



Sample 2000 Calorie Per Day Diet Plan

This 2000 calorie meal plan is for the average person who is probably smaller in stature or trying to cut down and lean-out.

You can use our [calorie intake calculator](#) to get an idea of your daily caloric burn and decide if this 2000 calorie diet plan is right for you.

Breakfast

- 2 Whole Eggs + 2 Egg Whites
- 1 Slices of Whole Wheat Toast
- 1 tbsp natural peanut butter

Snack

- 1/2 Scoops of Whey Protein
- 8 oz milk
- 1 piece of fruit
- 1 tbsp natural peanut butter
- 1/4 c oatmeal

Lunch

- 4-6 oz of lean meat (sirloin, chicken, tuna)
- 1/2c brown rice
- 1c Vegetables

Snack

- 1 Scoops of Whey Protein
- 8 oz milk
- 1 piece of fruit

- 1 tsp natural peanut butter

Dinner

- 6-8 oz grilled fish
- 1/2 c brown rice or 1 sweet potato
- 1c steamed veggies

Bedtime Snack

- 1 Scoops of Whey Protein mixed in water
- 1 Banana
- 1 tbsp natural peanut butter

This sample 2000 calorie meal plan will have you eating six meals per day. If you can't eat six times per day, it is not a problem if you need to stuff these into 3 or 4 meals. Also, if you're currently eating somewhere around 1500 calories, you may want to gradually increase your caloric intake to prevent fat gain.