



1,500 CALORIE MEAL PLAN

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This three-day meal plan focuses on portion sizes, meal spacing and jump-starting weight loss. It is designed for 1,500 calories per day, which may not be appropriate for all people. Your overall calorie intake depends upon your gender, age, weight, height, physical activity and specific goals. A good equation to use to determine your calorie needs is the Mifflin-St. Jeor equation (described in this document), a formula in which you enter your height, weight and age. Then, adjust your target calories per day depending on your weight loss / gain / maintenance goals!

CALORIES PER DAY

Mifflin-St. Jeor Equation =

- MEN: $10 * [\text{weight in kg}] + 6.25 * [\text{height in cm}] - 5 * [\text{age}] + 5$
- WOMEN: $10 * [\text{weight in kg}] + 6.25 * [\text{height in cm}] - 5 * [\text{age}] - 161$

Take the result from the equation above and multiply it by the number corresponding to your level of activity (the “activity factor”):

- Sedentary (little to no exercise) = 1.200
- Light activity (light exercise fewer than 3 days / week) = 1.375
- Moderate activity (moderate exercise most days of the week) = 1.550
- High activity (hard exercise every day) = 1.725
- Extreme activity (strenuous exercise 2 or more times per day) = 1.900

Determine your total calorie needs by multiplying the result from the Mifflin-St. Jeor equation with the appropriate activity factor and then adjust your target calories per day depending on your weight loss / gain / maintenance goals.



DAY 1 MEAL PLAN

NUTRITIONAL INFORMATION

- 1,562 calories
- 37% carbohydrates (150 g)
- 38% fat (69 g)
- 25% protein (95 g)
- 35 g fiber

PRE-BREAKFAST

- Large cup of water with a squeeze of lemon
- Continue to drink half your body weight in ounces of water or unsweetened tea throughout the day

BREAKFAST

- 1 cup strawberries
- 1 pc Ezekial bread
- 2 whole scrambled eggs + 2 egg whites
- 2 cups raw spinach (sauteed)
- 1/8 avocado

MORNING SNACK

- 2 tbsp hummus
- 2 cups baby carrots

LUNCH (SALAD)

- 1/2 cup quinoa
- 3 oz grilled chicken
- 2 cups salad greens
- 1/4 cup cucumber
- 1/4 cup orange peppers
- 5 Kalamata olives
- Homemade vinaigrette (1 tbsp olive oil + 1 tsp balsamic vinegar + minced garlic + squeeze of lemon)

SNACK

- Large apple
- 1 tbsp almond butter

DINNER

- 6 oz salmon
- 2 cups asparagus cooked in 1 tsp olive oil
- 1/2 cup baked sweet potato



DAY 2 MEAL PLAN

NUTRITIONAL INFORMATION

- 1,531 calories
- 37% carbohydrates (146 g)
- 37% fat (65 g)
- 26% protein (98 g)
- 30 g fiber

PRE-BREAKFAST

- Large cup of water with a squeeze of lemon
- Continue to drink half your body weight in ounces of water or unsweetened tea throughout the day

BREAKFAST

- 1/2 cup oatmeal mixed with 1 tbsp almond butter + 1 tsp cinnamon
- 2 scrambled eggs
- 1 scoop protein powder

MORNING SNACK

- 1 container 2% plain greek yogurt
- 1 cup blueberries

LUNCH (SALAD)

- 2+ cups of any vegetable
- 1 cup low salt garbanzo beans
- 1 tbsp sesame seeds
- Homemade dressing (1 tbsp olive oil + 1 tsp balsamic vinegar + sprinkle of garlic herb seasoning)

SNACK

- 2 cups celery and cucumber
- 1/4 cup tzatziki

DINNER

- 6 oz turkey burger on 1/2 wheat roll with lettuce, tomato and onion slices
- 2 cups raw spinach, steamed
- Fresh apple



DAY 3 MEAL PLAN

NUTRITIONAL INFORMATION

- 1,589 calories
- 45% carbohydrates (186 g)
- 27% fat (50 g)
- 28% protein (114 g)
- 38 g fiber

PRE-BREAKFAST

- Large cup of water with a squeeze of lemon
- Continue to drink half your body weight in ounces of water or unsweetened tea throughout the day

BREAKFAST

- Breakfast smoothie with 1 banana, 1 scoop whey protein powder, 1 tbsp peanut butter, 1/2 cup almond milk and 1/2 cup ice

MORNING SNACK

- 1 cup pineapple
- 1/2 cup cottage cheese

LUNCH (PASTA)

- 1 cup chickpea pasta
- 1/2 cup low sugar marinara
- 1-2 cups sauteed mushrooms
- 3 oz turkey meatballs

SNACK

- 2 hard boiled eggs dipped in Everything Bagel seasoning
- 1 cup baby carrots

DINNER (STIRFRY)

- 9 oz tofu
- 2 cups stirfry veggies (peapods, carrots, peppers, etc.)
- 1/2 cup brown rice
- 1 tbsp low sodium soy sauce