

# 12 WEEK WEIGHT LOSS MEAL PLAN FOR MEN & WOMEN

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Check out [article](#) to see how to perform each exercise.

In this article, I've shared an ultimate 12-week weight loss meal plan for males and females both.

The program includes five meals a day (1200-1600 calories) and plenty of meal options to incorporate into your weight loss diet program.

So, anyone who wants to shed some kilos and improve their shape can follow download this diet program pdf.

## Weight Loss Meal Plan

This meal plan includes various meals from the different diet programs of the [Eatingwell.com](#) website.

I've included various food options, from fruits and vegetables to non-veg and beverages.

It is properly balanced on carbs, proteins, fats, and other micronutrients and will help you promote weight loss over time.

**Estimated Calories per Day: 1200-1600**

### Important Notes:

- You can make desired changes to adjust this program to fit your need.
- This is a general weight loss diet plan. So, it may or may not work for all. It would be best to consult a certified nutritionist before starting this program.
- If you want to replace meals, here's a comprehensive [low-calorie food list](#) you can choose from.
- You can pair this [weight loss workout program](#) with the below meal plan to promote your weight loss and improve your body composition.

# Week – 1, 4, 7, and 10

## Monday

### Meal 1 (Breakfast)

- [Baked Banana-Nut Oatmeal Cups](#)
- Fats – 6g
- Carbs – 26g
- Protein – 5g
- Calories – 176

### Meal 2 (A.M. Snack)

- 1 cup low-fat plain Greek yogurt
- ¼ cup blueberries
- 2 Tbsp. chopped walnuts
- 282 calories

### Meal 3 (Lunch)

- [Avocado, Tomato & Chicken Sandwich](#)
- Fats – 12g
- Carbs – 28g
- Protein – 31g
- Calories – 347

### Meal 4 (P.M. Snack)

- [Creamy Tomato Soup](#)
- Fats – 3g
- Carbs – 18g
- Protein – 5g
- Calories – 105

### Meal 5 (Dinner)

- 1 serving of [Roasted Salmon with Smoky Chickpeas & Greens](#)
- Fats – 22g
- Carbs – 23g
- Protein – 37g
- Calories – 447

### Macros Total

- Fats – 50g
- Carbs – 140g

- Protein – 100g
- Calories – 1350-1400

## Tuesday

### Meal 1 (Breakfast)

- 1 serving of Spinach and Egg Scramble with Raspberries
- 296 Calories

### Meal 2 (A.M. Snack)

- ¼ cup unsalted dry-roasted almonds
- 1 cup blackberries
- 268 calories

### Meal 3 (Lunch)

- 1 serving Mason Jar Power Salad with Chickpeas & Tuna
- 430 Calories

### Meal 4 (P.M. Snack)

- 1 large pear
- 131 calories

### Meal 5 (Dinner)

- 1 serving of Grilled Salmon with Sweet Peppers
- ½ cup cooked brown rice
- 380 calories

### Macros Total

- Fats – 68g
- Carbs – 145g
- Protein – 87g
- Calories – 1500

## Wednesday

### Meal 1 (Breakfast)

- 1 cup low-fat plain Greek yogurt
- 1 medium peach, sliced
- 2 Tbsp. chopped walnuts
- 320 calories

### Meal 2 (A.M. Snack)

- 1 cup blackberries
- ¼ cup unsalted dry-roasted almonds

- 268 calories

### Meal 3 (Lunch)

- 1 serving of [White Bean & Avocado Toast](#)
- 1 (5-oz.) container of low-fat plain Greek yogurt
- 1 plum
- 364 calories

### Meal 4 (P.M. Snack)

- ¼ cup walnut halves
- 164 calories

### Meal 5 (Dinner)

- 1 serving of Chopped Salad with Salmon & Creamy Garlic Dressing
- 409 calories

### Macros Total

- Fats – 86g
- Carbs – 116g
- Protein – 97g
- Calories – 1550



## Thursday

### Meal 1 (Breakfast)

- 1 serving of Spinach, Peanut Butter & Banana Smoothie
- 324 calories

### Meal 2 (A.M. Snack)

- ¼ cup unsalted dry-roasted almonds
- 206 calories

### Meal 3 (Lunch)

- 1 serving Spicy Slaw Bowls with Shrimp & Edamame

- 364 calories

#### **Meal 4 (P.M. Snack)**

- ½ cup raspberries
- 14 walnut halves
- 215 calories

#### **Meal 5 (Dinner)**

- 1 serving of Chicken & Veggie Fajitas
- 391 calories

#### **Macros Total**

- Fats – 80g
- Carbs – 118g
- Protein – 89g
- Calories – 1500

## **Friday**

#### **Meal 1 (Breakfast)**

- Muesli with Raspberries
- 287 calories

#### **Meal 2 (A.M. Snack)**

- 1 cup low-fat plain Greek yogurt
- ¼ cup blueberries
- 2 Tbsp. chopped walnuts
- 282 calories

#### **Meal 3 (Lunch)**

- 1 serving Brussels Sprouts Salad with Crunchy Chickpeas
- 337 calories

#### **Meal 4 (P.M. Snack)**

- 1 medium apple
- 95 calories

#### **Meal 5 (Dinner)**

- 1 serving Herb-Grilled Chicken Frites
- 483 calories

#### **Macros Total**

- Fats – 68g
- Carbs – 158g

- Protein – 77g
- Calories – 1500

## Saturday

### Meal 1 (Breakfast)

- 1 cup of Apple-Cinnamon Overnight Oats
- 1 clementine
- 250 calories

### Meal 2 (A.M. Snack)

- 1 cup low-fat plain kefir
- 93 calories

### Meal 3 (Lunch)

- 1 serving [Vegan Superfood Buddha Bowls](#)
- 381 calories

### Meal 4 (P.M. Snack)

- 1/2 cup nonfat plain Greek yogurt topped with 1/4 cup blueberries
- 87 calories

### Meal 5 (Dinner)

- 1 serving of Chickpea & Potato Curry
- Two cups mixed greens topped with 1 tablespoon Citrus Vinaigrette
- 405 calories

### Macros Total

- Fats – 45g
- Carbs – 163g
- Protein – 55g
- Calories – 1250

## Sunday

### Meal 1 (Breakfast)

- 1 cup all-bran cereal
- 3/4 cup skim milk
- 1/2 cup blueberries
- 2 Tbsp. Unsalted dry-roasted almonds
- 369 calories

### Meal 2 (A.M. Snack)

- 1 cup sliced cucumber

- 4 Tablespoon Avocado-Yogurt Dip
- 117 calories

### Meal 3 (Lunch)

- 2 Tomato-Cheddar Cheese Toasts
- 2 cups mixed greens
- 1/4 cup grated carrot
- 1/2 cup cucumber, sliced
- One hard-boiled egg
- 1 Tbsp. unsalted dry-roasted almonds
- 1 1/2 tsp. Each olive oil & balsamic vinegar
- 397 calories

### Meal 4 (P.M. Snack)

- 7 dried apricots
- 8 walnut halves
- 164 calories

### Meal 5 (Dinner)

- 1 1/2 cups Quick Chicken Tikka Masala
- 3/4 cup brown rice
- 427 calories

### Macros Total

- Fats – 50g
- Carbs – 200g
- Protein – 100g
- Calories – 1600

# Week – 2, 5, 8, and 11

## Monday

### Meal 1 (Breakfast)

- 1 serving Peanut Butter-Banana Cinnamon Toast
- 266 calories

### Meal 2 (A.M. Snack)

- 1/2 cup raspberries
- 32 calories

### Meal 3 (Lunch)

- 1 serving of Spinach & Feta Turkey Meatballs with Herbed Quinoa
- 392 calories

### Meal 4 (Dinner)

- 1 serving of Kale Salad with Quinoa & Chicken
- 2 cups No-Cook Black Bean Salad
- 400 calories

### Macros Total

- Fats – 50g
- Carbs – 100g
- Protein – 80g
- Calories – 1200

## Tuesday

### Meal 1 (Breakfast)

- 1 serving Blueberry-Cranberry Smoothie
- 245 calories

### Meal 2 (A.M. Snack)

- 1/4 cup walnut halves
- 164 calories

### Meal 3 (Lunch)

- 1 serving Slow-Cooker Turkey Chili with Butternut Squash
- 1 medium apple
- 371 calories



#### **Meal 4 (P.M. Snack)**

- 1 medium orange
- 1/3 cup unsalted almonds
- 300 calories

#### **Meal 5 (Dinner)**

- 1 serving [Shrimp Cobb Salad with Dijon Dressing](#)
- 378 calories

#### **Macros Total**

- Fats – 65 g
- Carbs – 145 g
- Protein – 80 g
- Calories – 1500

## **Wednesday**

#### **Meal 1 (Breakfast)**

- 1 serving Muffin-Tin Omelets with Feta & Peppers
- 1 medium orange
- 8 oz. green tea
- 290 calories

#### **Meal 2 (A.M. Snack)**

- 1 cup low-fat kefir
- 1 cup raspberries, fresh or frozen
- 2 tsp. chia seeds
- 214 calories

#### **Meal 3 (Lunch)**

- 1 serving Whole-Wheat Veggie Wrap
- 345 calories

#### **Meal 4 (P.M. Snack)**

- 1/4 cup Chile-Lime Peanuts
- 221 calories

#### **Meal 5 (Dinner)**

- 2 cups [Baked Vegetable Soup](#)
- One 4-inch whole-wheat pita round, toasted and topped with 1/4 cup hummus
- 410 calories

## Macros Total

- Fats – 76g
- Carbs – 153g
- Protein – 62g
- Calories – 1480



## Thursday

### Meal 1 (Breakfast)

- 1 cup kefir
- 3/4 cup unsweetened muesli
- 3/4 cup raspberries
- 8 oz. green tea
- 490 calories

### Meal 2 (A.M. Snack)

- 1/2 serving (1 muffin) Muffin-Tin Omelets with Feta & Peppers
- 113 calories

### Meal 3 (Lunch)

- 1 serving of [Spinach & Artichoke Salad with Parmesan Vinaigrette](#)
- 324 calories

### Meal 4 (P.M. Snack)

- 1 medium apple
- 95 calories

### Meal 5 (Dinner)

- 1 serving of Spaghetti Squash & Chicken with Avocado Pesto
- 497 calories

## Macros Total

- Fats – 76g
- Carbs – 152g
- Protein – 77g
- Calories – 1,500 calories

## Friday

### Meal 1 (Breakfast)

- 1 serving Muffin-Tin Omelets with Feta & Peppers
- 1 medium orange
- 8 oz. green tea
- 290 calories

### Meal 2 (A.M. Snack)

- 1 medium apple
- 1 Tbsp. peanut butter
- 200 calories

### Meal 3 (Lunch)

- 1 serving of White Bean & Avocado Toast
- 230 calories

### Meal 4 (P.M. Snack)

- 3/4 cup low-fat kefir
- 1 cup raspberries, fresh or frozen
- 2 tsp. chia seeds
- 186 calories

### Meal 5 (Dinner)

- 1 serving Hasselback Caprese Chicken
- 1 cup cooked brown rice
- 1/2 tsp. dried oregano
- 605 Calories

### Macros Total

- Fats – 60g
- Carbs – 174g
- Protein – 84g
- Calories – 1500

## Saturday

### Meal 1 (Breakfast)

- 1 cup low-fat plain Greek yogurt
- 1 medium peach, sliced
- 2 Tbsp. chopped walnuts
- 320 calories

### Meal 2 (A.M. Snack)

- 1 cup raspberries
- 64calories

### Meal 3 (Lunch)

- 1 serving Spicy Slaw Bowls with Shrimp & Edamame
- 364 calories

### Meal 4 (P.M. Snack)

- 1 plum
- ¼ cup unsalted dry-roasted almonds
- 237 calories

### Meal 5 (Dinner)

- 1 serving of [Chicken Pesto Pasta with Asparagus](#)
- 518 calories

### Macros Total

- Fats – 77g
- Carbs – 117g
- Protein – 96g
- Calories – 1500

## Sunday

### Meal 1 (Breakfast)

- 1 cup low-fat plain Greek yogurt
- 1 medium peach, sliced
- 2 Tbsp. chopped walnuts
- 320 calories

## Meal 2 (A.M. Snack)

- 1 (5-oz.) container of low-fat plain Greek yogurt
- 1 cup blackberries
- 165 calories

## Meal 3 (Lunch)

- 1 serving of Chicken Pesto Pasta with Asparagus
- 518 calories

## Meal 4 (P.M. Snack)

- 1 cup raspberries
- 64 calories

## Meal 5 (Dinner)

- 1 serving Cobb Salad with Herb-Rubbed Chicken
- 412 calories

## Macros Total

- Fats – 76g
- Carbs – 112g
- Protein – 98g
- Calories – 1500

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**WEIGHT-LOSS COMPLEX**  
*with L-Arginine & L-Carnitine*

Garcinia Cambogia  
Green Coffee  
Green Tea  
Panax Ginseng  
Ginger Extract  
African Mango

**Other Ingredients:** Dandelion Extract, Gymnema Sylvestre Extract, Forskolin Extract, Stevia Extract.

# Weeks – 3, 6, 9, and 12

## Monday

### Meal 1 (Breakfast)

- 1 serving Spinach & Egg Scramble with Raspberries
- 296 Calories

### Meal 2 (A.M. Snack)

- ¼ cup unsalted dry-roasted almonds
- 206 Calories

### Meal 3 (Lunch)

- 1 serving of Green Salad with Edamame & Beets.
- 325 calories

### Meal 4 (P.M. Snack)

- ⅓ cup walnut halves
- 1 medium peach
- 274 calories

### Meal 5 (Dinner)

- 1 serving of Simple Grilled Salmon & Vegetables
- ½ cup cooked brown rice
- 405 calories

### Macros Total

- Fats – 85g
- Carbs – 109g
- Protein – 83g
- Calories – 1500

## Tuesday

### Meal 1 (Breakfast)

- 1 serving Cinnamon Roll Overnight Oats
- ¾ cup low-fat plain Greek yogurt
- 321 calories

### Meal 2 (A.M. Snack)

- 1 cup raspberries
- 64 calories

### Meal 3 (Lunch)

- 1 serving of Spinach & Strawberry Meal-Prep Salad

- 374 calories

#### **Meal 4 (P.M. Snack)**

- 1 cup blackberries
- 30 unsalted dry-roasted almonds
- 293 calories

#### **Meal 5 (Dinner)**

- 1 serving of Chicken, Brussels Sprouts & Mushroom Salad
- 432 calories

#### **Macros Total**

- Fats – 84g
- Carbs – 108g
- Protein – 84g
- Calories – 1500

## **Wednesday**

#### **Meal 1 (Breakfast)**

- 2 servings Baked Banana-Nut Oatmeal Cups
- 1 clementine
- 387 calories

#### **Meal 2 (A.M. Snack)**

- 1 medium apple, sliced
- 1 Tbsp. peanut butter
- 190 calories

#### **Meal 3 (Lunch)**

- 1 serving Veggie & Hummus Sandwich
- 325 calories

#### **Meal 4 (P.M. Snack)**

- 1 medium banana
- 105 calories

#### **Meal 5 (Dinner)**

- 1 serving Sheet-Pan Chicken Fajita Bowls with 1/2 cup cooked brown rice
- 451 calories

#### **Macros Total**

- Fats – 47 g
- Carbs – 220 g

- Protein – 77 g
- Calories – 1460



## Thursday

### Meal 1 (Breakfast)

- 2 servings Baked Banana-Nut Oatmeal Cups
- 1 clementine
- 387 calories

### Meal 2 (A.M. Snack)

- 1 oz. Cheddar cheese
- 1 hard-boiled egg
- 192 calories

### Meal 3 (Lunch)

- 1 serving Chipotle-Lime Cauliflower Taco Bowls
- 344 calories

### Meal 4 (P.M. Snack)

- 1 medium apple (95 calories)

### Meal 5 (Dinner)

- 1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce
- 1 serving Oven Baked Sweet Potato Fries
- 495 calories

### Macros Total

- Fats – 61 g
- Carbs – 203 g
- Protein – 53 g
- Calories – 1500



## Friday

### Meal 1 (Breakfast)

- 1 serving Muesli with Raspberries
- 1 medium banana
- 393 calories

### Meal 2 (A.M. Snack)

- 1 hard-boiled egg sprinkled with a pinch each of salt and pepper (78 calories)

### Meal 3 (Lunch)

- 1 serving [Chipotle-Lime Cauliflower Taco Bowls](#) (344 calories)

### Meal 4 (P.M. Snack)

- 1/2 cup raspberries
- 1 oz. dark chocolate
- 188 calories

### Meal 5 (Dinner)

- 1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce (521 calories)

### Macros Total

- Fats – 61g
- Carbs – 194g
- Protein – 70g
- Calories – 1,523

## Saturday

### Meal 1 (Breakfast)

- 1 serving Muesli with Raspberries (287 calories)

### Meal 2 (A.M. Snack)

- 1 oz. Cheddar cheese
- 1 hard-boiled egg
- 192 calories

### Meal 3 (Lunch)

- 1 serving Chipotle-Lime Cauliflower Taco Bowls (344 calories)

### Meal 4 (P.M. Snack)

- 1 medium banana
- 1 Tbsp. peanut butter
- 210 calories

### Meal 5 (Dinner)

- 1 serving Spinach Ravioli with Artichokes & Olives (454 calories)

### **Macros Total**

- Fats – 61 g
- Carbs – 191 g
- Protein – 59 g
- Calories – 1500

## **Sunday**

### **Meal 1 (Breakfast)**

- 1 cup raspberries
- 1/2 cup whole-milk plain Greek yogurt
- 1 Tbsp. shredded unsweetened coconut
- 1 Tbsp. slivered almonds
- 200 calories

### **Meal 2 (A.M. Snack)**

- 1 medium apple
- 1 oz. Cheddar cheese
- 209 calories

### **Meal 3 (Lunch)**

- 1 serving Vegan Burrito Bowls with Cauliflower Rice (298 calories)

### **Meal 4 (P.M. Snack)**

- 1 cup red grapes
- 12 almonds
- 145 calories

### **Meal 5 (Dinner)**

- 1 serving Soy-Lime Beef and Cabbage Salad
- 1 medium orange
- 300 calories

### **Macros Total**

- Fats – 62 g
- Carbs – 113 g
- Protein – 61 g
- Calories – 1200



# Alternate Meals You Can Include in Your Weight Loss Diet Plan

## Breakfast Options

- 1 serving Scrambled Eggs with Vegetables (338 calories)
- 1 cup all-bran cereal, 1 cup skim milk, and 1 medium banana, sliced (349 calories)
- 1 cup all-bran cereal, 1 cup skim milk, and 1/2 cup raspberries (276 calories)
- 1 serving Two-Ingredient Banana Pancakes, 1 Tbsp. maple syrup, and 1/2 cup blueberries (260 calories)
- 1 cup nonfat plain Greek yogurt, 1 cup raspberries, 1 tsp. honey, and 1 Tbsp. chia seeds (269 calories)

## A.M Meal Alternatives

- 1/2 cup blueberries and 1 cup plain non-fat Greek yogurt (151 calories)
- 1 cup raspberries, 1/4 cup whole-milk plain Greek yogurt, and 1 tsp. chia seeds (143 calories)
- 2 plums and 12 almonds (153 calories)
- 1 serving Baked Banana-Nut Oatmeal Cups (176 calories)
- 1 medium banana and 15 roasted unsalted almonds (221 calories)

## Lunch Options

- 1 serving Vegetarian Quinoa-Stuffed Peppers and 1 medium peach (408 calories)
- 1 serving Soy-Lime Beef and Cabbage Salad and 1 medium orange (300 calories)
- 1 serving Egg Salad Lettuce Wraps (436 calories)
- 1 serving Brussels Sprouts Salad with Crunchy Chickpeas (337 calories)

## P.M Meal Substitutes

- 10 almonds and 1 medium apple (172 calories)
- 1/2 cup Greek yogurt, 1/2 cup raspberries, and 2 Tbsp. almonds (202 calories)
- 3/4 cup blueberries (59 calories)
- 1/2 cup nonfat plain Greek yogurt and 1/2 cup blackberries (97 calories)
- 1 cup sliced cucumber and pinch of salt & pepper (16 calories)
- 1 medium apple and 6 almonds (141 calories)
- 20 dry-roasted, unsalted almonds (154 calories)

## Dinner Options

- 1 serving of [Cauliflower Rice Bowls with Grilled Chicken](#) (411 calories)
- 1 serving Sicilian-Style Chicken Thighs (510 calories)
- 1 serving [California Turkey Burgers & Baked Sweet Potato Fries](#) (463 calories)
- 1 serving One-Pot Garlicky Shrimp & Spinach and 1 (3-inch) slice whole-wheat baguette, toasted and drizzled with 1 tsp. olive oil (448 calories)

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