

Calorie Targets | Plate Method | 7-Day Template

Weight Loss Meal Prep Template

Lose 1-2 lbs/Week Without Counting Every Calorie



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The Plate Method (No Counting)

You don't need to count calories forever. You need to build plates that create a natural deficit. Use this ratio for every main meal:

- 1/2 of your plate: Non-starchy vegetables (broccoli, spinach, peppers, salad)
- 1/4 of your plate: Lean protein (chicken, fish, lean beef, tofu)
- 1/4 of your plate: Complex carbs (rice, sweet potato, quinoa, beans)
- Thumb-sized fat: Olive oil, avocado, nuts, or seeds

[TIP] Fill half your plate with veggies first

Non-starchy vegetables are low-calorie and high-volume. A plate starting with 2 cups of roasted broccoli and spinach leaves less room for calorie-dense foods.

Calorie Targets by Goal

Goal	Women	Men
Fat loss (moderate)	1500-1700 cal	2000-2200 cal
Fat loss (aggressive)	1300-1500 cal	1800-2000 cal
Maintenance	1800-2000 cal	2300-2500 cal

7-Day Meal Template

Day	Lunch	Dinner
Mon	Chicken rice bowl	Turkey stir-fry
Tue	Greek chicken bowl	Sheet pan salmon
Wed	Tuna wrap + salad	Lentil soup
Thu	Turkey chili	Chicken + sweet potato
Fri	Egg white muffins + fruit	Taco bowls
Sat	Free meal (practice)	Grilled chicken salad
Sun	Prep day leftovers	Family dinner

Prep Day Checklist

- Roast 3 lbs chicken on a sheet pan (seasoned 3 ways)
- Cook 3 cups dry rice in a rice cooker

- Roast 2 large trays of vegetables at 400 F for 25 min
- Hard boil 8 eggs for snacks
- Pre-portion into 10 containers labeled by day
- Prep 4 small containers of dressing (store separately)

[RULE] The 80/20 Rule

Eat on-plan for 17 of every 21 meals (81%). Use 4 meals per week for flexibility, social eating, or favorites. Perfection isn't sustainable. 80% consistency is.

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

Meal Prep Masterplan - \$15

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