# **1600 Calorie Diet**

Aug 7, 2022 - Aug 7, 2022

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Sunday, August 7

First Meal 545 Cal



**Taco Salad** 

1 serving • 471 Cal



Sliced bell pepper

2 pepper • 74 Cal

Last Meal 668 Cal



Tuna Macaroni Goulash

1 1/2 bowl • 499 Cal



White Rice

1/2 serving • 169 Cal

1668 Cal • 172.2g Carbs (31.1g Fiber) • 59.9g Fat • 120.1g Protein

Second Meal 455 Cal



Avocado Yogurt Snack

2 serving • 455 Cal

## **Recipes**

Aug 7, 2022 - Aug 7, 2022



## Avocado Yogurt Snack 🥏





1 fruit Avocados (201 g)

228 Cal • 12.7g Carbs (6.7g Fiber) • 15.2g Fat • 13.6g Protein

Directions are for original recipe of 2 serving



Prep 2 serving for Second Meal on August 7

**7 oz** Nonfat greek yogurt (227 g) **1** Mix together and enjoy!

Per 1 pepper (1 serving):

Per 1 serving:

# Sliced bell pepper 🥏



Scaled to 2 pepper

37 Cal • 7.2g Carbs (2.5g Fiber) • 0.4g Fat • 1.2g Protein Directions are for original recipe of 1 pepper



Prep 2 pepper for First Meal on August 7

2 medium Red bell pepper (238 g)

1 Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy! Optionally eat with a side of hummus dip (there are other pepper + dip recipes on ETM you can swap in).

## Taco Salad 🤣





Prep 1 serving for First Meal on August 7

Scaled to 1 serving

8 oz Ground beef (227 g) **3 cup** Spinach (90 g) 1/4 cup, chopped Red bell pepper (37 g) **1/4 cup** Salsa (65 g)

Per 1 serving:

471 Cal • 14.8g Carbs (4.9g Fiber) • 23.2g Fat • 49.9g Protein

Directions are for original recipe of 1 serving

- 1 Cook ground beef in a pan until evenly browned through and no
- 1/3 cup, chopped Onions (53 g) 2 Chop up greens and veggies and combine in a bowl. Add the beef; mix well. Add the salsa as a light dressing, mix well. Serve and enjoy!
  - 3 Recipe from: Jillfit.com

## Tuna Macaroni Goulash 🥏





Prep 1.5 bowl for Last Meal on August 7

Scaled to 1 1/2 bowl

**3/4 can** Corn (224 g) **3/4 can** Tuna (124 g)

Per 1 bowl (1 serving):

333 Cal • 53.8g Carbs (4.8g Fiber) • 3.5g Fat • 24.9g Protein

Directions are for original recipe of 2 bowl

- 3/4 cup spiral shaped Macaroni 1 Cook macaroni as per directions on box.
  - 2 Add drained tuna and corn.

## White Rice 🤣



Prep 0.5 serving for Last Meal on August 7

Scaled to 1/2 serving

**3/8 cup** Water (89 g) **1/4 cup** White rice (46 g) **1/16 tsp** Salt (0.5 g) Per 1 serving:

338 Cal • 74.0g Carbs (1.2g Fiber) • 0.6g Fat • 6.6g Protein

Directions are for original recipe of 6 serving

- **1** Bring water with salt to a boil in a 4-quart heavy saucepan with a tight-fitting lid. Add rice and stir once, then reduce heat to low and cook, covered, 20 minutes.
- **2** Remove pan from heat (do not lift lid) and let stand, covered, 5 minutes. Fluff rice gently with a fork.

# **Grocery List**

Aug 7, 2022 - Aug 7, 2022

This list is **not subtracting** any foods you have in your Pantry.



#### **Vegetables**



#### Spinach

3 cup (90 g), Raw

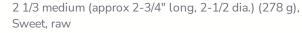


#### **Onions**

1/2 medium (2-1/2" dia) (55 g), Raw



#### Red bell pepper







 $1\ 1/2\ \text{cup}\ (246\ \text{g})$ , Sweet, yellow, canned, whole kernel, drained solids

#### **Fruits and Fruit Juices**



#### **Avocados**

1 fruit (201 g), Raw, All commercial varieties

## **Dairy Products**



#### Nonfat greek yogurt

1 cup (240 g), Nonfat, plain

## **Beverages**



#### Water

1/2 cup (118 g), Plain, clean water

#### **Beef Products**



#### **Ground beef**

8 oz (227 g), 90% lean meat / 10% fat, raw

#### Seafood





 $4\ 1/2\ \text{oz}\ (128\ \text{g})$ , Fish, light, canned in water, drained solids

#### **Spices and Herbs**



#### Salt

1/4 tbsp (4.5 g), Table

### **Soups and Sauces**



#### Salsa

1/4 cup (65 g), Sauce, ready-to-serve

#### **Grains and Pasta**



#### Macaroni

2 1/4 oz (64 g), Dry, enriched



#### White rice

1/4 cup (46 g), Long-grain, regular, raw, unenriched