

# Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Oats with Berries and Eggs	Quinoa Salad with Boiled Eggs	Grilled Vegetables with Poached Eggs	None
Day 2	Whole grain Toast with Avocado and Scrambled Eggs	Veggie Omelette with Brown Rice	Spinach Salad with Hard-Boiled Eggs	None
Day 3	Veggie Egg Muffins	Whole Wheat Pasta Salad with Eggs	Baked Egg with Mixed Vegetables	None
Day 4	Egg and Vegetable Stuffed Pita	Mixed Greens Salad with Egg and Tofu	Stir-Fry Vegetables with Fried Egg	None
Day 5	Egg and Avocado Wrap	Egg and Chickpea Salad	Broccoli and Egg Stir-Fry	None
Day 6	Egg and Vegetable Breakfast Casserole	Egg and Bean Salad	Egg and Vegetable Curry	None
Day 7	Egg and Vegetable Scramble	Egg and Lentil Salad	Egg and Vegetable Fried Rice	None