As your nutritionist, I'm happy to create a personalized meal plan for you that takes into account your goals, preferences, and dietary needs. \*\*Weight Loss Goals:\*\* To achieve weight loss, we'll focus on creating a calorie deficit by reducing your daily caloric intake while still providing your body with the necessary nutrients. For a moderate activity level, I recommend a daily caloric intake of approximately 2,500-2,700 calories to support your weight loss goals. \*\*Romanian Traditional Food:\*\* I'll incorporate traditional Romanian dishes and ingredients into your meal plan to ensure you're eating foods you enjoy. Here's a sample meal plan for Monday-Sunday: \*\*Monday\*\* \* Breakfast: Sarmale (stuffed cabbage rolls) with scrambled eggs, whole wheat toast, and a glass of freshly squeezed orange juice (400 calories) \* Lunch: Mamaliga (polenta) with sardines in tomato sauce, steamed broccoli, and a side salad with vinaigrette dressing (550 calories) \* Dinner: Ciorbă de burtă (sour soup) with chicken breast, brown rice, and steamed green beans (500 calories) \*\***Tuesday**\*\* \* Breakfast: Papanasi (Romanian doughnuts) with yogurt, honey, and a sprinkle of cinnamon (350 calories) \* Lunch: Mititei (Romanian sausages) with grilled vegetables, whole wheat pita bread, and a side salad (600 calories) \* Dinner: Sosesciute cu mămăligă (polenta with cheese and sour cream) with roasted chicken breast and steamed asparagus (500 calories) \*\***Wednesday**\*\* \* Breakfast: Omelette with mushrooms, bell peppers, and whole wheat toast, accompanied by a glass of freshly squeezed apple juice (350 calories) \* Lunch: Ardei umpluți cu mămăligă (stuffed bell peppers) with chicken breast, brown rice, and steamed carrots (550 calories) \* Dinner: Cârnații (Romanian meatballs) with tomato sauce, whole wheat pasta, and a side salad (600 calories) \*\***Thursday**\*\* \* Breakfast: Placinta cu brânză și smochine (cheese and plum pie) with a glass of freshly squeezed grapefruit juice (400 calories) \* Lunch: Mămăligă cu smântână și ouă (polenta with sour cream and eggs) with grilled chicken breast and steamed spinach (550 calories) \* Dinner: Sosesciute cu mămăligă și brânză (polenta with cheese and sour cream) with roasted pork tenderloin and steamed green beans (600 calories) \*\***Friday**\*\* \* Breakfast: Cârnații cu ouă și smântână (meatballs with eggs and sour cream) with whole wheat toast and a glass of freshly squeezed orange juice (400 calories) \* Lunch: Ardei umpluți cu mămăligă și sfeclă (stuffed bell peppers) with chicken breast, brown rice, and steamed broccoli (600 calories) \* Dinner: Sarmale cu slanina și ouă (stuffed cabbage rolls with bacon and eggs) with whole wheat pita bread and a side salad (650 calories) \*\*Saturday\*\* \* Breakfast: Pofa de găină (Romanian-style scrambled eggs) with whole wheat toast, steamed asparagus, and a glass of freshly squeezed apple juice (350 calories) \* Lunch: Mititei cu mămăligă și smântână (Romanian sausages with polenta and sour cream) with grilled chicken breast and steamed carrots (600 calories) \* Dinner: Ciorbă de burtă cu pui și mămăligă (sour soup with chicken and polenta) with whole wheat bread and a side salad (550 calories) \*\***Sunday**\*\* \* Breakfast: Omelette with mushrooms, bell peppers, and whole wheat toast, accompanied by a glass of freshly squeezed grapefruit juice (350 calories) \* Lunch: Sosesciute cu mămăligă și ouă (polenta with cheese and eggs) with grilled pork tenderloin and steamed green beans (600 calories) \* Dinner: Ardei umpluți cu mămăligă și sfeclă (stuffed bell peppers) with chicken breast, brown rice, and steamed broccoli (600 calories) \*\*Snacks:\*\* To help you stay full between meals, I recommend the following snacks: \* Fresh fruit (e.g., apples, bananas) \* Baby carrots with hummus \* Whole grain crackers with cheese or peanut butter \* Greek yogurt with honey and almonds \*\*Tips and Reminders:\*\* 1. Drink plenty of water throughout the day to help with hydration. 2. Aim for 3-4 main meals and 2-3 snacks per day. 3. Try to eat slowly, savor your food, and avoid eating in front of screens. 4. Get enough sleep (7-8 hours) each night to support weight loss and overall health. This meal plan is designed to provide a balanced mix of protein, healthy fats, and complex carbohydrates while keeping your calorie intake within the recommended range for weight loss. Feel free to adjust portion sizes based on your individual needs and activity level.