

400 calorie meals (Daily plan is based on 800 cal/day)

Day	1 st Meal	2 nd Meal
1	<ul style="list-style-type: none"> · 6 oz cooked skinless, boneless chicken breast (276 cal) · 6 oz broccoli (60 cal, 12 g carb) · 4 oz carrots (25 cal, 6 g carb) · 1 tsp canola or olive oil (40 cal) · 32 oz of water 	<ul style="list-style-type: none"> · 6 oz cooked and drained 90% lean ground beef (346 cal) · ½ head of lettuce (26 cal, 5 g carb) · 1 tbsp sour cream (31 cal) · 32 oz of water
2	<ul style="list-style-type: none"> · 4 large eggs (312 cal) · ½ lime or ½ lemon (5 cal, 1 g carb) · ¼ avocado (80 cal, 5 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 6 oz cooked skinless, boneless chicken breasts (276 cal) · 1 large tomato (35 cal, 7 g carb) · ¼ avocado (80 cal, 5 g carb) · 1 tbsp sour cream (31 cal) · 32 oz of water
3	<ul style="list-style-type: none"> · 6 oz skinless salmon or 4.5 oz salmon with skin on (241 cal) · ½ lime or ½ lemon (5 cal, 1 g carb) · 6 oz boiled kale (48 cal, 10 g carb) · 3 oz blackberries (35 cal, 8 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 4 large eggs (312 cal), scrambled · 1 large tomato (35 cal, 7 g carb) · ½ tsp canola oil (20 cal) · 8 strawberries (31 cal, 7 g carb) · 32 oz of water
4	<ul style="list-style-type: none"> · 8 oz sirloin tip Steak (320 cal) · 8 oz asparagus (42 cal, 8 g carb) · 8 strawberries (31 cal, 7 g carb) · ½ lime or ½ lemon (5 cal, 1 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 8 oz tilapia (292 cal) · 8 oz asparagus (42 cal, 8 g carb) · 4 oz carrots (25 cal, 6 g carb) · 4 oz blackberries (32 cal, 7 g carb) · 32 oz of water
5	<ul style="list-style-type: none"> · 6 oz ground turkey for burger (253 cal) · 1 large tomato (35 cal, 7 g carb) · ½ head of lettuce (26 cal, 5 g carb) · ¼ avocado (80 cal, 5 g carb) · ½ lime or ½ lemon (5 cal, 1 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 8oz beef eye of round, lean, trimmed to 1/8" fat (281 cal) · ½ head of lettuce (26 cal, 5 g) · 32 oz of water · 8 oz spinach (53 cal, 8 g carb) · ½ lime or ½ lemon (5 cal, 1 g carb) · 8 strawberries (31 cal, 7 g carb) · 32 oz of water
6	<ul style="list-style-type: none"> · 6 oz cooked skinless, boneless chicken breasts (276 cal) · 4 oz edamame soy beans (138 cal, 11 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 4 large eggs (312 cal), scrambled · 1 large tomato (35 cal, 7 g carb) · 4 oz spinach (26 cal, 4 g carb) · 32 oz of water
7	<ul style="list-style-type: none"> · 3 baked skinless chicken thigh (323 cal) · 8 oz mushrooms (50 cal, 8 g carb) · 4 stalks celery (24 cal, 5 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 8 Oz Pork Chops, Top Loin, Boneless (327 cal) · 1 medium onion (22 cal, 5 g carb) · 6 oz turnip greens (54 cal, 12 g carb) · 32 oz of water
8	<ul style="list-style-type: none"> · 6 oz ground turkey, crumbled, for salad (253 cal) · ½ tomato (18 calories, 3 g carb) · ½ head of lettuce (26 cal, 5 g carb) · ¼ avocado (80 cal, 5 g carb) · ½ lime or ½ lemon (5 cal, 1 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 3 large eggs, hard-boiled for deviled eggs (234 cal) · 3 tsp real mayo (94 calories) · ½ head of lettuce for a side salad (26 cal, 5 g carb) · 1 tbsp sour cream (31 cal) · ½ lime or ½ lemon (5 cal, 1 g carb) · 32 oz of water
9	<ul style="list-style-type: none"> · 8 Oz Pork Chops, Top Loin, Boneless (327 cal) · 2 cups zucchini (38 cal, 7 g carb) · ½ head of lettuce (26 cal, 5 g carb) · ¼ avocado (80 cal, 5 g carb) · ½ lime or ½ lemon (5 cal, 1 g carb) · 32 oz of water 	<ul style="list-style-type: none"> · 3 baked skinless chicken thigh (323 cal) · 8 oz mushrooms (50 cal, 8 g carb) · 4 stalks celery (24 cal, 5 g carb) · 32 oz of water

