

1,800 Calorie Diet Plan for Beyonce Workout Plan

Designed for 3 meals and two snacks. 20% protein to spare muscle loss. Beyonce eats 5-6 meals a day, and her diet consists of a lot of chicken and fish. This meal plan provides 5 meals a day. We have also included the "Sasha Salad" which is an original salad that Beyonce eats.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

Breakfast - aim for 450 cal & 22 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
1 cup Quaker Low Fat Granola Cereal	315.0	68.0	4.5	6.0
1 1/2 cup 1% milk	160.0	18.0	4.0	13.0
Total	475.0	86.0 g	8.5 g	19.0 g

Breakfast Option #2	Calories	Carbs	Fats	Protein
Oatmeal topped with Bananas & Raisins				
1 cup oatmeal, cooked	147.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium banana	105.0	27.0	1.0	2.0
1 TB pecans, chopped	50.0	1.0	5.0	0.5
3 boiled egg whites	50.0	0.5	0.5	11.0
Total	452.0	65.5g	11.5g	27.5 g

Breakfast Option #3	Calories	Carbs	Fats	Protein
Breakfast Sandwich				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 banana	105.0	27.0	0.0	1.0
Total	460.0	52.0 g	20.0 g	34.0 g

Breakfast Option #4	Calories	Carbs	Fats	Protein
Quinoa Bowl				
1/3 cup uncooked quinoa	160.0	30.0	3.0	6.0
2 TB flaxseed, ground	80.0	4.0	6.0	3.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
2 egg whites, boiled	50.0	1.0	0.0	11.0
Chobani Non-Fat Raspberry Greek Yogurt	150.0	22.0	0.0	14.0
Total	463.0	63.0 g	9.0 g	34.0 g

Breakfast Option #5	Calories	Carbs	Fats	Protein
Garden Scramble				
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1 cup cantaloupe	50.0	14.0	0.5	1.5
1 slice whole wheat toast	60.0	11.0	1.0	4.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	455.0	35.5 g	23.5 g	33.5 g

Breakfast Option #6	Calories	Carbs	Fats	Protein
Peanut Butter & Jelly Sandwich				
1 TB Smuckers Natural Creamy Peanut Butter	105.0	3.0	8.0	4.0
1 slice whole wheat bread	60.0	11.0	1.0	4.0
1 TB jelly	50.0	13.0	0.0	0.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium pear	105.0	28.0	0.0	1.0
Total	420.0	67.0 g	12.0 g	17.0 g

Breakfast Option #7	Calories	Carbs	Fats	Protein
Salmon, Tomato & Avocado Breakfast Sandwich				
100% whole wheat english muffin	120.0	23.0	1.0	5.0
3 oz. salmon, baked	175.0	0.0	10.5	19.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 medium orange	60.0	15.5	0.0	1.0
Total	445.0	44.5 g	19.0 g	26.5 g

Breakfast Option #8	Calories	Carbs	Fats	Protein
Egg and Avocado Wrap				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 scrambled egg whites	32.0	0.5	0.0	7.0
1 scrambled whole egg	70.0	1.0	5.0	6.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
Total	451.0	60.0 g	15.5 g	22.5 g

Breakfast Option #9	Calories	Carbs	Fats	Protein
Breakfast Pizza - see recipe				
2 scrambled egg whites	32.0	0.5	0.0	7.0
1 scrambled whole egg	70.0	1.0	5.0	6.0
1/4 cup chopped tomatoes	10.0	2.0	0.0	0.5
1/4 cup chopped red peppers	10.0	2.0	0.0	0.5
1 oz. 2% milk shredded mozzarella	70.0	0.5	4.0	8.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
Total	442.0	54.0 g	14.0 g	30.5 g

Breakfast Option #10	Calories	Carbs	Fats	Protein
Peanut Butter & Banana Smoothie				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 medium banana	105.0	27.0	1.0	1.5
Chobani Non-Fat Plain Greek Yogurt - 6 oz.	100.0	7.0	0.0	18.0
1/2 cup 1% milk	50.0	6.0	1.5	4.0
Total	455.0	46.0 g	18.5 g	30.5 g

Snacks - 2 per day. Aim for 250 cal & 12 g protein

Snack Option #1	Calories	Carbs	Fats	Protein
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
1 medium apple	95.0	35.0	0.5	0.5
Total	245.0	55.0 g	0.5 g	16.5 g

Snack Option #2	Calories	Carbs	Fats	Protein
1 cup carrots	50.0	12.0	0.5	1.0
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
Total	250.0	18.0 g	16.5 g	8.0 g

Snack Option #3	Calories	Carbs	Fats	Protein
1 oz pumpkin seeds	125.0	15.0	5.5	5.5
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
Total	245.0	28.0 g	5.5 g	21.5 g

Snack Option #4	Calories	Carbs	Fats	Protein
4 oz lowfat cottage cheese	81.0	3.0	1.0	14.0
1 cup diced pineapples	75.0	20.0	0.0	0.0
7 Kashi Original 7 Grain Crackers	75.0	10.0	1.5	2.0
Total	231.0	33.0 g	2.5 g	16.0 g

Snack Option #5	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	62.0	16.0	0.0	1.0
10 raw almonds	70.0	2.5	6.0	2.5
Total	252.0	18.5 g	11.0 g	19.5 g

Snack Option #6	Calories	Carbs	Fats	Protein
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
1 oz. pistachios	160.0	7.5	13.0	6.0
Total	260.0	35.5 g	13.5 g	6.0 g

Snack Option #7	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1 cup pineapple	85.0	22.0	0.0	1.0
Total	215.0	32.0 g	4.0 g	15.0 g

Snack Option #8	Calories	Carbs	Fats	Protein
8 oz. Dannon Non-Fat Light Orange Mango Yogurt	120.0	21.0	0.0	8.0
2 oz. Sunsweet Dried Apricots	142.0	34.0	0.0	1.0
Total	262.0	55.0 g	0.0 g	9.0 g

Snack Option #9	Calories	Carbs	Fats	Protein
Starkist Tuna Creations Hickory Smoked	110.0	0.0	3.5	19.0
15 Kashi Original 7 Grain Crackers	150.0	19.0	3.5	4.0
Total	260.0	19.0 g	7.0 g	23.0 g

Snack Option #10	Calories	Carbs	Fats	Protein
Turkey & Cheese Tortilla Roll Up				
1 (8 in.) whole wheat tortilla	130.0	26.0	1.5	4.0
1 oz. turkey deli meat	30.0	1.0	0.5	5.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
1/4 cup red bell pepper strips	5.0	1.5	0.0	0.0
Total	215.0	29.5 g	3.0 g	17.0 g

Lunch - aim for 450 cal & 22 g protein

Lunch Option #1	Calories	Carbs	Fats	Protein
Turkey, Bean & Rice Bowl				
1 cup brown rice	170.0	36.0	1.5	4.0
1/4 cup black beans	55.0	10.0	0.0	4.0
1/2 cup corn	60.0	15.0	1.0	2.0
1/2 cup vegetable broth	10.0	1.5	0.0	0.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
1 TB cilantro	0.0	0.0	0.0	0.0
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
salt, pepper & garlic to taste	0.0	0.0	0.0	0.0
Total	435.0	66.5 g	8.5 g	27.5 g

Lunch Option #2	Calories	Carbs	Fats	Protein
Chicken Sandwich				
Whole Wheat Bagel Thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
2 oz. deli roasted chicken breast	50.0	3.0	1.5	9.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 medium orange	60.0	15.5	0.0	1.0
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	430.0	64.0 g	10.5 g	27.5 g

Lunch Option #3	Calories	Carbs	Fats	Protein
Turkey Spaghetti				
1 cup whole wheat spaghetti	175.0	38.0	1.0	8.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
3/4 cup spaghetti sauce	95.0	14.0	3.0	2.5
1 cup steamed broccoli	55.0	11.0	0.5	3.5
Total	445.0	63.0 g	10.5 g	31.0 g

Lunch Option #4	Calories	Carbs	Fats	Protein
Chicken Pita				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. baked chicken breast, sliced	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 tsp. light mayonnaise	50.0	1.0	5.0	0.0
1 medium orange	60.0	15.0	0.0	1.0
Total	500.0	54.5 g	12.5 g	39.0 g

Lunch Option #5	Calories	Carbs	Fats	Protein
Chicken Panini - see recipe				
2 slices low-fat Swiss cheese	100.0	2.0	3.0	16.0
2 oz. low-sodium Black Forest deli ham	70.0	1.0	3.0	10.0
2 oz. low-sodium deli chicken breast	50.0	6.0	2.0	10.0
1 whole wheat sandwich roll / bun	130.0	24.0	2.0	6.0
1/4 cup marinara sauce, heated	45.0	7.0	1.0	1.0
1 cup pineapple chunks	75.0	20.0	0.0	1.0
Total	470.0	60.0 g	11.0 g	44.0 g

Lunch Option #6	Calories	Carbs	Fats	Protein
Mozzarella & Tomato Salad				
3 oz. sliced baked chicken breast	140.0	0.0	3.0	26.0
1 medium tomato, cubed	22.0	5.0	0.0	1.0
1 oz. fresh part-skim mozzarella cheese, cubed	70.0	0.0	6.0	6.0
1 cup fresh spinach leaves	7.0	1.0	0.0	1.0
1 clove garlic, pressed	4.0	1.0	0.0	0.0
1 whole boiled egg	78.0	1.0	5.0	6.0
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	441.0	14.0 g	24.0 g	40.0 g

Lunch Option #7	Calories	Carbs	Fats	Protein
Southwest Chicken Salad				
2 slices baked chicken breast	95.0	0.0	2.0	17.5
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
2 TB salsa	10.0	2.0	0.0	0.5
Total	430.0	45.0 g	14.0 g	33.0 g

Lunch Option #8	Calories	Carbs	Fats	Protein
Tuna Sandwich				
2 slices whole wheat bread, toasted	120.0	22.0	2.0	8.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
2 TB light mayonnaise	100.0	2.5	10.0	0.5
2 TB mustard	10.0	1.0	0.5	1.0
2 TB relish	20.0	5.5	0.0	0.0
1 egg, boiled	80.0	0.5	5.5	6.5
1/2 cup grapes	30.0	8.0	0.0	0.5
Total	460.0	39.5 g	19.0 g	38.5 g

Lunch Option #9	Calories	Carbs	Fats	Protein
Healthy Choice Chicken Pesto & Vegetables				
1 slice whole wheat bread	60.0	11.0	1.0	4.0
3/4 cup Green Giant Roasted Red Potatoes				
Green Beans & Rosemary Butter Sauce	100.0	21.0	1.0	3.0
Total	470.0	66.0 g	11.0 g	28.0 g

Lunch Option #10	Calories	Carbs	Fats	Protein
Tofu Stir Fry				
3 oz. firm tofu	80.0	2.5	5.0	9.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/2 cup brown rice	110.0	23.0	1.0	2.5
1 TB canola oil	125.0	0.0	14.0	0.0
Total	460.0	52.5 g	20.0 g	19.0 g

Dinner - aim for 400 cal & 20 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
Beyonce's "Sasha Fierce Salad"				
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
1 cup tomatoes, chopped	30.0	7.0	0.5	1.5
1/4 avocado	80.0	4.5	7.5	1.0
1/2 cup jalapenos, sliced	15.0	2.5	0.5	0.5
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
2 TB vinegar	2.0	0.0	0.0	0.0
1 TB olive oil	120.0	0.0	14.0	0.0
Total	402.0	17.0 g	26.0 g	31.5 g

Dinner Option #2	Calories	Carbs	Fats	Protein
Chicken , Rice & Vegetables				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1/5 cup Uncle Ben's Ready Whole Grain Medley				
Brown and Wild Rice	110.0	21.0	2.0	3.0
1 cup green beans, steamed	44.0	10.0	0.0	2.0
1 cup carrots, steamed	55.0	13.0	0.0	1.0
Total	349.0	44.0 g	5.0 g	33.0 g

Dinner Option #3	Calories	Carbs	Fats	Protein
Salmon, Spinach & Potatoes				
3 oz. baked salmon	175.0	0.0	11.0	19.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 cup spinach, sauteed	10.0	1.0	0.0	1.0
1 cup red potatoes, roasted	110.0	24.0	0.0	3.0
Total	414.0	25.0 g	24.5 g	23.0 g

Dinner Option #4	Calories	Carbs	Fats	Protein
Turkey Avocado Chef Salad				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
2 oz. deli turkey breast	60.0	2.5	1.0	10.0
1/2 oz. sliced almonds	80.0	3.0	7.0	3.0
1/4 cup peeled cucumber slices	5.0	1.0	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
3 TB fat free Ranch salad dressing	50.0	11.0	1.0	1.0
Total	385.0	26.5 g	20.0 g	29.0 g

Dinner Option #5	Calories	Carbs	Fats	Protein
Chicken and Broccoli Stir-Fry				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1 cup broccoli	55.0	11.0	0.5	3.5
1 TB canola oil	125.0	0.0	14.0	0.0
Total	400.0	25.5 g	17.5 g	34.5 g

Dinner Option #6	Calories	Carbs	Fats	Protein
Chicken Penne with Vegetables				
2 oz. sauteed chicken breast, sliced	95.0	0.0	2.0	17.5
3/4 cup whole wheat penne pasta	135.0	31.0	1.5	5.5
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
3/4 cup spaghetti sauce	120.0	20.0	4.5	3.0
1 TB parmesan, grated	20.0	0.0	1.5	2.0
Total	430.0	66.5 g	9.5 g	29.5 g

Dinner Option #7	Calories	Carbs	Fats	Protein
Tilapia, Green Beans & Sweet Potato				
3 oz tilapia, baked	145.0	0.0	3.0	30.0
1TB olive oil	119.0	0.0	13.5	0.0
1 cup green beans, sauteed	45.0	10.0	0.5	2.5
1 medium sweet potato, baked	100.0	24.0	0.0	2.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	409.0	34.0 g	17.0 g	34.5 g

Dinner Option #8	Calories	Carbs	Fats	Protein
Pork & Vegetables				
4 oz. pork tenderloin	200.0	0.0	7.0	31.5
1 cup broccoli	55.0	11.0	0.5	4.0
1 cup zucchini, sauteed with onions	30.0	7.0	0.0	1.0
1 TB olive oil	120.0	14.0	0.0	0.0
Total	405.0	32.0 g	7.5 g	36.5 g

Dinner Option #9	Calories	Carbs	Fats	Protein
Salmon, Couscous & Asparagus				
3 oz. salmon, baked	175.0	0.0	11.0	19.0
3/4 cup Near East Whole Grain Roasted Garlic and Olive Oil Couscous	165.0	37.0	5.0	7.0
1 cup asparagus, baked	40.0	8.0	0.0	4.0
1 cup cauliflower, roasted	25.0	6.0	0.0	2.0
Total	405.0	51.0 g	16.0 g	32.0 g

Dinner Option #10	Calories	Carbs	Fats	Protein
Oven Barbecued Chicken Sandwich				
2 oz. baked chicken breast, sliced	95.0	0.0	2.0	17.5
2 TB barbecue sauce	105.0	25.5	0.0	0.0
1 whole wheat sandwich roll	130.0	24.0	2.0	6.0
Sweet Potato Fries				
1/2 medium sweet potato, cut into strips and baked	50.0	12.0	0.0	1.0
Total	380.0	61.5 g	4.0 g	24.5 g

Breakfast Pizza

Super healthy, delicious and low carb!

Ingredients

2 egg whites, scrambled
1 whole egg, scrambled
1/4 cup tomatoes, chopped
1/4 cup red peppers, chopped
1 oz. 2% milk shredded mozzarella
1/2 cup spaghetti sauce
1 whole wheat pita
1 tsp oregano
1/4 tsp black pepper
sea salt, to taste (optional)

Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

Chicken Panini

Ingredients

2 slices low-fat Swiss cheese
2 oz. sliced reduced-sodium Black Forest deli ham
2 oz. sliced reduced-sodium deli chicken breast
1 whole wheat roll
1/4 cup marinara sauce, heated

Preparation

Heat lightly oiled grill or panini press to medium heat (or use a grill pan).

Layer cheese and meat on roll.

Close sandwiches and grill, flipping and pressing them with spatula if necessary, until golden brown on both sides and cheese is melted, about 5 minutes total.

Halve sandwiches and serve with marinara sauce for dipping.

Grocery List

Grains

- bagel thins, whole wheat
- bread, whole wheat
- brown rice
- english muffin, whole wheat
- Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- oatmeal
- penne pasta, whole wheat
- pita, whole wheat
- Quaker Low-Fat Granola Cereal
- quinoa
- sandwich roll/bun, whole wheat
- spaghetti, whole wheat
- tortillas (8 in.), whole wheat
- Uncle Ben's Ready Whole Grain Medley Brown and Wild Rice

Canned Goods

- black beans
- corn
- marinara sauce
- pineapples, diced or chunks, in juice
- spaghetti sauce
- vegetable broth

Dairy

- cheddar cheese, 2% shredded
- cottage cheese, low-fat
- Greek yogurt (assorted flavors)
- milk 1%
- Monterey Jack, shredded
- Mozzarella cheese sticks, light
- Mozzarella, 2% milk shredded
- Mozzarella, fresh, part skim
- Parmesan, grated
- Swiss cheese, low-fat sliced

Meats, Beans & Nuts

- almonds
- chicken breast
- chicken breast, deli, low-sodium
- eggs
- ham, deli, low-sodium
- peanut butter, Smucker's Natural
- pecans, chopped
- pistachios
- pork tenderloin
- pumpkin seeds
- salmon
- Starkist Tuna Creations Hickory Smoked
- tilapia
- tofu, firm
- tuna, canned in water
- turkey, deli, low-sodium
- turkey, ground, 93% lean

Vegetables

- asparagus
- avocado
- broccoli
- butternut squash
- carrots
- cauliflower
- cilantro
- cucumber
- edamame, dry roasted, lightly salted
- eggplant
- garlic
- green beans
- green bell pepper
- jalapenos
- mushrooms
- onions
- red bell pepper
- red potatoes
- romaine or green leaf lettuce
- spinach
- sweet potato
- tomatoes
- zucchini

Fruits

- apples
- apricots, dried
- bananas
- cantaloupe
- cranberries, dried
- grapes
- orange
- pears

Frozen Foods

- Green Giant Roasted Red Potatoes, Green Beans & Rosemary Butter Sauce
- Healthy Choice Chicken Pesto & Vegetables

Condiments

- balsamic vinaigrette dressing, light
- barbecue sauce
- jelly
- mayonnaise, light
- mustard
- Parkay butter spray
- ranch salad dressing, fat free
- relish
- salsa
- teriyaki sauce, reduced sodium
- vinegar

Other

- brown sugar
- canola oil
- flaxseed, ground
- Kashi Original 7 Grain Crackers
- olive oil
- Tostitos Scoops, Multigrain