



1800 Calorie Meal Plan

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 CAL 50-30-20 (CARB-PRO-FAT)						
BREAKFAST						
4		EGG WHITES	20.00	0.80	0.00	68.00
3	Slices	TURKEY BACON	2.00	0.00	2.50	105.00
0.5	Cup	SPINACH	0.40	0.50	0.10	3.00
1	Wrap	WHOLE WHEAT WRAP	4.00	23.00	3.50	130.00
1/2		BANANA	0.50	13.5	0.00	53.00
		p E	27.50	39.80	6.10	373.00
SNACK 1						
1	Cup	PLUMS	1.20	18.80	0.50	76.00
0.5	Cup	CHICKPEAS (ROASTED)	19.20	64.00	6.40	368.00
		Totals for Snack 1	20.40	82.80	6.90	444.00
LUNCH						
6	Ounce(s)	SHRIMP	42.00	0.00	0.00	100.00
1	Cup	SPINACH	0.80	1.00	0.20	6.00
1	Cup	KALE	1.00	2.00	0.20	12.00
5		CHERRY TOMATOES	1.00	4.00	0.00	20.00
1	Ounce(s)	LOW FAT CHEDDAR CHEESE	4.00	0.50	3.00	45.00
1	tsp	EXTRA VIRGIN OLIVE OIL	0.00	0.00	4.50	40.00
		Totals for Lunch	48.8	7.50	7.90	223.00
SNACK 2:						
1	Cup	CUCUMBER	0.70	3.80	0.10	16.00
2	Cup	CARROTS	2.40	24.60	0.60	104.00
			3.10	28.40	0.70	120.00
DINNER						
4	Ounce(s)	TURKEY BREAST	22.90	0.50	3.80	129.00
1	Cup	WILD RICE	6.50	35.00	0.60	166.00
1	Cup	GREEN PEAS	7.50	18.00	0.00	105.00
1	Cup	ASPARAGUS	2.90	5.20	0.20	27.00
		Totals for Dinner	98.30	58.70	4.60	427.00
SNACK 3						
1	Serving	CRAZY BANANA BREAD (G&D FREE)	4.00	19.00	16.00	240.00
		Totals for Snack 3	4.00	19.00	16.00	240.00



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1800 CAL 50-30-20 (CARB-PRO-FAT)						
BREAKFAST						
0.5	Serving	GRAIN FREE BANANA PANCAKES	8.00	15.50	11.00	187.50
1.0	Cup	RASPBERRIES	1.30	20.00	1.20	88.00
Totals for Breakfast:			9.30	35.50	12.20	275.50
SNACK 1						
1.0	TBSP	PEANUT BUTTER	4.00	3.00	8.00	100.00
1	Cup	CELERY	0.70	3.00	0.20	16.00
Totals for Snack 1			4.70	6.00	8.20	116.00
LUNCH						
1	Can	TUNA (WATER PACKED)	30.00	0.00	0.00	120.00
.5		AVOCADO	1.5	6.00	11.30	125.00
1	Cup	CUCUMBER	0.70	3.80	0.10	16.00
2	Cup	BROCCOLI	5.10	12.10	0.70	62.00
Totals for Lunch			37.30	21.90	12.10	323.00
SNACK 2:						
4	Ounce(s)	CHICKEN BREAST	29.3	1.3	3.30	160.00
1	Cup	CARROTS	1.2	12.3	0.30	52.00
6	Ounce(s)	SNOW PEAS	4.8	12.6	0.60	72.00
Totals for Snack 2			38.30	26.20	4.20	284.00
DINNER						
6.0	Ounce(s)	LEAN PORK CHOP	27.6	2.40	4.8	168.00
1	Ear	CORN ON THE COB	3.0	20.00	0.60	80.00
2	Cups	WILD RICE	13.00	70.00	1.20	332.00
Totals for Dinner			43.60	92.40	6.60	580.00
SNACK 3						
1.0		BANANA	1.00	27.00	0.00	105
3	Cups	AIR POPPED POPCORN	3.10	18.70	1.1	93.00
Totals for Snack 3			31.00	33.45	9.15	322.50
Totals for 1800 Cal 50-30-20 Carb-Pro-Fat)			134.3	227.7	44.30	1776.5



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Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 CAL 50-30-20 (CARB-PRO-FAT)						
BREAKFAST						
1.0	Scoop	WHEY PROTEIN	27.00	1.50	0.10	115.00
0.5	Cup	FAT FREE GREEK YOGURT	8.5	14.5	0.00	95.00
1	Cup	STRAWBERRIES	0.200	1.40	0.10	6.00
1		BANANA	1.00	27.00	0.00	105.00
1	Cup	UNSWEETENED ALMOND MILK	0.50	0.50	1.30	15.00
Totals for Breakfast			37.20	44.90	1.50	336.00
SNACK 1						
1	Cup	PINEAPPLE	0.90	22.00	0.20	82.00
Totals for Snack 1:			0.90	22.00	0.20	82.00
LUNCH						
1	Wrap	WHOLE WHEAT WRAP	4.00	23.00	3.50	130.00
1	Serving	BEEF OR CHICKEN FAJITAS (48 HOUR FAT Loss)	41.00	3.00	21.00	360.00
2	Cups	SPINACH	1.70	2.20	0.20	14.00
Totals for lunch:			46.70	28.20	24.70	504.00
SNACK 2:						
1	Cup	CELERY	0.70	3.00	0.20	16.00
1	Cup	CUCUMBER	0.70	3.80	0.10	16.00
1/2	Cup	CHICKPEA (ROASTED)	19.20	64.00	6.40	368.00
Totals for Snack 2			20.60	70.80	6.70	400.00
DINNER						
3/4	Cup	EXTRA LEAN GROUND BEEF	31.50	0.00	15.00	270.00
1	Cup	RED BEAN	6.00	10.00	0.00	55.00
4	Cup(s)	SPRING MIX	4.00	6.00	0.00	20.00
1	Cup	GREEN PEPPER	1.30	6.90	0.30	30.00
1/2		CHOPPED TOMATOES	0.60	2.00	0.00	14.00
2	TBSP	SALSA	1.00	3.00	0.00	15.00
2	TBSP	LOW FAT SOUR CREAM	2.00	2.00	2.50	40.00
Totals for Dinner:			46.40	29.90	17.80	424.00
SNACK 3						
4	Cups	AIR POPPED POPCORN	4.10	24.90	1.50	124.00
Totals for Snack 3:			4.10	24.90	1.50	124.00



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Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 CAL 50-30-20 (CARB-PRO-FAT)						
BREAKFAST						
0.5	Cup	BLUEBERRIES	0.50	10.70	0.20	42.00
4.0	Each	EGG WHITES	14.40	0.00	0.00	68.00
0.5	Cup	STEEL CUT OATS	5.00	27.00	2.50	150.00
Totals for Breakfasts:			19.90	37.70	2.70	260.00
SNACK 1						
1.0	Cup	PLAIN FAT FREE GREEK YOGURT	22.00	9.00	0.00	120.00
1.0	Cup	STRAWBERRIES, SLICED	1.10	12.70	0.50	53.00
Totals for Snack 1:			23.10	21.70	0.50	173.00
LUNCH						
.8	Cup	BROWN RICE, LONG GRAIN, COOKED	3.75	33.60	1.35	162.00
3.5	Ounce(s)	CHICKEN BREAST	30.80	0.00	3.50	163.33
5.0	Ounce(s)	GREEN BEANS	3.33	6.67	0.00	33.33
Totals for lunch:			37.88	40.27	4.85	358.66
SNACK 2:						
1.0	Ounce(s)	Almonds, dry roasted	6.00	6.00	14.80	169.00
1.0	Medium	Banana	1.30	27.00	0.40	105.00
Totals for Snack 2:			7.30	33.00	15.20	274.00
DINNER						
8.0	Medium	Asparagus, cooked	2.90	4.90	0.30	26.00
1.0	Cup	Sweet potato, baked	4.00	41.40	0.30	180.00
4.0	Ounce(s)	Top Sirloin Steak	34.67	0.00	6.53	208.00
Totals for Dinner:			41.57	46.30	7.13	414.00
SNACK 3						
1.0	Cup	Cottage Cheese, 2%	28.00	10.00	5.00	200.00
0.5	Each	Cucumber, whole, 8"	1.00	5.45	0.15	22.50
2.0	Each	Quaker Tomato Basil Rice Cake	2.00	18.00	4.00	100.00
Totals for Snack 3:			31.00	33.45	9.15	322.50
TOTALS FOR 1800 CAL 50-30-20 (CARB-PRO-FAT)			160.75	212.42	39.53	1829.16

Serving 1800 Calorie Plan

Let's break down your 1800 Calories into 50% Carbs, 30% Protein and 20% Fats.

Specifically, your total daily intake should break down like this:



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Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 CAL 50-30-20 (CARB-PRO-FAT)						
BREAKFAST						
0.5	Cup	FAT FREE GREEK YOGURT	8.50	14.50	0.00	95.00
.75	Cup	STEEL CUT OATS	7.50	40.5	3.80	225.00
0.5	Cup	UNSWEETENED CASHEW MILK	0.50	0.50	1.00	13.00
1	Cup	BLUEBERRIES	1.10	21.00	0.50	85.00
Totals for Breakfast			30.00	28.60	11.00	316.00
SNACK 1						
1	Serving	HUMMUS (48 HOUR FAT LOSS)	9.00	25.00	8.00	201.00
1	Cup	CELERY	0.70	3.00	0.20	16.00
Totals for Snack 1:			9.70	28.00	8.20	217.00
LUNCH						
1		EGG	6.00	0.00	5.00	70.00
4		EGG WHITES	20.00	0.80	0.00	68.00
1	TBSP	LOW FAT MAYO	0.00	2.00	1.00	15.00
1	Cup	CUCUMBER	0.70	3.80	0.10	16.00
8	Crackers	STONED WHEAT THINS	4.00	44.00	6.00	240.00
Totals for lunch:			30.70	50.60	12.10	409.00
SNACK 2:						
4	Ounce(s)	GRAPE TOMATOES	1.10	0.00	4.30	31.00
0.5	Cup	GREEN BEAN	1.00	4.00	0.00	20.00
1/4	Cup	LOW FAT COTTAGE CHEESE	6.00	2.50	1.25	45.00
Totals for Snack 2			8.10	6.50	5.55	96.00
DINNER						
6	Ounce(s)	EXTRA LEAN GROUND TURKEY BREAD	34.50	0.75	5.70	193.50
1	Bun	WHOLE WHEAT HAMBURGER BUN	6.00	29.00	2.00	160.00
2	Ounce(s)	LOW FAT CHEDDAR CHEESE	8.00	1.00	6.00	90.00
1	Cup	BUTTERNUT SQUASH	1.40	16.40	0.10	63.00
Totals for Dinner:			49.90	47.15	13.80	506.50
SNACK 3						
1	Scoop	WHEY PROTEIN POWDER	27.00	1.50	0.10	115.00
1/2		ORANGE	0.50	8.00	0.50	35.00
Totals for Snack 3:			27.50	9.50	0.60	150.00
Totals for 1800 Cal 50-30-20 (Carb-Pro-Fat)			155.92	170.35	51.25	1694.00

Fruits & Veggies

Banana
Raspberries
Celery
Avocado
Cucumber
Broccoli
Carrots
Snow Peas
Snap Peas
Corn on the Cob
Apple
Spinach
Bell Peppers
Garlic Cloves
Lemon
Cauliflower
Potatoes
Blueberries
Grape Tomatoes
Green Beans
Oranges
Strawberries
White Onion
Spring Mix
Plums
Kale
Green Peas
Asparagus
Mango
Leek
Brussel Sprouts
Butternut Squash
Pineapple
Lemon
Garlic Cloves
Tomatoe
Ginger

Meats

Tuna (canned)
Chicken Breasts
Lean Pork Chops
Beef, sirloin
Extra Lean Ground Beef
Turkey Bacon
Shrimp
Turkey Breast
Chicken Thighs
Ham
Salmon
Extra Lean Ground turkey

Pantry Items

Vanilla Extract
Honey
Coconut flour
Sea Salt
Arrowroot Starch
Baking Soda
Coconut Oil
Peanut Butter
Wild Rice
Popcorn, bulk
Kidney Beans
Salsa
Dried Thyme
Salt & Pepper
Red Pepper Flakes
Rice Cakes
Almond Butter
Steel Cut Oats
Chickpeas
Tahini, Raw Organic
Lemon Juice
Low Fat Mayo
Stoned Wheat Thins
Whole Wheat Hamburger Buns
Whey Protein
Whole Wheat Wraps
Olive Oil, Extra Virgin
Chili Powder & Chili Flakes
Dried Oregano
Red Beans
Stevia
Baking powder
Gluten Free Flour
Basil
Turmeric
946ml Chicken Broth
Rice Vermicelli, organic
Natural Peanut Butter
Nutmeg
Walnuts
Multigrain Bread

Dairy

Low Fat Sour Cream
Eggs, organic
Egg Whites
Low Fat Cheddar Cheese
Low Fat Cottage Cheese
Unsweetened Cashew Milk
Fat free Greek Yogurt
Unsweetened Almond Milk