



Signature Weight Loss Meal Plan Program

A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Almond Flour Pancakes with Mixed Berry Compote & Maple Syrup (420 Calories)	Loaded Breakfast Burrito with Homemade Salsa (400 Calories)	Blueberry & Granola Overnight Oats (320 Calories)	Breakfast Quesadillas (380 Calories)	Lemon Blueberry Waffles (390 Calories)
AM SNACK	Key Lime Pie Parfait (190 Calories)	Choco-Peanut Protein Bites (180 Calories)	Spinach Dip with Crudités (130 Calories)	Dutch Apple Pie (195 Calories)	White Choc, Cranberry & Macadamia Protein Cookie (155 Calories)
LUNCH	BBQ Salmon with Mango Salsa (380 Calories)	Vegetable Katsu Curry (358 Calories)	Vietnamese Steak Salad (380 Calories)	Caribbean Jerk Chicken Bowl (415 Calories)	Harissa Roast Salmon with Lemon Chickpea Couscous (415 Calories)
PM SNACK	Celery sticks with cream cheese (110 Calories)	Greek Salad (140 Calories)	Red Velvet Brownie Bite (190 Calories)	Baba Ghanoush with Pita Triangles (120 Calories)	Grilled Crostini with Eggplant Caponata (110 Calories)
DINNER	Chicken Meatballs with Lentils and Spiced Tomato Sauce (410 Calories)	Chicken Burrito Bowl with Salsa Verde (422 Calories)	Sticky Sesame Shrimp Stir-fry (480 Calories)	Mediterranean Baked White Fish with Roasted Veggies (390 Calories)	Beef and Vegetable Stir-fry (430 Calories)