

# 7-Day Meal Plan

for Busy People

Simple, satisfying meals · Calorie counts included · No cooking skills needed

Eating well shouldn't be complicated. This 7-day plan gives you exactly what to eat — breakfast, lunch, and dinner — with calorie counts so you stay on track without obsessing.

## What's inside:

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Ready to take action? Try CalorieCrush — it's free.

[bmcksapps.com/calories](https://bmcksapps.com/calories)

**Get started free !**

**Ø<ß Breakfast**

**Greek yogurt parfait 380 kcal**

1 cup Greek yogurt, 1/2 cup granola, 1/2 cup mixed berries, drizzle of honey

**& p Lunch**

**Chicken & veggie wrap 520 kcal**

6oz grilled chicken, whole wheat tortilla, avocado, spinach, tomato, hummus

**Ø<ß Dinner**

**Baked salmon + quinoa 620 kcal**

6oz salmon fillet, 3/4 cup quinoa, steamed broccoli, lemon-garlic sauce

### Ø<ß Breakfast

#### Overnight oats 400 kcal

1/2 cup oats, 1 cup almond milk, chia seeds, banana slices, peanut butter

### & p Lunch

#### Tuna salad bowl 480 kcal

Canned tuna, mixed greens, cucumber, cherry tomatoes, olive oil + lemon dressing

### Ø<ß Dinner

#### Turkey stir-fry 580 kcal

Ground turkey, bell peppers, broccoli, snap peas, low-sodium soy sauce, brown rice

**Ø<ß Breakfast**

**Veggie scrambled eggs 360 kcal**

3 eggs scrambled with spinach, mushrooms, tomato + 1 slice whole wheat toast

**& p Lunch**

**Lentil soup + bread 510 kcal**

1.5 cups red lentil soup (pre-made or canned), 1 whole wheat roll, side salad

**Ø<ß Dinner**

**Chicken burrito bowl 640 kcal**

Shredded chicken, brown rice, black beans, salsa, guacamole, low-fat sour cream

### Ø<ß Breakfast

#### Banana protein smoothie 390 kcal

1 banana, 1 scoop protein powder, 1 cup milk, 2 tbsp almond butter, handful of spinach

### & p Lunch

#### Turkey & avocado sandwich 530 kcal

4oz deli turkey, whole wheat bread, avocado, lettuce, tomato, mustard

### Ø<ß Dinner

#### Shrimp pasta 600 kcal

6oz shrimp, whole wheat spaghetti, marinara sauce, parmesan, garlic, olive oil

**Ø<ß Breakfast**

**Peanut butter toast 370 kcal**

2 slices whole wheat toast, 3 tbsp peanut butter, sliced banana, sprinkle of cinnamon

**& p Lunch**

**Grilled chicken salad 490 kcal**

5oz grilled chicken, romaine, croutons, cherry tomatoes, parmesan, light Caesar dressing

**Ø<ß Dinner**

**Beef tacos 630 kcal**

4oz lean ground beef, 2 corn tortillas, shredded cheese, lettuce, pico de gallo, sour cream

**Ø<ß Breakfast**

**Veggie omelette 380 kcal**

3-egg omelette with bell peppers, onion, cheese + 1 slice whole wheat toast

**& p Lunch**

**Quinoa power bowl 520 kcal**

3/4 cup quinoa, roasted sweet potato, chickpeas, kale, tahini dressing, pumpkin seeds

**Ø<ß Dinner**

**Baked cod + veggies 560 kcal**

6oz baked cod, roasted asparagus & cherry tomatoes, 1/2 cup brown rice, lemon

### Ø<ß Breakfast

#### Acai smoothie bowl 410 kcal

1 acai packet, 1/2 banana, almond milk base, topped with granola, coconut flakes, berries

### & þ Lunch

#### BLT + soup 500 kcal

4 slices turkey bacon, whole wheat bread, lettuce, tomato, mayo + 1 cup tomato soup

### Ø<ß Dinner

#### Chicken stir-fry 590 kcal

5oz chicken breast, mixed veggies, teriyaki sauce, sesame oil, brown rice, sesame seeds

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# Grocery & Prep Tips

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## CALORIE TRACKING MADE EASY

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These meal plans are estimated at ~1,800 kcal/day — a healthy baseline for most active adults. Your actual needs may vary based on your size, activity level, and goals.

The best way to stay on track: log your meals in an app like CalorieCrush. It takes 60 seconds and keeps you honest without obsessing.

Ready to take action? Try CalorieCrush — it's free.

[bmcksapps.com/calories](https://bmcksapps.com/calories)

**Get started free !'**