Calorie Deficit Meal Plan Free Printable: Simple 7-Day PDF

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

Your 7-Day Calorie Deficit Meal Plan Free Printable

How the Week Is Built

Every meal pairs protein with fiber, since both tend to keep you full longer. Several dinners double as the next day's lunch, so you cook about four times instead of seven.

- **Daily target:** roughly 1,400 to 1,700 calories (approx.)
- **Protein portion:** about 4 ounces (113 g) cooked, roughly palm-size
- **Grains and starches:** about 1/2 to 1 cup cooked per meal
- **Vegetables:** half your plate at lunch and dinner
- **Fats:** about 1 teaspoon oil or 1 tablespoon nut butter per meal
- **Drinks:** water, plain coffee or unsweetened tea most of the time

Week 1: Day-by-Day Meals

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries, oats	Turkey hummus wrap, side salad	Sheet-pan salmon, potatoes, green beans	Apple with peanut butter
Tuesday	Two eggs, toast, spinach	Leftover salmon over greens	Turkey and bean chili	Cottage cheese with pineapple
Wednesday	Chia overnight oats, banana	Leftover chili, side salad	Chicken veggie stir-fry, brown rice	Baby carrots with hummus
Thursday	Yogurt parfait with walnuts	Leftover stir-fry rice bowl	Black bean tacos with slaw	String cheese and grapes
Friday	Veggie egg muffins (prep ahead)	Tuna salad, greens, crackers	Shrimp, whole-wheat pasta, broccoli	Air-popped popcorn, 3 cups
Saturday	Peanut butter banana toast	Lentil soup, side salad	Flatbread veggie pizza night	Berries, small dark chocolate square
Sunday	Spinach omelet, fruit	Leftover lentil soup	Roasted chicken, sweet potato, sprouts	Edamame, about 1/2 cup

Grocery List: Proteins

Amounts are approximate for one adult. Double them if you're feeding a partner.

Item	Approx amount	Used on
Chicken breast	2 pounds (about 900 g)	Wednesday, Sunday
Salmon fillets	2 (about 5 oz each)	Monday, Tuesday
Lean ground turkey	1 pound	Tuesday chili
Sliced deli turkey	6 ounces	Monday wrap
Eggs	1 dozen	Tuesday, Friday, Sunday
Canned tuna	2 cans	Friday lunch
Frozen shrimp	12 ounces	Friday dinner
Frozen shelled edamame	1 bag	Sunday snack
Canned black beans	2 cans	Chili, tacos

Grocery List: Produce

Buy the fresh items closest to your prep day, and let the frozen bags cover the rest.

Item	Approx amount	Used on
Frozen mixed berries	1 large bag	Breakfasts, Saturday snack
Bananas	3	Wednesday, Saturday
Apples	2	Monday snack
Grapes	1 small bunch	Thursday snack
Pineapple chunks	1 small can, in juice	Tuesday snack
Baby spinach	1 large tub	Eggs, wraps, salads
Salad mix	2 bags	Side salads
Green beans	1 pound	Monday dinner
Broccoli	1 frozen bag	Friday dinner
Frozen stir-fry vegetables	1 bag	Wednesday dinner
Baby carrots	1 bag	Snack, lentil soup
Bell peppers	3	Chili, egg muffins, pizza
Onions and garlic	2 onions, 1 head	Chili, soup, stir-fry
Small potatoes	1 pound	Monday dinner
Sweet potatoes	2 medium	Sunday dinner
Brussels sprouts	1 pound	Sunday dinner
Coleslaw mix	1 bag	Thursday tacos

Grocery List: Grains and Pantry

Most of these are shelf-stable, so they can wait in the cupboard between trips.

Item	Approx amount	Used on
Rolled oats	1 small canister	Monday, Wednesday
Whole-grain bread	1 loaf	Tuesday, Saturday
Whole-wheat tortillas	1 pack	Wrap, tacos
Brown rice	1 bag or microwave cups	Stir-fry, rice bowl
Whole-wheat pasta	1 box	Friday dinner
Dry lentils	1 bag	Lentil soup
Canned crushed tomatoes	2 cans	Chili, soup
Whole-wheat flatbreads	1 pack	Saturday pizza
Chia seeds	1 small bag	Overnight oats
Peanut butter	1 jar	Snack, toast
Olive oil	1 bottle	Cooking
Popcorn kernels	1 bag	Friday snack
Whole-grain crackers	1 box	Friday lunch
Walnuts	1 small bag	Thursday parfait

Grocery List: Dairy and Extras

Dairy goes in the cart last, right before the checkout line.

Item	Approx amount	Used on
Plain Greek yogurt	32-ounce tub	Monday, Thursday
Low-fat cottage cheese	1 small tub	Tuesday snack
String cheese	1 pack	Thursday snack
Part-skim mozzarella	1 small bag	Pizza night
Milk or unsweetened soy milk	Half gallon	Oats, coffee
Hummus	1 tub	Wrap, carrots
Salsa	1 jar	Tacos, eggs
Dark chocolate	1 bar	Saturday snack
Low-sodium broth	1 carton	Soup, chili

You'll also need salt, pepper, chili powder, cumin, Italian seasoning and low-sodium soy sauce. They aren't on the lists, so check your cabinet before you shop.