

verywell **fit** 7-Day 1,600-Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Greek Yogurt with Granola, Blueberries, and Flaxseed	Whole Wheat Bread with Peanut Butter and Banana	Apple, Cinnamon, and Hemp Oatmeal	Avocado Toast with Poached Egg	Greek Yogurt with Granola and Raspberries	English Muffin with Peanut Butter and Banana	Oatmeal with Chia Seeds, Almond Butter, and Blueberries
Snack	Peach	Carrots and Hummus	Banana and Peanut Butter	Apple and Peanut Butter	Peach and Walnuts	Cherries and Almonds	Cashews and Dried Mango
Lunch	Green Salad with Tuna	Turkey and Swiss Cheese Wrap	English Muffin Pizza with Carrots	Beet and Goat Cheese Salad	Hummus and Veggie Wrap	Grilled Cheese and Tomato Soup	Black Bean and Corn Quesadilla
Snack	Tortilla Chips and Guacamole	Cherries and Almonds	Greek Yogurt and Blueberries	Carrots and Hummus	Tortilla Chips and Guacamole	Pita Chips and Tzatziki Dip	Red Bell Pepper Slices
Dinner	Spaghetti Squash with Peanut Sauce and Chicken	Grilled Salmon, Brown Rice, and Broccoli	Turkey Chili	Whole Wheat Pasta with Zucchini and Tomato Sauce	Turkey Burger and Garden Salad	Chicken Teriyaki with Brown Rice and Broccoli	Grilled Salmon, Sweet Potato, and Roasted Asparagus
Snack	Popcorn	Dark Chocolate	Medjool Dates and Almond Butter	Ice Cream	Watermelon	Strawberries	Dark Chocolate

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