



1500 CALORIE MEAL PLAN

40% Protein 40% Carbs 20% fat

ABOUT AMY & HEALTH BEET

Look better and feel healthier while eating your favorite food.

With calorie counting and portion control you can still enjoy the food you love, and get healthier.

I'm Amy Roskelley, founder of the health and fitness blog, Health Beet!

If you are looking for life long health and weight loss strategies, I have

- [Low calorie recipes](#)
- [Healthy Meal Plans](#)
- [Nutrition Articles,](#)
- and more!

Read all about me, my weight loss journey, and how [Health Beet started here](#)



1500 CALORIE MACRO MEAL PLAN

40%P 40 % C 30 % F

BREAKFAST

LUNCH

SNACK

DINNER

SUN

- 1 cup Egg whites
- 1 large egg
- 1 oz cheese
- 1 medium banana
- 2 slices bread

- Sugar free Jello
- Lettuce, tomato, cucumber
- 4 oz chicken
- 2 T bolthouse dressing
- 1 oz feta cheese
- 2 T croutons

- 1 scoop protein powder
- 1 cup almond milk
- 0.25 tsp xanthan gum
- 1 T sugar free pistachio pudding mix

- 1 cup peaches
- 4 oz 93% ground beef
- 3 oz mushrooms
- 85 g riced cauliflower
- 1/2 C cooked rice

MON

- 1 cup Egg whites
- 1 lg egg
- 1 oz cheese
- 1/2 C blueberries
- 1/3 C oats
- Sugar free maple syrup

- 1 tortilla
- 4 oz chicken breasts
- Lettuce, cucumber, tomato
- 1 T light Mayo
- 1 small apple

- 1 scoop protein powder
- 2/3 C plain nonfat Greek yogurt
- 1 T Peanut Butter

- 4 oz ground beef 93%
- 1/2 C spaghetti sauce
- 250 g Zucchini
- 1 Dinner roll

TUES

- 1/2 C Egg whites
- 2/3 C nonfat Greek Yogurt
- 1 C raspberries
- 1/3 C oats

- 3 slices Turkey bacon
- Lettuce, tomato
- 1/2 C black beans
- 4 oz Chicken
- 1/2 oz feta cheese
- 2 T Bolthouse dressing

- 170 G frozen strawberries
- 1 C almond milk
- 1 scoop vanilla protein powder

- 4 oz beef patty 93%
- 1 oz cheese
- 1 hamburger bun
- Lettuce, tomato
- 4 ounces broccoli
- 100 g sweet potato

WED

- 3 T egg whites
- 1/2 C Kodiak mix
- Sugar free syrup
- 2 T peanut butter
- 1 banana

- 2 slices bread
- 4 oz chicken
- Lettuce, tomato
- 1/2 C blueberries
- 1 medium carrot or baby carrots

- 2/3 C Greek nonfat yogurt
- 1 T sugar free pudding mix
- 1/2 cup almond milk
- 1 scoop protein powder

- 85 g riced cauliflower
- 3 oz mushrooms
- 4 oz broccoli
- 4 oz petite sirloin steak

THURS

- 100 g sweet potato
- 0.5 C Kodiak cake mix
- 1 large egg
- 2/3 C Greek nonfat yogurt

- 3 slices turkey bacon
- 1 tortilla
- 1 Five oz can tuna
- 1 T light mayo
- Lettuce, carrots
- 1 oz cheese

- 1 C blueberries
- 1 C almond milk
- 1 scoop protein powder

- 4 oz chicken breast
- 1 T olive oil
- 4 oz broccoli
- 1 T teriyaki sauce
- 1 med onion
- 1/2 C cooked rice

FRI

- 1 cup Egg whites
- 1 lg egg
- 1 banana
- 1 slice bread
- 3 oz mushrooms

- 170 g strawberries
- 1 slice turkey bacon
- 5 oz chicken
- 2 T Bolthouse dressing
- Lettuce, Cucumber, tomato

- 3 C popcorn
- 1 C almond milk
- 1 scoop protein powder
- 1/4 teaspoon xanthan gum

- Greek Yogurt pizza crust
- 4 oz turkey sausage
- 5 slices pepperoni
- 1/2 C spaghetti sauce
- 1 oz mozzarella cheese
- 1 apple

SAT

- 2 eggs
- 1 C blueberries
- 1/3 C Fat free cottage cheese
- 1/3 C Egg whites
- 1/3 C oats

- 4 oz deli turkey
- Lettuce
- Tortilla
- 30 g avocado
- 1 oz cheese
- 1 cup strawberries

- 1 scoop protein powder
- 1 T sugar free pudding mix
- 2/3 C Greek nonfat yogurt

- 4 oz sirloin steak
- 1 C broccoli
- 1 T Soy sauce
- 1/2 C cooked rice
- 1/2 C pineapple chunks

Shopping List

PROTEIN

- 4.5 cup egg whites
- 4.5 ounce any cheese
- 6 egg
- 5 cup almond milk
- 7 scoop vanilla protein powder
- 1.5 ounce feta cheese
- 31 ounces raw chicken breasts
- 15 ounces 93% lean ground beef
- 2 T peanut butter
- 4 cups nonfat Greek Yogurt
- 7 slices turkey bacon
- 1/2 C black beans
- 10 ounces petite sirloin steak
- 5 ounce can of tuna
- 4 ounces turkey sausage
- 5 slices pepperoni
- 1 ounce mozzarella cheese
- 1/3 C fat free cottage cheese
- 4 ounces deli turkey

VEGETABLES

- 4 tomato
- 3 cucumber
- 2 cup lettuce
- 4 leaf of lettuce
- 9 ounces mushrooms
- 170 g riced cauliflower
- 1 zucchini
- 16 oz broccoli
- 200 g sweet potatoes
- 1 carrot - or 4 baby carrots
- 30 g avocado - 1/2 of a small avocado

EXTRAS

FRUIT

- 3 banana
- 1 C peaches
- 2 C blueberries (frozen)
- 2 apple
- 1 C raspberries
- 3 C strawberries [frozen]
- 1/2 C pineapple chunks

GRAINS

- 5 slices bread /80 cal
- 2 T croutons
- 1.5 cup Jasmine white rice
- 1 cup old fashioned oats
- 3 tortilla (90 calorie or less)
- 1 dinner roll
- 1 hamburger bun
- 1 cup Kodiak cake mix
- 4 T popcorn kernels
- 1 C self-rising flour

MISC

- 3 T Sugar free pudding mix - or 1 small box
- 0.25 teaspoon xanthan gum
- 6 T Bolthouse ranch dressing
- 1 cup sugar free Jello / flavored gelatin
- 2 T Sugar free maple syrup
- 2 T light Mayo
- 1 C spaghetti sauce
- 1 T olive oil
- 1 T Teriyaki sauce
- Butter flavored cooking spray
- 1 T soy sauce
- salt

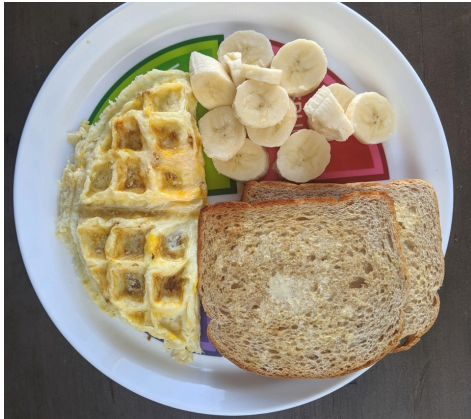
MEAL PLAN NOTES



- Each day I try to have a variety of all the food groups. Protein, grains, fruit, vegetables, and dairy. {see my nutrition basics here}
- Where I have vanilla protein powder, I use the [Optimum Nutrition \(ON\)](#). Whey you can find at Costco - 130 calories per scoop. Although it's not on this plan, I also like [cookies and cream combat brand](#) from Costco.
- The Almond milk I use is the unsweetened vanilla almond milk that is 30 calories per cup. They carry this in most brands, even the generic store brand. The important thing to look for is that it's 30 calories per cup.
- I like my protein shakes thick like pudding or yogurt. So, you'll often see xanthan gum and sugar free pudding mix added to my protein shakes. this thickens it up so I can eat it with a spoon!
- When you see chicken, I am using cooked chicken breasts to get the calories and macros. When you see ground beef, I am using 93% cooked lean ground beef. Cooked meat weighs different than raw. When I cook 5 ounces of chicken, I usually end up with 4 ounces of cooked chicken. Therefore, the shopping list has different amounts than the meal plan.
- The liquid egg whites I get at Costco.
- I flavor a lot of meals with sugar free maple syrup. I like the Walden farms here.
- I used the Mayas Tortillas for 80 calories per tortilla)
- The Bolthouse Ranch dressing I find in the produce department. It's a yogurt based dressing. (their website is here)
- If you have questions, or are trying to add these meals to myfitnesspal and it doesn't add up, let me know because I saved a copy of the myfitnesspal printout.

Sunday

1531 CALORIES, 140 PROTEIN, 144 CARBS, 35 FAT



BREAKFAST

Eggs, toast, and fruit 547 calories, 41 P / 58 C / 14 F

- 1 cup Egg whites,
- 1 egg,
- 1 ounce cheese,
- banana.

Whisk egg whites, egg, and cheese in a small bowl. Pour onto waffle iron and cook into a cheese waffle.



LUNCH

Chicken salad 391 calories 45 P / 22 C / 9 F

- Lettuce, tomato, cucumber,
- 4 oz chicken,
- 1 ounce feta cheese,
- croutons,
- 2 tablespoons Bolthouse dressing,
- sugar free Jello



SNACK

- Protein pudding 180 calories, 25 P / 10 C / 4 F
- 1 scoop protein powder, (optimum nutrition)
- 1 cup almond milk,
- 0.25 teaspoon xanthan gum,
- 1 Tablespoon sugar free pudding mix.

For a thick protein pudding, I blend the protein powder with almond milk, xanthan gum and sugar free pudding mix. Choose any pudding flavor you like. I love pistachio!!



DINNER

Ground beef and rice. 413 calories, 29 P / 54 C / 8 F

- 1 cup peaches,
- 3 ounces mushrooms,
- 4 ounce 93% ground beef,
- 85 grams riced cauliflower,
- 1/2 cup white rice

Cook the ground beef in a skillet with the mushrooms. Optional ways to Season your meat: salt, pepper, garlic salt, onion powder, mustard, sour cream. I flavor the rice with butter flavored cooking spray and salt.

MONDAY

1499 CALORIES, 149 PROTEIN, 141 CARBS, 39 FAT



BREAKFAST

Eggs, oatmeal, and fruit 388 calories, 33 P / 35 C / 12 F

- 1 cup egg whites,
- 1 egg,
- 1 ounce cheese,
- 1/2 cup blueberries,
- 1/3 cup oats [dry measurement]
- sugar free maple syrup



LUNCH

Chicken wrap and fruit 425 calories, 40 P / 55 C / 6 F

- 1 tortilla,
- 4 ounces chicken breasts,
- lettuce, cucumber, tomato,
- 1 T light mayo,
- small apple.



SNACK

Protein pudding 315 calories, 46 P / 12 C / 9 F

- 1 scoop vanilla protein powder,
- 2/3 cup nonfat plain Greek yogurt,
- 1 tablespoon peanut butter.

Stir together in a small bowl. Add sugar free syrup if desired to sweeten it up.



DINNER

Spaghetti zoodles 371 calories, 30 P / 39 C / 12 F

- 4 ounces 93% ground beef,
- 250 g spiralized zucchini,
- 1/2 cup spaghetti sauce,
- 1 dinner roll.

Spiralize zucchini into noodles. Blot dry with paper towels. Pan fry the zoodles over medium heat until cooked, about 5-7 minutes. Cook ground beef and stir together with zoodles and spaghetti sauce. Optional: add feta cheese to flavor.

TUESDAY

1552 CALORIES, 153 PROTEIN, 146 CARBS, 41 FAT



BREAKFAST

Eggs, oatmeal, and fruit 313 calories 32 p / 39 C / 3 F

- 1/2 cup egg whites,
- 2/3 cup NF Greek yogurt,
- 1 cup raspberries,
- 1/3 cup oats [dry],
- sugar free maple syrup

Cook egg whites in a hot skillet. For the oats, use 2/3 C water to 1/3 C oats. Stir in raspberries and yogurt to oatmeal.



LUNCH

Chicken salad

457 calories, 54 P / 29 C / 13 F

- 3 slices turkey bacon,
- lettuce, tomato,
- 1/2 cup black beans,
- 4 ounces chicken,
- 1/2 ounce feta cheese,
- 2 tablespoons Bolthouse dressing.

Cook turkey bacon in microwave. Toss remainder of ingredients together for your lunch salad.



SNACK

Protein shake 204 calories, 26 P / 17 C / 5 F

- 1 scoop vanilla protein powder,
- 1 cup almond milk,
- 170 grams frozen strawberries.

Blend in a blender until smooth.



DINNER

Hamburger & sweet potato fries

578 calories, 41 P / 61 C / 20 F

- 1 hamburger bun,
- 4 ounces beef patty 93% lean,
- 1 ounce cheese,
- lettuce, tomato,
- 4 ounces broccoli,
- 100 grams sweet potato.

Make a hamburger patty with the ground beef. Season with optional salt, garlic salt, or onion powder. [Sweet potato fries recipe here.](#)

WEDNESDAY

1578 CALORIES, 145 PROTEIN, 155 CARBS, 43 FAT



BREAKFAST

Kodiak pancakes w/peanut butter banana)

577 calories, 29 P / 68 C / 23 F

Toppings

- 3 tablespoons egg whites,
- 1/2 cup Kodiak Mix,
- 2 T peanut butter,
- 1 banana.
- Sugar free syrup

Mix Kodiak cakes with egg whites and only enough water to make the batter consistency for pancakes. Cook pancakes and Top with sliced bananas, peanut butter, and syrup



LUNCH

Chicken sandwich 400 calories, 44 P / 43 C / 5 F

- 2 slices bread,
- 4 ounces chicken,
- lettuce, tomato,
- 1/2 cup blueberries,
- 1 medium carrot or baby carrots.



SNACK

Protein pudding 270 calories, 42 P / 21 C / 1

- 2/3 cup nonfat Greek yogurt,
- 1 tablespoon sugar free pudding mix,
- 1/2 cup almond milk,
- 1 scoop vanilla protein powder.

This has half the amount of almond milk as the other protein recipes because I wanted it very thick. Mix altogether and eat with a spoon [I used butterscotch pudding for this one]



DINNER

Steak and veggies 331 calories, 30 P / 24 C / 14 F

- 4 ounces petite sirloin steak,
- 4 ounces broccoli,
- 3 ounces mushrooms,
- 85 g riced cauliflower.

Cook steak in a grill or skillet. Season with salt, pepper, garlic salt, or onion powder. Cook mushrooms and broccoli. Heat up the cauliflower and season with butter flavored spray and salt.

THURSDAY

1492 CALORIES, 142 PROTEIN, 145 CARBS, 40 FAT



BREAKFAST

Sweet potato pancakes 448 calories, 40 P / 56 C / 7 F

- 100 grams cooked, mashed sweet potato,
- 1/2 cup Kodiak mix,
- 1 large egg,
- 2/3 cup nonfat Greek yogurt.

Mix cooked, mashed sweet potato into 1/2 C Kodiak mix and enough water for a pancake consistency. Top with yogurt and sugar free syrup.

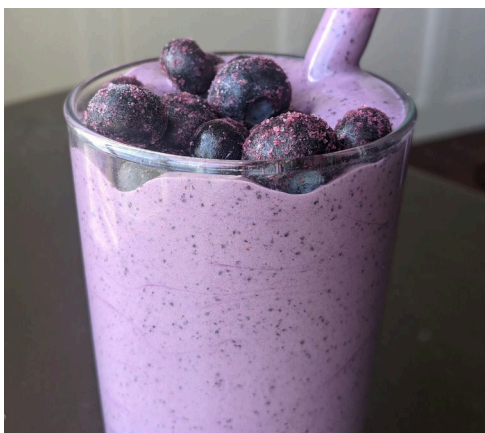


LUNCH

Tuna wrap 414 calories, 36 P / 25 C / 21 F

- 1 tortilla,
- 1 5ounce can tuna,
- 1 tablespoon light mayo,
- lettuce,
- 1 ounce cheese,
- 3 slices turkey bacon.
- 1 carrot or 4 baby carros

Drain tuna and mix with light mayo. Cook turkey bacon in microwave. Make wrap using tuna, lettuce, cheese, and turkey bacon inside a tortilla.



SNACK

Protein shake 234 calories, 26 P / 25 C / 4 F

- 1 cup blueberries, frozen
- 1 cup almond milk,
- 1 scoop protein powder.



DINNER

Chicken teriyaki 393 calories, 40 P / 39 C / 8 F

- 4 ounces chicken,
- 1 tablespoon olive oil,
- 4 ounces broccoli,
- 1 tablespoon teriyaki sauce,
- 1 medium onion,
- 1/2 cup cooked rice.

Cook rice according to package directions. Cook chicken, broccoli and onion in 1 tablespoon olive oil and 1 tablespoon teriyaki sauce.

FRIDAY

1519 CALORIES, 151 PROTEIN, 146 CARBS, 36 FAT



BREAKFAST

Scrambled eggs, toast and fruit 377 calories, 33 P / 45 C / 5 F

- 1 cup egg whites,
- 1 large egg,
- 1 banana,
- 1 slice bread,
- 3 ounces mushrooms.

Cook egg whites and egg over hot skillet. Cook mushrooms in same skillet. Toast bread.



LUNCH

(Chicken salad and strawberries 380 calories, 50 P / 27 C / 8 F

- 170 grams strawberries,
- 1 slice turkey bacon,
- 5 ounces chicken,
- 2 T Bolthouse dressing,
- lettuce, cucumber, tomato.

Cook turkey bacon in microwave. Toss together bacon, chicken, lettuce, cucumbers, tomato, and dressing.



SNACK

Protein pudding and popcorn 253 Calories, 29 P / 25 C / 6 F

- 3 cups popcorn,
- 1 cup almond milk,
- 1 scoop protein powder,
- 0.25 teaspoon xanthan gum.

Cook popcorn kernels in microwave - [my method here](#). Season with butter flavored cooking spray and salt.

Mix protein powder, xanthan gum and almond milk in blender.



DINNER

Pizza and fruit 509 calories, 39 P / 49 C / 36 F

- 2 slices pizza crust,
- 4 ounces turkey sausage,
- 5 slices pepperoni,
- 1/2 cup spaghetti sauce,
- 1 oz mozzarella cheese,
- 1 apple.

Follow recipe for [Greek yogurt pizza here](#). Top with cooked turkey sausage, pepperoni, mozzarella, and spaghetti sauce.

SATURDAY

1497 CALORIES, 140 PROTEIN, 142 CARBS, 42 FAT



BREAKFAST

Pancakes and eggs 443 calories, 39 P / 44 C / 12 F

- 1/3 recipe for [low calorie pancakes,](#)
- 2 eggs,
- 1 cup blueberries.
- Sugar free syrup

Follow recipe for pancakes using 1/3 c fat free cottage cheese, 1/3 c egg whites, 1/3 c dry oats. Cook eggs to eat on the side and blueberries, on the side.



LUNCH

Turkey wrap 409 calories, 31 P / 42 C / 14 F

- 1 tortilla,
- 4 ounces deli turkey,
- lettuce,
- 30 grams avocado,
- 1 ounce cheese,
- 1 cup strawberries.



SNACK

Protein yogurt pudding 250 calories, 43 P / 16 C / 2 F

- 1 scoop protein powder,
- 2/3 cup nonfat Greek yogurt,
- 1 tablespoon sugar free pudding mix.

Mix together protein powder, yogurt and pudding mix. I used pistachio flavored again.

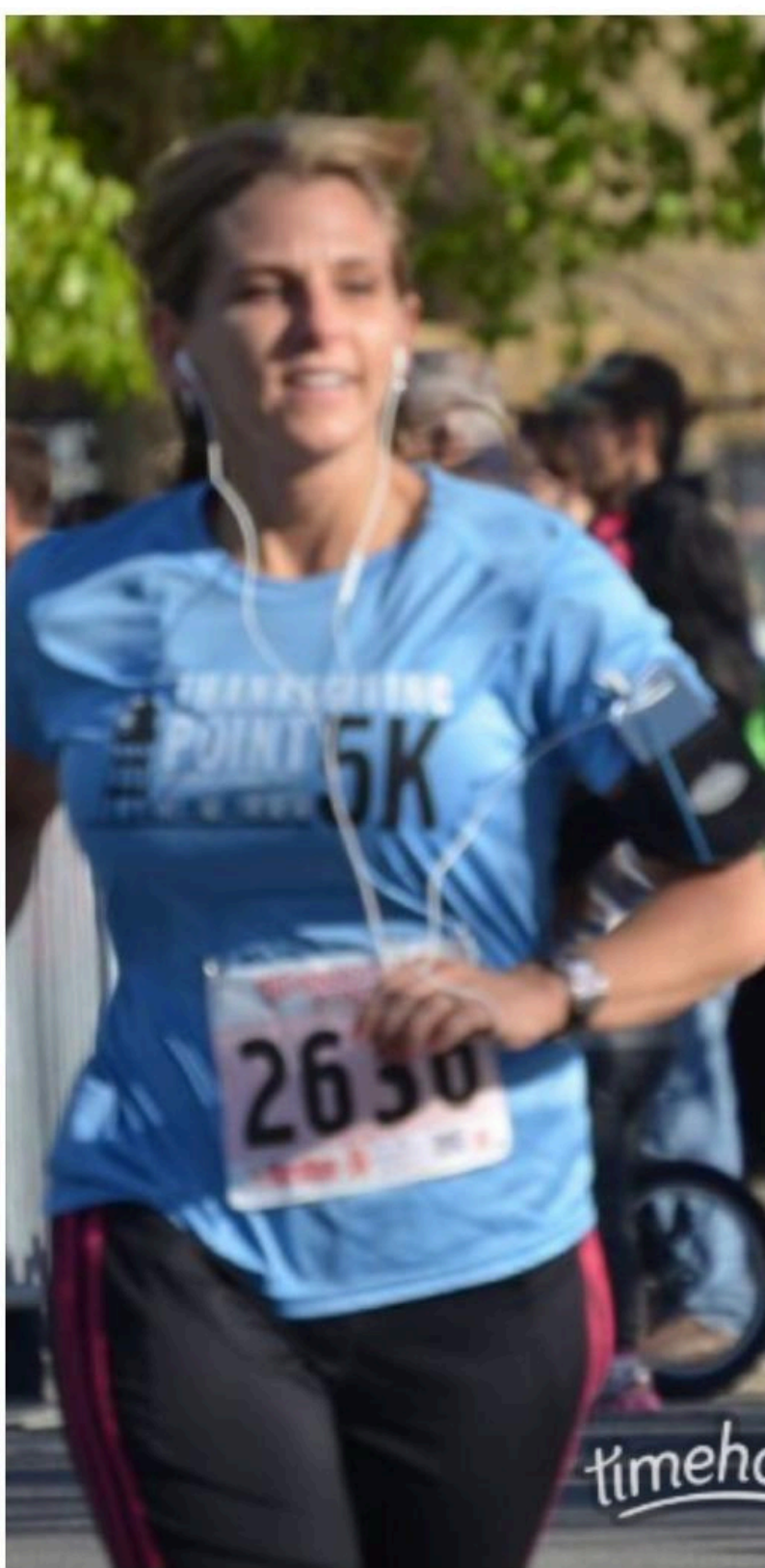


DINNER

Beef and Broccoli 395 Calories, 27 P / 40 C / 14 F

- 4 ounces sirloin steak,
- 1 cup broccoli,
- 1 T soy sauce
- 1/2 cup cooked rice,
- 1/2 cup pineapple.

Cook steak and broccoli in 1 T soy sauce and cooking spray so it doesn't stick to the pan.



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