

## Vegetarian

### DAY-1

Breakfast: Scrambled tofu with spinach, tomatoes, and whole grain toast

Snack: Greek yogurt with mixed berries

Lunch: Chickpea and vegetable stir-fry with brown rice

Snack: Carrot sticks with hummus

Dinner: Lentil soup with a side salad and whole grain roll

### Day 2

Breakfast: Oatmeal topped with sliced banana, almonds, and a drizzle of honey

Snack: Apple slices with peanut butter

Lunch: Quinoa salad with black beans, corn, avocado, and a lime vinaigrette dressing

Snack: Cottage cheese with pineapple chunks

Dinner: Grilled vegetable and halloumi kebabs with quinoa

### Day 3

Breakfast: Smoothie with spinach, banana, almond milk, and protein powder

Snack: Handful of almonds

Lunch: Stuffed bell peppers with brown rice, black beans, corn, and salsa

Snack: Edamame

Dinner: Baked tofu with roasted sweet potatoes and steamed broccoli

### Day 4

Breakfast: Whole grain toast with mashed avocado and sliced tomato

Snack: Trail mix with nuts and dried fruits

Lunch: Caprese salad with fresh mozzarella, tomatoes, basil, and balsamic glaze .

Snack: Celery sticks with almond butter

Dinner: Vegetable curry with chickpeas and quinoa

### Day 5

Breakfast: Greek yogurt parfait with granola and mixed berries

Snack: Rice cakes with hummus and cucumber slices

Lunch: Spinach and feta stuffed mushrooms with a side of mixed greens

Snack: Sliced pear with cheese

Dinner: Eggplant lasagna with marinara sauce and a side salad

### Day 6

Breakfast: Whole grain waffles with Greek yogurt and sliced strawberries

Snack: Whole grain crackers with guacamole

Lunch: Roasted vegetable and hummus wrap with whole wheat tortilla

Snack: Roasted chickpeas

Vegetarian		
Dinner: Vegetarian chili with a side of whole grain cornbread		
Day 7		
Breakfast: Overnight oats with chia seeds, almond milk, and mixed berries		
Snack: Cottage cheese with peach slices		
Lunch: Falafel salad with mixed greens, cucumber, tomato, and tahini dressing		
Snack: Hard-boiled eggs		
Dinner: Mushroom and spinach stuffed bell peppers with quinoa		
Non Vegetarian DAY-1		
Breakfast: Scrambled eggs with spinach and whole grain toast		
Snack: Greek yogurt with mixed berries		
Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and balsamic vinaigrette		
Snack: Carrot sticks with hummus		
Dinner: Baked salmon with roasted sweet potatoes and steamed broccoli		
Day 2		
Breakfast: Oatmeal topped with sliced banana, almonds, and a drizzle of honey		
Snack: Apple slices with peanut butter		
Lunch: Turkey and avocado wrap with whole wheat tortilla		
Snack: Cottage cheese with pineapple chunks		
Dinner: Stir-fried shrimp with mixed vegetables and brown rice		
Day 3		
Breakfast: Whole grain toast with mashed avocado and poached egg		
Snack: Trail mix with nuts and dried fruits		
Lunch: Tuna salad lettuce wraps with cucumber slices		
Snack: Celery sticks with almond butter		
Dinner: Baked chicken breast with roasted root vegetables and couscous		
Day 4		
Breakfast: Smoothie with spinach, banana, almond milk, and protein powder		
Snack: Rice cakes with hummus and cucumber slices		
Lunch: Chicken Caesar salad with whole grain croutons		
Snack: Sliced pear with cheese		
Dinner: Grilled fish tacos with cabbage slaw and avocado		

Day 5

Breakfast: Whole grain waffles with Greek yogurt and sliced strawberries

Snack: Whole grain crackers with cheese Lunch: Quinoa salad with black

beans, corn, avocado, and lime vinaigrette Snack: Roasted chickpeas

Dinner: Beef stir-fry with broccoli, bell peppers, and brown rice

## Day 6

Breakfast: Overnight oats with chia seeds, almond milk, and mixed berries

Snack: Cottage cheese with peach slices

Lunch: Chicken and vegetable kebabs with quinoa

Snack: Hard-boiled eggs

Dinner: Baked cod with roasted asparagus and mashed sweet potatoes

Day 7

Breakfast: Greek yogurt parfait with granola and mixed berries

Snack: Handful of almonds

Lunch: Lentil soup with a side salad and whole grain roll

Snack: Edamame

Dinner: Grilled steak with quinoa pilaf and roasted Brussels sprouts