

## 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
- Black beans
- Broccoli
- Brown rice
- Carrots
- Celery
- Cheese
- Cherry tomatoes
- Chicken breast
- Chicken drumsticks
- Chicken thighs
- Corn
- Cottage cheese
- Cream cheese
- Cucumber
- Eggs
- Frozen berries
- Greek yogurt
- Green peas
- Ground beef
- Ground turkey
- Honey
- Hummus

- 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

- Whole wheat tortilla