

# verywell fit 7-Day 1,300-Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Avocado Toast with Hard-Boiled Egg	Feta, Pepper, and Onion Omelet with Tangerines	Cereal with Milk and Banana	Oatmeal with Almond Butter and Raisins	Banana Chia Pudding	Breakfast Burrito	English Muffin with Peanut Butter and Strawberries
Lunch	Turkey and Veggie Pita with Apple Slices	Salad with Grilled Chicken	Veggie Tacos with Cucumber and Tomato Salad	Tuna Wrap with Apple Slices	Chili Baked Potato	Quinoa Salad	Chicken Lettuce Wraps and a Pear
Snack	Greek Yogurt with Strawberries	Whole Grain Crackers with Peanut Butter	Turkey Roll-Ups	Raspberries and Walnuts	Apple with Almonds	Cappucino	Whole Grain Crackers with Cheese
Dinner	Shrimp Stir-Fry with Brown Rice	Pork with Applesauce, Cauliflower Rice, and Carrots	Salmon, Sweet Potato, and Broccoli	Pasta Primavera	Steak, Asparagus, Carrots, and Parsnips	Roasted Chicken with Vegetables	Steak, Potatoes, and Brussels Sprouts
Snack	Hummus with Carrots, Cucumber, and Peppers	Popcorn	Greek Yogurt with Blueberries	Cottage Cheese with Cantaloupe	Pear	Hummus and Pita Bread	Greek Yogurt and Grapes

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