

## 9-Day Diet Meal Plan: 300 calorie meals (Daily plan is based on 600 cal/day)

We recommend tracking calories with **Livestrong MyPlate Calorie Tracker free app**

Day	1 <sup>st</sup> Meal	2 <sup>nd</sup> Meal
1	<ul style="list-style-type: none"> <li>· 4 oz cooked skinless, boneless chicken breast (184 cal)</li> <li>· 6 oz broccoli (60 cal, <b>12 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· ½ tsp canola or olive oil (20 cal)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 oz cooked and drained 90% lean ground beef (228 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
2	<ul style="list-style-type: none"> <li>· 3 large eggs (234 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 oz cooked skinless, boneless chicken breasts (184 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
3	<ul style="list-style-type: none"> <li>· 4 oz skinless salmon or 3 oz salmon with skin on (161 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 6 oz boiled kale (48 cal, <b>10 g carb</b>)</li> <li>· 3 oz blackberries (35 cal, <b>8 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 large eggs, scrambled (234 cal)</li> <li>· ½ large tomato (18 cal, <b>3 g carb</b>)</li> <li>· ½ tsp canola oil (20 cal)</li> <li>· 4 strawberries (16 cal, <b>4 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
4	<ul style="list-style-type: none"> <li>· 6 oz sirloin tip Steak ( 240 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 oz tilapia (194 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· 4 oz blackberries (32 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
5	<ul style="list-style-type: none"> <li>· 4 oz ground turkey for burger (169 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 oz beef eye of round, lean, trimmed to 1/8" fat (189 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g</b>)</li> <li>· 32 oz of water</li> <li>· 8 oz spinach (53 cal, <b>8 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
6	<ul style="list-style-type: none"> <li>· 4 oz cooked skinless, boneless chicken breasts (184 cal)</li> <li>· 4 oz edamame soy beans (138 cal, <b>11 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 large eggs (234 cal), scrambled</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· 4 oz spinach (26 cal, <b>4 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
7	<ul style="list-style-type: none"> <li>· 2 baked skinless chicken thigh (215 cal)</li> <li>· 6 oz mushrooms (40 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 Oz Pork Chops, Top Loin, Boneless (245 cal)</li> <li>· 1 medium onion (22 cal, <b>5 g carb</b>)</li> <li>· 6 oz turnip greens (54 cal, <b>12 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
8	<ul style="list-style-type: none"> <li>· 6 oz ground turkey, crumbled, for salad (253 cal)</li> <li>· 1 tomato (35 calories, <b>3 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon for dressing (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 oz cooked skinless, boneless chicken breast (184 cal)</li> <li>· 1 large egg, hard-boiled and chopped (78 cal)</li> <li>· ½ head of lettuce for salad (26 cal, <b>5 g carb</b>)</li> <li>· 2 tsp Balsamic Vinegar for dressing (26 cal, <b>4 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
9	<ul style="list-style-type: none"> <li>· 6 Oz Pork Chops, Top Loin, Boneless (245 cal)</li> <li>· 2 cups zucchini (38 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 2 baked skinless chicken thigh (215 cal)</li> <li>· 8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>