctor before starting a new diet or workout program.

Menu

BREAKFAST

- COPYCAT EGG MCMUFFIN, STRAWBERRIES

LUNCH

- CHICKEN SALAD WRAP, CARROT STICKS, SALSA
- DINNER LEFTOVERS

DINNER

- BBQ PULLED PORK SALAD
- PULLED PORK QUESADILLAS
- SALSA CHICKEN BOWLS
- CHICKEN SPAGHETTI
- PANCAKES

SNACKS

- COTTAGE CHEESE WITH PINEAPPLE
- HARD BOILED EGGS WITH CUCUMBER
- 3-INGREDIENT BROWNIES

Grocery List

- 12 eggs
- 6 slices cheddar cheese
- 8-oz bag shredded cheddar
- 1 1/4 cups milk
- 1 1/4 cup plain nonfat Greek yogurt
- 2 tablespoons butter
- 4 tablespoons grated Parmesan
- 1 24-oz container cottage cheese, 4%
- 2 pounds pork loin
- 18 slices Canadian bacon
- 5 pounds chicken breasts
- 1 1/2 cups grapes
- 1-pound bag baby carrots
- 3 Romaine hearts
- 1 bunch green onions
- 2 pounds strawberries
- 2 cucumbers
- 3 bananas
- 10-oz bag shredded carrots
- 1 container grape tomatoes
- 1 large red onion
- 1 bag coleslaw mix
- 2 green bell peppers
- 1 can pineapple chunks
- 16-oz bag frozen broccoli florets
- 1 6-pack English muffins
- 24-oz jar salsa
- 12 whole wheat tortillas
- 1/2 cup peanut butter
- 1/4 cup mayonnaise
- 1 can black beans
- 1 cup uncooked brown rice
- 1 box whole wheat spaghetti
- 1 jar spaghetti sauce

Grocery List

- 1 teaspoon vanilla extract
- Maple syrup (for pancakes)
- 2 cups whole wheat flour
- 1/2 teaspoon paprika
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons honey
- 1/2 cup cocoa powder
- 1/4 cup + 1 teaspoon dijon mustard
- 1/2 teaspoon garlic powder
- 3 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 bottle BBQ sauce

Meal Plan

	BREAKFAST	SNACKS	LUNCH	DINNER
MON Calories: 1,527	Egg McMuffin 1 cup strawberries Calories: 370	1/2 cup 4% cottage cheese and 1/2 cup pineapple Calories: 170 3-ingredient brownies Calories: 96	Chicken Salad on tortilla with 1 cup spinach 1/2 cup baby carrots with 1/4 cup salsa Calories: 435	BBQ Pulled Pork Salad Calories: 456
TUE Calories: 1,471	Egg McMuffin 1 cup strawberries Calories: 370	2 hard boiled eggs and 1 cup sliced cucumber Calories: 162 3-ingredient brownies Calories: 96	Chicken Salad on tortilla with 1 cup spinach 1/2 cup baby carrots with 1/4 cup salsa Calories: 435	Salsa Chicken Bowls Calories: 408
WED Calories: 1,508	Egg McMuffin 1 cup strawberries Calories: 370	1/2 cup 4% cottage cheese and 1/2 cup pineapple Calories: 170 3-ingredient brownies Calories: 96	Salsa Chicken Bowls (Leftovers) Calories: 408	Pulled Pork Quesadillas 1 cup Greek Yogurt Coleslaw Calories: 464
THU Calories: 1,526	Egg McMuffin 1 cup strawberries Calories: 370	2 hard boiled eggs and 1 cup sliced cucumber Calories: 162 3-ingredient brownies Calories: 96	Pulled Pork Quesadillas 1 cup Greek Yogurt Coleslaw Calories: 464	Chicken Spaghetti 1 cup frozen broccoli Calories: 434
FRI Calories: 1,483	Egg McMuffin 1 cup strawberries Calories: 370	1/2 cup 4% cottage cheese and 1/2 cup pineapple Calories: 170 3-ingredient brownies Calories: 96	Chicken Spaghetti 1 cup frozen broccoli Calories: 434	2 Pancakes 2 scrambled eggs 1/2 cup strawberries 1 TBL maple syrup Calories: 413

Meals

BBQ PULLED PORK SALAD:

- 3 oz pulled pork
- 1 cup lettuce
- 1 cup assorted shredded carrots and grape tomatoes
- 2 tablespoons shredded cheddar
- 1/4 cup black beans

SALSA CHICKEN BOWLS

- 3 oz shredded chicken
- 1/4 cup salsa
- 1/2 cup cooked brown rice
- 1 cup lettuce
- 1 cup mixed bell peppers, onion, and grape tomatoes

PULLED PORK QUESADILLAS

- 1.5 oz pulled pork
- 1/4 cup shredded cheddar
- 1 whole wheat tortillas

CHICKEN SPAGHETTI

- 2 oz sliced chicken
- 4 oz cooked spaghetti
- 1/2 cup pasta sauce
- 1 tablespoon grated Parmesan



Egg McMuffin Sandwiches

YIELD: 6 SANDWICHES

INGREDIENTS

- 6 whole wheat English muffins
- 6 eggs
- 6 slices cheese
- 6-12 slices Canadian bacon (Depending on whether you want 1 or 2 per sandwich)

INSTRUCTIONS

- Crack the eggs into a greased muffin tin and sprinkle with salt and pepper if desired. Bake in the oven at 350 degrees for 15 minutes until the yolks have hardened. Let cool for a few minutes before assembling the sandwiches.
- Lay out the bottom halves of the English muffins on a large cookie sheet and begin layering the cheese, egg, and Canadian bacon. If the cheese is hanging over edges of the muffin, break it in half and lay the pieces in a cross position.
- Close up the sandwiches and wrap each one tightly in plastic wrap. Place in the freezer, still on the cookie sheet, until completely frozen. Then transfer to a gallon-size freezer bag.
- When ready to eat, thaw in the fridge overnight and heat up in the microwave or toaster oven.

CALORIES (WITH 2 SLICES BACON): CARBS: 24G | FAT: 14.4G | PROTEIN: 23.6G



Whole Wheat Pancakes

YIELD: 14 PANCAKES

INGREDIENTS

- 2 cups white whole wheat flour (or flour of choice)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups milk
- 2 eggs
- 2 tablespoons honey
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract

INSTRUCTIONS

- In a large bowl, mix together the dry ingredients.
- In a medium bowl, mix together the milk, eggs, vanilla, honey, and butter.
- Pour the wet ingredients into the dry and stir gently to combine.
- Spray a griddle or large pan with cooking spray and drop pancake batter on using a 1/4 cup.
- Cook 1-2 minutes each side until the pancakes are a golden brown and repeat until all the batter is gone.
- To freeze, lay pancakes flat on a cookie sheet lined with parchment paper or a cooling rack and freeze completely. Then transfer to a gallon-sized freezer bag.
- To reheat, either thaw overnight or microwave from frozen for 20-25 seconds.

CALORIES (PER PANCAKE): 96 | CARBS: 13.3G | FAT: 2.9G | PROTEIN: 3.4G

Chicken Salad

YIELD: 6 SERVINGS

INGREDIENTS

- 2 pounds chicken breasts, cooked and shredded
- 1/3 cup diced green onions
- 1 cup grapes, halved
- 1/2 cup plain nonfat Greek yogurt
- 1/4 cup light mayonnaise
- 1/4 cup dijon mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- Salt and pepper, to taste

INSTRUCTIONS

- In a large bowl, add the chicken, green onions, and grapes and combine.
- In a smaller bowl, combine the Greek yogurt, mayonnaise, dijon mustard, paprika, garlic powder, and salt and pepper.
- Add the sauce to the chicken mixture and stir well, then let sit in the fridge for at least an hour before eating.
- Serve on sandwiches, wraps, or on a salad.

CALORIES: 208 | CARBS: 8G | FAT: 6.1G | PROTEIN: 28.9G

Meal Prep Session

MEAL PREP DAY:

- Place all chicken breasts in a baking pan (Whatever size will fit). Sprinkle with salt and pepper and bake at 425 degrees for 18-20 minutes or until the temperature reaches 165 degrees.
- In a large saucepan, add 6 eggs and cover with cold water with about 1 inch of space. Bring water to a boil and set a timer for 7 minutes.
- While the chicken is cooking, chop the lettuce, green onions, cucumbers, onion, and bell peppers, and wash the tomatoes.
- Wash the grapes and slice 1 cup of them in half. Set aside for the chicken salad. Wash the strawberries.
- When the chicken is done, lower the temperature to 350 degrees. Crack 6 eggs into a muffin tin, sprinkle with salt and pepper, and bake for about 15 minutes.

Meal Prep Session

- If the eggs have finished boiling, set them in cold water for about 5 minutes.
- Shred 3/4 of the breasts for the Salsa Chicken Bowls and Chicken Salad; and slice the other breasts into thin slices for the Chicken Spaghetti.
- Prepare the Chicken Salad and divide into 6 containers for lunch.
- When the eggs in the oven have finished, assemble the Egg McMuffin sandwiches- one egg, one slice of cheese, and one slice of Canadian bacon.

The above steps may take more than one hour. If you're pressed for time, skip the chopping of vegetables. Only chop the green onions and cucumbers since you'll be using those right away.

The other vegetables can be chopped during dinnertime for that particular meal. And the pork can be cooked during the day of that dinner, too. Put the pork in a slow cooker with 1 cup BBQ sauce and cook on LOW 5-6 hours.