

Larock
healthcare
Academy

2000

CALORIE

DIET PLAN



By Tonya L. Roland

2000

CALORIE PLAN DIET



Breakfast



Snack



Lunch



Snack



Dinner

Day 1

Scrambled eggs (2 eggs) with whole-grain toast, avocado, and a side of berries

Greek yogurt with honey and almonds

Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, and balsamic dressing

Apple with peanut butter

Baked salmon with quinoa and roasted broccoli

Day 2

Oatmeal with banana, chia seeds, and walnuts

String cheese and a handful of grapes

Turkey and avocado wrap on whole-wheat tortilla with side salad

B Hummus with carrot and cucumber sticks

Stir-fried tofu with brown rice and mixed vegetables

Day 3

Omelet with spinach, feta, and whole-wheat toast

Trail mix (nuts, seeds, and dark chocolate pieces)

Quinoa bowl with black beans, grilled chicken, corn, and salsa

Cottage cheese with strawberry

Grilled steak with roasted sweet potatoes and steamed green beans

Day 4

Whole-wheat pancakes with almond butter and blueberries

Hard-boiled eggs and walnuts

Chickpea and avocado pita with a side of Greek yogurt

Bell peppers and guacamole

Baked cod with wild rice and roasted Brussels sprouts

Day 5

Scrambled eggs with turkey sausage and whole-grain toast

Smoothie (banana, spinach, protein powder, almond milk)

Grilled shrimp and quinoa salad with olive oil dressing

Almonds and an apple

Chicken tacos with whole-wheat tortillas, avocado, and pico de gallo

Day 6

Greek yogurt with granola, chia seeds, and raspberries

Whole-wheat crackers with guacamole

Grilled chicken with roasted potatoes and a spinach salad

Cottage cheese with pineapple

Lentil soup with whole-grain bread

Day 7

Scrambled eggs with sautéed mushrooms and whole-wheat toast

Peanut butter with celery sticks

Tuna salad sandwich on whole-grain bread with a side of mixed greens

Banana with almond butter

Baked chicken breast with quinoa and roasted carrots