

TestRxMD 30 Day Meal Plan

Day 1

Breakfast

- Oatmeal with banana and walnuts (1 bowl)
- Scrambled eggs (2)

Lunch

- Grilled chicken salad with quinoa, spinach, and tomatoes (1 plate)
- Fruit smoothie (1 glass)

Snack

- Carrot sticks and hummus (1 cup)
- Apple slices with peanut butter (2 tablespoons)

Dinner

- Vegetable stir fry over brown rice (1 plate)
- Grilled salmon with roasted vegetables (1 fillet)