



Weight
Loss

1 DAY MEAL PLAN 2000 KCAL

AND TIPS TO ADJUST AT 1600, 1800 OR 2200 KCAL



1 FULL MENU
FOR A DAY



3 MAIN MEALS
3 SNACKS



DETAILED
MACRONUTRIENTS COUNT
25% FAT/ 50% CARBS/
25% PROTEIN



WITH NXT LEVEL
PRODUCTS

Breakfast	French toast and banana 2 slices of brown bread, 4 large egg whites, 60g unsweetened almond milk, 1 scoop of Whey Protein 80 Vanilla , 1 tsp of honey, 1 medium banana, 10g chocolate chips 470 kcal 20% F 39% C 41% P 1 BURNER CAP
Snack 1	Peanut butter and pear 1 medium pear, 10g peanut butter, 1 small glass of orange juice 179 kcal 26% F 66% C 8% P
Lunch	Grilled chicken stuffed pita 1 pita bread, 120g grilled chicken breast with 1 tsp olive oil, 100g bell pepper, 2 handfuls rocket, 80g cherry tomatoes, 10g grated parmesan 478 kcal 21% F 42% C 33% P 1 BURNER CAP
Snack 2	Nuts and fruit 20g almonds, 35g raisins 1 medium apple 296 kcal 34% F 59% C 7% P
Dinner	Lentil soup and crispy chickpeas 400g of soup made with lentils, carrots, onions and a dash of coconut milk. Served with 30g avocado, 50g oven roasted chickpeas and 2 slices of brown bread 435 kcal 29% F 52% C 19% P
Snack 3	Yogurt dessert 100g low fat yogurt 20g fruit spread (no added sugar) 150 kcal 24% F 44% C 32% P
Total	2019 kcal 25% Fat 48% Carbs [of which 34g fibers] 27% Protein

TIP
Check the French toast recipe online:



TIP
The grocery list is here:



Tips to adapt this menu to your needs:

Do you need less than 2000 kcal per day? Or just a bit more? Follow the adjustments detailed just below for the different meals. (If no adjustments are mentioned, the meal stays identical)

	1600 kcal	1800 kcal	2200 kcal
Breakfast	266 kcal	423 kcal	479 kcal
Bread	1 slice	2 slices	2 slices
Egg whites	2	4	4
Almond milk	30g	60g	60g
Whey Protein	½ scoop	1 scoop	1 scoop
Banana	1 small	1 medium	1 big
Chocolate	5g	5g	10g
Snack 1	179 kcal	179 kcal	200 kcal
Orange juice	100g	100g	150g
Lunch	431 kcal	463 kcal	546 kcal
Chicken	100g	110g	140g
Bell pepper	40g	80g	120g
Tomatoes	50g	60g	90g
Parmesan	10g	10g	15g
Snack 2	298 kcal	252 kcal	323 kcal
Almonds	15g	15g	20g
Raisins	25g	30g	45g
Dinner	406 kcal	395 kcal	496 kcal
Soup	300g	350g	450g
Avocado	30g	30g	40g
Chickpeas	40g	40g	60g
Snack 3	105 kcal	105 kcal	150 kcal
Yogurt	150g	150g	200g
Fruit spread	10g	10g	20g
Total	1625 kcal 26% F 50% C (33g fibers) 24% P	1817 kcal 24% F 48% C (30g fibers) 28% P	2210 kcal 25% F 49% C (45g fibers) 27% P

Check your calorie needs online

