

1650 macro-based calorie meal plan (women)

This macro meal plan is based on the following: 41-year-old female, weighing 150 pounds, 5 foot 4 inches tall, moderately active, extra protein, 20% calorie deficit.

It averages out to 160 g carb, 150 g protein and 46 g fat per day.

You will need to adjust portions to match your macros.

Monday

Daily Totals

Calories: 1686

148 P / 50 F / 161 C / 35 Fiber

Breakfast – Power Eggs ([see recipe](#))

21.4 P / 18 F / 23 C / 8 Fiber

Snack

All-natural vanilla protein shake (1.5 scoops) mixed with water

2 cups red grapes

38 P / 6 F / 52 C / 4 Fiber

Lunch – Green salad with tuna

4 cups mixed greens salad mix, 4 oz. can albacore tuna in water, 1 tbsp light honey mustard dressing (make your own using 3 parts honey to one part dijon.)

A large apple

27.6 P / 4.5 F / 34 C / 6.6 Fiber

Snack

1 Luna Berry Greek Yogurt protein bar

15 P / 4.5 F / 19 C / 3 Fiber

Dinner – Eggplant Primavera ([see recipe](#)) (2 servings)

1 oz. [dark chocolate](#)

46.2 P / 20 F / 31 C / 12.6 Fiber

Tuesday

Daily Totals

Calories: 1649

149 P / 46.5 F / 158.5 C / 37.5 Fiber

Breakfast – Blueberry Oatmeal

1/4 cup (dry) steel cut oats cooked, 1 cup blueberries, 1/4 cup plain non-fat Greek yogurt.

11 P / 3 F / 37 C / 10 Fiber

Snack

12 dry roasted almonds with salt.

3 P / 7 F / 1.5 C / 1.5 Fiber

Lunch – Tilapia Lettuce Wraps

8 oz. cooked tilapia, Sautéed peppers and onion (1 cup each raw) w/ 1/2 teaspoon coconut oil, 3 large leaves of romaine lettuce, Dijon mustard.

48 P / 6.5 F / 17 C / 4 Fiber

Snack – Banana protein smoothie

1 medium frozen banana (3 oz), 1.5 scoops vanilla protein powder, 1-1.5 cups water.

37 P / 6 F / 20 C / 4 Fiber

Dinner – Roasted Veggie and Grilled Chicken Salad ([see recipe](#)) (2 servings)

1 teaspoon olive oil and 1 tablespoon balsamic vinegar as dressing

1 Skinny Cow ice cream sandwich

50 P / 24 F / 83 C / 18 Fiber

Wednesday

Daily Totals

Calories: 1681

150 P / 49 F / 160 C / 35.4 Fiber

Breakfast – Spinach & Onion Omelet

3 large eggs, 2 cups spinach, 1 cup onion, Olive oil cooking spray, Salt & pepper.

1 medium orange

24 P / 15 F / 31 C / 8 Fiber

Snack

1 medium apple dipped in 1/2 cup plain nonfat Greek yogurt with .5 scoop vanilla protein powder mixed in.

24 P / 1 F / 25 C / 4 Fiber

Lunch

3.5 oz. smoked salmon, 10 brown rice crackers.

Blueberry Protein Smoothie – 1/2 cup frozen blueberries, 1.5 scoops vanilla protein powder, 1/2-1 cup water.

55 P / 12 F / 28 C / 5 Fiber

Snack

1 large banana (6 ounces)

2 P / 0 F / 29 C / 4 Fiber

Dinner – Grilled Chicken with Almond Alfredo ([see recipe](#)) (1 servings)

6 dried figs

45 P / 21 F / 46.8 C / 14.4 Fiber

Thursday

Daily Totals

Calories: 1686

153 P / 46 F / 165 C / 22 Fiber

Breakfast – Cinnamon & Raisin Oatmeal

1/4 cup (dry) steel cut oats cooked, 1 tsp cinnamon, 1/4 cup raisins, 1/4 cup plain non-fat Greek yogurt.

12 P / 3 F / 54 C / 7 Fiber

Snack

Luna Bar – Berry Greek Yogurt Protein

15 P / 4.5 F / 19 C / 3 Fiber

Lunch – Tuna and Kale Salad

4 oz. of canned tuna (drained), 3 cups baby kale, Tossed with 1 teaspoon olive oil, 1/8 cup grated Parmesan cheese.

36.4 P / 11 F / 16 C / 4 Fiber

Snack – Banana Protein Smoothie

1 medium banana (3 ounces), 1 scoops vanilla protein powder, 1.5 cups water.

39 P / 1 F / 23 C / 2 Fiber

Dinner – Low Carb Turkey Burgers (see recipe) (2 burgers)

1/2 cup non-fat frozen yogurt

50.5 P / 26 F / 53.4 C / 6 Fiber

Friday

Daily Totals

Calories: 1711

151 P / 51 F / 162 C / 50 Fiber

Breakfast – Power Eggs ([see recipe](#))

2 kiwi fruits

23.1 P / 18 F / 34 C / 13 Fiber

Snack – Protein Smoothie

Vanilla whey protein shake (1 scoop) with 1 cup water, 4 ounces pineapple.

25 P / 2 F / 16 C / 3.3 Fiber

Lunch – Chicken Burrito

4 oz. grilled chicken breast, 1/2 avocado, 2 cups baby spinach, 3 tablespoons salsa, Large whole wheat tortilla.

43.2 P / 23.4 F / 33 C / 13 Fiber

Snack

Large banana

1.5 P / 0 F / 27.6 C / 3.5 Fiber

Dinner – Chicken & Broccoli

5 oz “jerk seasoned” grilled chicken breast, 1 medium baked sweet potato. 3 cups steamed broccoli

Homemade fruit sorbet- 1/2 cup frozen blueberries, 1/2 cup frozen blackberries, 2 teaspoon honey, add water till smooth (blended with a high-speed blender)

57.3 P / 7 F / 50 C / 17 Fiber

Power Eggs

A variation of scrambled eggs that is low on carbs but high in nutrition including a high assortment of antioxidants.

Servings 2 people
Calories 379kcal

Ingredients

- 4 jumbo or extra large organic eggs
- ½ red onion chopped
- 1 cup yellow squash cubed
- 4 mini sweet peppers
- 2 cups chopped lacinato kale
- ½ cup frozen wild blueberries (or fresh in season)
- 1/2 medium avocado sliced
- Garlic salt and black pepper to taste
- 1 spray olive oil cooking spray

Instructions

- Rinse and chop all the vegetables to a size in which they'll cook quickly. I'm old fashioned and chop all of the following by hand, but if you have one of those handy dandy food choppers then feel free. Tip: I always de-stem my kale. Some people complain that kale gives them gas and this is usually from the tough fiber in the stem that causes this, so I eliminate it.



- Heat a large non-stick skillet or wok on medium heat with a spray of olive oil cooking spray. Add chopped veggies and sauté until they soften to your preference. (About 5-7 minutes for me.)
- About a minute before you add the eggs, add the blueberries, garlic salt, and black pepper.



- Add the eggs and gently scramble into the veggies. Some people are afraid of whole eggs. But whole eggs are far more nutritious than egg whites.
- Cook until the eggs are firm to your liking.
- Slice the avocado, divide power eggs into two equal portions, and plate. Garnish with 1/2 of the avocado on each portion.
- Serve and devour!

Nutrition

Calories: 379kcal | Carbohydrates: 23g | Protein: 21.4g | Fat: 18g | Fiber: 8g

Eggplant Primavera

My eggplant primavera recipe is perfect when time is of the essence, but you still want a healthy dinner. It's a lower calorie version of pasta primavera.

Servings 4

Calories 209kcal

Ingredients

- 1 large eggplant cut in thin slices and then quartered
- 1 head of broccoli cut to small florets
- ½ a white or red onion sliced
- 2 cups sliced mushrooms
- 1 large red bell pepper sliced
- 1 15 fl oz jar of your favorite pasta sauce
- ¼ cup grated parmesan cheese
- 10 ounces chicken breast, boneless skinless cubed
- ¼ teaspoon garlic salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil

Instructions

- In a large skillet with 2 teaspoons olive oil, sauté the eggplant, onion, broccoli, mushrooms, and red pepper. season with a little of the garlic salt and the pepper. Sauté until the veggies are a little tender and the eggplant looks partially translucent.



- While the veggies are sautéing, in a small skillet sauté the chicken with 1 teaspoon of olive oil and the rest of the garlic salt. Cook until cooked through, but don't over cook or it will be dry.
- Heat the pasta sauce in a sauce pan or the microwave.
- Once everything is cooked/ heated, place ¼ of the veggie and eggplant mixture in a pasta bowl. Top with ¼ of the chicken, pasta sauce, and sprinkle with parmesan cheese.
- Dig in!

Nutrition

Calories: 209kcal | Carbohydrates: 15g | Protein: 23g | Fat: 6g | Fiber: 8g

Hearty Roasted Veggie Salad with Chicken

My roasted veggie salad is pretty easy to make and a hearty meal that will keep you satisfied for hours, all the while being packed with great nutrition.

Servings 3

Calories 323kcal

Ingredients

- 1 large sweet potato
- 1 large beet root
- 1 large onion
- 1 large red bell pepper
- 2 medium skinless/boneless chicken breasts
- 1 small cucumber
- 6-8 cups of mixed green leaf lettuce
- ¼ cup balsamic vinegar
- ½ teaspoon thyme
- ½ teaspoon garlic salt
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

- Wash and cube the sweet potato with the skin on. Then wash, peel, and cube the beet root. In a bowl toss both with some of the olive oil, balsamic, thyme, and garlic salt.



- On a large parchment paper lined baking tray spread these evenly over the entire pan. Place in a 380° F (190° C) oven for about 75 minutes.
- Cut up the onion and red bell pepper into medium sized pieces. In the bowl, now toss these with some olive oil, balsamic, thyme, and garlic salt.

- On a large parchment paper lined baking tray, spread the onion and pepper pieces evenly over the entire pan. Place in the oven for the last 30 minutes of the sweet potato and beet root's cooking time.
- While the veggies are roasting prepare the salad, cut the cucumber, and divide evenly over 2 or 3 large salad bowls.
- Butterfly the chicken breasts and coat with a little olive oil and salt & pepper. Cook on a hot grill about 5 minutes on each side. When cooked cut the chicken into strips.
- When the veggies are roasted, divide them evenly over the beds of salad and then top each with the chicken strips.



- Serve with your favorite dressing. Works well with a balsamic vinaigrette, ranch, or even honey mustard.

Low Carb Almond Alfredo with Eggplant, Peppers, and Chicken



Using almonds instead of cream and squash instead of pasta, my creamy Alfredo tastes amazing, saves calories, and adds nutrition.

Servings 2

Calories 523kcal

Ingredients

- ½ cup raw almonds
- 2 cloves garlic
- 2 cups water
- ¼ cup finely grated parmesan cheese (optional: It's more of a garlic sauce without, but still creamy and delicious)
- 1 medium spaghetti squash
- 1 medium eggplant
- 4 mini colorful sweet peppers (1 large red, orange or yellow sweet pepper)
- 8 ounces boneless, skinless chicken breast (227 grams)
- Salt and pepper to taste
- 1 teaspoon olive oil (or coconut oil)

Instructions

- Cut the spaghetti squash in half and place in a baking dish cut side down with a small amount of water lining the dish.
- Bake in a 375° F (190°C) oven for about 45 minutes or until a fork can easily pierce the skin of the squash. While this is baking I complete the other steps to the recipe.
- Remove the squash from the oven and using a fork gently pull out the pasta-like strands of squash.



The Almond Alfredo Sauce

- Using a high speed blender or food processor process the raw almonds with 1 cup of the water until a thick paste is formed.



- Add the garlic cloves and remaining water and blend until smooth.
- Pour this into a sauce pan (it will be runny), add parmesan cheese and salt & pepper to taste. Hint: should be a tad on the salty side.
- Cook over medium heat, stirring about every 30 seconds until the sauce begins to thicken.
- Set aside and keep warm.

The Eggplant, Colorful Peppers, and Chicken

- Dice the eggplant, peppers, and chicken.



- Using a large skillet or wok, sauté the eggplant and peppers in 1 teaspoon of coconut oil or olive oil. Sauté until the eggplant becomes almost tender and almost translucent.
- Add the diced chicken and continue to cook until chicken is cooked through.
- This all takes about 20-25 minutes depending on the size of the eggplant cubes.
- Hint: Cooking the chicken last keeps it from drying out. Just make sure the chicken and veggies are cooked to 165°F (78° C).

Putting It All Together

- assembling-pasta
- Add the spaghetti squash pasta to the chicken and veggies and stir in gently.
- Pour the almond Alfredo sauce in and stir until sauce is mixed throughout.

- Serve the Almond Alfredo Pasta with Eggplant, Peppers, and Chicken in a pasta bowl garnished with a little more parmesan cheese if desired.

Nutrition

Calories: 523kcal | Carbohydrates: 20g | Protein: 42g | Fat: 21g | Fiber: 14g

Turkey Burgers with Savory Warm Relish

Ground turkey is a tasty way to up your protein intake, but reduce the fat amount usually found in ground beef. This great recipe has half the calories of a beef burger.

Servings 4

Calories 258kcal

Ingredients

- Ground turkey (¼ pound patties, 93% lean) seasoned with a little salt & pepper
- 1 medium onion
- 1 red bell pepper thinly sliced
- 3 cups red cabbage shredded
- 1 tablespoon olive oil
- ¼ cup balsamic vinegar
- ¼ teaspoon garlic salt
- 4 large leafs of lettuce (romaine, red leaf, or green leaf)

Instructions

- Wash and dry the lettuce leaves.
- In a large skillet sauté the onion, pepper, and red cabbage with the olive oil until soft.
- Add the garlic salt and balsamic vinegar and allow to simmer until the vinegar and veggies are shiny and caramelized. Stir often. (Most of the liquid will have cooked off).



- Keep this relish warm.

- Grill or pan fry 4 quarter pound turkey burgers until just done. (Cooking them too long will make them dry) Usually 4 minutes on each side on a hot grill is sufficient, but a little longer if you are using the frozen type.
- Now place a turkey burger on the stem end of the lettuce leaf, top with a generous portion of the warm relish.
- Serve! Feeds 4 with other sides or 2 as a complete meal.

Nutrition

Calories: 258kcal | Carbohydrates: 10g | Protein: 23g | Fat: 13g | Fiber: 3g