

## Prescribed Diet Sheet:

### Breakfast:

- 1 cup of oatmeal with sliced bananas and a drizzle of honey
- 1 boiled egg
- 1 glass of orange juice

### Mid-Morning Snack:

- 1 medium apple
- Handful of almonds

### Lunch:

- Grilled chicken breast with steamed broccoli and brown rice
- Mixed green salad with olive oil and balsamic vinegar dressing

### Afternoon Snack:

- Greek yogurt with mixed berries

### Dinner:

- Baked salmon with roasted sweet potatoes and asparagus
- Quinoa salad with cucumber, tomatoes, and feta cheese

### Evening Snack:

- Carrot sticks with hummus