

Breakfast:

Scrambled eggs with spinach and tomatoes

Whole-grain toast

A serving of Greek yogurt

Lunch:

Grilled chicken breast or tofu (for vegetarians)

Quinoa or brown rice

Steamed broccoli and carrots

A side salad with mixed greens and vinaigrette dressing

Snack:

A small handful of almonds or walnuts

Sliced cucumber with hummus

Dinner:

Baked salmon or a plant-based protein source

Roasted sweet potatoes

Steamed green beans

Mixed berries for dessert

Snack (if needed):

A piece of fruit

Low-fat cottage cheese or a protein shake