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with Style

1500 Calorie Meal Plan On a
Budget PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Oatmeal with Blueberries	 Oatmeal with Blueberries				 Oatmeal with Blueberries	 Oatmeal with Blueberries
	 Banana	 Banana	 Peanut Butter Banana Oat Smoothie	 Peanut Butter Banana Oat Smoothie	 Peanut Butter Banana Oat Smoothie	 Banana	 Banana
Snack 1	 Hard Boiled Eggs	 Apple	 Hard Boiled Eggs	 Apple	 Hard Boiled Eggs	 Apple	 Hard Boiled Eggs
	 Meal Prep Pasta & Meat Sauce	 Ground Beef, Broccoli & Rice	 0.5 Meal Prep Pasta & Meat Sauce	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes
Snack 2	 2 Blueberries	 2 Blueberries	 2 Blueberries	 0.5 Breakfast Oatmeal Cookies	 0.5 Breakfast Oatmeal Cookies	 Breakfast Oatmeal Cookies	 Breakfast Oatmeal Cookies
	 Ground Beef, Broccoli & Rice	 Slow Cooker Black Beans & Rice	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice
Dinner	 Ground Beef, Broccoli & Rice	 Slow Cooker Black Beans & Rice	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  12%	Fat  24%	Fat  19%	Fat  24%	Fat  12%	Fat  18%
Carbs  57%	Carbs  74%	Carbs  60%	Carbs  68%	Carbs  60%	Carbs  75%	Carbs  67%
Protein  21%	Protein  14%	Protein  16%	Protein  13%	Protein  16%	Protein  13%	Protein  15%
Calories 1530	Calories 1559	Calories 1568	Calories 1509	Calories 1557	Calories 1550	Calories 1598
Fat 38g	Fat 21g	Fat 43g	Fat 33g	Fat 43g	Fat 22g	Fat 32g
Carbs 221g	Carbs 297g	Carbs 247g	Carbs 269g	Carbs 245g	Carbs 301g	Carbs 277g
Fiber 31g	Fiber 37g	Fiber 34g	Fiber 39g	Fiber 35g	Fiber 43g	Fiber 39g
Sugar 61g	Sugar 77g	Sugar 56g	Sugar 51g	Sugar 32g	Sugar 60g	Sugar 41g
Protein 83g	Protein 58g	Protein 65g	Protein 52g	Protein 65g	Protein 50g	Protein 63g
Cholesterol 520mg	Cholesterol 74mg	Cholesterol 409mg	Cholesterol 0mg	Cholesterol 372mg	Cholesterol 0mg	Cholesterol 372mg
Sodium 493mg	Sodium 678mg	Sodium 689mg	Sodium 1454mg	Sodium 1594mg	Sodium 1395mg	Sodium 1535mg
Vitamin A 1948IU	Vitamin A 1232IU	Vitamin A 1575IU	Vitamin A 2224IU	Vitamin A 2666IU	Vitamin A 2029IU	Vitamin A 2471IU
Vitamin C 135mg	Vitamin C 141mg	Vitamin C 50mg	Vitamin C 54mg	Vitamin C 46mg	Vitamin C 63mg	Vitamin C 55mg
Calcium 216mg	Calcium 264mg	Calcium 472mg	Calcium 515mg	Calcium 560mg	Calcium 322mg	Calcium 367mg
Iron 13mg	Iron 9mg	Iron 11mg	Iron 13mg	Iron 15mg	Iron 13mg	Iron 15mg

Fruits

- 3 Apple
- 8 1/8 Banana
- 8 cups Blueberries

Breakfast

- 1/2 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 Bay Leaf
- 1 tbsp Cumin
- 2 2/3 tsps Sea Salt

Vegetables

- 2 cups Broccoli
- 227 grams Rapini
- 4 Russet Potato
- 1 White Onion

Boxed & Canned

- 1 1/2 cups Diced Tomatoes
- 2 cups Dry Black Beans
- 2 cups Green Lentils
- 3 1/2 cups Jasmine Rice
- 2 cups Whole Wheat Penne

Baking

- 1 1/2 tsps Dark Chocolate Chips
- 3 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 454 grams Extra Lean Ground Beef

Condiments & Oils

- 2 tsps Extra Virgin Olive Oil
- 1 cup Tomato Sauce

Cold

- 14 Egg
- 1 1/2 cups Unsweetened Almond Milk

Other

- 9 cups Water



Oatmeal with Blueberries

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	196
Fat	3g
Carbs	38g
Fiber	6g
Sugar	8g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	40IU
Vitamin C	7mg
Calcium	49mg
Iron	2mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Notes

Extra Toppings: Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries: Top with raspberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Oats (quick or traditional)
- 2 tbsps All Natural Peanut Butter
- 1 Banana
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Vitamin A	325IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg

Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Hard Boiled Eggs

7 servings

15 minutes

Ingredients

14 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Meal Prep Pasta & Meat Sauce

2 servings
25 minutes

Ingredients

2 cups Whole Wheat Penne (dry, uncooked)
227 grams Extra Lean Ground Beef
1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Tomato Sauce: Use canned crushed tomatoes instead.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Blueberries

2 servings

2 minutes

Ingredients

2 cups Blueberries

Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg

Directions

- 1 Wash the berries and enjoy!



Breakfast Oatmeal Cookies

3 servings
20 minutes

Ingredients

- 3/4 cup Oats (rolled)
- 1 1/8 Banana (mashed)
- 3 tbsps All Natural Peanut Butter
- 1/16 tsp Sea Salt
- 1 1/2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	258
Fat	12g
Carbs	31g
Fiber	4g
Sugar	11g
Protein	7g
Cholesterol	0mg
Sodium	41mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	21mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size: One serving is equal to one cookie.



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
227 grams Extra Lean Ground Beef
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Slow Cooker Black Beans & Rice

6 servings

6 hours

Ingredients

- 2 cups Dry Black Beans (uncooked)
- 1 White Onion (diced)
- 1 1/2 cups Diced Tomatoes (fresh or canned)
- 1 tbsp Cumin
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 5 cups Water
- 2 Bay Leaf (optional)
- 3 cups Jasmine Rice (dry)

Nutrition

Amount per serving	
Calories	604
Fat	6g
Carbs	121g
Fiber	13g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	413mg
Vitamin A	275IU
Vitamin C	7mg
Calcium	124mg
Iron	4mg

Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

Leftovers: Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Serving Size: One serving is roughly 2 cups.

More Toppings: Add diced tomatoes, red onion, bell pepper, cilantro, mint, sour cream, or yogurt.



Lentils, Rapini & Mashed Potatoes

4 servings
25 minutes

Ingredients

- 1 1/2 tps Sea Salt (divided)
- 4 Russet Potato (medium, peeled and chopped)
- 227 grams Rapini (chopped, divided)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	292
Fat	1g
Carbs	59g
Fiber	13g
Sugar	4g
Protein	15g
Cholesterol	0mg
Sodium	930mg
Vitamin A	1512IU
Vitamin C	27mg
Calcium	111mg
Iron	6mg

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy: Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Serving Size: One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.