

7-Day 2,000 Calorie Meal Plan (Updated: Fish + Walnuts)

Day 1 (Red Meat)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies
Lunch: Chicken breast or fish + white rice + green veggies
Dinner: Lean steak, sweet potato, green veggies
Snack: Turkey, raw veggies, walnuts
Evening: Chicken thigh or chicken + berries

Day 2 (Cod)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies
Lunch: Chicken breast or fish + white rice + green veggies
Dinner: Cod, sweet potato, green veggies + olive oil
Snack: Turkey, raw veggies, walnuts
Evening: Chicken thigh or chicken + berries

Day 3 (Salmon)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies
Lunch: Chicken breast or fish + white rice + green veggies
Dinner: Salmon, sweet potato, green veggies (no oil)
Snack: Turkey, raw veggies, walnuts
Evening: Chicken thigh or chicken + berries

Day 4 (Red Meat)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies
Lunch: Chicken breast or fish + white rice + green veggies
Dinner: Lean steak, sweet potato, green veggies
Snack: Turkey, raw veggies, walnuts
Evening: Chicken thigh or chicken + berries

Day 5 (Cod)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies
Lunch: Chicken breast or fish + white rice + green veggies
Dinner: Cod, sweet potato, green veggies + olive oil
Snack: Turkey, raw veggies, walnuts
Evening: Chicken thigh or chicken + berries

Day 6 (Salmon)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies

Lunch: Chicken breast or fish + white rice + green veggies

Dinner: Salmon, sweet potato, green veggies (no oil)

Snack: Turkey, raw veggies, walnuts

Evening: Chicken thigh or chicken + berries

Day 7 (Red Meat)

Breakfast: 3 whole eggs, 3 egg whites, berries, green veggies

Lunch: Chicken breast or fish + white rice + green veggies

Dinner: Lean steak, sweet potato, green veggies

Snack: Turkey, raw veggies, walnuts

Evening: Chicken thigh or chicken + berries

Grocery List

Grocery List:

Proteins: Chicken breast, chicken thighs, turkey, lean steak, cod, salmon, eggs

Carbs: White rice, sweet potatoes, blueberries, raspberries, cherries

Veggies: Spinach, broccoli, green beans, zucchini, cucumbers, celery, carrots

Fats: Olive oil, walnuts