

verywell fit 2,000 Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Avocado Toast with an Egg	Greek Yogurt with Granola and Blueberries	Whole Wheat Toast with Peanut Butter and Banana	Oatmeal with Peanut Butter and Blueberries	Avocado Toast with an Egg	Bagel with Cream Cheese and Smoked Salmon	Greek Yogurt with Blueberries
Snack	Cherries and Almonds	Cheddar Cheese with Whole Grain Crackers	Greek Yogurt with Raspberries	Dried Mango and Almonds	Mixed Nuts with Dried Cranberries	Apple with Peanut Butter	Pita Bread with Hummus
Lunch	Black Bean and Corn Quesadilla	Tuna Wrap with Sliced Bell Peppers	Greek Salad with Pita Bread	Tuna Melt	Hummus Wrap	Avocado Toast with Poached Eggs	Turkey Sandwich with Baby Carrots
Snack	Baby Carrots and Hummus	Peach and Walnuts	Plantain Chips and Guacamole	Pretzels and Hummus	Popcorn	Dried Mango and Almonds	Nectarine and Walnuts
Dinner	Turkey Burger with Roasted Zucchini and Potato Spears	Whole Wheat Pesto Pasta with Baked Chicken and Asparagus	Grilled Salmon with Sweet Potato and Broccoli	Chicken Quesadilla	Steak with Brown Rice and Beans	Lentil Pasta with Marinara, Zucchini, and Parmesan	Peanut Tofu with Rice Noodles and Snow Peas
Snack	Chocolate Chip Cookies	Ice Cream	Dark Chocolate and Popcorn	Medjool Dates with Almond Butter	Chocolate Chips	Ice Cream	Brownie and Milk

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