

7-DAY DIET MEAL PLAN TO LOSE WEIGHT

1500 CALORIES

| | BREAKFAST | A.M SNACK | LUNCH | P.M SNACK | DINNER |
|--------------|---|--|---|---|--|
| DAY 1 | 2 servings Baked Banana-Nut Oat- meal Cups and 1 clementine | 1 medium apple, sliced and 1 Tbsp. peanut butter | 1 serving Veggie & Hummus Sandwich | 1 medium banana | 1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice |
| DAY 2 | 2 servings Baked Banana-Nut Oat- meal Cups and 1 clementine | 1 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium apple | 1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries |
| DAY 3 | 2 servings Baked Banana-Nut Oat- meal Cups and 1 clementine | 1 medium apple | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium banana and 1 Tbsp, peanut butter | 1 serving Easy Salmon Cakes over 2 cups baby spinach and 1 (2-inch) piece whole- wheat baguette |
| DAY 4 | 1 serving Muesli with Raspberries and 1 medium banana | 1 hard-boiled egg sprinkled with a pinch each of salt and pepper | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1/2 cup raspber- ries and 1 oz. dark chocolate | 1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce |
| DAY 5 | 1 serving Muesli with Raspberries | 1 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium banana and 1 Tbsp. peanut butter | 1 serving Spinach Ravloll with Artichokes & Olives |
| DAY 6 | 1 serving Muesli with Raspberries and 1 medium banana | 1 medium apple and 1 Tbsp. pea- nut butter | 1 serving Veggie & Hummus Sandwich and 1 clementine | 1 hard-boiled egg sprinkled with a pinch each salt and pepper | 1 serving Curried Sweet Potato & Peanut Soup and 1 (2-in.) slice whole-wheat baguette |
| DAY 7 | 1 serving "Egg in a Hole" Peppers with Avocado Salsa | 1 medium apple | 1 serving Curried Sweet Potato & Pea- nut Soup | 1 cup raspberries and 1 oz. dark chocolate | 1 serving Spinach & Artichoke Dip Pasta |