

2000 Calorie Meal Plan

Aug 7, 2022 - Aug 7, 2022

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Sunday, August 7

2084 Cal ● 168.9g Carbs (27.1g Fiber) ● 76.8g Fat ● 186.8g Protein

First Meal 935 Cal



Chicken Mayo Sandwich

1 1/2 serving • 666 Cal



Steamed Broccoli

2 serving • 269 Cal

Last Meal 797 Cal



Peach Protein Smoothie

2 shake • 562 Cal



Cucumber & Hummus

2 serving • 235 Cal

Second Meal 352 Cal



Vanilla Protein Shake

1 1/2 serving • 352 Cal

Recipes

Aug 7, 2022 - Aug 7, 2022



Chicken Mayo Sandwich [🔗](#)



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

Scaled to 1 1/2 serving

- 1 1/2 tbsp** Canola oil (21 g)
- 1 1/2 half breast** Chicken breast (177 g)
- 1 1/2 leaf, large** Lettuce (22 g)
- 1 1/2 tbsp** Light mayonnaise (22 g)
- 3 slice** Whole-wheat bread (84 g)

Per 1 serving :

444 Cal ● 25.7g Carbs (3.5g Fiber) ● 22.4g Fat ● 33.7g Protein

Directions are for original recipe of 1 serving

- 1 Heat oil in a pan over medium-high heat. Add chicken and cook for 5-7 minutes per side until cooked through until no longer pink. Let cool and then cut into bit sized pieces.
- 2 Tear lettuce into smaller pieces and add to a bowl with the chicken.
- 3 Add mayonnaise to the chicken and lettuce and mix until combined.
- 4 Place filling between two slices of bread and enjoy!

Cucumber & Hummus [🔗](#)



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

Scaled to 2 serving

- 1/2 cup** Hummus (123 g)
- 2 cup slices** Cucumber (208 g)

Per 1 serving :

118 Cal ● 12.6g Carbs (4.2g Fiber) ● 6.0g Fat ● 5.5g Protein

Directions are for original recipe of 1 serving

- 1 Cut cucumber into round slices and eat with hummus.

Peach Protein Smoothie [🔗](#)



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

Scaled to 2 shake

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

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.

Steamed Broccoli [🔗](#)



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

Scaled to 2 serving

- 3/4 lb** Broccoli (340 g)
- 1 1/2 tbsp** Butter (21 g)
- 1/4 tsp** Lemon juice (1.3 g)

Per 1 serving :

134 Cal ● 11.3g Carbs (4.4g Fiber) ● 9.3g Fat ● 4.9g Protein

Directions are for original recipe of 4 serving

- 1 Trim the broccoli into large florets.
- 2 Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
- 3 Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
- 4 Remove to a platter; season with salt and pepper, the butter, and the lemon juice.

Vanilla Protein Shake [🔗](#)



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

Scaled to 1 1/2 serving

- 1 1/2 scoop** Whey protein powder (45 g)
- 1 1/2 cup** Lowfat milk (366 g)
- 1 1/2 tsp** Vanilla extract (6.3 g)

Per 1 serving :

235 Cal ● 15.7g Carbs (0g Fiber) ● 3.4g Fat ● 32.2g Protein

Directions are for original recipe of 1 serving

- 1** Combine all ingredients together in a blender and pulse until smooth. Enjoy!


Grocery List

Aug 7, 2022 - Aug 7, 2022


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




Vegetables


 **Lettuce**
1/2 cup, chopped (1/2" pieces, loosely packed (28 g), Iceberg (includes crisphead types), raw

 **Broccoli**
3 3/4 cup chopped (341 g), Raw

 **Cucumber**
3/4 cucumber (8-1/4") (226 g), With peel, raw


Fruits and Fruit Juices

 **Lemon juice**
1/4 tbsp (3.75 g), Raw

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

Dairy Products

 **Butter**
1 1/2 tbsp (21 g), Unsalted


 **Whey protein powder**
3 1/2 scoop (30g) (105 g), Gold Standard, Any flavor, 100% whey protein

 **Lowfat milk**
3 1/2 cup (854 g), Fluid, 1% milkfat, with added vitamin a and vitamin d


Poultry Products

 **Chicken breast**
1 1/2 half breast (fillet) (177 g), Broilers or fryers, meat only, raw


Spices and Herbs

 **Vanilla extract**
1/2 tbsp (6.5 g),


Soy & Legumes


 **Hummus**
8 1/4 tbsp (124 g), Commercial

Baked Products

 **Whole-wheat bread**
3 slice (84 g), Commercially prepared

Fats and Oils

 **Canola oil**
1 1/2 tbsp (21 g),

 **Light mayonnaise**
1 1/2 tbsp (22 g), Salad dressing, light