



# 1500 Calorie Delicious Meal Plan

KIANA FITNESS



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Aloha! Thank you so much for downloading the 3-day sample healthy eating meal plan.

As founder and host of Kiana's Flex Appeal, the #1 rated fitness show on ESPN, fitness expert, health coach, television host, author, wife & mom, my entire career is focused on helping people get healthy and live a fitness lifestyle! I am so excited to connect with you!

My mission is to help people create healthy habits to last a lifetime. Big, positive changes are made by many little changes. I'm so happy you are starting with a healthy meal plan. This will save you time, money and make your life easier, healthier and more delicious!

As we age, our metabolism slows down, we lose all-important bone density and muscle mass. A busy life & taking care of others, take precedence over our own daily exercise and healthy food choices to nourish our bodies.

All of this can lead to fatigue, weight gain, added inches on the midsection, declining health & frustration. The good news is that I can definitely help you start "aging backward" through simple adjustments in your lifestyle through structured workouts and healthy eating such as with my Meal Plans.

## GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

To make it super easy for you, the grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.



## LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

If you love this meal plan, the next step is to sign up for my [Flex Appeal Training & Nutrition Program](#). It's for people of all ages and all fitness levels who want to truly take control, improve their health, lose weight, reduce body fat, tighten and tone all over & increase energy! In 30-days you will feel so energized, lighter, stronger! I also offer a subscription program where you receive a new workout and new meal plan every month to stay motivated and keep moving toward your goals!

This is just the beginning of what I have to offer. And hey, if you make any of these recipes, don't forget to tag me on [Instagram](#)! I love seeing your creations, accomplishments & enthusiasm!  
Enjoy!

Kiana (aka, Coach Kiana)

[www.kiana.com](http://www.kiana.com)

[Flex TV](#)

[Contact](#)

**Books & ebooks:** If you enjoy this meal plan, check out my collection of Recipe eBooks, & Meal Plans tailored specifically to various dietary specifications, & my best-selling Fit Cooking Book, available as a download or signed softcover book [here](#) :)

**Online Personal Training:** How about fitness? For complete home workout plans tailored to your exercise history, fitness level, goals & available gear, [click here](#)

**Lose 20 lbs. or more:** Learn about my structured nutrition program that regulates blood sugar, resulting in weight loss & energy gain. [Click here](#) to take a free health assessment. Women lose an average of 8-10 lbs. per month, men app. 12-15 lbs. per month.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





## MON



**BREAKFAST**  
Raspberry Zinger Smoothie



**SNACK 1**  
Hard Boiled Eggs, Fresh Strawberries



**LUNCH**  
Chicken, Asparagus & Sweet Potato



**SNACK 2**  
Yogurt & Berries



**DINNER**  
Ground Turkey, Rice & Broccoli

## TUE



**BREAKFAST**  
Chocolate Cauliflower Shake



**SNACK 1**  
Cottage Cheese with Blueberries, Hard Boiled Eggs



**LUNCH**  
Simple Tuna Salad



**SNACK 2**  
Tuna Nori Wraps



**DINNER**  
Salmon, Rice & Arugula

## WED



**BREAKFAST**  
Raspberry Zinger Smoothie



**SNACK 1**  
Hard Boiled Eggs, Fresh Strawberries



**LUNCH**  
Chicken, Asparagus & Sweet Potato



**SNACK 2**  
Yogurt & Berries



**DINNER**  
Ground Turkey, Rice & Broccoli



**MON**

**FAT 29%**

**CARBS 38%**

**PROTEIN 33%**

Calories 1486

Fiber 32g

Fat 49g

Sugar 48g

Carbs 148g

Protein 127g

**TUE**

**FAT 36%**

**CARBS 31%**

**PROTEIN 33%**

Calories 1580

Fiber 30g

Fat 65g

Sugar 39g

Carbs 124g

Protein 136g

**WED**

**FAT 29%**

**CARBS 38%**

**PROTEIN 33%**

Calories 1486

Fiber 32g

Fat 49g

Sugar 48g

Carbs 148g

Protein 127g



## FRUITS

- 1/2 Avocado
- 1 Banana
- 1/2 cup Blueberries
- 1 Green Apple
- 2 1/4 Lemon
- 3 cups Strawberries

## BREAKFAST

- 1 tbsp Almond Butter

## SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 2 cups Frozen Raspberries

## VEGETABLES

- 2 cups Arugula
- 1 1/2 cups Asparagus
- 3 cups Broccoli
- 1 Carrot
- 1/2 Cucumber
- 2 stalks Green Onion
- 1 1/2 Sweet Potato

## BOXED & CANNED

- 1 1/4 cups Jasmine Rice
- 3 cans Tuna

## BAKING

- 2 tbsps Cacao Powder

## BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 12 ozs Extra Lean Ground Turkey
- 8 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1 1/8 tpsps Coconut Oil
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

## COLD

- 1 cup Cottage Cheese
- 12 Egg
- 3 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

## OTHER

- 1/4 cup Chocolate Protein Powder
- 1 1/2 tpsps Maca Powder
- 6 Nori Sheets
- 1/2 cup Vanilla Protein Powder



# Raspberry Zinger Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Frozen Cauliflower  
2 cups Frozen Raspberries  
2 Lemon (juiced)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
3 cups Unsweetened Almond Milk

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	312	Fiber	16g
Fat	10g	Sugar	12g
Carbs	36g	Protein	27g



# Chocolate Cauliflower Shake

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Cauliflower  
1 Banana (frozen)  
1 tbsp Almond Butter  
2 tbsps Cacao Powder  
1/4 cup Chocolate Protein Powder  
1 cup Unsweetened Almond Milk  
1 1/2 tsps Maca Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	449	Fiber	17g
Fat	16g	Sugar	20g
Carbs	50g	Protein	31g

## DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

## NOTES

### MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

### LIKES IT SWEETER

Add pitted medjool dates.

### NO MACA POWDER

Leave it out or use cinnamon instead.



# Hard Boiled Eggs

5 SERVINGS 15 MINUTES



## INGREDIENTS

10 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Fiber	0g
Fat	10g	Sugar	0g
Carbs	1g	Protein	13g

## DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 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.



# Fresh Strawberries

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Strawberries

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Fiber	3g
Fat	0g	Sugar	7g
Carbs	11g	Protein	1g

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## NOTES

### MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



# Cottage Cheese with Blueberries

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Cottage Cheese  
1/2 cup Blueberries (fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	124	Fiber	1g
Fat	5g	Sugar	6g
Carbs	9g	Protein	12g

## DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.  
Enjoy!

## NOTES

### MAKE IT SWEET

Drizzle honey or maple syrup overtop.

### STORAGE

Refrigerate in an airtight container up to 3 to 5 days.



# Chicken, Asparagus & Sweet Potato

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 Sweet Potato (medium, diced)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 cups Asparagus (woody ends trimmed)
- 10 ozs Chicken Breast (boneless, skinless)

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Fiber	5g
Fat	9g	Sugar	6g
Carbs	24g	Protein	36g

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 03 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 04 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 05 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

## NOTES

### NO ASPARAGUS

Use zucchini, green beans, broccoli or cauliflower instead.

### NO SWEET POTATO

Use carrots or regular potato instead.

### VEGAN

Swap out the chicken for roasted chickpeas or marinated lentils.

### LEFTOVERS

Keeps well in the fridge up to 3 days.



# Simple Tuna Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cans Tuna (drained)  
1 Green Apple (chopped)  
2 stalks Green Onion (finely sliced)  
2 tbsps Mayonnaise  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Fiber	3g
Fat	12g	Sugar	9g
Carbs	12g	Protein	33g

## DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

## NOTES

### HOW TO SERVE

Enjoy alone, on crackers, on a sandwich, or over greens.

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.



# Yogurt & Berries

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Plain Greek Yogurt  
3 cups Frozen Berries (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Fiber	5g
Fat	5g	Sugar	21g
Carbs	32g	Protein	23g

## DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## NOTES

### DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

### NO FROZEN BERRIES

Use any type of fresh fruit instead.



# Tuna Nori Wraps

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 can Tuna (drained and flaked)  
1 Carrot (smaller, julienned)  
1/2 Cucumber (julienned)  
1/2 Avocado (peeled and sliced)  
6 Nori Sheets (snack size)

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Fiber	8g
Fat	8g	Sugar	3g
Carbs	13g	Protein	21g

## DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

## NOTES

### SERVING SIZE

Each serving size will yield approximately 3 small rolls.

### STORAGE

Refrigerate all ingredients (except nori sheets) individually up to 3 days.  
Assemble and wrap before ready to eat.



# Ground Turkey, Rice & Broccoli

3 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Broccoli (chopped into florets)  
2 1/4 tsps Extra Virgin Olive Oil  
1 1/8 tsps Coconut Oil  
12 ozs Extra Lean Ground Turkey  
3/4 cup Jasmine Rice (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	406	Fiber	3g
Fat	15g	Sugar	2g
Carbs	44g	Protein	27g

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 04 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 05 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

## NOTES

### LEFTOVERS

Refrigerate up to 3 days. Freeze for longer.

### NO GROUND TURKEY

Use ground chicken, beef, lamb or pork instead.

### VEGAN & VEGETARIAN

Use roasted chickpeas instead of ground meat.

### NO RICE

Use quinoa or cauliflower rice instead.



# Salmon, Rice & Arugula

2 SERVINGS 25 MINUTES



## INGREDIENTS

8 ozs Salmon Fillet  
1/4 tsp Sea Salt  
1/2 cup Jasmine Rice (dry, uncooked)  
1 tbsp Extra Virgin Olive Oil  
1/4 Lemon (juiced)  
2 cups Arugula

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Fiber	1g
Fat	14g	Sugar	1g
Carbs	39g	Protein	26g

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

## NOTES

### NO SALMON

Use any type of fish fillet instead, or use canned fish.

### NO ARUGULA

Use baby spinach, kale or mixed greens instead.

### NO RICE

Use quinoa instead.

### LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

