

7-Day Meal Plan

for Busy People

Simple, satisfying meals · Calorie counts included · No cooking skills needed

Eating well shouldn't be complicated. This 7-day plan gives you exactly what to eat — breakfast, lunch, and dinner — with calorie counts so you stay on track without obsessing.

What's inside:

7-day

meal plan

with

recipes

and

shopping

list

(B/

L/D)

Calorie

counts

included

for

each

meal

(~1,800

calories

per

day)

Quick

prep

times

under

20

minutes

(no

cooking

skills

needed)

Simple

meals

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tips

Ready to take action? Try CalorieCrush — it's free.

bmcksapps.com/calories

Get started free !'

Breakfast

Greek yogurt parfait 380 kcal

1 cup Greek yogurt, 1/2 cup granola, 1/2 cup mixed berries, drizzle of honey

Lunch

Chicken & veggie wrap 520 kcal

6oz grilled chicken, whole wheat tortilla, avocado, spinach, tomato, hummus

Dinner

Baked salmon + quinoa 620 kcal

6oz salmon fillet, 3/4 cup quinoa, steamed broccoli, lemon-garlic sauce

Breakfast

Overnight oats 400 kcal

1/2 cup oats, 1 cup almond milk, chia seeds, banana slices, peanut butter

Lunch

Tuna salad bowl 480 kcal

Canned tuna, mixed greens, cucumber, cherry tomatoes, olive oil + lemon dressing

Dinner

Turkey stir-fry 580 kcal

Ground turkey, bell peppers, broccoli, snap peas, low-sodium soy sauce, brown rice

Ø<ß Breakfast

Veggie scrambled eggs 360 kcal

3 eggs scrambled with spinach, mushrooms, tomato + 1 slice whole wheat toast

& p Lunch

Lentil soup + bread 510 kcal

1.5 cups red lentil soup (pre-made or canned), 1 whole wheat roll, side salad

Ø<ß Dinner

Chicken burrito bowl 640 kcal

Shredded chicken, brown rice, black beans, salsa, guacamole, low-fat sour cream

Ø<ß Breakfast

Banana protein smoothie 390 kcal

1 banana, 1 scoop protein powder, 1 cup milk, 2 tbsp almond butter, handful of spinach

& p Lunch

Turkey & avocado sandwich 530 kcal

4oz deli turkey, whole wheat bread, avocado, lettuce, tomato, mustard

Ø<ß Dinner

Shrimp pasta 600 kcal

6oz shrimp, whole wheat spaghetti, marinara sauce, parmesan, garlic, olive oil

Ø<ß Breakfast

Peanut butter toast 370 kcal

2 slices whole wheat toast, 3 tbsp peanut butter, sliced banana, sprinkle of cinnamon

& p Lunch

Grilled chicken salad 490 kcal

5oz grilled chicken, romaine, croutons, cherry tomatoes, parmesan, light Caesar dressing

Ø<ß Dinner

Beef tacos 630 kcal

4oz lean ground beef, 2 corn tortillas, shredded cheese, lettuce, pico de gallo, sour cream

🍳 Breakfast

Veggie omelette 380 kcal

3-egg omelette with bell peppers, onion, cheese + 1 slice whole wheat toast

& 🥗 Lunch

Quinoa power bowl 520 kcal

3/4 cup quinoa, roasted sweet potato, chickpeas, kale, tahini dressing, pumpkin seeds

🍷 Dinner

Baked cod + veggies 560 kcal

6oz baked cod, roasted asparagus & cherry tomatoes, 1/2 cup brown rice, lemon

🍳 Breakfast

Acai smoothie bowl 410 kcal

1 acai packet, 1/2 banana, almond milk base, topped with granola, coconut flakes, berries

& 🍲 Lunch

BLT + soup 500 kcal

4 slices turkey bacon, whole wheat bread, lettuce, tomato, mayo + 1 cup tomato soup

🍳 Dinner

Chicken stir-fry 590 kcal

5oz chicken breast, mixed veggies, teriyaki sauce, sesame oil, brown rice, sesame seeds

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CALORIE TRACKING MADE EASY

These meal plans are estimated at ~1,800 kcal/day — a healthy baseline for most active adults. Your actual needs may vary based on your size, activity level, and goals.

The best way to stay on track: log your meals in an app like CalorieCrush. It takes 60 seconds and keeps you honest without obsessing.

Ready to take action? Try CalorieCrush — it's free.

bmcksapps.com/calories

Get started free !'