

7-Day 1500-Calorie Meal Plan for Wellness

This 7-day plan will help you fuel up your body for your wellness journey. This plan ensures you get the calories you need (on average) and supports cortisol management, heart health, and overall wellness!

Day 1 is more detailed, giving you a breakdown of meals, calories, and tips.

Breakfast (≈ 400 calories)

Meal:

- ½ cup old-fashioned oats (dry measure) cooked in 1 cup unsweetened almond milk
- ½ banana, sliced
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- ½ cup blueberries
- 1 teaspoon cinnamon
- 1 teaspoon honey or maple syrup (optional)

Preparation Tip:

Simmer oats and almond milk until thick. Stir in flaxseed, chia seeds, and cinnamon. Top with banana and blueberries. Drizzle with honey if desired.

Health Benefits:

High in fiber and omega-3s for heart health; cinnamon helps regulate blood sugar.

Beverage:

- 1 cup black coffee or green tea (unsweetened)
- 1 glass (8 oz) water with lemon

Lunch (≈ 450 calories)**Meal:**

- 3 oz grilled chicken breast
- 2 cups mixed greens (spinach, kale, romaine)
- ½ avocado, sliced
- ½ cup cherry tomatoes
- ¼ cup shredded carrots
- ¼ cucumber, sliced
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- Pinch of black pepper, turmeric, and minced garlic

Preparation Tip:

Whisk olive oil, lemon juice, turmeric, garlic, and pepper for a dressing. Toss with salad ingredients and top with sliced chicken.

Health Benefits:

Loaded with antioxidants and healthy fats that support heart health and reduce inflammation.

Beverage:

- 1 glass (8–10 oz) water

- Optional: herbal tea (mint, ginger, or turmeric)

Dinner (≈ 500 calories)

Meal:

- 4 oz baked wild salmon
- ½ cup cooked quinoa or brown rice
- 1 cup steamed broccoli
- 1 teaspoon olive oil
- 1 teaspoon grated ginger
- 1 teaspoon minced garlic
- Sprinkle of turmeric and black pepper

Preparation Tip:

Bake salmon at 375°F (190°C) for 15–20 minutes with olive oil, garlic, ginger, and a touch of turmeric. Serve with quinoa and broccoli drizzled with olive oil and lemon juice.

Health Benefits:

Rich in omega-3 fatty acids, plant-based protein, and phytonutrients for a strong heart and reduced inflammation.

Beverage:

- 1 glass (8 oz) water
- Optional: 1 cup unsweetened chamomile or ginger tea after dinner

Snack (≈ 150 calories)

Option 1:

- 6 oz plain Greek yogurt
- 1 tablespoon walnuts or almonds
- ½ teaspoon cinnamon
- Drizzle of honey or a few blueberries

Option 2 (if you prefer savory):

- 1 boiled egg
- 1 small apple
- Sprinkle of chili powder and lemon juice on the apple slices for a flavor boost

Beverage:

- 1 glass (8 oz) water

Total Daily Hydration

- Aim for **8–10 cups (64–80 oz)** of water daily
- Include **lemon water in the morning, tea or coffee mid-day, and herbal tea in the evening**
- Avoid sugary drinks and limit alcohol

Day 2-7 gives you a detailed meal plan to follow and continue the healthy, balanced plan from Day 1.

Day 2

Breakfast ($\approx$ 400 cal):

- 2 scrambled eggs cooked in olive oil
- 1 slice whole-grain toast
- $\frac{1}{2}$ avocado
- Side of $\frac{1}{2}$ grapefruit
- Sprinkle eggs with turmeric, black pepper, and garlic powder

Lunch ($\approx$ 450 cal):

- Lentil soup (1 cup cooked lentils, carrots, celery, onion, garlic, and spinach)
- Side salad with olive oil and lemon dressing

Dinner ($\approx$ 500 cal):

- 4 oz grilled chicken breast
- $\frac{3}{4}$ cup brown rice
- 1 cup roasted mixed vegetables (bell pepper, zucchini, onion, carrots)
- Season with rosemary, garlic, and olive oil

Snack ($\approx$ 150 cal):

- 1 small apple with 1 tablespoon almond butter
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Day 3

Breakfast:

- Smoothie: 1 cup spinach, ½ banana, ½ cup berries, ½ cup Greek yogurt, 1 tablespoon flaxseed, ½ teaspoon cinnamon, and water or almond milk

Lunch:

- Tuna salad (3 oz canned tuna in water) mixed with 1 teaspoon olive oil, lemon juice, diced celery, and pepper
- Serve on 2 slices of whole-grain bread or over greens

Dinner:

- 4 oz baked tofu or grilled shrimp
- ½ cup quinoa
- 1 cup stir-fried vegetables (broccoli, bell pepper, snap peas) with garlic, ginger, and turmeric

Snack:

- 10 almonds + 1 clementine
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Day 4

Breakfast:

- ¾ cup Greek yogurt
- ½ cup blueberries

- 1 tablespoon chia seeds
- 1 teaspoon honey
- ½ teaspoon cinnamon

Lunch:

- Turkey wrap: 3 oz sliced turkey breast, lettuce, tomato, avocado, mustard in a whole-wheat tortilla
- Side of sliced cucumbers with lemon and chili powder

Dinner:

- 4 oz baked cod with garlic, olive oil, and lemon
- ½ cup sweet potato mash (with cinnamon and a touch of olive oil)
- 1 cup roasted Brussels sprouts

Snack:

- 1 boiled egg and 1 small pear

Day 5

Breakfast:

- Overnight oats: ½ cup oats, 1 cup almond milk, 1 tablespoon chia seeds, ½ cup raspberries, cinnamon, and a drizzle of honey

Lunch:

- Quinoa chickpea salad: ½ cup quinoa, ½ cup chickpeas, spinach, diced cucumber, tomato, olive oil, lemon, and garlic

Dinner:

- 4 oz grilled chicken or tempeh
- ½ cup wild rice
- 1 cup steamed green beans and carrots
- Season with turmeric and black pepper

Snack:

- 1 oz dark chocolate (70%+) + 5 walnuts
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Day 6

Breakfast:

- 2 boiled eggs
- 1 slice whole-grain toast with 1 teaspoon olive oil and sliced tomato
- 1 small orange

Lunch:

- Veggie stir-fry: broccoli, cabbage, bell pepper, carrots sautéed in 1 teaspoon olive oil, garlic, and ginger
- ½ cup brown rice
- Optional: 3 oz tofu or edamame

Dinner:

- 4 oz grilled salmon or trout
- ½ cup mashed cauliflower (with garlic and olive oil)
- 1 cup spinach sautéed with lemon juice

Snack:

- 1 small banana with 1 teaspoon peanut butter
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Day 7

Breakfast:

- Smoothie bowl: blend ½ cup Greek yogurt, ½ banana, ½ cup frozen blueberries, 1 tablespoon flaxseed, cinnamon; top with 1 tablespoon nuts and a sprinkle of chia seeds

Lunch:

- Mediterranean bowl: 3 oz grilled chicken or falafel, ½ cup quinoa, cherry tomatoes, cucumbers, olive oil, lemon, and parsley

Dinner:

- 4 oz lean beef or turkey stir-fry with garlic, ginger, broccoli, and peppers
- ½ cup brown rice or quinoa
- Side of mixed greens

Snack:

- 1 small apple or pear + 1 tablespoon pumpkin seeds
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Beverages & Hydration (Daily)

- **Water:** 8–10 cups (64–80 oz) daily
 - 1 glass on waking (preferably with lemon)
 - 1 before each meal
 - 1 before bed
 - **Coffee/Tea:**
 - Up to 2 cups unsweetened black coffee or green tea per day
 - Herbal teas (ginger, chamomile, or turmeric) for relaxation and digestion
 - **Avoid:** Sugary drinks, soda, excess juice, and alcohol
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Spice & Flavor Enhancers

Use freely throughout the week to promote heart health and flavor:

- **Garlic:** lowers cholesterol, boosts immunity
- **Ginger:** anti-inflammatory, supports digestion
- **Turmeric + black pepper:** powerful antioxidants
- **Cinnamon:** balances blood sugar

- **Lemon juice:** enhances detoxification and vitamin C
- **Olive oil:** healthy fat for cooking or dressing

Follow this plan exactly or give it your own spin to mix it up with similar proteins, carbohydrates, and fats. The 7-day meal plan is an example of how you can have flavorful, filling meals but still keep on track with your wellness journey! Enjoy!