

verywell fit 7-Day 1,400-Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Avocado Toast w/ Egg	Oatmeal with Peanut Butter and Blueberries	Overnight Oats	Peanut Butter and Banana Toast	Bagel with Cream Cheese	Bran Cereal with Chopped Strawberries	Greek Yogurt with Granola and Raspberries
Lunch	Turkey Wrap	Large Chopped Salad	Black Bean and Corn Quesadilla	Hummus Wrap	Turkey Sandwich with Carrots	Avocado Toast with Poached Eggs	Veggie Burger
Snack	Pretzels with Hummus	Greek Yogurt with Raspberries	Apple	Plantain Chips with Guacamole	Carrots with Hummus	Peach & Walnuts	Cherries
Dinner	Salmon, Potatoes, and Broccoli	Lentil Pasta with Zucchini	Chicken, Pasta, and Asparagus	Spaghetti Squash Pad Thai with Tofu	Salmon, Potatoes, and Broccoli	Black Bean Quesadilla	Pasta with Meat Sauce and Broccoli
Snack	Chocolate Chip Cookie	Mango and Almonds	Dark Chocolate and Popcorn	Dates with Almond Butter	Ice Cream	Dates	Brownie

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