



Happy Thursday!

While my current calories are around 1500 right now, I'm attempting to sprinkle in a few 1300 calorie days!

Check out these meals on my radar to make it a 1300 calorie, 100+ grams of protein day! check it out here:

1290 calories, 104 g protein, 102 g carbs, 53 g fat

- **Breakfast:** [Scrambled Egg on English Muffin](#) (265 calories 26 g protein, 12 g carbs, 11 g fat)
- **Lunch:** [Lightened Up Chicken Salad](#) on a low-carb tortilla 227 calories, 29 g protein, 10 g carbs, 8 g fat.
- **Snack:** New Recipe--> [Almond Joy Energy Balls!](#)- (4 balls) 332 calories, 32 g carbs, 12 g protein, 20g fat
- **Dinner:** [Crockpot Chicken parmesan](#) *316 calories 37 g protein, 13g carbs, 13 g fat + Sourdough bread (150 calories 35 g carbs, 1 g fat, 1 g protein)



breakfast

Scrambled egg on English Muffin



lunch

Lightened up chicken salad



snack

Almond Joy Energy Balls

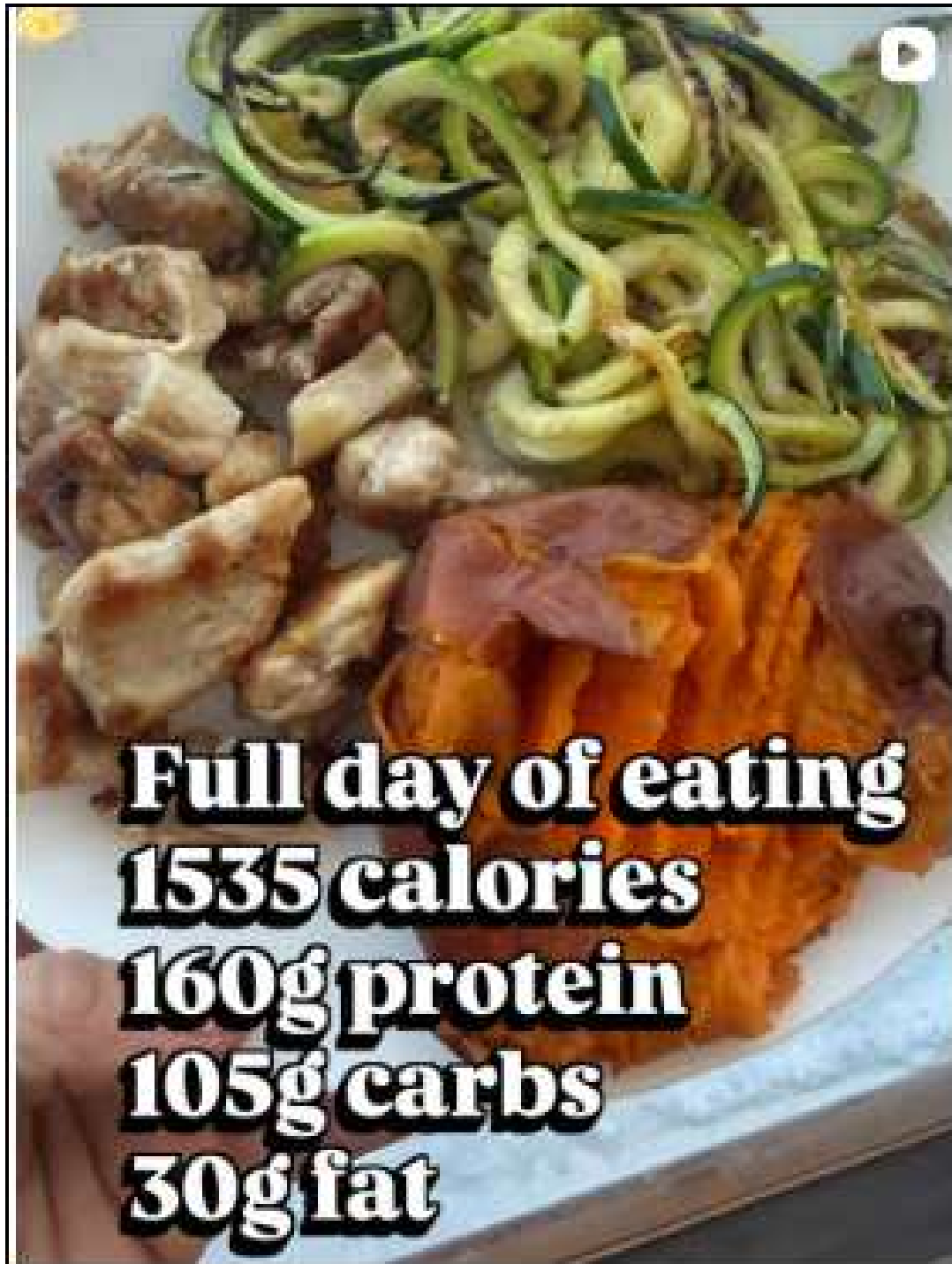


dinner

Crockpot Chicken Parmesan with Sourdough

Also, for a 1500 calorie day, check out my instagram [reel I posted this morning here](#)

Hope you enjoy! <3



DISCOUNT CODES

- [MY SHOP!](#) Weight Loss meal plans and digital cookbooks
- [Clean Simple Eats:](#) Code: HEALTHBEET
- [Built Bar:](#) Code: HEALTHBEET

- **[Skinny Syrups](#)**: Code; HEALTHBEET
- **[Gardyn](#)** (indoor veggies- my latest obsession! coupon code IRL37QK8XWR)
- **[My Amazon Must-Haves](#)**



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