

FREE PRINTABLE

3-Day Meal Plan

about 1,500 kcal a day

3 days of meals · daily calories & protein · grocery list · 2 recipe cards

YAMSCOOKING.COM

≈ 1,500 KCAL · ≈ 100 G PROTEIN A DAY

Your 3 days

The first three days of our Lighter Week, for losing weight slowly with real food. Every day is counted from the portions shown, and every day ends with a small treat. Recipes marked p.4 are in this guide; the rest are on yamscooking.com.

	BREAKFAST	LUNCH	DINNER	SNACK & TREAT
Day 1 1,535 kcal 99 g protein	Overnight oats with berries	Bell Pepper Chicken Curry p.4 + ¾ cup rice	Crispy Chicken Burger p.5 (air fryer) + side salad	Apple
Day 2 1,518 kcal 111 g protein	2 scrambled eggs, 1 slice whole-wheat toast, orange	Leftover Bell Pepper Chicken Curry p.4 in a tortilla wrap + side salad	Baked salmon (5 oz / 140 g), roasted vegetables, ½ cup rice	Greek yogurt + 1 Butter Cookie
Day 3 1,550 kcal 92 g protein	Greek yogurt bowl with berries and ¼ cup granola	Turkey & cheese sandwich + carrots	Chicken Cheese Pasta (small serving) + side salad	1 Chocolate Peanut Butter Stuffed Date + 1 oz (28 g) almonds

YAMS TIP Drink a glass of water before each meal and keep the treat for after dinner – it is easier to stop at one. Measure your cooking oil: 1 tablespoon is about 120 kcal.

1,500 kcal suits many women and smaller adults. Most men lose weight on 1,800–2,000 kcal – use slightly bigger portions of rice, bread and protein. Calorie figures are estimates per adult serving. General guidance only, not medical advice; if you are pregnant, diabetic or have a health condition, check with your doctor first.

GROCERY LIST

Shop once for 3 days

One adult, three days. Quantities are approximate – check what you already have before you go. US measures first, metric in brackets.

Protein & dairy

- [ ] Boneless chicken breast or thigh – 1.5 lb (680 g): curry, burger, pasta
- [ ] Salmon fillet – 5 oz (140 g)
- [ ] Eggs – 4
- [ ] Plain non-fat Greek yogurt – 16 oz (450 g)
- [ ] Milk – 1 quart (1 L)
- [ ] Sliced turkey – 2 oz (60 g), sliced cheese, shredded cheese

Vegetables & fruit

- [ ] Bell peppers – 2, onions – 2, tomatoes – 2
- [ ] Vegetables for roasting (broccoli, zucchini, carrots) – 1 lb (450 g)
- [ ] Salad greens – 1 bag, cucumber – 1, baby carrots – small bag
- [ ] Berries – 1 pint, or 1 small bag frozen
- [ ] Apple – 1, orange – 1
- [ ] Garlic, ginger, lemon, cilantro

Grains & bakery

- [ ] Rolled oats – small bag, chia seeds (optional)
- [ ] Whole-wheat bread – 1 small loaf
- [ ] 8-inch tortilla – 1
- [ ] Rice – 1 lb (450 g)
- [ ] Pasta – 8 oz (225 g)
- [ ] Burger bun – 1, granola – small bag

Pantry & treats

- [ ] Almonds – small bag, Medjool dates, peanut butter, dark chocolate
- [ ] Light mayo, olive oil, butter, ketchup
- [ ] Spices: curry powder or garam masala, cumin, chili powder, paprika, turmeric
- [ ] Butter Cookies – bake a batch and freeze, or 1 small store-bought cookie

20-minute prep

1. Night before Day 1: make overnight oats in a jar – oats, milk, a spoon of yogurt, berries.
2. Cook the Bell Pepper Chicken Curry once (3 servings) – it covers Day 1 lunch, Day 2 lunch and one spare portion.
3. Wash and chop salad and carrots for all 3 days and keep them in a box in the fridge.



DINNERS & SAVORY

Bell Pepper Chicken Curry

MAKES	TIME
6	45 min

240 KCAL	34 g PROTEIN	8 g CARBS	8 g FAT

Per serving · estimates

INGREDIENTS

- 1 kg boneless chicken cubes
- 2 tbsp desi ghee
- 3 green chillies
- 3 whole pieces of pure turmeric
- 2 onions
- 2 tomatoes
- 1 tbsp ketchup
- 1 large capsicum / Shimla Mirch
- 1 tbsp ginger-garlic paste
- 1 tbsp butter (to finish)
- Dry spices: 1 tsp coriander powder · 1 tsp cumin powder · 1 tsp red chilli powder · 1 tsp garam masala · ½ tsp turmeric powder
- ½ cup yogurt · ½ cup water
- Lemon juice, fresh coriander and green chillies, to finish

METHOD

1. Fry the onions in desi ghee until the colour changes — do not brown them.
2. Add the chicken cubes and cook until the chicken releases its moisture.
3. Add ginger-garlic paste, whole turmeric and green chillies; continue cooking until the tomatoes turn nicely red and cooked.
4. Add the dry spices and cook together to develop the flavour.
5. Add ketchup, yogurt and ½ cup water; mix to a creamy consistency.
6. Cover and cook on low heat (dum) 10–15 minutes until the chicken is soft and tender. Add the capsicum so it stays a little crisp.
7. Final step: add 1 tbsp butter — this gives the rich finish. Add lemon juice, fresh coriander and green chillies.

> On the channel this is “Chicken Capsicum Without Oil” (capsicum = bell pepper). Ghee is clarified butter – regular butter or 1 tbsp oil works. 1 kg chicken = 2.2 lb. For these 3 days you need 3 servings: make a half batch, or make the full batch and freeze the rest.

▶ Watch the video: **youtube.com/watch?v=_s80fDOy_bM** · Full written recipe: **yamscooking.com/recipes/chicken-capsicum.html**



DINNERS & SAVORY

Crispy Chicken Burger

MAKES
4 burgers

TIME
50 min

560	44 g	46 g	22 g
KCAL	PROTEIN	CARBS	FAT

Per serving · estimates

INGREDIENTS

- Chicken marinade: 500 g boneless chicken · 1 tsp salt · ½ tsp black pepper · 1 tsp chicken powder · 1 tbsp plain yogurt · ½ tsp teriyaki sauce · 1 tbsp olive oil · ½ tsp apple cider (or any) vinegar · ½ tsp soy sauce · ½ tsp brown sugar
- Egg coating: 3 eggs · ½ tsp salt · ½ tsp black pepper
- Crispy coating: 1 cup breadcrumbs · 1 tsp paprika or red chilli powder · 1 tsp garlic powder
- To build: burger buns · burger sauce · chilli-garlic mayonnaise · mustard powder · cheese slices · iceberg lettuce · caramelised onions

METHOD

1. Season the boneless chicken with all the marinade ingredients.
2. Beat the eggs with salt and pepper. Mix the breadcrumbs with paprika and garlic powder.
3. Coat each piece: egg → breadcrumbs. For extra crispy, double-coat: egg → crumbs → egg → crumbs.
4. Air fry about 15 minutes, flip, then another 15 minutes, depending on thickness. Make sure the chicken is fully cooked.
5. Meanwhile make a simple burger sauce and caramelise the onions.
6. Assemble: bun, sauce, lettuce, crispy chicken, cheese, caramelised onions, top bun.

> No air fryer? Bake at 425 °F / 220 °C for 18–20 minutes, turning once.

▶ Watch the video: **youtube.com/watch?v=8tTh8O7dcE4** · Full written recipe: **yamscooking.com/recipes/chicken-burger.html**

Liked these 3 days? Get the whole week.

The **7-Day Meal Plan Pack** finishes this week and adds two more – so you never have to plan again.

3 FULL WEEKS
1,500 · 2,000 · 2,200 kcal

GROCERY CHECKLISTS
US + metric, with Sunday prep

12 RECIPE CARDS
calories, protein, carbs, fat

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