

1500 Calorie Meal Plan

Monday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

3 oz. Of Chicken

One Handful Of Kale

6 oz. Brown Rice

1 Grapefruit

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Strawberries

Cinnamon

Meal 4 –

3 oz. Free Range Turkey

One Handful Of Spinach

6 oz. Yukon Potatoes

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk



4 oz. Of Frozen Spinach

Cinnamon

Meal 6 –

1 Cup Of Fat Free Cottage Cheese

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Tuesday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

4 oz. White Fish

One Handful Of Sprouts

6 oz. Brown Rice

1 Apple

Meal 3 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Oatmeal

Cinnamon

Meal 4 –

3 oz. Of Chicken

One Handful Of Collard Greens

6 oz. Quinoa

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 6 –

1 Cup Of Fat Free Greek Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Wednesday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

3 oz. Of Chicken

One Handful Of Veggies

6 oz. Brown Rice

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.25 Cup Of Blueberries

Cinnamon

Meal 4 -

2.5 oz. Of Grass Fed Beef

One Handful Of Green Beans

6 oz. Sweet Potato Fries

Meal 5 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

Cinnamon

Meal 6 -

6 Egg-Whites

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Thursday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

Meal 2 –

3 oz. Of Chicken

One Handful Of Kale

6 oz. Jasmine Rice

1 Grapefruit

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Strawberries

Cinnamon

Meal 4 –

3 oz. Free Range Turkey

One Handful Of Spinach

6 oz. Yukon Potatoes

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

Cinnamon

Meal 6 –

Cup Of Fat Free Greek Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Friday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

Meal 2 –

4 oz White Fish

One Handful Of Sprouts

6 oz. Sweet Potato

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Oatmeal

Cinnamon

Meal 4 –

3 oz. Of Chicken

One Handful Of Collard Greens

6 oz. Quinoa

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 6 –

1 Cup Of Fat Free Cottage Cheese

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout