Follow this 1500-calorie plan and you could lose up to 10 pounds! Here’s how it works: All the breakfasts, lunches, and dinners are about 400 calories, so you can mix and match any meal, any time of the day. Stick to three meals and two 150-calorie snacks, and be sure to drink at least 72 ounces of water every day. Each recipe makes one serving. Time saver: Make double the dinner and bring leftovers for lunch!
Breakfast

**Matcha Breakfast Smoothie**  **V, GF**  **400 CALORIES**
In a blender, combine 1 teaspoon matcha green tea powder, 1 1/2 cups unsweetened vanilla almond milk, 2 tablespoons almond butter, 1 banana, and 1/4 cup ice. Blend until smooth.

**Walnut and Maple Avocado Toast**  **V**  **390 CALORIES**
Toast two slices sprouted whole grain bread. In a small bowl, mash 1/2 avocado until semi-smooth, divide avocado between toasts, and spread. To each slice, add 1 tablespoon chopped walnuts, 1/4 teaspoon maple syrup, and 1/4 teaspoon cinnamon.

**Quinoa Breakfast Burrito Bowl**  **GF**  **410 CALORIES**
Heat 1 tablespoon extra virgin olive oil in a skillet over medium heat. Add 1 clove garlic, minced, and 2 cups chopped kale. Sauté until greens are wilted, about 2 minutes. Add 2 eggs and scramble with kale until eggs are cooked. To a bowl, add 1/2 cup cooked quinoa and 2 tablespoons fresh chopped cilantro and stir. Top quinoa with egg mixture, 2 tablespoons guacamole, and 2 tablespoons fresh salsa.

**Homemade Chia Granola and Yogurt**  **410 CALORIES**
To a skillet over medium heat, add 1/4 cup rolled oats, 2 tablespoons unsweetened coconut flakes, 1 tablespoon chia seeds, 1 teaspoon honey, 1 teaspoon coconut oil, and 1/4 teaspoon cinnamon. Toast until golden, about 6 minutes, stirring regularly. To a small bowl, add 1/2 cup plain 2 percent Greek yogurt and 1 cup fresh berries. Top with granola.

**No time to make your own granola?** Try Natures Path Chia Granola, Back to Nature Almond Chia Granola or Food for Life Ezekiel Flax Sprouted Whole Grain Cereal.

V: Vegan  GF: Gluten Free
Lunch

Vegan “Sushi” Rice Bowl  V, GF  390 CALORIES
To a bowl or to-go container, add 1/2 cup cooked brown rice. Top with 1/2 cup shelled, cooked edamame; 1/2 cup shredded carrots; 1/2 cup finely chopped cucumber; 1/4 avocado, chopped; 1/2 sheet nori seaweed, cut into strips; and 2 teaspoons sesame seeds. In a small bowl, whisk together 2 tablespoons orange juice and 2 teaspoons gluten-free soy sauce. Drizzle sauce on rice bowl.

Mediterranean Protein Plate  GF  390 CALORIES
In a to-go container or on a plate, place 1 1/2-ounce cube Feta, 1/2 can (2 ounces) tuna in olive oil, 12 gluten-free brown rice crackers, 1 cup cucumber slices, and 8 olives.

Cashew Club Sandwich  V  390 CALORIES
Divide 1 1/2 tablespoons cashew butter between 2 slices sprouted whole grain bread and spread evenly. To one slice, add 1/2 cup shredded carrots. To other slice, add 2 radishes, thinly sliced and 1/2 cup spinach. Close sandwich, slice, and serve with 1/2 cup grapes.

Chicken and Avocado Ranch Salad  400 CALORIES
To a medium bowl or to-go container, add 2 cups chopped romaine lettuce, 1/2 cup shredded carrots, 1/2 cup sliced red bell pepper, 1/2 cup frozen and thawed corn kernels, and 3 ounces grilled and sliced chicken breast. In a small bowl, mash 1/4 avocado with 1 1/2 tablespoons organic ranch dressing. Add dressing to salad and toss.
Dinner

Zucchini “Pasta” with Basil “Cream” Sauce  
Using a vegetable peeler, shave 1 zucchini into pasta-shaped strands. In a food processor or blender combine 3/4 cup canned white beans, rinsed and drained; 1/4 cup fresh basil; 1 tablespoon extra virgin olive oil; 1 tablespoon fresh lemon juice; 1 tablespoon water; and 1/8 teaspoon sea salt. Puree until smooth. Toss sauce with zucchini noodles and top with 3 ounces grilled chicken breast, sliced.

Hummus Veggie Burgers  
To a food processor or blender add one 15-ounce can rinsed and drained garbanzo beans, 1 tablespoon tahini, 1 tablespoon fresh lemon juice, 1 clove minced garlic, and 1/8 teaspoon sea salt; pulse until semi-chunky. Add 2 tablespoons ground flaxseed, 3 tablespoons chopped red onion, and 1/2 teaspoon dried dill to mixture; stir to combine. Form mixture into 4 patties. Freeze 2 patties for another day and mist remaining 2 with cooking spray. In a skillet over medium heat, cook patties for 6 minutes, turning once. Add one patty to each side of a toasted sprouted whole-grain English muffin. Top each half with 1/4 cup spinach and 1 large tomato slice and serve open-faced.

Barbeque Chicken with Better Mac and Cheese  
In a food processor or blender, combine 1 cup steamed cauliflower, 1/4 cup 2 percent milk, 3 tablespoons shredded cheddar cheese, and 1/8 teaspoon sea salt; puree until smooth. Add cheese mixture to 1/2 cup cooked brown rice elbow noodles. Serve noodles with 2 1/2 ounces grilled chicken breast topped with 2 teaspoons barbeque sauce and 1 cup steamed green beans.

Steak and Guacamole Fajitas  
In a skillet over medium heat, add 1 teaspoon extra virgin olive oil and 1 garlic clove, minced. Add 1 cup sliced bell peppers, 1/2 cup sliced mushrooms, 1/2 cup thinly sliced onion, 1 tablespoon chili powder, and 1/4 teaspoon sea salt. Sauté for 5 minutes or until vegetables are tender. Divide evenly between 2 warm 6-inch corn tortillas. Top each with 1 ounce grilled sliced steak and 1 tablespoon guacamole.

Chili and Lime Fish Tacos  
Add 4 ounces white fish to a baking sheet lined with foil and coated with cooking spray. Coat fish with 2 teaspoons chili powder and broil for 8 minutes, or until fish is 145° and opaque. To a medium bowl, add 3/4 cup shredded cabbage, 2 tablespoons chopped green onions, 2 tablespoons fresh cilantro, 2 tablespoons lime juice, and 1/8 teaspoon sea salt. Toss to combine. Divide fish and cabbage evenly between 3 warm 6-inch corn tortillas and top each taco with 1 tablespoon fresh salsa.

Grilled Salmon Caesar  
In a medium bowl, combine 3 cups chopped romaine lettuce, 2 tablespoons shredded parmesan cheese, and 1 slice sprouted whole grain toast cut into crouton-sized cubes. In a small bowl, whisk together 1 tablespoon tahini, 1 tablespoon fresh lemon juice, 1 tablespoon water, 1 teaspoon Dijon mustard, 1/2 clove minced garlic, and 1/8 teaspoon sea salt. Add dressing to salad and toss. Top with 3 ounces grilled salmon.
Snacks

**Almond Butter Protein Bites**

160 CALORIES
In a small bowl, stir together 2 tablespoons rolled oats, 1 tablespoon almond butter, 1/2 tablespoon ground flaxseeds, and 1/2 teaspoon maple syrup. Form into 2 round bites.

**Better Party Mix**

150 CALORIES
Mix together 1 tablespoon raw cashews, 2 tablespoons BBQ-flavor roasted chickpeas, and 2 tablespoons freeze-dried peas.

**Coconut Oil and Sea Salt Popcorn**

150 CALORIES
Toss 2 cups air-popped popcorn with 2 teaspoons melted coconut oil and 1/4 teaspoon sea salt.

**Berries and Chocolate**

140 CALORIES
Pair two 0.35-ounce vegan dark chocolate squares with 1/2 cup raspberries.

**Cucumber Sticks with Feta and Dill Yogurt Dip**

150 CALORIES
Mix 6 tablespoons plain 2 percent Greek yogurt with 3 tablespoons crumbled feta, 1/4 teaspoon dried dill, 1/8 teaspoon sea salt, and 1/8 teaspoon black pepper. Serve with 1 cup cucumber sticks.

**Chia Snack Bar with Coconut Coffee**

140 CALORIES
Stir 1 tablespoon full-fat coconut milk into 8 ounces black coffee. Enjoy with a Health Warrior Chia Bar.