

Meal Plan:

Breakfast:

Option 1:

Scrambled Eggs with Vegetables:

Ingredients: 2 eggs, bell peppers, tomatoes, spinach.

Preparation: Scramble eggs and sauté vegetables.

Whole Grain Toast:

1-2 slices with a spread of avocado.

Fruit Salad:

Mixed berries or your choice of seasonal fruits.

Option 2:

Greek Yogurt Parfait:

Greek yogurt with layers of granola, sliced bananas, and a drizzle of honey.

Hard-Boiled Egg:

One hard-boiled egg for added protein.

Green Tea:

A cup of green tea for antioxidants.

Lunch:

Option 1:

Grilled Chicken Salad:

Grilled chicken breast over a bed of mixed greens, cherry tomatoes, cucumbers, and a light vinaigrette.

Quinoa Bowl:

Quinoa mixed with roasted vegetables (zucchini, bell peppers, and carrots).

Option 2:

Vegetarian Wrap:

Whole grain wrap with hummus, mixed greens, tomatoes, cucumbers, and feta cheese.

Mixed Bean Salad:

A side of mixed beans (kidney beans, chickpeas) with olive oil and herbs.

Water with Lemon:

Hydrate with water infused with lemon slices.

Dinner:

Option 1:

Baked Salmon:

Baked salmon fillet with a lemon and herb marinade.

Sweet Potato Mash:

Mashed sweet potatoes seasoned with a touch of cinnamon.

Steamed Broccoli:

Lightly steamed broccoli as a side.

Option 2:

Vegetarian Stir-Fry:

Tofu or tempeh stir-fried with a mix of colorful vegetables in a light soy sauce.

Brown Rice:

Serve stir-fry over a bed of brown rice.

Herbal Tea:

Conclude the day with a calming herbal tea.

Snacks (Choose 1-2 as needed):

Fresh Fruit:

Apple slices, berries, or a banana.

Nuts and Seeds:

A small handful of almonds, walnuts, or pumpkin seeds.

Greek Yogurt:

A small cup of plain Greek yogurt.

Vegetable Sticks with Hummus:

Carrot and cucumber sticks with hummus dip.

#### Whole Grain Crackers with Cheese:

A few whole-grain crackers with a small serving of cheese.

Remember to drink plenty of water throughout the day, and adjust portion sizes based on individual energy needs. This sample plan provides a mix of protein, healthy fats, fiber, and a variety of vitamins and minerals. Adjustments can be made based on personal preferences, dietary restrictions, and individual health goals.