

7-Day Weight Loss Meal Plan

1500 calories/day | High protein, low carb

Plan Overview:

- Prep time: 30 min/day
- Meals per day: 3 meals + 2 snacks
- Macro split: 40% protein, 30% carbs, 30% fats

7-Day Meal Plan:

Monday:

Breakfast: Greek yogurt with mixed berries (250 cal)
Lunch: Grilled chicken salad with olive oil dressing (400 cal)
Dinner: Baked salmon with steamed broccoli (450 cal)
Snacks: Apple with almond butter, Protein shake (400 cal)

Tuesday:

Breakfast: Greek yogurt with mixed berries (250 cal)
Lunch: Grilled chicken salad with olive oil dressing (400 cal)
Dinner: Baked salmon with steamed broccoli (450 cal)
Snacks: Apple with almond butter, Protein shake (400 cal)

Wednesday:

Breakfast: Greek yogurt with mixed berries (250 cal)
Lunch: Grilled chicken salad with olive oil dressing (400 cal)
Dinner: Baked salmon with steamed broccoli (450 cal)
Snacks: Apple with almond butter, Protein shake (400 cal)

Thursday:

Breakfast: Greek yogurt with mixed berries (250 cal)

Lunch: Grilled chicken salad with olive oil dressing (400 cal)

Dinner: Baked salmon with steamed broccoli (450 cal)

Snacks: Apple with almond butter, Protein shake (400 cal)

Friday:

Breakfast: Greek yogurt with mixed berries (250 cal)

Lunch: Grilled chicken salad with olive oil dressing (400 cal)

Dinner: Baked salmon with steamed broccoli (450 cal)

Snacks: Apple with almond butter, Protein shake (400 cal)

Saturday:

Breakfast: Greek yogurt with mixed berries (250 cal)

Lunch: Grilled chicken salad with olive oil dressing (400 cal)

Dinner: Baked salmon with steamed broccoli (450 cal)

Snacks: Apple with almond butter, Protein shake (400 cal)

Sunday:

Breakfast: Greek yogurt with mixed berries (250 cal)

Lunch: Grilled chicken salad with olive oil dressing (400 cal)

Dinner: Baked salmon with steamed broccoli (450 cal)

Snacks: Apple with almond butter, Protein shake (400 cal)

Shopping List:

- Greek yogurt (plain, low-fat)
- Mixed berries (fresh or frozen)
- Chicken breast
- Salmon fillets
- Mixed greens
- Broccoli
- Olive oil
- Almonds
- Protein powder
- Apples

Tips for Success:

- Meal prep on Sundays to save time during the week
- Drink plenty of water throughout the day
- Include a source of protein with every meal
- Use smaller plates to control portion sizes
- Track your progress weekly, not daily