

1800 Calorie Diet

Aug 1, 2022 - Aug 1, 2022

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Monday, August 1

1884 Cal ● 190.5g Carbs (38.3g Fiber) ● 67.1g Fat ● 135.8g Protein

First Meal 750 Cal



Avocado and Black Bean Wrap

1 serving • 733 Cal



Boiled Kale

1/2 serving • 16 Cal

Last Meal 851 Cal



Grilled turkey sandwich

2 sandwich • 851 Cal

Second Meal 283 Cal



Nonfat greek yogurt

2 cup • 283 Cal

Recipes

Aug 1, 2022 - Aug 1, 2022



Avocado and Black Bean Wrap [🔗](#)



Scaled to 1 serving

- 1 fruit** Avocados (136 g)
- 1 cup** Canned black beans (260 g)
- 2 tortilla** Tortillas (92 g)

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

Per 1 serving :

733 Cal ● 101.9g Carbs (29.5g Fiber) ● 27.1g Fat ● 25.6g Protein

Directions are for original recipe of 1 serving

- 1 Cut avocado into slices. Drain black beans.
- 2 Wrap avocado and beans in the tortilla. Serve warm.

Boiled Kale [🔗](#)



Scaled to 1/2 serving

- 1/2 cup, chopped** Kale (34 g)
- 1/2 cup** Water (118 g)
- 1/2 dash** Salt (0.2 g)

Prep 0.5 serving for First Meal on [August 1](#)

Per 1 serving :

33 Cal ● 5.9g Carbs (2.4g Fiber) ● 0.6g Fat ● 2.9g Protein

Directions are for original recipe of 1 serving

- 1 Bring water to a boil in a small saucepan.
- 2 Remove kale stems, rinse well and chop.
- 3 Add kale to boiling water and cook a few minutes until soft.
- 4 Transfer kale to plate and season with salt. Enjoy!

Grilled turkey sandwich [🔗](#)



Scaled to 2 sandwich

- 1 tbsp** Butter (14 g)
- 4 slice** Whole-wheat bread (112 g)
- 8 oz** Deli cut turkey (227 g)
- 2 slice** Swiss cheese (56 g)

Prep 2 sandwich for Last Meal on [August 1](#)

Per 1 sandwich (1 serving):

425 Cal ● 34.2g Carbs (3.8g Fiber) ● 18.9g Fat ● 29.9g Protein

Directions are for original recipe of 1 sandwich

- 1 Heat a small skillet over medium heat. Butter one side of each of the bread slices with one teaspoon butter. Place one slice, butter side down, in the skillet. Top with the turkey and cheese slices. Place the second slice of bread on top, butter side up.
- 2 When the first side of the sandwich is golden brown, turn and brown the other side, 3 to 5 minutes per side, or until the cheese begins to melt.
- 3 Remove sandwich to a plate. Eat with jam/preserves for a sweet taste.

Nonfat greek yogurt [🔗](#)



Scaled to 2 cup

2 cup Nonfat greek yogurt
(480 g)

Prep 2 cup for Second Meal on
[August 1](#)

Per 1 cup (1 serving):

142 Cal ● 8.6g Carbs (0g Fiber) ● 0.9g Fat ● 24.5g Protein

Directions are for original recipe of 1 cup

1 Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

Grocery List

Aug 1, 2022 - Aug 1, 2022

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



Vegetables



Kale

1/2 cup, chopped (34 g), Raw

Fruits and Fruit Juices



Avocados

1 fruit, without skin and seed (136 g), California, raw

Dairy Products



Nonfat greek yogurt

2 cup (480 g), Nonfat, plain



Butter

1 tbsp (14 g), Unsalted



Swiss cheese

2 oz (57 g),

Beverages



Water

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

Sausage and Lunch Meat



Deli cut turkey

22 3/4 slice (228 g), White, rotisserie

Spices and Herbs



Salt

1/4 tbsp (4.5 g), Table

Soy & Legumes



Canned black beans

1 cup (260 g), Low sodium, drained

Baked Products



Tortillas

2 tortilla (approx 7-8" dia) (92 g), Ready-to-bake or -fry, flour



Whole-wheat bread

4 slice (112 g), Commercially prepared