

1000 calories Cereal lunch, salad or soup lunch and salmon dinner

Breakfast: Cereal

- **1 cup of whole-grain cereal** (e.g., Cheerios or similar): ~100 calories
- **1/2 cup skim milk**: ~40 calories
- **1 small banana (sliced on top)**: ~90 calories
- **1 tsp honey (optional)**: ~20 calories

Total Calories: ~250 calories

Lunch: Salad or Soup

Option 1: Salad

- **2 cups mixed greens**: ~20 calories
- **1/2 cup cherry tomatoes**: ~15 calories
- **1/4 cup shredded carrots**: ~10 calories
- **1/4 cup cucumber slices**: ~5 calories
- **3 oz grilled chicken breast (diced)**: ~140 calories
- **1 tbsp olive oil + 1 tbsp balsamic vinegar**: ~120 calories
- **Optional: 1 tbsp sunflower seeds**: ~50 calories

Total Calories: ~360 calories

Option 2: Soup

- **1 cup lentil or vegetable soup (homemade or low-sodium)**: ~150 calories
- **2 whole-grain crackers**: ~50 calories
- **Optional: 1 tbsp grated Parmesan cheese**: ~20 calories

Total Calories: ~220 calories

Dinner: Salmon

- **3 oz baked or grilled salmon**: ~180 calories
- **1/2 cup steamed broccoli**: ~25 calories
- **1/4 cup quinoa (cooked)**: ~60 calories
- **1 tsp olive oil for drizzling**: ~40 calories

Total Calories: ~305 calories

Total Calories for the Day

- With Salad for Lunch: ~915 calories
- With Soup for Lunch: ~775 calories

If needed, add a small snack to reach exactly 1000 calories, such as:

- **1 small apple:** ~80 calories
- **5 almonds:** ~35 calories

This plan is balanced, nutrient-dense, and fits the 1000-calorie goal. Let me know if you'd like adjustments!