

# 9-Day Diet Meal Plan: 800 calorie/day (Each meal block is 400 calories total)

We recommend tracking calories with **Livestrong MyPlate Calorie Tracker free app**

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

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Pittsburgh : 2350 Noblestown Rd. (Green Tree) · 1130 Perry Hwy (North Hills) 5301 Grove Rd. (South Hills)

Weirton: 241 Three Springs • Morgantown 5004 Mid Atlantic Dr.