## 7-Day Budget-Friendly Meal Plan with Macros

Day 1

Breakfast: 2 boiled eggs + whole wheat toast + orange slices

Lunch: Tuna salad sandwich + carrot sticks

Dinner: Baked tilapia + rice + mixed veggies

Snack: Apple + peanut butter

Calories: 1500 kcal | Protein: 90g | Carbs: 130g | Fats: 60g

Day 2

Breakfast: Scrambled eggs with spinach + 1 slice toast

Lunch: Grilled chicken breast + brown rice + broccoli

Dinner: Spaghetti with lean ground turkey + green beans

Snack: Plain popcorn

Calories: 1550 kcal | Protein: 95g | Carbs: 140g | Fats: 65g

Day 3

Breakfast: Oatmeal with peanut butter + banana

Lunch: Lentil soup + whole grain crackers

Dinner: Baked chicken drumsticks + sweet potato wedges + green peas

Snack: String cheese + baby carrots

Calories: 1500 kcal | Protein: 85g | Carbs: 135g | Fats: 58g

Day 4

Breakfast: Greek yogurt with honey + frozen berries

Lunch: Turkey and hummus wrap + cucumber slices

Dinner: Homemade chili with ground beef and beans

Snack: Hard-boiled egg

Calories: 1520 kcal | Protein: 88g | Carbs: 125g | Fats: 63g

Day 5

Breakfast: Cottage cheese with apple slices + cinnamon

Lunch: Baked sweet potato + cottage cheese + side salad

Dinner: Chicken thighs baked with potatoes + carrots

Snack: Low-fat yogurt

Calories: 1480 kcal | Protein: 87g | Carbs: 130g | Fats: 55g

Day 6

Breakfast: Egg and cheese wrap with whole wheat tortilla

Lunch: Black bean and corn salad with avocado and lime

Dinner: Baked turkey meatballs + marinara + whole wheat pasta

Snack: Small protein bar

Calories: 1600 kcal | Protein: 93g | Carbs: 145g | Fats: 67g

Day 7

Breakfast: Protein smoothie with banana + milk + oats

Lunch: Egg salad sandwich + cherry tomatoes

Dinner: Grilled cheese + tomato soup + celery sticks

Snack: Rice cake + cream cheese

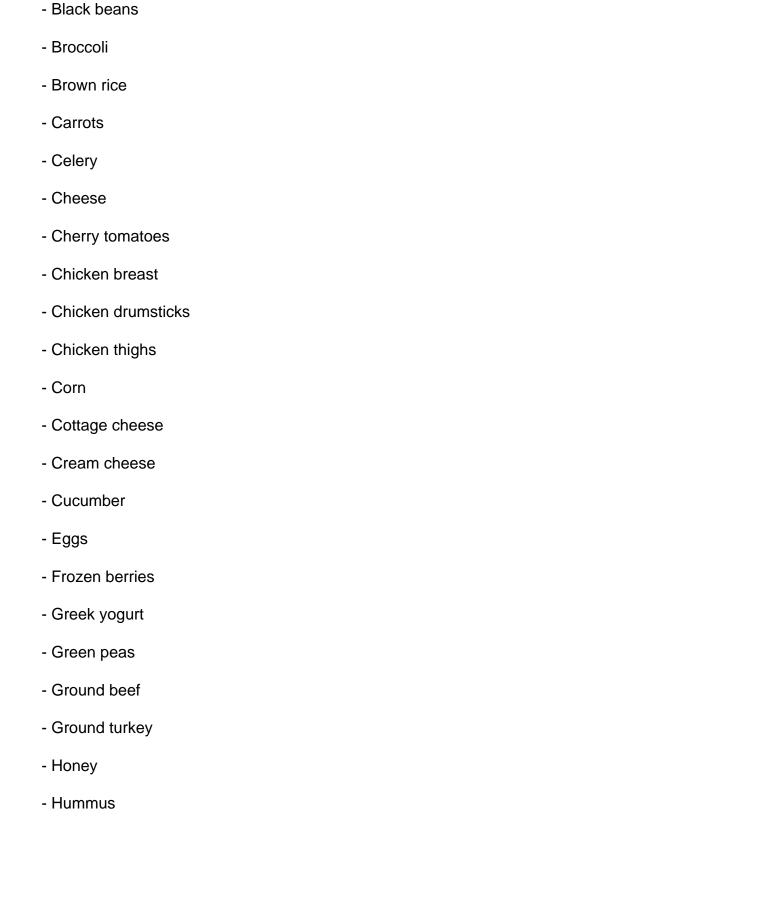
Calories: 1450 kcal | Protein: 82g | Carbs: 128g | Fats: 60g

## **Grocery List**

- Avocado

- Banana

- Beans



| - Lentils              |  |  |
|------------------------|--|--|
| - Lime                 |  |  |
| - Low-fat yogurt       |  |  |
| - Marinara sauce       |  |  |
| - Milk                 |  |  |
| - Mixed vegetables     |  |  |
| - Oatmeal              |  |  |
| - Orange               |  |  |
| - Peanut butter        |  |  |
| - Potatoes             |  |  |
| - Protein bar          |  |  |
| - Rice                 |  |  |
| - Rice cakes           |  |  |
| - Side salad greens    |  |  |
| - Spinach              |  |  |
| - String cheese        |  |  |
| - Sweet potatoes       |  |  |
| - Tilapia              |  |  |
| - Tomato soup          |  |  |
| - Tuna                 |  |  |
| - Turkey meatballs     |  |  |
| - Turkey slices        |  |  |
| - Whole grain crackers |  |  |

- Whole grain spaghetti

- Whole wheat bread

- Whole wheat pasta

