

7-Day Meal Prep Plan for Weight Loss

Prep & Lose — prepandlose.com

A complete week of breakfast, lunch, dinner, and snacks.
All prepped in under 2 hours on Sunday.

~1,500-1,800 calories/day — weight loss range for most adults

Grocery Shopping List

Category	Items
Proteins	2.5 lbs chicken breast, 1.5 lbs lean ground turkey, 1 lb salmon, 1.5 dozen eggs, 32 oz plain Greek yogurt,
Grains	Brown rice (2 cups dry), quinoa (1 cup dry), rolled oats (2 cups), whole wheat tortillas (1 pack)
Vegetables	2 heads broccoli, 16 oz baby spinach, 4 bell peppers, 1 lb carrots, 3 sweet potatoes, 1 cucumber, 2 avocados
Fruits	1 bunch bananas, 2 bags frozen mixed berries, 1 bag frozen mango, 2 lemons
Pantry	2 cans diced tomatoes, low-sodium soy sauce, olive oil, salt, pepper, garlic powder, paprika, cumin, chili powder

Sunday Prep Schedule (2 Hours)

1. Start grains (rice 40 min, quinoa 15 min) — start these first.
2. Preheat oven to 400°F. Season 2.5 lbs chicken. Cube sweet potatoes.
3. Roast chicken + sweet potatoes (25 min). Chop broccoli and peppers.
4. Cook turkey chili on stovetop with black beans and tomatoes (20 min).
5. Hard-boil 6 eggs. Make 4 jars overnight oats with berries and yogurt.
6. Make egg muffin cups: 8 eggs + spinach + peppers, bake at 375°F for 18 min.
7. Make 4 smoothie freezer packs: spinach + mango + protein powder per bag.
8. Portion everything into containers. Clean up. Done!

7-Day Meal Plan

Day 1 — Monday (~1,620 cal | 115g protein)

Breakfast: Overnight oats with Greek yogurt + berries (340 cal, 18g protein)

Lunch: Chicken & Roasted Veggie Bowl with brown rice (420 cal, 38g protein)

Dinner: Turkey chili + 2 tbsp Greek yogurt (380 cal, 32g protein)

Snacks: Hard-boiled egg (70) + banana (105) + carrots (35) + Greek yogurt (130)

Day 2 — Tuesday (~1,585 cal | 108g protein)

Breakfast: 2 egg muffin cups + banana (260 cal, 16g protein)

Lunch: Chicken Taco Bowl with black beans (450 cal, 40g protein)

Dinner: Baked salmon + quinoa + roasted broccoli (410 cal, 37g protein)

Snacks: Apple/banana (95) + almonds (165) + carrots (35)

Day 3 — Wednesday (~1,550 cal | 105g protein)

Breakfast: Green Power smoothie (250 cal, 18g protein)

Lunch: Chicken & Roasted Veggie Bowl (420 cal, 38g protein)

Dinner: Turkey chili + 1/4 avocado (410 cal, 34g protein)

Snacks: Hard-boiled egg (70) + Greek yogurt (130) + carrots (35)

Day 4 — Thursday (~1,530 cal | 102g protein)

Breakfast: Overnight oats with berries (340 cal, 18g protein)

Lunch: Chicken Taco Bowl (450 cal, 40g protein)

Dinner: Fresh salmon + quinoa + spinach salad (380 cal, 35g protein)

Snacks: Hard-boiled egg (70) + almonds (165)

Day 5 — Friday (~1,570 cal | 100g protein)

Breakfast: Smoothie freezer pack (250 cal, 18g protein)

Lunch: Turkey chili + Greek yogurt (380 cal, 32g protein)

Dinner: Fridge clean-out bowl: chicken + veggies + rice + hot sauce (400 cal, 30g protein)

Snacks: Banana (105) + Greek yogurt (130) + carrots (35)

Day 6 — Saturday (~1,490 cal | 95g protein)

Breakfast: 2 egg muffin cups + 1/2 avocado (280 cal, 18g protein)

Lunch: Spinach salad with chicken + veggies (350 cal, 35g protein)

Dinner: Turkey chili from freezer (380 cal, 32g protein)

Snacks: Banana (105) + almonds (165)

Day 7 — Sunday (~1,520 cal | 98g protein)

Breakfast: Smoothie freezer pack (250 cal, 18g protein)

Lunch: Spinach salad with chicken (350 cal, 35g protein)

Dinner: DIY wrap: tortilla + chicken + spinach + peppers + Greek yogurt (420 cal, 35g protein)

Snacks: Hard-boiled egg (70) + Greek yogurt (130)

Quick Portion Guide (Hand Method)

Protein = 1 palm-sized portion (4-6 oz / 150-250 cal)

Carbs = 1 cupped handful (1/2-3/4 cup cooked / 150-200 cal)

Vegetables = 2 open handfuls (unlimited / negligible calories)

Fats = 1 thumb-sized portion (1 tbsp oil / 1/4 avocado / 100-130 cal)

Tips for Success

- Freeze days 4-7 meals. Thaw overnight in the fridge.
- Smoothie packs and turkey chili freeze especially well.
- Change sauces to prevent boredom: salsa, soy sauce, hot sauce, lemon vinaigrette.
- Prep day is Sunday. Block out 2 hours. It gets faster every week.
- If not losing weight after 2 weeks, reduce carb portion by 1/4 and increase vegetables.

For more recipes and free guides, visit

prepandlose.com

Prep & Lose — Simple meal prep for sustainable weight loss.