

1500 CALORIE WEEKLY MEAL PLANNER

WEEK ONE



	BREAKFAST	LUNCH	DINNER	SNACKS
MON 1325 CALORIES	1 PACKAGE INSTANT OATMEAL W/ PROTEIN (220 CAL) 1 CUP SKIM MILK (83 CAL) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 375 CAL	1 PURE PROTEIN SHAKE (150 CAL) TOTAL CAL = 150 CAL	1 SALAD AND GO THAI CHICKEN SALAD W/ PEANUT DRESSING - SALAD (100 CAL) - CHICKEN (130 CAL) - DRESSING (130 CAL) 3 LOW CARB TORTILLA (210 CAL) TOTAL CAL = 570 CAL	1 THINK THIN BAR (PEANUT BUTTER) (230 CAL) TOTAL = CAL 230 CAL
TUE 1642 CALORIES	PROTEIN SHAKE: 1 SCOOP CHOCOLATE PEANUT BUTTER PROTEIN (130 CAL) 1 CUP SKIM MILK (83 CAL) 2 TBSP POWDER PEANUT BUTTER (70 CAL) 1/3 BANANA (30 CALORIES) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 383 CAL	4 COUNT CHICKEN TENDERS CHICK FILET (450 CAL) ZESTY BUFFALO SAUCE (25 CAL) TOTAL CAL = 475 CAL	2 HOT DOGS 2 HEBREW NATIONAL FRANKS (300 CAL) 2 HOT DOG BUNS (240 CAL) - CONDIMENTS (100 CAL) 1 CUP STEAMED BROCCOLI (94 CAL) TOTAL CAL = 734 CAL	STARBUCKS VENTI COLD BREW W/ SUGAR FREE VANILLA AND SKIM MILK (50 CAL) TOTAL CAL = 50 CAL
WED 1340 CALORIES	KIRKLAND SIGNATURE UNCURED BACON & GOUDA SOUS VIDE EGG BITES (250 CAL) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 320 CAL	PURE PROTEIN SHAKE (150 CAL) TOTAL CAL = 150 CAL	CHICKEN CAESAR SALAD] DOLE ULTIMATE CAESAR BAG SALAD 2 SERVINGS (340 CAL) JUST BARE CHICKEN BREAST (210 CAL) DINNER ROLL (90 CAL) TOTAL CAL = 640 CAL	1 THINK THIN BAR (PEANUT BUTTER) (230 CAL) TOTAL = CAL 230 CAL
THU 1281 CALORIES	PACKAGE INSTANT OATMEAL W/ PROTEIN (220 CAL) 1 CUP SKIM MILK (83 CAL) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 375 CAL	N/A TOTAL CAL = 0 CAL	6 OUNCE CHICKEN (281 CAL) 1 CUP STIR FRY VEGGIES (120 CAL) 1 TBSPN OLIVE OIL (119 CAL) 12 TBSP TERYAKI SAUCE (70 CAL) 11 CUP BROWN RICE (216 CAL) TOTAL CAL = 806 CAL	1 YASSO FROZEN YOGURT BAR TOTAL CAL = 100 CAL
FRI 1901 CALORIES	PROTEIN SHAKE: 1 SCOOP STRAWBERRY BANANA PROTEIN (130 CAL) 1 CUP SKIM MILK (83 CAL) 5.3 OUNCES VANILLA GREEK YOGURT (110 CAL) 1/3 BANANA (30 CALORIES) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 413 CAL	3 STREET TACOS POLO FROM JOES TACOS (632 CAL) TOTAL CAL = 632 CAL	61/2 ROTISSERIE CHICKEN (636 CAL) 1 CUP CALORIES IN FIRE-ROASTED VEGETABLE BLEND BY KIRKLAND (120 CAL) TOTAL CAL = 756 CAL	1 YASSO FROZEN YOGURT BAR TOTAL CAL = 100 CAL
SAT 1845 CALORIES	3 EGGS (210 CAL) 3 OUNCES SLICED HAM (105 CAL) 1 PLAIN BAGEL (THOMAS) (270) 1 TBSN SMART BUTTER (80 CAL) 2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 725 CAL	STARBUCKS VENTI COLD BREW W/ SUGAR FREE VANILLA AND SKIM MILK (50 CAL) PURE PROTEIN SHAKE (150 CAL) W/ 2 TBSP POWDER PEANUT BUTTER (70 CAL) TOTAL CAL = 270 CAL	6 OUNCE SIRLOIN STEAK (310 CAL) 20 ASARAGUS SPEARS (64 CAL) 1.5 CUPS FINGERLING POTATOES (215 CALORIES) 1 TBSPN OLIVE OIL (119 CAL) 1 HEINEKEN BEER (142 CAL) TOTAL CAL = 850 CAL	N/A TOTAL CAL = 0 CAL
SUN 1403 CALORIES	2 CUPS COFFEE W/ 1 TBSP COFFEE CREAMER EACH CUP (70 CAL) TOTAL CAL = 70 CAL	PROTEIN SHAKE: 1 SCOOP CHOCOLATE PEANUT BUTTER PROTEIN (130 CAL) 1 CUP SKIM MILK (83 CAL) 2 TBSP POWDER PEANUT BUTTER (70 CAL) 1/3 BANANA (30 CALORIES) TOTAL CAL = 313 CAL	62 CUPS COOKED SPAGETTI (440 CAL) 1/2 CUP RAO MARINA (100 CAL) 4 OUNCES GROUND TURKEY (170 CAL) 1 OUNCE PARMASAN CHEESE (122 CAL) 1 CUP BELL PEPPERS (18 CAL) TOTAL CAL = 850 CAL	1/4TH CUP ALMONDS (170 CAL) TOTAL CAL = 170 CAL

1 WEEK AVERAGE CALORIES
1533 CAL