

7-Day Calorie Deficit Meal Plan

GLP-1 Friendly · Week of August 17

Print this page for the fridge. Every recipe also has its own grocery list.

Monday

about 1625 cal · 142g protein

Breakfast: Pumpkin Cream Cheese Danishes
Lunch: Whipped Cottage Cheese, Cheddar & Bacon Grilled Cheese
Dinner: Olive Garden Shrimp Scampi (Lightened Up)

Tuesday

about 1719 cal · 117g protein

Breakfast: Healthy Breakfast Cookies
Lunch: Glazed Chicken Mango Salad with Honey Vinaigrette
Dinner: Mexican Street Corn & Black Bean Quesadillas

Wednesday

about 1525 cal · 147g protein

Breakfast: High Protein Oatmeal Cream Pies
Lunch: *Same as Tuesday*
Dinner: Crockpot Chicken Tikka Masala

Thursday

about 1529 cal · 138g protein

Breakfast: Spinach Feta Quiche
Lunch: Crispy Turkey Cottage Cheese Protein Crust Bites
Dinner: Juicy Steak & Watermelon Power Salad

Friday

about 1491 cal · 127g protein

Breakfast: *Same as Thursday*
Lunch: Crunchy Dense Bean Salad
Dinner: Goopy Bourbon Chicken

Saturday

about 1568 cal · 109g protein

Breakfast: Sweet Focaccia Bread with Apple & Cinnamon
Lunch: *Same as Friday*
Dinner: Salmon Cakes with Creamy Avocado Salsa

Sunday

about 1602 cal · 132g protein

Breakfast: *Same as Saturday*
Lunch: Autumn Harvest Bowl with Maple Tahini Dressing
Dinner: Creamy Herb Cheese Skillet Chicken