

# 7-Day Meal Plan - 1800 Calories Daily

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*35% Protein | 35% Carbs | 30% Fats | 4 Meals Per Day*

## Daily Macro Targets

- **Total Calories:** 1800
  - **Protein:** 158g (630 calories)
  - **Carbohydrates:** 158g (630 calories)
  - **Fats:** 60g (540 calories)
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## Day 1 - Monday

### Meal 1 (Breakfast) - 450 calories

- **Scrambled Eggs with Cheese**
  - 3 large eggs (210 cal)
  - 25g boerenkaas or geitenkaas (90 cal)
  - 150g blueberries (85 cal)
  - 20ml honey (80 cal)
  - Pinch of salt (0 cal)

### Meal 2 (Lunch) - 450 calories

- **Ground Beef with Vegetables**
  - 100g ground beef (250 cal)
  - 150g roasted pumpkin (40 cal)

- 100g cooked carrots (35 cal)
- 125ml Greek yogurt (65 cal)
- 2 dates (40 cal)

### Meal 3 (Snack) - 450 calories

- **Salmon Portion**
  - 140g cooked salmon (350 cal)
  - 100g steamed zucchini (15 cal)
  - 75g blueberries (40 cal)
  - 15ml honey (60 cal)

### Meal 4 (Dinner) - 450 calories

- **Chicken and Vegetables**
    - 120g grilled chicken (240 cal)
    - 100g roasted pumpkin (25 cal)
    - 100g roasted carrots (35 cal)
    - 125ml Greek yogurt (65 cal)
    - 3 dates (90 cal)
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## Day 2 - Tuesday

### Meal 1 (Breakfast) - 450 calories

- **Greek Yogurt Bowl**
  - 250ml plain Greek yogurt (130 cal)
  - 150g blueberries (85 cal)
  - 3 dates, chopped (90 cal)
  - 30ml honey (120 cal)

- 2 hard-boiled eggs (140 cal)

## Meal 2 (Lunch) - 450 calories

- **Salmon with Pumpkin**

- 115g cooked salmon (280 cal)
- 200g roasted pumpkin (50 cal)
- 100g raw carrots (35 cal)
- 25g boerenkaas or geitenkaas (90 cal)

## Meal 3 (Snack) - 450 calories

- **Beef and Eggs**

- 75g ground beef (190 cal)
- 2 large eggs (140 cal)
- 75g blueberries (40 cal)
- 2 dates (40 cal)
- 10ml honey (40 cal)

## Meal 4 (Dinner) - 450 calories

- **Steak Dinner**

- 120g grilled beef steak (300 cal)
- 150g steamed zucchini (20 cal)
- 125ml Greek yogurt (65 cal)
- 2 dates (40 cal)
- Salt to taste

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## Day 3 - Wednesday

## Meal 1 (Breakfast) - 450 calories

- **Egg and Cheese Scramble**
  - 4 large eggs (280 cal)
  - 30g boerenkaas or geitenkaas (110 cal)
  - 75g blueberries (40 cal)
  - 5ml honey (20 cal)

## Meal 2 (Lunch) - 450 calories

- **Ground Beef with Pumpkin**
  - 100g ground beef (250 cal)
  - 200g cooked pumpkin (50 cal)
  - 100g cooked carrots (35 cal)
  - 125ml Greek yogurt (65 cal)
  - 2 dates (40 cal)

## Meal 3 (Snack) - 450 calories

- **Salmon and Yogurt**
  - 115g cooked salmon (280 cal)
  - 185ml Greek yogurt (100 cal)
  - 75g blueberries (40 cal)
  - 10ml honey (40 cal)

## Meal 4 (Dinner) - 450 calories

- **Chicken with Mixed Vegetables**
  - 120g grilled chicken (240 cal)
  - 100g roasted pumpkin (25 cal)
  - 100g steamed zucchini (15 cal)

- 100g carrots (35 cal)
  - 30g geitenkaas (110 cal)
  - Salt to taste
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## Day 4 - Thursday

### Meal 1 (Breakfast) - 450 calories

- **Protein-Rich Breakfast**
  - 3 large eggs (210 cal)
  - 125ml Greek yogurt (65 cal)
  - 150g blueberries (85 cal)
  - 3 dates (90 cal)

### Meal 2 (Lunch) - 450 calories

- **Beef and Vegetables**
  - 100g ground beef (250 cal)
  - 150g roasted pumpkin (40 cal)
  - 100g steamed zucchini (15 cal)
  - 75g carrots (25 cal)
  - 30g boerenkaas (110 cal)
  - 5ml honey (20 cal)

### Meal 3 (Snack) - 450 calories

- **Salmon Plate**
  - 140g cooked salmon (350 cal)
  - 75g blueberries (40 cal)
  - 2 dates (40 cal)

- 5ml honey (20 cal)

## Meal 4 (Dinner) - 450 calories

- **Steak with Pumpkin**
    - 115g grilled beef steak (290 cal)
    - 200g roasted pumpkin (50 cal)
    - 250ml Greek yogurt (130 cal)
    - Salt to taste
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## Day 5 - Friday

### Meal 1 (Breakfast) - 450 calories

- **Hearty Egg Breakfast**
  - 4 large eggs (280 cal)
  - 75g blueberries (40 cal)
  - 30g boerenkaas (110 cal)
  - 5ml honey (20 cal)

### Meal 2 (Lunch) - 450 calories

- **Ground Beef and Pumpkin**
  - 100g ground beef (250 cal)
  - 250g roasted pumpkin (65 cal)
  - 125ml Greek yogurt (65 cal)
  - 2 dates (40 cal)
  - Salt to taste

## Meal 3 (Snack) - 450 calories

- **Salmon and Vegetables**
  - 115g cooked salmon (280 cal)
  - 100g zucchini (15 cal)
  - 150g blueberries (85 cal)
  - 2 dates (40 cal)
  - 10ml honey (40 cal)

## Meal 4 (Dinner) - 450 calories

- **Chicken Bowl**
    - 140g grilled chicken (280 cal)
    - 125ml Greek yogurt (65 cal)
    - 100g carrots (35 cal)
    - 20ml honey (80 cal)
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## Day 6 - Saturday

### Meal 1 (Breakfast) - 450 calories

- **Weekend Breakfast**
  - 3 large eggs (210 cal)
  - 30g geitenkaas (110 cal)
  - 110g blueberries (65 cal)
  - 2 dates (40 cal)
  - 5ml honey (20 cal)

### Meal 2 (Lunch) - 450 calories

- **Beef and Pumpkin**

- 100g ground beef (250 cal)
- 300g roasted pumpkin (75 cal)
- 250ml Greek yogurt (130 cal)

## Meal 3 (Snack) - 450 calories

- **Salmon Feast**

- 140g cooked salmon (350 cal)
- 100g carrots (35 cal)
- 75g blueberries (40 cal)
- 1 date (30 cal)

## Meal 4 (Dinner) - 450 calories

- **Steak and Vegetables**

- 115g grilled beef steak (290 cal)
  - 150g steamed carrots (55 cal)
  - 100g steamed zucchini (15 cal)
  - 3 dates (90 cal)
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## Day 7 - Sunday

### Meal 1 (Breakfast) - 450 calories

- **Sunday Special**

- 4 large eggs (280 cal)
- 125ml Greek yogurt (65 cal)
- 75g blueberries (40 cal)
- 2 dates (40 cal)

- 10ml honey (40 cal)

## Meal 2 (Lunch) - 450 calories

- **Ground Beef with Mixed Vegetables**
  - 100g ground beef (250 cal)
  - 150g roasted pumpkin (40 cal)
  - 100g carrots (35 cal)
  - 100g zucchini (15 cal)
  - 30g boerenkaas (110 cal)

## Meal 3 (Snack) - 450 calories

- **Salmon and Honey**
  - 115g cooked salmon (280 cal)
  - 150g blueberries (85 cal)
  - 30ml honey (120 cal)
  - Pinch of salt

## Meal 4 (Dinner) - 450 calories

- **Sunday Chicken**
  - 140g grilled chicken (280 cal)
  - 185ml Greek yogurt (100 cal)
  - 100g roasted pumpkin (25 cal)
  - 2 dates (40 cal)
  - Salt to taste

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## Shopping List Summary

## Proteins

- 48 large eggs
- 1.2 kg ground beef (regular)
- 1.1 kg salmon fillets
- 1.1 kg chicken (mixed cuts - thighs, breast, drumsticks)
- 500g beef steaks
- 200g boerenkaas or geitenkaas

## Vegetables & Fruits

- 450g fresh blueberries
- 2.5 kg large carrots
- 800g medium zucchini
- 1.5 kg pumpkin

## Other

- 1 litre plain Greek yogurt
- 21 dates
- 200ml honey
- Salt

## Preparation Tips

1. **Meal Prep:** Cook proteins in batches and store in refrigerator
2. **Vegetables:** Roast pumpkin and carrots together; steam zucchini fresh
3. **Portion Control:** Use a food scale for accurate portions
4. **Hydration:** Drink plenty of water throughout the day
5. **Timing:** Space meals 3-4 hours apart for optimal digestion
6. **Pumpkin:** Roast with a pinch of salt for best flavor

*Note: All calorie counts are approximate. Adjust portions slightly based on your specific ingredients and preparation methods.*