

7-Day Maintenance Meal Plan

2000 calories/day | Balanced nutrition

Plan Overview:

- Prep time: 35 min/day
- Meals per day: 3 meals + 2 snacks
- Macro split: 25% protein, 45% carbs, 30% fats

7-Day Meal Plan:

Monday:

Breakfast: Oatmeal with nuts and fruits (350 cal)
Lunch: Turkey sandwich with salad (450 cal)
Dinner: Pasta with grilled vegetables and chicken (550 cal)
Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Tuesday:

Breakfast: Oatmeal with nuts and fruits (350 cal)
Lunch: Turkey sandwich with salad (450 cal)
Dinner: Pasta with grilled vegetables and chicken (550 cal)
Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Wednesday:

Breakfast: Oatmeal with nuts and fruits (350 cal)
Lunch: Turkey sandwich with salad (450 cal)
Dinner: Pasta with grilled vegetables and chicken (550 cal)
Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Thursday:

Breakfast: Oatmeal with nuts and fruits (350 cal)

Lunch: Turkey sandwich with salad (450 cal)

Dinner: Pasta with grilled vegetables and chicken (550 cal)

Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Friday:

Breakfast: Oatmeal with nuts and fruits (350 cal)

Lunch: Turkey sandwich with salad (450 cal)

Dinner: Pasta with grilled vegetables and chicken (550 cal)

Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Saturday:

Breakfast: Oatmeal with nuts and fruits (350 cal)

Lunch: Turkey sandwich with salad (450 cal)

Dinner: Pasta with grilled vegetables and chicken (550 cal)

Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Sunday:

Breakfast: Oatmeal with nuts and fruits (350 cal)

Lunch: Turkey sandwich with salad (450 cal)

Dinner: Pasta with grilled vegetables and chicken (550 cal)

Snacks: Fruit and yogurt, Handful of nuts (650 cal)

Shopping List:

- Rolled oats
- Mixed nuts
- Fresh fruits
- Whole grain bread
- Turkey slices
- Mixed salad greens
- Whole wheat pasta
- Chicken breast
- Seasonal vegetables
- Plain yogurt

Tips for Success:

- Focus on whole, unprocessed foods
- Listen to your body's hunger cues
- Stay hydrated throughout the day
- Include a variety of colorful vegetables
- Practice mindful eating habits