As your nutritionist, I'd be happy to create a personalized meal plan for you that takes into account your weight loss goals, activity level, and dietary preferences.

Based on your information:

\* Age: 30 years old

\* Height: 173 cm (5'8")

\* Weight: 75 kg (165 lbs)

\* Daily activity level: Moderate (assuming you engage in moderate physical activity for at least 30 minutes per day)

\* Preferred diet: Various types, mostly protein-based meals

\* Dislike fast foods

\* No food allergies or sensitivities to avoid

Here's a sample meal plan for you from Monday to Sunday:

\*\*Monday\*\*

\* Breakfast: Greek yogurt with mixed berries, almonds, and a scoop of whey protein powder (300 calories, 30g protein)

\* Lunch: Grilled chicken breast with roasted vegetables (broccoli, carrots, bell peppers) and quinoa (400 calories, 40g protein)

\*\*Tuesday\*\*

\* Breakfast: Avocado toast with scrambled eggs, cherry tomatoes, and whole wheat bread (350 calories, 20g protein)

\* Lunch: Turkey and avocado wrap with mixed greens, hummus, and brown rice (450 calories, 35g protein)

\*\*Wednesday\*\*

\* Breakfast: Smoothie bowl with banana, spinach, almond milk, and a scoop of casein protein powder topped with sliced almonds and chia seeds (320 calories, 25g protein)

\* Lunch: Grilled salmon with roasted sweet potatoes and green beans (400 calories, 40g protein)

\*\*Thursday\*\*

\* Breakfast: Omelette with mushrooms, bell peppers, onions, and whole wheat toast (250 calories, 20g protein)

\* Lunch: Chicken Caesar salad with romaine lettuce, grilled chicken breast, croutons, and a light vinaigrette dressing (400 calories, 35g protein)

\*\*Friday\*\*

\* Breakfast: Cottage cheese with sliced peaches and whole grain crackers (300 calories, 25g protein)

\* Lunch: Turkey meatball sub with marinara sauce, melted mozzarella cheese, and a side salad (500 calories, 40g protein)

\*\*Saturday\*\*

\* Breakfast: Scrambled eggs with turkey sausage, bell peppers, onions, and whole wheat toast (350 calories, 30g protein)

\* Lunch: Grilled chicken breast with mixed greens, cherry tomatoes, cucumber slices, and a balsamic vinaigrette dressing (400 calories, 40g protein)

\*\*Sunday\*\*

\* Breakfast: Protein pancakes made with Greek yogurt, eggs, and oats topped with sliced strawberries and almond butter (350 calories, 25g protein)

\* Lunch: Chicken quesadilla with roasted chicken breast, black beans, bell peppers, onions, and a whole wheat tortilla (450 calories, 35g protein)

\*\*Snacks\*\*

\* Fresh fruits (e.g., apples, bananas, berries) or cut veggies with hummus (150-200 calories, 5-10g protein)

\* Greek yogurt with mixed nuts and seeds (200 calories, 15g protein)

\* Hard-boiled eggs (140 calories, 12g protein)

\*\*Tips and Considerations\*\*

1. Aim for a caloric intake of approximately 1700-1900 calories per day to support weight loss.

2. Drink plenty of water throughout the day (at least 8 cups/64 oz).

3. Incorporate healthy fats like nuts, seeds, avocado, and olive oil into your meals.

4. Choose whole grains over refined carbohydrates whenever possible.

5. Limit processed foods and added sugars.

Remember to adjust portion sizes based on your individual needs and activity level. This meal plan is designed to provide a balanced mix of protein, complex carbohydrates, and healthy fats while keeping your calorie intake in check for weight loss.

Please let me know if you have any questions or concerns about this meal plan, or if you'd like me to make any changes!