

Meal Plan

MONDAY

- Breakfast: Oatmeal with almond milk, cinnamon, and mixed berries
- Snack: Apple slices with almond butter
- Lunch: Grilled chicken salad with mixed greens, avocado, and balsamic vinaigrette
- Snack: Baby carrots with hummus
- Dinner: Baked salmon with roasted asparagus

TUESDAY

- Breakfast: Greek yogurt with honey and mixed berries
- Snack: Hard-boiled egg
- Lunch: Turkey and vegetable wrap with whole wheat tortilla
- Snack: Small handful of almonds
- Dinner: Chicken and vegetable stir-fry with brown rice

WEDNESDAY

- Breakfast: Spinach and mushroom omelet with whole wheat toast
- Snack: Greek yogurt with honey and chopped nuts
- Lunch: Quinoa and vegetable salad with vinaigrette dressing
- Snack: Celery sticks with peanut butter
- Dinner: Grilled shrimp with mixed vegetables

THURSDAY

- Breakfast: Greek yogurt with honey and sliced banana
- Snack: Small handful of almonds
- Lunch: Grilled chicken Caesar salad with parmesan cheese and Caesar dressing
- Snack: Carrot sticks with hummus
- Dinner: Baked chicken breast with steamed broccoli

FRIDAY

- Breakfast: Spinach and feta egg muffins with whole wheat toast
- Snack: Apple slices with almond butter
- Lunch: Lentil soup with mixed greens salad
- Snack: Hard-boiled egg
- Dinner: Grilled salmon with roasted Brussels sprouts



Meal Plan

MONDAY

- Breakfast: Protein smoothie with almond milk, banana, and protein powder
- Snack: Baby carrots with hummus
- Lunch: Turkey and vegetable wrap with whole wheat tortilla
- Snack: Small handful of almonds
- Dinner: Grilled steak with mixed vegetables

TUESDAY

- Breakfast: Scrambled eggs with sautéed spinach and whole wheat toast
- Snack: Small handful of blueberries
- Lunch: Grilled chicken salad with mixed greens and balsamic vinaigrette
- Snack: Hard-boiled egg
- Dinner: Baked salmon with roasted asparagus

WEDNESDAY

- Breakfast: Protein smoothie with almond milk, mixed berries, and protein powder
- Snack: Baby carrots with hummus
- Lunch: Turkey and vegetable wrap with whole wheat tortilla
- Snack: Small handful of almonds
- Dinner: Grilled shrimp with mixed vegetables

THURSDAY

- Breakfast: Avocado toast with scrambled eggs
- Snack: Small handful of blueberries
- Lunch: Grilled chicken salad with mixed greens and balsamic vinaigrette
- Snack: Hard-boiled egg
- Dinner: Baked salmon with roasted asparagus

FRIDAY

- Breakfast: Greek yogurt with honey and mixed berries
- Snack: Baby carrots with hummus
- Lunch: Turkey and vegetable wrap with whole wheat tortilla
- Snack: Small handful of almonds
- Dinner: Grilled shrimp with mixed vegetables

