

1900 Calorie Plan

Aug 7, 2022 - Aug 7, 2022

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Sunday, August 7

1940 Cal ● 184.2g Carbs (30.3g Fiber) ● 52.8g Fat ● 192.4g Protein

First Meal 468 Cal



Turkey Lettuce Rollups

2 serving • 119 Cal



Carrots with Hummus

2 serving • 349 Cal

Last Meal 792 Cal



Roast Beef and Cheddar Sandwich

1 serving • 450 Cal



Cinnamon Honey Cottage Cheese

1 1/2 serving • 342 Cal

Second Meal 680 Cal



Peach Protein Smoothie

2 shake • 562 Cal



Zucchini Spears with Parmesan

2 serving • 118 Cal

Recipes

Aug 7, 2022 - Aug 7, 2022



Carrots with Hummus [🔗](#)



Scaled to 2 serving

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

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

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.

Cinnamon Honey Cottage Cheese [🔗](#)



Scaled to 1 1/2 serving

3/8 tsp Cinnamon (1 g)
1 1/2 cup, Cottage cheese (339 g)
1 1/2 tbsp Honey (32 g)

Prep 1.5 serving for Last Meal on [August 7](#)

Per 1 serving :

228 Cal ● 24.0g Carbs (0.4g Fiber) ● 2.3g Fat ● 28.1g Protein

Directions are for original recipe of 1 serving

1 Mix cottage cheese with cinnamon and honey. Enjoy!

Peach Protein Smoothie [🔗](#)



Scaled to 2 shake

2 scoop Whey protein powder (60 g)
2 medium Peaches (300 g)
2 cup Lowfat milk (488 g)

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

Per 1 shake (1 serving):

281 Cal ● 29.5g Carbs (2.2g Fiber) ● 3.8g Fat ● 33.5g Protein

Directions are for original recipe of 1 shake

1 Combine all ingredients in a blender and pulse until smooth. Add ice if desired.

Roast Beef and Cheddar Sandwich [🔗](#)



Scaled to 1 serving

2 slice Whole-wheat bread (56 g)
6 slices Roast Beef (135 g)
1 slice Cheddar cheese (28 g)
1 tbsp Dijon mustard (15 g)

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

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!

Turkey Lettuce Rollups [🔗](#)



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

Scaled to 2 serving

- 4 leaf outer** Lettuce (96 g)
- 4 slice oval** Sliced turkey (104 g)
- 2 dash** Pepper (0.2 g)

Per 1 serving :

59 Cal ● 2.7g Carbs (0.7g Fiber) ● 1.3g Fat ● 9.1g Protein

Directions are for original recipe of 1 serving

- 1** Lay out a large slice of lettuce, top with turkey. Sprinkle pepper over top and roll up. Repeat with remaining lettuce, turkey, and pepper. Enjoy!

Zucchini Spears with Parmesan [🔗](#)



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

Scaled to 2 serving

- 1 1/3 large** Zucchini (431 g)
- 1/3 tsp** Salt (2 g)
- 2 tbsp** Parmesan cheese (10 g)

Per 1 serving :

59 Cal ● 6.9g Carbs (2.1g Fiber) ● 2.2g Fat ● 4.7g Protein

Directions are for original recipe of 3 serving

- 1** Bring a large pot of salted water to boil. Preheat broiler.
- 2** Cut zucchini lengthwise and cut into 1/4 inch wedges.
- 3** Cook zucchini in boiling water until crisp-tender, about 1 minute. Drain and place on a baking sheet.
- 4** Sprinkle with salt and parmesan cheese. Broil until cheese is melted and browned. Enjoy!

Grocery List

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



Vegetables



Lettuce

2 2/3 cup shredded (96 g), Green leaf, raw



Carrots

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



Zucchini

2 1/4 medium (441 g), Summer squash, includes skin, raw

Fruits and Fruit Juices



Peaches

2 medium (2-2/3" dia) (300 g), Raw

Dairy Products



Whey protein powder

2 scoop (30g) (60 g), Gold Standard, Any flavor, 100% whey protein



Lowfat milk

2 cup (488 g), Fluid, 1% milkfat, with added vitamin a and vitamin d



Parmesan cheese

1/4 cup, grated (25 g), Low sodium



Cheddar cheese

1 oz (28 g),



Cottage cheese

1 1/2 cup, (not packed) (339 g), Lowfat, 1% milkfat

Beef Products



Roast Beef

6 slices (135 g), Sara Lee

Sausage and Lunch Meat



Sliced turkey

4 slice oval (104 g), Light meat

Spices and Herbs



Pepper

1/4 tbsp (1.6 g), Spices, black



Salt

1/4 tbsp (4.5 g), Table



Dijon mustard

1 tbsp (15 g), Grey poupon



Cinnamon

1/4 tbsp (1.95 g), Spices, ground

Soy & Legumes



Hummus

10 tbsp (150 g), Commercial

Baked Products



Whole-wheat bread

2 slice (56 g), Commercially prepared

Sweets



Honey

1 1/2 tbsp (32 g),