7-day macro meal plan

Baseline menu for one adult example. Portions are not a prescription. Individual calorie and nutrient needs differ; this plan has not been assessed for every micronutrient or medical need.

Seven days at a glance

Day	kcal	Protein (g)	Carbs (g)	Fat (g)
1	2118	142.0	238.3	71.1
2	2141	136.9	256.2	69.2
3	2244	117.4	289.1	79.5
4	2307	145.5	261.5	80.3
5	2217	140.3	259.1	76.4
6	2454	126.9	323.7	85.1
7	2434	160.4	263.8	88.5

How to use the quantities

All amounts are grams of edible food. Rice, pasta, chicken, salmon, legumes, broccoli and potatoes use their specified cooked state. Oats are dry; tofu is weighed before cooking. Eggs exclude shells. Fruit and vegetables use the listed edible state. Milk is weighed in grams. The only modeled cooking/dressing oil is the amount listed.

Values are generic USDA SR Legacy estimates. Brand, cooking method and water loss change the result. Sum unrounded ingredient values, then round each meal and day independently. Source energy is not forced to equal 4/4/9 macro energy. Carbohydrate means total carbohydrate.

Allergens include milk, eggs, fish, wheat, soy, peanuts and tree nuts. This example is not designed for children, pregnancy, breastfeeding or therapeutic diets. Get individual advice when your needs differ.

Editable targets, adjustable portions, CSV and all identified source records:
coachivy.app/blog/macro-meal-plan

Day 1

2118 kcal | Protein 142.0 g | Total carbs 238.3 g | Fat 71.1 g

Breakfast: Banana yogurt oat bowl

Plain nonfat Greek yogurt: 200 g
Rolled oats, dry: 60 g
Banana, peeled: 120 g
Almonds: 15 g

539 kcal | Protein 32.8 g | Total carbs 78.5 g | Fat 12.6 g

Lunch: Chicken and brown rice bowl

Chicken breast, roasted, skinless: 120 g
Brown rice, cooked: 200 g
Broccoli, boiled, drained, no salt: 150 g
Olive oil: 10 g

585 kcal | Protein 46.3 g | Total carbs 61.9 g | Fat 16.8 g

Dinner: Salmon with baked potato and spinach

Atlantic farmed salmon, cooked with dry heat: 140 g
Baked potato, flesh and skin, no salt: 280 g
Spinach, raw: 60 g
Olive oil: 10 g

651 kcal | Protein 39.7 g | Total carbs 61.4 g | Fat 27.9 g

Snack: Apple, peanut butter and yogurt

Apple with skin, edible weight: 180 g
Smooth peanut butter, no salt: 25 g
Plain nonfat Greek yogurt: 170 g

343 kcal | Protein 23.3 g | Total carbs 36.6 g | Fat 13.8 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 2

2141 kcal | Protein 136.9 g | Total carbs 256.2 g | Fat 69.2 g

Breakfast: Egg toast with tomatoes and milk

Hard-boiled egg, edible weight: 100 g
Whole-wheat bread: 80 g
Tomato, raw: 120 g
2% milk with vitamins A and D: 200 g

478 kcal | Protein 30.2 g | Total carbs 49.6 g | Fat 17.6 g

Lunch: Lentil rice bowl with carrots

Lentils, boiled, no salt: 220 g
Brown rice, cooked: 180 g
Carrots, raw: 120 g
Olive oil: 12 g

632 kcal | Protein 25.9 g | Total carbs 101.8 g | Fat 14.9 g

Dinner: Chicken pasta with tomato and spinach

Chicken breast, roasted, skinless: 120 g
Whole-wheat pasta, cooked: 220 g
Tomato, raw: 150 g
Spinach, raw: 50 g
Olive oil: 12 g

670 kcal | Protein 53.2 g | Total carbs 73.8 g | Fat 20.5 g

Snack: Blueberry almond yogurt

Plain nonfat Greek yogurt: 200 g
Blueberries, raw: 120 g
Almonds: 30 g

360 kcal | Protein 27.6 g | Total carbs 31.1 g | Fat 16.2 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 3

2244 kcal | Protein 117.4 g | Total carbs 289.1 g | Fat 79.5 g

Breakfast: Banana peanut butter porridge

Rolled oats, dry: 70 g
2% milk with vitamins A and D: 250 g
Banana, peeled: 120 g
Smooth peanut butter, no salt: 20 g

617 kcal | Protein 23.2 g | Total carbs 91.3 g | Fat 20.2 g

Lunch: Chickpea toast and spinach salad

Chickpeas, boiled, no salt: 180 g
Whole-wheat bread: 70 g
Spinach, raw: 60 g
Tomato, raw: 150 g
Olive oil: 10 g

601 kcal | Protein 27.7 g | Total carbs 87.3 g | Fat 17.6 g

Dinner: Tofu rice and broccoli skillet

Firm calcium-set tofu, uncooked weight: 180 g
Brown rice, cooked: 220 g
Broccoli, boiled, drained, no salt: 180 g
Olive oil: 12 g

699 kcal | Protein 41.4 g | Total carbs 74.2 g | Fat 30.6 g

Snack: Apple yogurt with almonds

Plain nonfat Greek yogurt: 200 g
Apple with skin, edible weight: 180 g
Almonds: 20 g

327 kcal | Protein 25.1 g | Total carbs 36.4 g | Fat 11.1 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 4

2307 kcal | Protein 145.5 g | Total carbs 261.5 g | Fat 80.3 g

Breakfast: Blueberry yogurt oats with peanut butter

Plain nonfat Greek yogurt: 220 g
Rolled oats, dry: 60 g
Blueberries, raw: 150 g
Smooth peanut butter, no salt: 20 g

562 kcal | Protein 35.9 g | Total carbs 74.7 g | Fat 15.5 g

Lunch: Chicken potato plate with carrot sticks

Chicken breast, roasted, skinless: 140 g
Baked potato, flesh and skin, no salt: 300 g
Carrots, raw: 120 g
Olive oil: 12 g

665 kcal | Protein 52.0 g | Total carbs 74.9 g | Fat 17.7 g

Dinner: Salmon rice and broccoli bowl

Atlantic farmed salmon, cooked with dry heat: 150 g
Brown rice, cooked: 220 g
Broccoli, boiled, drained, no salt: 150 g
Olive oil: 8 g

703 kcal | Protein 42.7 g | Total carbs 67.0 g | Fat 29.3 g

Snack: Milk, banana and almonds

2% milk with vitamins A and D: 250 g
Banana, peeled: 120 g
Almonds: 25 g

377 kcal | Protein 14.8 g | Total carbs 44.8 g | Fat 17.8 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 5

2217 kcal | Protein 140.3 g | Total carbs 259.1 g | Fat 76.4 g

Breakfast: Egg and avocado toast with tomatoes

Hard-boiled egg, edible weight: 100 g
Whole-wheat bread: 90 g
Avocado, edible flesh: 80 g
Tomato, raw: 100 g

528 kcal | Protein 26.3 g | Total carbs 50.3 g | Fat 25.7 g

Lunch: Warm lentil pasta and spinach

Lentils, boiled, no salt: 180 g
Whole-wheat pasta, cooked: 200 g
Spinach, raw: 60 g
Tomato, raw: 150 g
Olive oil: 12 g

654 kcal | Protein 31.3 g | Total carbs 104.4 g | Fat 16.6 g

Dinner: Roast chicken rice plate

Chicken breast, roasted, skinless: 140 g
Brown rice, cooked: 220 g
Broccoli, boiled, drained, no salt: 180 g
Olive oil: 12 g

671 kcal | Protein 53.7 g | Total carbs 69.2 g | Fat 19.9 g

Snack: Yogurt with blueberries and peanut butter

Plain nonfat Greek yogurt: 220 g
Blueberries, raw: 150 g
Smooth peanut butter, no salt: 25 g

365 kcal | Protein 29.1 g | Total carbs 35.2 g | Fat 14.2 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 6

2454 kcal | Protein 126.9 g | Total carbs 323.7 g | Fat 85.1 g

Breakfast: Blueberry almond porridge

Rolled oats, dry: 70 g
2% milk with vitamins A and D: 250 g
Blueberries, raw: 150 g
Almonds: 25 g

621 kcal | Protein 23.9 g | Total carbs 86.5 g | Fat 22.5 g

Lunch: Tofu potato skillet with broccoli

Firm calcium-set tofu, uncooked weight: 200 g
Baked potato, flesh and skin, no salt: 300 g
Broccoli, boiled, drained, no salt: 180 g
Olive oil: 10 g

718 kcal | Protein 46.3 g | Total carbs 81.9 g | Fat 28.6 g

Dinner: Chickpea rice bowl with tomato salad

Chickpeas, boiled, no salt: 220 g
Brown rice, cooked: 180 g
Tomato, raw: 150 g
Spinach, raw: 60 g
Olive oil: 12 g

729 kcal | Protein 27.5 g | Total carbs 114.4 g | Fat 20.0 g

Snack: Banana peanut butter yogurt

Plain nonfat Greek yogurt: 220 g
Banana, peeled: 120 g
Smooth peanut butter, no salt: 25 g

386 kcal | Protein 29.3 g | Total carbs 40.9 g | Fat 14.1 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Day 7

2434 kcal | Protein 160.4 g | Total carbs 263.8 g | Fat 88.5 g

Breakfast: Egg toast with avocado and spinach

Hard-boiled egg, edible weight: 100 g
Whole-wheat bread: 90 g
Avocado, edible flesh: 70 g
Spinach, raw: 50 g

505 kcal | Protein 26.6 g | Total carbs 47.3 g | Fat 24.2 g

Lunch: Chicken broccoli pasta

Chicken breast, roasted, skinless: 140 g
Whole-wheat pasta, cooked: 240 g
Broccoli, boiled, drained, no salt: 180 g
Olive oil: 12 g

758 kcal | Protein 62.1 g | Total carbs 85.1 g | Fat 21.8 g

Dinner: Salmon potato plate and carrot sticks

Atlantic farmed salmon, cooked with dry heat: 150 g
Baked potato, flesh and skin, no salt: 300 g
Carrots, raw: 150 g
Olive oil: 10 g

738 kcal | Protein 42.0 g | Total carbs 77.8 g | Fat 29.3 g

Snack: Blueberry almond yogurt oats

Plain nonfat Greek yogurt: 200 g
Rolled oats, dry: 30 g
Blueberries, raw: 150 g
Almonds: 20 g

433 kcal | Protein 29.7 g | Total carbs 53.6 g | Fat 13.2 g

Preparation: assemble cold breakfasts or cook oats with water unless milk is listed. Serve lunch and dinner ingredients as a bowl or plate. Use the listed oil for cooking/dressing. Add and record any extra sauces or ingredients separately.

Shopping and preparation

The quantities below are totals for the seven baseline days, one person. They are edible recipe amounts, not necessarily raw purchase weights.

Items	Items
2% milk with vitamins A and D **950 g**	Smooth peanut butter, no salt **115 g**
Plain nonfat Greek yogurt **1,630 g**	Atlantic farmed salmon, cooked with dry heat **440 g**
Apple with skin, edible weight **360 g**	Chicken breast, roasted, skinless **660 g**
Avocado, edible flesh **150 g**	Chickpeas, boiled, no salt **400 g**
Banana, peeled **480 g**	Firm calcium-set tofu, uncooked weight **380 g**
Blueberries, raw **720 g**	Hard-boiled egg, edible weight **300 g**
Brown rice, cooked **1,220 g**	Lentils, boiled, no salt **400 g**
Rolled oats, dry **290 g**	Baked potato, flesh and skin, no salt **1,180 g**
Whole-wheat bread **330 g**	Broccoli, boiled, drained, no salt **1,020 g**
Whole-wheat pasta, cooked **660 g**	Carrots, raw **390 g**
Almonds **135 g**	Spinach, raw **340 g**
Olive oil **154 g**	Tomato, raw **820 g**

Cooked yields differ. Buy enough for the final cooked quantities plus peel, cores and preparation loss. Batch-cook plain grains and legumes; divide oil across servings. Refrigerate promptly and freeze later portions instead of storing a full week of cooked meals in the refrigerator.

Storage guidance: FoodSafety.gov cold food storage chart. Nutrition source: USDA FoodData Central SR Legacy dataset. Source IDs and arithmetic: coachivy.app/blog/macro-meal-plan#method.