

# Diet Plan

## Breakfast

- • Overnight oats: 1/2 cup rolled oats, 1 cup unsweetened almond milk, 1 tablespoon chia seeds, 1 tablespoon honey, 1/2 cup mixed berries, 1 tablespoon sliced almonds
- • Green smoothie: 1 cup spinach, 1 banana, 1 cup unsweetened almond milk, 1/2 cup frozen mixed berries, 1 scoop plant-based protein powder

## Mid-Morning Snack

- • 1 medium apple
- • 1 tablespoon almond butter

## Lunch

- • Quinoa salad: 1 cup cooked quinoa, 2 cups mixed greens, 1/2 cup cherry tomatoes, 1/2 cup cucumber, 1/2 cup black beans, 1/4 cup shredded carrots, 2 tablespoons olive oil, 1 tablespoon lemon juice, salt and pepper to taste
- • 1/2 avocado

## Afternoon Snack

- • 1 cup edamame
- • 1 medium orange

## Dinner

- • Lentil curry: 1 cup cooked lentils, 1 cup mixed vegetables (such as bell peppers, carrots, and zucchini), 1 cup cooked brown rice, 1 tablespoon coconut oil, 1 tablespoon curry powder, 1 cup unsweetened coconut milk, salt and pepper to taste

## Evening Snack

- • 1 cup Greek yogurt
- • 1/2 cup mixed berries