

1500 Calorie Diet

Aug 7, 2022 - Aug 7, 2022

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Sunday, August 7

1507 Cal ● 153.2g Carbs (31.9g Fiber) ● 49.6g Fat ● 116.0g Protein

First Meal 618 Cal



Easy Grilled Chicken Teriyaki

1 serving • 373 Cal



Celery & Hummus

2 serving • 245 Cal

Last Meal 574 Cal



Roast Beef and Cheddar Sandwich

1/2 serving • 225 Cal



Carrots with Hummus

2 serving • 349 Cal

Second Meal 315 Cal



Bagel with Cream Cheese

1 serving • 315 Cal

Recipes

Aug 7, 2022 - Aug 7, 2022



Bagel with Cream Cheese [🔗](#)



Prep 1 serving for Second Meal on [August 7](#)

Scaled to 1 serving

1 tbsp Cream cheese (15 g)
1 medium bagel Bagels (99 g)

Per 1 serving :

315 Cal ● 57.8g Carbs (2.6g Fiber) ● 4.0g Fat ● 12.2g Protein

Directions are for original recipe of 1 serving

1 Spread the cream cheese on the toasted bagel.

Carrots with Hummus [🔗](#)



Prep 2 serving for Last Meal on [August 7](#)

Scaled to 2 serving

10 tbsp Hummus (150 g)
2 cup strips or slices Carrots (244 g)

Per 1 serving :

175 Cal ● 22.4g Carbs (7.9g Fiber) ● 7.5g Fat ● 7.1g Protein

Directions are for original recipe of 1 serving

1 Dip carrots into hummus, eat.

Celery & Hummus [🔗](#)



Prep 2 serving for First Meal on [August 7](#)

Scaled to 2 serving

4 stalks, large Celery (256 g)
1/2 cup Hummus (123 g)

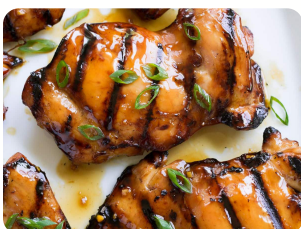
Per 1 serving :

123 Cal ● 12.6g Carbs (5.7g Fiber) ● 6.1g Fat ● 5.7g Protein

Directions are for original recipe of 1 serving

1 Eat celery with hummus.

Easy Grilled Chicken Teriyaki [🔗](#)



Prep 1 serving for First Meal on [August 7](#)

Scaled to 1 serving

1 breast Chicken breast (236 g)
1/4 cup Teriyaki sauce (72 g)
1 tbsp Lemon juice (15 g)
1/2 tsp Garlic (1.4 g)
1/2 tsp Sesame oil (2.2 g)

Per 1 serving :

373 Cal ● 12.7g Carbs (0.1g Fiber) ● 8.5g Fat ● 57.6g Protein

Directions are for original recipe of 4 serving

1 Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2 Preheat grill for high heat.
3 Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Roast Beef and Cheddar Sandwich [🔗](#)



Scaled to 1/2 serving

1 slice Whole-wheat bread
(28 g)

3 slices Roast Beef (68 g)

1/2 slice Cheddar cheese (14 g)

1/2 tbsp Dijon mustard (7.5 g)

Per 1 serving :

450 Cal ● 25.4g Carbs (3.9g Fiber) ● 19.8g Fat ● 41.3g Protein

Directions are for original recipe of 1 serving

1 Spread mustard onto slices of bread. Top with roast beef and cheddar. Bring together slices to form a sandwich. Enjoy!

Prep 0.5 serving for Last Meal
on [August 7](#)

Grocery List


Aug 7, 2022 - Aug 7, 2022


This list has subtracted any foods you have in your Pantry.




Vegetables

 **Garlic**
1/2 clove (1.5 g), Raw


 **Celery**
6 1/2 stalk, medium (7-1/2" - 8" long) (260 g), Raw


 **Carrots**
3 1/2 large (7-1/4" to 8-1/2" long) (252 g), Raw

Fruits and Fruit Juices


 **Lemon juice**
1 tbsp (15 g), Raw

Dairy Products


 **Cream cheese**
1 tbsp (15 g), Low fat

 **Cheddar cheese**
1/2 oz (14 g),

Poultry Products

 **Chicken breast**
2 half breast (fillet) (236 g), Broilers or fryers, meat only, raw

Beef Products

 **Roast Beef**
3 slices (68 g), Sara Lee

Spices and Herbs

 **Dijon mustard**
1/2 tbsp (7.5 g), Grey poupon


Soups and Sauces


 **Teriyaki sauce**
4 tbsp (72 g), Ready-to-serve

Soy & Legumes

 **Hummus**
18 1/4 tbsp (274 g), Commercial

Baked Products

Bagels
 1 medium bagel (3-1/2" to 4" dia) (99 g), Plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Whole-wheat bread
 1 slice (28 g), Commercially prepared

Fats and Oils

Sesame oil
 1/4 tbsp (3.4 g), Salad or cooking