

---

## **Breakfast (Egg-Based) - ~300 Calories**

- **Scrambled Eggs with Spinach:**
  - 2 large eggs: 140 calories
  - 1 cup spinach (cooked): 40 calories
  - 1 tsp olive oil: 40 calories
- **Whole-Grain Toast:**
  - 1 slice: 70 calories
- **Black Coffee or Tea** (optional): 0 calories

**Total:** ~300 calories

---

## **Lunch (Light and Balanced) - ~250 Calories**

- **Greek Yogurt Parfait:**
  - 1/2 cup plain non-fat Greek yogurt: 50 calories
  - 1/4 cup mixed berries: 20 calories
  - 1 tbsp honey: 60 calories
  - 1 tbsp chia seeds: 60 calories
- **Carrot Sticks:**
  - 1 cup raw carrot sticks: 40 calories

**Total:** ~250 calories

---

## **Snack - ~100 Calories**

- **Apple Slices with Peanut Butter:**
  - 1 small apple: 60 calories
  - 1 tsp peanut butter: 40 calories

**Total:** ~100 calories

---

## **Dinner (Chicken-Based) - ~350 Calories**

- **Grilled Chicken Breast:**
  - 4 oz (skinless): 165 calories
- **Steamed Broccoli:**
  - 1 cup: 55 calories
- **Roasted Sweet Potato:**
  - 1/2 cup (cubed, roasted with 1/2 tsp olive oil): 130 calories

**Total:** ~350 calories

---

**Daily Total:** ~1000 Calories