



Sample 1800 Daily Calorie Meal Plans

Breakfast	Snack 1	Lunch	Snack 2	Dinner
2 eggs + 2 egg whites 1 sandwich thin 1 tbsp peanut butter 1 glass 2% milk 1 cup berries	1 ounce of raw almonds 1 small apple	6oz Chicken breast 2 cups spinach 1 pear 1oz feta cheese 2 tbsp light dressing ½ cup cottage cheese	3oz light canned tuna 1tbsp mayo 1 container dannon light and fit greek yogurt	6oz tilapia ½ cup sweet potato 1 cup broccoli 1 small artichoke

Calories: 1,700 / Carbohydrates: 147 g / Fat: 61 g / Protein 159 g

Breakfast	Snack 1	Lunch	Snack 2	Dinner
1 C. plain Fage 2% greek yogurt 1 C. frozen berries ½ oz walnuts 1 hardboiled egg	1oz (23) almonds 2oz fresh sliced deli turkey 1 small kiwi	3oz canned tuna 1 tbsp mayo 1 sandwich thin 1 string cheese Small apple	1oz turkey jerky ¾ cup cottage cheese	6oz grilled chicken breast ¾ cup cooked quinoa 1 ½ cups mixed vegetables

Calories: 1,700 / Carbohydrates: 144 g / Fat: 62 g / Protein 155 g

Breakfast	Snack 1	Lunch	Snack 2	Dinner
1 C. lowfat cottage cheese 1 pear 1 hardboiled egg	1 small apple 2 tbsp peanut butter 1 container dannon light and fit greek yogurt	1 turkey burger patty 1 slice swiss cheese ¼ avocado 2 tbsp salsa 1 sandwich thin	3 chicken meatballs 1 string cheese	6 oz pork tenderloin 1 C. zucchini ½ C. wild rice 2 C. mixed greens salad 2 tbsp greek yogurt ranch dressing

Calories: 1,837 / Carbohydrates: 137 g / Fat: 77g / Protein: 159 g