1500 Calorie Meal Plan Printable: Free 7-Day High-Protein

Free printable. Full guide and tips: https://betterlifecarez.com/1500-calorie-meal-plan-printable/

Your Free 7-Day 1500 Calorie Meal Plan Printable

Daily target: about 1,500 calories and roughly 100 to 120 grams of protein (approx.). Totals shift a little with brands and portions.

Week 1: Day-by-Day Meals

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries, 2 tbsp granola	Chicken hummus wrap, apple	5 oz salmon, rice, broccoli	3/4 cup cottage cheese, cucumber
Tuesday	2 eggs plus 2 whites, toast	Tuna salad on greens, crackers	Turkey bean chili (makes 3 servings)	Apple, 1 tbsp peanut butter
Wednesday	Overnight oats with yogurt, chia	Leftover turkey chili	Sheet-pan chicken thighs, sweet potato	String cheese, grapes
Thursday	Cottage cheese, berries, chia	Leftover chicken, rice, spinach bowl	Shrimp stir-fry, frozen veggies, rice	1/2 cup shelled edamame
Friday	Pepper and spinach egg scramble, toast	Lentil soup, string cheese, crackers	Lean beef tacos, slaw, salsa	Greek yogurt, berries
Saturday	Yogurt smoothie: banana, spinach, milk	Turkey sandwich, baby carrots, hummus	Baked cod, potatoes, side salad	2 hard-boiled eggs
Sunday	Yogurt bowl, banana, peanut butter	Chicken burrito bowl, beans, salsa	Tofu veggie stir-fry, brown rice	Cottage cheese, berries

Portion guide: about 4 to 5 oz (115 to 140 g) cooked protein, about 2/3 cup cooked rice or potatoes, about 1 tsp oil per meal, and vegetables as much as you like.

Weekend Prep Checklist

- Cook turkey bean chili and portion three servings.
- Bake 1 lb chicken breast; freeze half for Sunday.
- Cook a pot of brown rice for the week.
- Wash greens; slice peppers and cucumber.
- Mix Wednesday's overnight oats on Tuesday night.

1500 Calorie Grocery List: Proteins

Item	Approx. amount	Used on
Chicken breast	1 lb (450 g)	Mon, Sun
Boneless chicken thighs	1 lb (450 g)	Wed, Thu
Salmon fillet	5 oz (140 g)	Mon
Cod fillet	5 oz (140 g)	Sat
Frozen shrimp	6 oz (170 g)	Thu
93% lean ground turkey	1 lb (450 g)	Tue, Wed
93% lean ground beef	8 oz (225 g)	Fri
Canned tuna	1 can (5 oz)	Tue
Low-sodium deli turkey	4 oz (115 g)	Sat
Eggs	1 dozen	Tue, Fri, Sat
Extra-firm tofu	1 block (14 oz)	Sun

Grocery List: Dairy

Item	Approx. amount	Used on
Plain nonfat Greek yogurt	1 large tub (32 oz)	Mon, Wed, Fri, Sat, Sun
Low-fat cottage cheese	1 tub (24 oz)	Mon, Thu, Sun
Milk or soy milk	Half gallon	Wed, Sat
String cheese	1 small pack	Wed, Fri
Shredded cheese	1 small bag	Fri, Sun

Grocery List: Produce

Item	Approx. amount	Used on
Frozen mixed berries	2 lb bag	Mon, Thu, Fri, Sun
Apples	2	Mon, Tue
Bananas	2	Sat, Sun
Grapes	Small bunch	Wed
Baby spinach	1 large tub	Tue, Thu, Fri, Sat
Mixed salad greens	1 bag	Tue, Sat
Broccoli	1 crown	Mon
Green beans	12 oz	Wed
Cucumber	1	Mon, Sat
Sweet potato	1 large	Wed
Baby potatoes	1 lb	Sat
Onions	2	Tue, Fri
Bell peppers	3	Fri, Sun
Baby carrots	1 bag	Sat
Coleslaw mix	1 bag	Fri

Grocery List: Grains and Bread

Item	Approx. amount	Used on
Rolled oats	Small canister	Wed
Brown rice or microwave pouches	1 bag or 5 pouches	Mon, Thu, Sun
Whole-wheat tortillas	1 pack	Mon
Corn tortillas	1 small pack	Fri
Whole-grain bread	1 loaf	Tue, Fri, Sat
Whole-grain crackers	1 box	Tue, Fri
Low-sugar granola	1 small bag	Mon

Grocery List: Pantry and Frozen

Item	Approx. amount	Used on
Canned kidney or black beans	3 cans	Tue, Sun
Canned diced tomatoes	2 cans	Tue
Low-sodium lentil soup	1 can or carton	Fri
Peanut butter	1 jar	Tue, Sun
Olive oil	1 bottle	Cooking all week
Chia seeds	1 small bag	Wed, Thu
Salsa	1 jar	Fri, Sun
Hummus	1 tub	Mon, Sat
Frozen stir-fry vegetables	2 bags	Thu, Sun
Frozen shelled edamame	1 bag	Thu

Amounts are approximate, for one adult for seven days. Check your pantry first, and choose frozen fish or shrimp if fresh is pricey.