7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 CALORIES

	Breakfast Alm for 250 - 300 cals.	A.M. Snack Aim to fulfill calories	Lunch Aim for 300-350 cats.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cals.
Day 1	2 servings Baked Banana-Nut Oat- meal Cups and 1 clementine	1 medium apple, sliced and 1 Tbsp. peanut butter	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice
Day 2	2 servings Baked Banana-Nut Oat- meal Cups and 1 clemetine	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipot- le-Lime Cauliflower Taco Bowls	1 medium apple	1 serving Zucchi- ni-Chickpea Veggie Burgers with Ta- hini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries
Day 3	2 servings Baked Banana-Nut Oat- meal Cups and 1 clemetine	1 medium apple	1 serving Chipot- le-Lime Cauliflower Taco Bowls	1 medium ba- nana and 1 Tbsp. peanut butter	1 serving Easy Salm- on Cakes over 2 cups baby spinach and 1 (2-inch) piece whole- wheat baguette
Day 4	1 serving Muesli with Raspberries and 1 medium banana	1 hard-boiled egg sprinkled with a pinch each of salt and pepper	1 serving Chipot- le-Lime Cauliflower Taco Bowls	1/2 cup raspber- ries and 1 oz. dark chocolate	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
Day 5	1 serving Muesli with Raspberries	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipot- le-Lime Cauliflower Taco Bowls	1 medium ba- nana and 1 Tbsp. peanut butter	1 serving Spinach Rav- ioli with Artichokes & Olives
Day 6	1 serving Muesli with Raspberries and 1 medium banana	1 medium apple and 1 Tbsp. pea- nut butter	1 serving Veggie & Hummus Sandwich and 1 clementine	1 hard-boiled egg sprinkled with a pinch each salt and pepper	1 serving Curried Sweet Potato & Pea- nut Soup and 1 (2-in.) slice whole-wheat baguette
Day 7	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 medium apple	1 serving Curried Sweet Potato & Pea- nut Soup	1 cup raspberries and 1 oz. dark chocolate	1 serving Spinach & Artichoke Dip Pasta

How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers.
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5.
- Hard boil 4 eggs to have for snacks on Days 2, 4, 5 and 6.

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