

## **Breakfast: Scrambled Eggs with Veggies**

- **Scrambled Eggs (2 large eggs):** ~140 calories
- **Olive oil (1 teaspoon for cooking):** ~40 calories
- **Spinach (1 cup cooked):** ~40 calories
- **Tomato (1 medium):** ~22 calories
- **Mushrooms (1/2 cup cooked):** ~20 calories
- **Total Breakfast Calories:** ~262 calories

## **Lunch: Grilled Chicken Salad**

- **Grilled Chicken Breast (3 oz):** ~126 calories
- **Mixed greens (2 cups):** ~10 calories
- **Cucumber (1/2 cup sliced):** ~8 calories
- **Avocado (1/4 avocado):** ~60 calories
- **Olive oil & vinegar dressing (1 tablespoon olive oil):** ~120 calories
- **Total Lunch Calories:** ~324 calories

## **Dinner: Steak with Roasted Vegetables**

- **Lean Steak (3 oz, grilled):** ~200 calories
- **Roasted Asparagus (1 cup):** ~27 calories
- **Sweet Potato (1/2 medium, roasted):** ~100 calories
- **Olive oil (1 teaspoon for roasting):** ~40 calories
- **Total Dinner Calories:** ~367 calories

## **Snack (Optional):**

- **Greek Yogurt (1/2 cup, plain, non-fat):** ~70 calories

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**Total Daily Calories: ~1023 calories**

### **Breakdown:**

- **Breakfast:** ~262 calories
- **Lunch:** ~324 calories
- **Dinner:** ~367 calories
- **Snack (Optional):** ~70 calories

### **Nutritional Considerations:**

- **Protein:** Eggs, chicken, and steak offer a good amount of protein.
- **Healthy Fats:** Olive oil and avocado provide heart-healthy fats.
- **Vitamins & Fiber:** Vegetables like spinach, tomato, and sweet potato ensure adequate vitamins and fiber intake.

You can adjust the portion sizes or swap ingredients based on preferences, but this plan keeps your calorie intake around 1000 while including eggs for breakfast and steak for dinner.