

1500 CALORIE MEAL PLAN CHEAT SHEET

BREAKFASTS

- [Breakfast Jar Parfait](#)
- [Mediterranean-Style Frittata](#)
- [Hash Brown Casserole with Bacon](#)
- [Sausage and Cheese Breakfast Casserole](#)
- [Cheesy Egg Casserole](#)
- [Macro-Friendly "McGriddle" Pancake](#)
- [Jimmy Dean Delights Breakfast Sandwiches](#)
- [Grab and Go Breakfast Wraps](#)
- [Cheesy Hashbrown Breakfast Muffins](#)

LUNCHES

- [Skinny Pizza Logs](#)
- [Chicken Salad with Apples and Cranberries](#)
- [Skinny Asian Steak and Noodle Bowl](#)
- [Tuna Avocado Egg Salad](#)
- [Creamy Broccoli Cheddar Soup](#)
- [Chicken Tortilla Soup](#)
- [Cashew Chicken Stir Fry](#)
- [Buffalo Ranch Tuna Salad](#)
- [3-Ingredient Sloppy Joes](#)
- [Spicy Southwest Chicken Wraps](#)
- [Buffalo Chicken Macaroni and Cheese](#)
- [Turkey, Avocado, and Hummus Roll-ups](#)
- [Baked Buffalo Chicken Taquitos](#)
- [Southwestern Pasta Salad](#)

DINNERS

- [High Protein Creamy Taco Soup](#)
- [Korean Beef and Rice Bowls](#)
- [One-Pot Cheesy Taco Skillet](#)
- [Green Chile Chicken Enchilada Spaghetti Squash](#)
- [One Pot Greek Pasta](#)
- [Chicken Caprese Pasta Salad Bowls](#)
- [Skillet Ravioli Lasagna](#)
- [Spaghetti and Chicken Meatballs with No-Cook Tomato Sauce](#)
- [Mediterranean Pasta Salad](#)
- [Chopped Cobb Salad](#)
- [Teriyaki Chicken with Vegetables](#)
- [Burrito Bowls](#)
- [Lemon Garlic Dump Chicken](#)
- [Garlic Parmesan Chicken Pasta](#)
- [Skinny Alice Springs Chicken](#)
- [Easy Taco Pasta Bake](#)

SNACKS

- [Bell Pepper Nacho Boats](#)
- [Fruit](#)
- [Veggies](#)
- [Lowfat cottage Cheese](#)
- [Nonfat yogurt](#)
- [Light String Cheese](#)
- [Skinny Pop](#)
- [Light ice cream \(read labels; portion control\)](#)
- [100-calorie packs](#)
- [Eat This, Not That suggestions](#)