

1,600-calorie meal plan

A real generated week. A fixed example, not personalized advice.

Seven days, three repeating menus, recipe instructions and a weekly grocery list. This saved plan averages 1,599.8 calories and 117.1 g protein per day. Individual days vary; nutrition figures are estimates.

Example settings: one adult, omnivore, three meals a day, US measurements, no dietary exclusions. The calorie target was selected to demonstrate this article, not calculated for you.

Recipes come from the existing recipe library. The individual plan is assembled automatically and has not been individually reviewed by a dietitian. Images are illustrative and may be AI-generated; follow the written ingredient quantities.

Check every ingredient against your needs. This example is not intended for children, pregnancy, breastfeeding, or managing a medical condition. Ask a qualified healthcare professional for individual advice. No weight-loss outcome is guaranteed.

Read the matching article at menuvita.com/blog/1600-calorie-meal-plan



Menu for Sample - not personalized

Kcal : 1600

Protein : 117g

Carbs : 147g

Fat : 61g

Fiber : 26g

This menu has been created with proportions calculated expressly for you. As a reminder, this is not a medical prescription. It's not a personalized dietary assessment, but a simple sample menu with healthy, balanced recipes.

All ingredients must be weighed raw, unless otherwise indicated.



Day 1

1600 kcal



Goat cheese and ham toast



Mexican steak bowl



Sweet potato chili

Day 2

1600 kcal



Goat cheese and ham toast



Mexican steak bowl



Sweet potato chili

Day 3

1600 kcal



Goat cheese and ham toast



Mexican steak bowl



Sweet potato chili

Day 4

1599 kcal



Rice cream with speculoos



Tofu meatballs with tomato and zucchini



Complete plate with avocado, eggs and
bacon

Day 5

1599 kcal



Rice cream with speculoos



Tofu meatballs with tomato and zucchini



Complete plate with avocado, eggs and bacon

Day 6

1601 kcal



Mango greek yogurt smoothie



Hummus and tuna sandwich



Cauliflower rice stir-fry with chicken

Day 7

1601 kcal



Mango greek yogurt smoothie



Hummus and tuna sandwich



Cauliflower rice stir-fry with chicken





Day 1

Kcal : 1600

Protein : 129g

Carbs : 150g

Fat : 54g

Fiber : 39g

Breakfast: Goat Cheese and Ham Toast

Lunch: Mexican Steak Bowl

Dinner: Sweet Potato Chili



Goat Cheese and Ham Toast

- **Bread of choice**
3 sl (3.4 oz)
 - **Walnut kernels**
1 oz
 - **Cooked ham**
3 sl (3.7 oz)
 - **Goat cheese spread**
1.5 oz
- If desired, toast the whole grain bread in a toaster or oven until golden brown.
 - Spread the goat cheese evenly over the bread.
 - Top with pieces of dry-cured ham and sprinkle with chopped walnuts.

Per serving: 533 kcal P: 38g C: 50g F: 20g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Prep
2 min



Cook
2 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Mexican Steak Bowl

- | | | |
|--|------------------------------------|---|
| - Bell pepper
1.5 u (9.5 oz) | - Zucchini
2 u (14.1 oz) | - Oil of choice
3 tsp (0.5 fl oz) |
| - Onion, medium
1/2 u (2.6 oz) | - Beef steak
7 oz | - Mexican spices
2 tsp (0.1 oz) |

- Heat the oil of choice in a large non-stick skillet over medium heat.
- Cook the chopped onion, bell pepper, and sliced zucchini with the Mexican spices, stirring occasionally.
- Once tender but still slightly crisp, add the beef steak to the center of the skillet.
- Cook the beef steak to your desired doneness.
- Arrange everything on a plate and season to taste.

Per serving: 534 kcal P: 54g C: 30g F: 22g Fi: 11g

Sample - not personalized.

Prepared by Menuvita



Sweet Potato Chili

- **Lime juice**
1 tsp (0.2 fl oz)
- **Water**
1.75 fl oz
- **Ground beef 5%**
2.75 oz
- **Frozen sweet potato**
4.25 oz
- **Ground cumin**
1 tsp (0.1 oz)
- **Crushed tomatoes**
2.75 oz
- **Fresh garlic clove**
1 u (0.1 oz)
- **Red beans**
2.5 oz
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Smoked paprika**
1 tsp (0.1 oz)

- Heat the oil in a non-stick skillet over medium heat.
- Add the diced frozen sweet potato and sliced onion. Cook for about 5 minutes.
- Stir in the minced garlic, smoked paprika, and ground cumin, then cook for 30 seconds.
- Pour in the water, bring to a boil, then cover and simmer over low heat until the sweet potato is tender, about 15 minutes.
- Add the red beans, ground beef cut into pieces, crushed tomatoes, and lime juice. Simmer for about 5 minutes before serving.

Per serving: 533 kcal P: 37g C: 70g F: 12g Fi: 23g



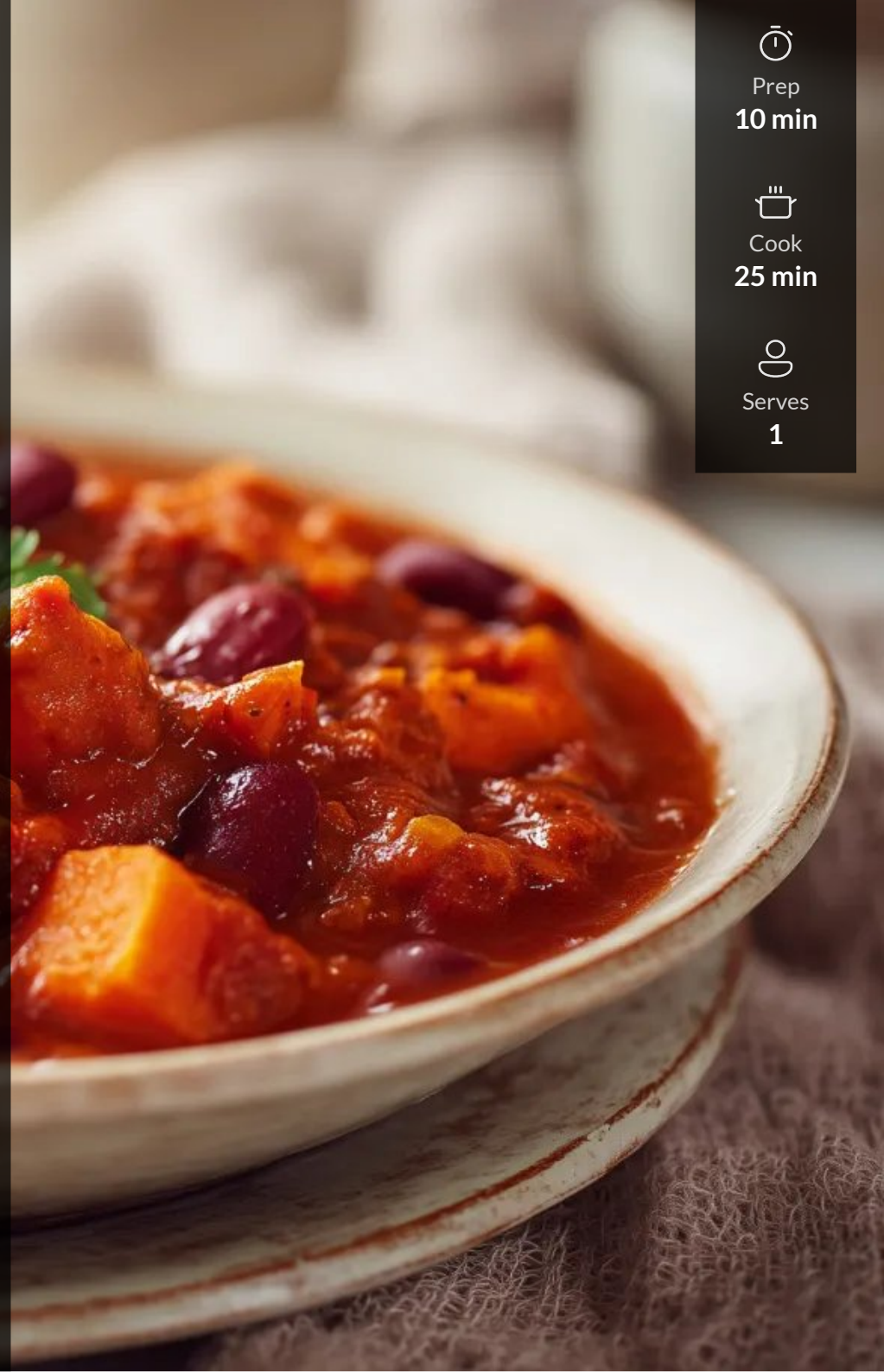
Prep
10 min



Cook
25 min



Serves
1





Day 2

Kcal : 1600

Protein : 129g

Carbs : 150g

Fat : 54g

Fiber : 39g

Breakfast: Goat Cheese and Ham Toast

Lunch: Mexican Steak Bowl

Dinner: Sweet Potato Chili





Prep
2 min



Cook
2 min



Serves
1

Goat Cheese and Ham Toast

- **Bread of choice**

3 sl (3.4 oz)

- **Cooked ham**

3 sl (3.7 oz)

- **Goat cheese spread**

1.5 oz

- **Walnut kernels**

1 oz

- If desired, toast the whole grain bread in a toaster or oven until golden brown.
- Spread the goat cheese evenly over the bread.
- Top with pieces of dry-cured ham and sprinkle with chopped walnuts.

Per serving: 533 kcal P: 38g C: 50g F: 20g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Mexican Steak Bowl

- **Bell pepper**
1.5 u (9.5 oz)
- **Onion, medium**
1/2 u (2.6 oz)
- **Zucchini**
2 u (14.1 oz)
- **Beef steak**
7 oz
- **Oil of choice**
3 tsp (0.5 fl oz)
- **Mexican spices**
2 tsp (0.1 oz)

- Heat the oil of choice in a large non-stick skillet over medium heat.
- Cook the chopped onion, bell pepper, and sliced zucchini with the Mexican spices, stirring occasionally.
- Once tender but still slightly crisp, add the beef steak to the center of the skillet.
- Cook the beef steak to your desired doneness.
- Arrange everything on a plate and season to taste.

Per serving: 534 kcal P: 54g C: 30g F: 22g Fi: 11g

Prep
10 min

Cook
10 min

Serves
1



Prep
10 min



Cook
25 min



Serves
1

Sweet Potato Chili

- | | | |
|--|---|---|
| - Lime juice
1 tsp (0.2 fl oz) | - Ground cumin
1 tsp (0.1 oz) | - Oil of choice
1 tsp (0.2 fl oz) |
| - Water
1.75 fl oz | - Crushed tomatoes
2.75 oz | - Onion, medium
1/4 u (1.3 oz) |
| - Ground beef 5%
2.75 oz | - Fresh garlic clove
1 u (0.1 oz) | - Smoked paprika
1 tsp (0.1 oz) |
| - Frozen sweet potato
4.25 oz | - Red beans
2.5 oz | |
- Heat the oil in a non-stick skillet over medium heat.
 - Add the diced frozen sweet potato and sliced onion. Cook for about 5 minutes.
 - Stir in the minced garlic, smoked paprika, and ground cumin, then cook for 30 seconds.
 - Pour in the water, bring to a boil, then cover and simmer over low heat until the sweet potato is tender, about 15 minutes.
 - Add the red beans, ground beef cut into pieces, crushed tomatoes, and lime juice. Simmer for about 5 minutes before serving.

Per serving: 533 kcal P: 37g C: 70g F: 12g Fi: 23g

Sample - not personalized .

Prepared by Menuvita





Day 3

Kcal : 1600

Protein : 129g

Carbs : 150g

Fat : 54g

Fiber : 39g

Breakfast: Goat Cheese and Ham Toast

Lunch: Mexican Steak Bowl

Dinner: Sweet Potato Chili



Goat Cheese and Ham Toast

- **Bread of choice**
3 sl (3.4 oz)
 - **Walnut kernels**
1 oz
 - **Cooked ham**
3 sl (3.7 oz)
 - **Goat cheese spread**
1.5 oz
- If desired, toast the whole grain bread in a toaster or oven until golden brown.
 - Spread the goat cheese evenly over the bread.
 - Top with pieces of dry-cured ham and sprinkle with chopped walnuts.

Per serving: 533 kcal P: 38g C: 50g F: 20g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Prep
2 min



Cook
2 min



Serves
1



Prep
10 min



Cook
10 min



Serves
1

Mexican Steak Bowl

- | | | |
|--|------------------------------------|---|
| - Bell pepper
1.5 u (9.5 oz) | - Zucchini
2 u (14.1 oz) | - Oil of choice
3 tsp (0.5 fl oz) |
| - Onion, medium
1/2 u (2.6 oz) | - Beef steak
7 oz | - Mexican spices
2 tsp (0.1 oz) |

- Heat the oil of choice in a large non-stick skillet over medium heat.
- Cook the chopped onion, bell pepper, and sliced zucchini with the Mexican spices, stirring occasionally.
- Once tender but still slightly crisp, add the beef steak to the center of the skillet.
- Cook the beef steak to your desired doneness.
- Arrange everything on a plate and season to taste.

Per serving: 534 kcal P: 54g C: 30g F: 22g Fi: 11g

Sample - not personalized.

Prepared by Menuvita



Sweet Potato Chili

- **Lime juice**
1 tsp (0.2 fl oz)
- **Water**
1.75 fl oz
- **Ground beef 5%**
2.75 oz
- **Frozen sweet potato**
4.25 oz
- **Ground cumin**
1 tsp (0.1 oz)
- **Crushed tomatoes**
2.75 oz
- **Fresh garlic clove**
1 u (0.1 oz)
- **Red beans**
2.5 oz
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Onion, medium**
1/4 u (1.3 oz)
- **Smoked paprika**
1 tsp (0.1 oz)

- Heat the oil in a non-stick skillet over medium heat.
- Add the diced frozen sweet potato and sliced onion. Cook for about 5 minutes.
- Stir in the minced garlic, smoked paprika, and ground cumin, then cook for 30 seconds.
- Pour in the water, bring to a boil, then cover and simmer over low heat until the sweet potato is tender, about 15 minutes.
- Add the red beans, ground beef cut into pieces, crushed tomatoes, and lime juice. Simmer for about 5 minutes before serving.

Per serving: 533 kcal P: 37g C: 70g F: 12g Fi: 23g



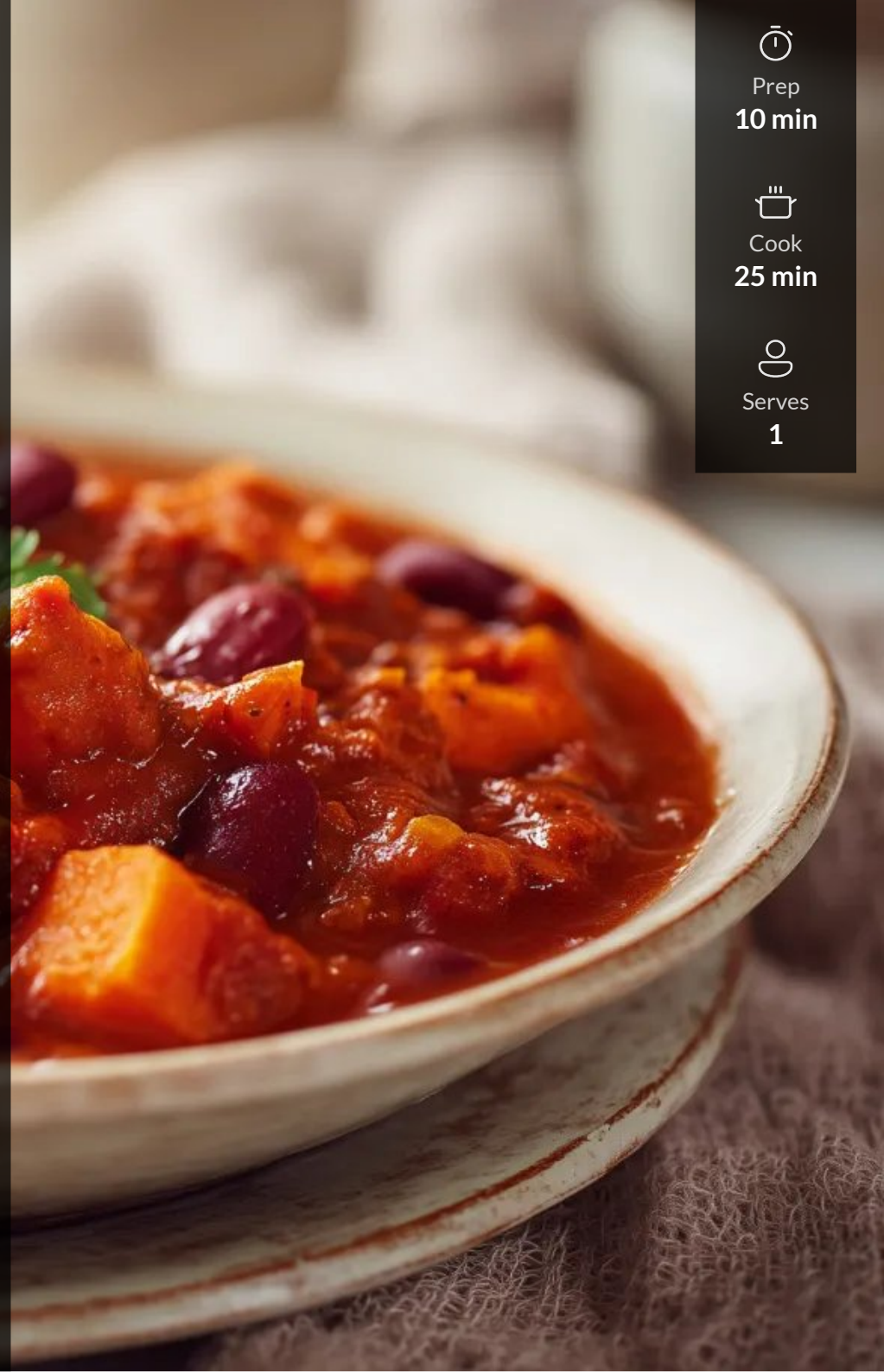
Prep
10 min



Cook
25 min



Serves
1





Day 4

Kcal : 1599

Protein : 91g

Carbs : 155g

Fat : 69g

Fiber : 16g

Breakfast: Rice Cream with Speculoos

Lunch: Tofu Meatballs with Tomato and Zucchini

Dinner: Complete Plate with Avocado, Eggs and Bacon





Prep
2 min



Cook
5 min



Serves
1

Rice Cream with Speculoos

- **Rice flour**

1.75 oz

- **Speculoos**

1 oz

- **White milk 2%**

9.25 fl oz

- **Honey or agave**

1 oz

- **Ground cinnamon**

1 tsp (0.1 oz)

- In a saucepan, whisk together the rice flour, honey, and cinnamon with the cold milk until smooth.
- Place over medium heat and whisk constantly. The mixture will thicken rapidly.
- Once the cream coats the back of the whisk, about 3-5 minutes, remove from heat.
- Pour into a ramekin and let cool. The cream will firm up slightly as it cools.
- Crumble the speculoos cookies on top just before serving.

Per serving:

533 kcal

P: 14g

C: 96g

F: 10g

Fi: 3g

Sample - not personalized .

Prepared by Menuvita



Tofu Meatballs with Tomato and Zucchini

- Zucchini

5.25 oz

- Crushed tomatoes

7 oz

- Arom. herbs of choice

2 tsp (0.1 oz)

- Fresh garlic clove

2 u (0.3 oz)

- Oil of choice

2 tsp (0.3 fl oz)

- Firm tofu

8.75 oz

- Crumble the firm tofu. Mix the tofu with the minced fresh garlic, salt, pepper, and aromatic herbs of choice, then form the meatballs by hand.
- Brown the meatballs in a hot nonstick skillet with the oil of choice for about 2 minutes, turning them to sear on all sides.
- Add the sliced zucchini and crushed tomatoes directly to the skillet.
- Cover and simmer over low heat for 15 minutes until the zucchini is tender and the sauce has thickened.

Per serving: 532 kcal P: 42g C: 16g F: 34g Fi: 5g

Sample - not personalized.

Prepared by Menuvita



Prep
10 min



Cook
17 min



Serves
1



Prep
10 min



Cook
8 min



Serves
1

Complete Plate with Avocado, Eggs and Bacon

- **Tomato**
7 oz

- **Egg, medium**
3 u (5.3 oz)

- **Bread of choice**
2 sl (2.3 oz)

- **Avocado, medium**
1/4 u (1.8 oz)

- **Bacon, round sl.**
3 u (1.3 oz)

- Heat a nonstick skillet and cook the bacon until crispy, then set aside.
- In the same nonstick skillet, fry the eggs and cook the halved tomatoes cut-side down for 3-5 minutes.
- While cooking, toast the bread slice if desired.
- Cut the avocado in half, remove the pit, and slice the flesh into thin strips.
- Arrange all ingredients on the plate and season to taste.

Per serving: 533 kcal P: 35g C: 43g F: 25g Fi: 8g

Sample - not personalized.

Prepared by Menuvita





Day 5

Kcal : 1599

Protein : 91g

Carbs : 155g

Fat : 69g

Fiber : 16g

Breakfast: Rice Cream with Speculoos

Lunch: Tofu Meatballs with Tomato and Zucchini

Dinner: Complete Plate with Avocado, Eggs and Bacon



Rice Cream with Speculoos

- **Rice flour**
1.75 oz
- **Speculoos**
1 oz
- **White milk 2%**
9.25 fl oz
- **Honey or agave**
1 oz
- **Ground cinnamon**
1 tsp (0.1 oz)

- In a saucepan, whisk together the rice flour, honey, and cinnamon with the cold milk until smooth.
- Place over medium heat and whisk constantly. The mixture will thicken rapidly.
- Once the cream coats the back of the whisk, about 3-5 minutes, remove from heat.
- Pour into a ramekin and let cool. The cream will firm up slightly as it cools.
- Crumble the speculoos cookies on top just before serving.

Per serving: 533 kcal P: 14g C: 96g F: 10g Fi: 3g

Sample - not personalized .

Prepared by Menuvita



Prep
2 min



Cook
5 min



Serves
1



Prep
10 min



Cook
17 min



Serves
1

Tofu Meatballs with Tomato and Zucchini

- Zucchini
5.25 oz

- Crushed tomatoes
7 oz

- Arom. herbs of choice
2 tsp (0.1 oz)

- Fresh garlic clove
2 u (0.3 oz)

- Oil of choice
2 tsp (0.3 fl oz)

- Firm tofu
8.75 oz

- Crumble the firm tofu. Mix the tofu with the minced fresh garlic, salt, pepper, and aromatic herbs of choice, then form the meatballs by hand.
- Brown the meatballs in a hot nonstick skillet with the oil of choice for about 2 minutes, turning them to sear on all sides.
- Add the sliced zucchini and crushed tomatoes directly to the skillet.
- Cover and simmer over low heat for 15 minutes until the zucchini is tender and the sauce has thickened.

Per serving: 532 kcal P: 42g C: 16g F: 34g Fi: 5g

Sample - not personalized.

Prepared by Menuvita



Complete Plate with Avocado, Eggs and Bacon

- **Tomato**
7 oz
- **Egg, medium**
3 u (5.3 oz)
- **Bread of choice**
2 sl (2.3 oz)
- **Avocado, medium**
1/4 u (1.8 oz)
- **Bacon, round sl.**
3 u (1.3 oz)

- Heat a nonstick skillet and cook the bacon until crispy, then set aside.
- In the same nonstick skillet, fry the eggs and cook the halved tomatoes cut-side down for 3-5 minutes.
- While cooking, toast the bread slice if desired.
- Cut the avocado in half, remove the pit, and slice the flesh into thin strips.
- Arrange all ingredients on the plate and season to taste.

Per serving: 533 kcal P: 35g C: 43g F: 25g Fi: 8g



Day 6

Kcal : 1601

Protein : 126g

Carbs : 136g

Fat : 62g

Fiber : 18g

Breakfast: Mango Greek Yogurt Smoothie

Lunch: Hummus and Tuna Sandwich

Dinner: Cauliflower Rice Stir-Fry With Chicken





Prep
5 min



Cook
0 min



Serves
1

Mango Greek Yogurt Smoothie

- **Frozen mango**

7 oz

- **White milk 2%**

8.5 fl oz

- **Honey or agave**

5 tsp (1.2 oz)

- **Greek yogurt**

11 tbsp (7 oz)

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until smooth.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving: 534 kcal P: 16g C: 77g F: 19g Fi: 3g

Sample - not personalized.

Prepared by Menuvita



Hummus and Tuna Sandwich

- **Bread of choice**

2 sl (2.3 oz)

- **Pitted olives**

5 u (0.9 oz)

- **Tuna, can.**

5 oz

- **Hummus**

3 tbsp (1.9 oz)

- **Carrot**

1.5 u (3.2 oz)

- Toast the bread in a toaster, if desired.
- Grate the carrot and chop the olives.
- In a bowl, mix the hummus with the drained tuna and chopped olives, then add the spice of your choice.
- Spread the hummus mixture on one slice of bread.
- Place the grated carrot on the mixture and close the sandwich with the second slice of bread.

Per serving: 532 kcal P: 47g C: 43g F: 19g Fi: 9g



Prep
10 min



Cook
3 min



Serves
1





Prep
10 min



Cook
10 min



Serves
1

Cauliflower Rice Stir-Fry With Chicken

- **Chicken breast fillet**
8.75 oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Olive oil**
4 tsp (0.7 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Cauliflower**
7 oz
- **Soy sauce of choice**
3 tsp (0.5 fl oz)

- Wash the cauliflower, remove the leaves and stem, and cut into small florets.
- Pulse the florets in a food processor (or grate) until they resemble rice.
- Heat the olive oil in a nonstick skillet over medium heat.
- Add the onion and garlic, and sauté for 1-2 minutes until fragrant.
- Add the diced chicken and cook for 4-5 minutes, stirring occasionally, until fully cooked.
- Add the cauliflower rice and soy sauce, then stir-fry for 3-4 minutes until tender but not mushy. Season with salt and pepper to taste.

Per serving: 534 kcal P: 63g C: 16g F: 24g Fi: 5g





Day 7

Kcal : 1601

Protein : 126g

Carbs : 136g

Fat : 62g

Fiber : 18g

Breakfast: Mango Greek Yogurt Smoothie

Lunch: Hummus and Tuna Sandwich

Dinner: Cauliflower Rice Stir-Fry With Chicken



Mango Greek Yogurt Smoothie

- **Frozen mango**

7 oz

- **White milk 2%**

8.5 fl oz

- **Honey or agave**

5 tsp (1.2 oz)

- **Greek yogurt**

11 tbsp (7 oz)

- Place all the ingredients in a blender.
- Add 1 or 2 ice cubes if desired.
- Blend until smooth.
- Adjust the texture with a little water if needed.
- Pour into a glass and serve immediately.

Per serving:

534 kcal

P: 16g

C: 77g

F: 19g

Fi: 3g

Sample - not personalized .

Prepared by Menuvita



Prep
5 min



Cook
0 min



Serves
1



Prep
10 min



Cook
3 min



Serves
1

Hummus and Tuna Sandwich

- **Bread of choice**

2 sl (2.3 oz)

- **Pitted olives**

5 u (0.9 oz)

- **Tuna, can.**

5 oz

- **Hummus**

3 tbsp (1.9 oz)

- **Carrot**

1.5 u (3.2 oz)

- Toast the bread in a toaster, if desired.
- Grate the carrot and chop the olives.
- In a bowl, mix the hummus with the drained tuna and chopped olives, then add the spice of your choice.
- Spread the hummus mixture on one slice of bread.
- Place the grated carrot on the mixture and close the sandwich with the second slice of bread.

Per serving: 532 kcal P: 47g C: 43g F: 19g Fi: 9g

Cauliflower Rice Stir-Fry With Chicken

- **Chicken breast fillet**
8.75 oz
- **Onion, medium**
1/2 u (2.6 oz)
- **Olive oil**
4 tsp (0.7 fl oz)
- **Fresh garlic clove**
1 u (0.1 oz)
- **Cauliflower**
7 oz
- **Soy sauce of choice**
3 tsp (0.5 fl oz)

- Wash the cauliflower, remove the leaves and stem, and cut into small florets.
- Pulse the florets in a food processor (or grate) until they resemble rice.
- Heat the olive oil in a nonstick skillet over medium heat.
- Add the onion and garlic, and sauté for 1-2 minutes until fragrant.
- Add the diced chicken and cook for 4-5 minutes, stirring occasionally, until fully cooked.
- Add the cauliflower rice and soy sauce, then stir-fry for 3-4 minutes until tender but not mushy. Season with salt and pepper to taste.

Per serving: 534 kcal P: 63g C: 16g F: 24g Fi: 5g

Sample - not personalized .

Prepared by Menuvita



Prep
10 min



Cook
10 min



Serves
1



Shopping List

Full Week



Fresh Produce

- ☐ Avocado, medium (1 u (7.1 oz))
- ☐ Bell pepper (5 u (31.7 oz))
- ☐ Carrot (3 u (6.3 oz))
- ☐ Cauliflower (14 oz)
- ☐ Fresh garlic clove (9 u (1.3 oz))
- ☐ Onion, medium (4 u (21.2 oz))
- ☐ Tomato (14 oz)
- ☐ Zucchini (3.31 lb)

Animal Proteins

- ☐ Bacon, round sl. (6 u (2.5 oz))
- ☐ Beef steak (1.31 lb)
- ☐ Chicken breast fillet (1.09 lb)
- ☐ Cooked ham (11.2 oz)
- ☐ Ground beef 5% (8.3 oz)

Dairy and Eggs

- ☐ Egg, medium (6 u (10.6 oz))
- ☐ Goat cheese spread (4.5 oz)

Dairy and Eggs (cont.)

- ☐ Greek yogurt (14 oz)
- ☐ White milk 2% (35.5 fl oz)

Bread, Rice & Pasta

- ☐ Bread of choice (1.2 lb)

Baking Supplies & Canned Goods

- ☐ Red beans (7.5 oz)
- ☐ Rice flour (3.5 oz)
- ☐ Tuna, can. (10 oz)

Snacks and Sweets

- ☐ Speculoos (2 oz)
- ☐ Walnut kernels (3 oz)

Frozen

- ☐ Frozen mango (14 oz)
- ☐ Frozen sweet potato (12.8 oz)



Shopping List

Full Week (cont.)

Beverages

- ☐ Water (5.3 fl oz)

Fats, Oils, and Condiments

- ☐ Arom. herbs of choice (0.2 oz)
- ☐ Crushed tomatoes (1.39 lb)
- ☐ Ground cinnamon (0.1 oz)
- ☐ Ground cumin (0.2 oz)
- ☐ Honey or agave (4.5 oz)
- ☐ Hummus (3.8 oz)
- ☐ Lime juice (0.6 fl oz)
- ☐ Mexican spices (0.4 oz)
- ☐ Oil of choice (2.8 fl oz)
- ☐ Olive oil (1.4 fl oz)
- ☐ Pitted olives (10 u (1.8 oz))
- ☐ Smoked paprika (0.2 oz)
- ☐ Soy sauce of choice (1.1 fl oz)

Other

- ☐ Firm tofu (1.09 lb)