

7 DAY MEAL PLAN

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	Scrambled eggs with spinach and cherry tomatoes, whole-grain toast, orange slices	Almonds and a small apple	Grilled chicken, brown rice, steamed broccoli	Greek yogurt with blueberries and honey	Baked salmon, roasted sweet potatoes, sautéed green beans
2	Steel-cut oatmeal with banana slices, cinnamon, and peanut butter	Carrot sticks with homemade hummus	Turkey and avocado wrap with cucumber slices	Hard-boiled egg and grapes	Stir-fried tofu with bell peppers, snap peas, quinoa
3	Whole-grain toast with avocado, poached egg, and strawberries	Trail mix (nuts, seeds, and raisins)	Lentil soup, whole-grain bread, and mixed greens salad	Celery sticks with almond butter	Grilled chicken thighs, roasted Brussels sprouts, mashed cauliflower
4	Smoothie with spinach, mixed berries, Greek yogurt, and almond milk	Walnuts and an orange	Tuna salad on arugula with cherry tomatoes and cucumbers	Popcorn with olive oil and sea salt	Baked cod, wild rice, and roasted zucchini
5	Greek yogurt with granola and fresh raspberries	Boiled egg and a pear	Grilled chicken Caesar salad (homemade dressing)	Baby carrots with guacamole	Turkey-stuffed bell peppers with quinoa and tomato sauce
6	Whole-grain toast with almond butter, banana slices, and chia seeds	Sunflower seeds and a mandarin orange	Chickpea and vegetable curry with brown rice	Sliced cucumber and bell peppers with tzatziki	Grass-fed beef burger on a lettuce wrap with sweet potato wedges
7	Vegetable omelet with mushrooms, onions, and spinach; whole-grain bread	Watermelon slices and pistachios	Roasted chicken with quinoa salad (parsley, cucumbers, tomatoes, olive oil)	Greek yogurt with unsweetened coconut flakes	Baked chicken drumsticks, roasted carrots, and sautéed kale