

verywell fit 7-Day 1,500-Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Whole Wheat Toast with Peanut Butter and Banana	Greek Yogurt with Granola and Blueberries	Poached Egg with Avocado and Toast	Oatmeal with Peanut Butter and Strawberries	English Muffin with Peanut Butter and Raspberries	Greek Yogurt with Granola and Blueberries	Poached Egg with Avocado and Toast
Lunch	Turkey and Cheese Wrap	English Muffin Pizza and Baby Carrots	Salad with Goat Cheese and Balsamic	Tuna Sandwich	Cheese Sandwich and Tomato Soup	Whole Wheat Wrap with Veggies and Hummus	Black Bean and Corn Quesadilla
Snack	Almonds and Cherries	Apple with Peanut Butter	Baby Carrots and Hummus	Peach and Almonds	Apple	Chips and Guacamole	Greek Yogurt and Raspberries
Dinner	Grilled Salmon, Brown Rice, and Broccoli	Spaghetti Squash with Chicken, Veggies, and Peanut Sauce	Turkey Chili	Whole Wheat Pasta with Tomato Sauce and Zucchini	Bake Chicken with Brown Rice and Broccoli	Turkey Burger and Side Salad	Grilled Salmon with Sweet Potato and Broccoli
Snack	Dark Chocolate	Medjool Dates and Chocolate Chips	Dark Chocolate and Popcorn	Ice Cream	Strawberries with Whipped Cream and Chocolate Chips	Cubed Watermelon	Dark Chocolate and Popcorn

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