

1500 Calorie Day

With 1500 calories, alternate snacks and full meals, making sure that you are getting enough throughout the day to fill your needs. Try to eat more of your dense carbs in the morning and less as you get closer to dinner.

Breakfast: Maple Berry Oats	Amount	Calories
Old Fashioned Oats	1/2 c.	150
Flax Seeds	1 teaspoon	10
Blueberries	1/4 c.	21
Organic Maple Syrup	1 teaspoon	17
Cinnamon, Nutmeg	-	0
<i>Total</i>		197
Snack: Yogurt with Granola		
Vanilla greek yogurt	3/4 c.	110
Granola	1/4 c.	90
<i>Total</i>		200
Lunch: Balsamic Chicken Salad		
Chicken Breast	6 oz.	165
Spring Salad Mix	2 cups	20
Cherry Tomatoes	1/4 c.	18
Avocado	1/2 serving	120
Balsalmic	2 Tablespoons	150
Olive Oil	1 Tablespoon	120
<i>Total</i>		593
Snack: Protein Shake		
Whey Protein Isolate	1 serving	120
Soymilk	1 c.	100
<i>Total</i>		220
Dinner: Shrimp and Veggie Bowl		
Steamed Shrimp	4 oz.	120
Sweet Potato	1/2 c.	98
Broccoli	2 c.	62
<i>Total</i>		279

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