

# 2500

## CALORIE MEAL PLAN

2500														
	Day 1	Cal	Day 2	Cal	Day 3	Cal	Day 4	Cal	Day 5	Cal	Day 6	Cal	Day 7	Cal
Breakfast	2 Eggs, whole, scrambled	180	2 Eggs, whole Fried	180	2 Eggs, whole	180	2 Eggs, whole	180	2 Eggs, whole	180	2 Eggs, whole	180	2 Eggs, whole	180
	2 Pieces Bacon	80	Leftover Salmon, 3 oz	175	2 Pieces Bacon	80	2 Pieces Bacon	80	2 Pieces Bacon	80	2 Pieces Bacon	80	2 Pieces Bacon	80
	1 C Kale, sauteed	80	1 C Leftover Brussel Sprout	60	1 C Kale, sauteed	80	1 C Kale, sauteed	80	1 C Kale, sauteed	80	1 C Kale, sauteed	80	1 C Kale, sauteed	80
	1 Tbs Cooking Fat	120	1 Tbs Cooking Fat	120	1/2 Tbs Cooking Fat	75	1/2 Tbs Cooking Fat	75	1/2 Tbs Cooking Fat	75	1/2 Tbs Cooking Fat	75	1/2 Tbs Cooking Fat	75
	Total	460	Total	535	Total	415	Total	415	Total	415	Total	415	Total	415
Lunch	4 oz Chicken	270												
	Mixed Green Salad	75												
	Tessamae Dressing, 1 Tbsp	100												
	1/2 Avocado	115												
	Total	560												
Dinner	4 oz Baked Salmon	235												
	1 C Brown Rice	216												
	2 C Roasted Brussel Sprout	60												
	1 Tbs Cooking Fat	120												
	Total	631												
Daily Calorie Total	1651													

Recipes:

**N'Oatmeal by Diane Sanfilippo**

<https://balancedbites.com/content/paleo-noatmeal-apple-cinnamon-banana-coconut/>

**Balsamic Glazed Veggies by Meghan Telpner**

<https://www.meghantelpner.com/blog/balsamic-roasted-vegetables/>

**Paleo Sweet Potato Chili**

<https://www.tastesoflizzyt.com/paleo-sweet-potato-chili/>

**Italian-Style Stuffed Peppers by Diane Sanfilippo**

<https://balancedbites.com/content/easy-recipe-italian-style-stuffed-peppers/>