

# 1600 Calorie Diet

Aug 7, 2022 - Aug 7, 2022

Jump To [Grocery List](#) [Aug 7](#)



Sunday, August 7

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

## 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

## Second Meal 455 Cal



### Avocado Yogurt Snack

2 serving • 455 Cal

# Recipes

Aug 7, 2022 - Aug 7, 2022



## Avocado Yogurt Snack [🔗](#)



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

Scaled to 2 serving

**7 oz** Nonfat greek yogurt (227 g) **1 fruit** Avocados (201 g)

Per 1 serving :

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

Directions are for original recipe of 2 serving

**1** Mix together and enjoy!

## Sliced bell pepper [🔗](#)



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

Scaled to 2 pepper

**2 medium** Red bell pepper (238 g)

Per 1 pepper (1 serving):

37 Cal ● 7.2g Carbs (2.5g Fiber) ● 0.4g Fat ● 1.2g Protein

Directions are for original recipe of 1 pepper

**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)  
**1/3 cup, chopped** Onions (53 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 longer pink.  
**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 cup spiral shaped** Macaroni (63 g)  
**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

**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

2 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (278 g), Sweet, raw



### Corn

1 1/2 cup (246 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



### Tuna

4 1/2 oz (128 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