## 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           Total         197           Snack: Yogurt with Granola           Vanilla greek yogurt         3/4 c.         110           Granola         1/4 c.         90           Total         200         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           Total         593           Smack: Protein Shake           Whey Protein Isolate         1 serving         120           Soymilk         1 c.         100           Total         20			
Flax Seeds       1 teaspoon       10         Blueberries       1/4 c.       21         Organic Maple Syrup       1 teaspoon       17         Cinnamon, Nutmeg       -       0         Total       197         Snack: Yogurt with Granola         Wanilla greek yogurt       3/4 c.       110         Granola       1/4 c.       90         Total       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         Total       593         Snack: Protein Shake         Whey Protein Isolate       1 serving       120         Soymilk       1 c.       100         Total       220         Dinner: Shrimp and Veggie Bowl         Steamed Shrimp       4 oz.       120         Sweet Potato       1/2 c.       62	Breakfast: Maple Berry Oats	Amount	Calories
Blueberries	Old Fashioned Oats	1/2 c.	150
Organic Maple Syrup       1 teaspoon       17         Cinnamon, Nutmeg       -       0         Total       197         Snack: Yogurt with Granola         Vanilla greek yogurt       3/4 c.       110         Granola       1/4 c.       90         Total       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         Total       593         Snack: Protein Shake         Whey Protein Isolate       1 serving       120         Soymilk       1 c.       100         Total       220         Dinner: Shrimp and Veggie Bowl         Steamed Shrimp       4 oz.       120         Sweet Potato       1/2 c.       98         Broccoli       2 c.       62	Flax Seeds	1 teaspoon	10
Cinnamon, Nutmeg       -       0         Total       1977         Snack: Yogurt with Granola         Vanilla greek yogurt       3/4 c.       110         Granola       1/4 c.       90         Total       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         Total       593         Snack: Protein Shake         Whey Protein Isolate       1 serving       120         Soymilk       1 c.       100         Total       220         Dinner: Shrimp and Veggie Bowl         Steamed Shrimp       4 oz.       120         Sweet Potato       1/2 c.       98         Broccoli       2 c.       62	Blueberries	1/4 c.	21
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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         Total       593         Snack: Protein Shake         Whey Protein Isolate       1 serving       120         Soymilk       1 c.       100         Total       220         Dinner: Shrimp and Veggie Bowl         Steamed Shrimp       4 oz.       120         Sweet Potato       1/2 c.       98         Broccoli       2 c.       62	Total		200
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Avocado       1/2 serving       120         Balsalmic       2 Tablespoons       150         Olive Oil       1 Tablespoon       120         Total       593         Snack: Protein Shake         Whey Protein Isolate       1 serving       120         Soymilk       1 c.       100         Total       220         Dinner: Shrimp and Veggie Bowl         Steamed Shrimp       4 oz.       120         Sweet Potato       1/2 c.       98         Broccoli       2 c.       62	Spring Salad Mix	2 cups	20
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Olive Oil 1 Tablespoon 120 Total 593 Snack: Protein Shake  Whey Protein Isolate 1 serving 120 Soymilk 1 c. 100 Total 220 Dinner: Shrimp and Veggie Bowl Steamed Shrimp 4 oz. 120 Sweet Potato 1/2 c. 98 Broccoli 2 c. 62	Avocado	1/2 serving	120
Total 593  Snack: Protein Shake  Whey Protein Isolate 1 serving 120  Soymilk 1 c. 100  Total 220  Dinner: Shrimp and Veggie Bowl  Steamed Shrimp 4 oz. 120  Sweet Potato 1/2 c. 98  Broccoli 2 c. 62	Balsalmic	2 Tablespoons	150
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Whey Protein Isolate 1 serving 120  Soymilk 1 c. 100  Total 220  Dinner: Shrimp and Veggie Bowl  Steamed Shrimp 4 oz. 120  Sweet Potato 1/2 c. 98  Broccoli 2 c. 62	Total		593
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Total 220  Dinner: Shrimp and Veggie Bowl  Steamed Shrimp 4 oz. 120  Sweet Potato 1/2 c. 98  Broccoli 2 c. 62	Whey Protein Isolate	1 serving	120
Dinner: Shrimp and Veggie BowlSteamed Shrimp4 oz.120Sweet Potato1/2 c.98Broccoli2 c.62	Soymilk	1 c.	100
Steamed Shrimp         4 oz.         120           Sweet Potato         1/2 c.         98           Broccoli         2 c.         62	Total		220
Sweet Potato 1/2 c. 98 Broccoli 2 c. 62	Dinner: Shrimp and Veggie Bowl		
Broccoli 2 c. 62	Steamed Shrimp	4 oz.	120
	Sweet Potato	1/2 c.	98
Total 279	Broccoli	2 c.	62
	Total		279

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