**DAY 1**

**Breakfast: Wheat Bran Cereal with soy milk and zero sugar**

**RECIPE**

**Ingredients:**

* 1/2 cup wheat bran
* 1 cup unsweetened soy milk (or any other plant-based milk of your choice)
* Fresh fruits (such as berries, sliced bananas, or diced apples) for topping (optional)
* Nuts or seeds for topping (optional).

**Instructions**:

1. In a bowl, measure out 1/2 cup of wheat bran.
2. Pour 1 cup of unsweetened soy milk over the wheat bran. Stir well to combine.
3. Let the mixture sit for about 5 minutes to allow the wheat bran to absorb the soy milk and soften.
4. Meanwhile, prepare your desired toppings. You can slice fresh fruits like berries, bananas, or apples and gather some nuts or seeds for added texture and flavor.
5. After the wheat bran has soaked for a few minutes, give it another stir to make sure it's well mixed.
6. Serve the wheat bran cereal in a bowl and top it with your preferred fruits, nuts, or seeds. This is where you can get creative and customize the cereal to your liking.
7. Enjoy your Wheat Bran Cereal with soy milk, which is naturally sweetened by the fruits you added without any additional sugar.

**Lunch: chicken and egg salad**

**RECIPE**

**Ingredients**

* 2 cups cooked chicken breast, diced or shredded
* 4 hard-boiled eggs, peeled and chopped
* 1/2 cup mayonnaise
* 1 tablespoon Dijon mustard
* 2 tablespoons fresh lemon juice
* 1/4 cup chopped fresh parsley
* 2 green onions, thinly sliced
* Salt and pepper to taste
* Lettuce leaves for serving (optional)
* Sliced tomatoes for garnish (optional)

**Instructions:**

1. In a large bowl, combine the diced chicken and chopped hard-boiled eggs.
2. In a separate small bowl, whisk together the mayonnaise, Dijon mustard, and fresh lemon juice until well combined.
3. Pour the mayonnaise mixture over the chicken and eggs. Add the chopped parsley and sliced green onions to the bowl.
4. Gently toss all the ingredients together until they are evenly coated with the dressing. Make sure the chicken and eggs are well coated.
5. Season with salt and pepper to taste. Adjust the seasoning according to your preference.
6. If desired, line a serving platter or individual plates with lettuce leaves.
7. Spoon the chicken and egg salad onto the lettuce leaves. Garnish with sliced tomatoes, if desired.
8. Serve the chicken and egg salad immediately, or refrigerate for a couple of hours to allow the flavors to meld together before serving.

**DINNER :**

**RECIPE**

**Ingredients:**

* 1 whole chicken (about 4-5 pounds)
* 2 large sweet potatoes, peeled and cut into chunks
* 1 onion, thinly sliced
* 4 cloves of garlic, minced
* 2 tablespoons olive oil
* 1 tablespoon fresh rosemary, chopped
* 1 tablespoon fresh thyme leaves
* 1 teaspoon paprika
* Salt and pepper to taste

**Instructions**:

1. Preheat your oven to 425°F (220°C).
2. Place the chicken in a roasting pan or a baking dish. Pat it dry with paper towels.
3. In a small bowl, mix together the minced garlic, olive oil, rosemary, thyme, paprika, salt, and pepper to create a marinade.
4. Rub the marinade all over the chicken, ensuring it is evenly coated.
5. In the same roasting pan or a separate baking dish, place the sweet potato chunks and sliced onion. Drizzle them with a little olive oil, salt, and pepper, and toss to coat.
6. Arrange the sweet potatoes and onion around the chicken in the roasting pan.
7. Place the roasting pan in the preheated oven and roast for about 1 hour and 15 minutes, or until the chicken is cooked through and the sweet potatoes are tender. You can check the doneness of the chicken by inserting a meat thermometer into the thickest part of the thigh - it should read 165°F (74°C).
8. Once cooked, remove the chicken from the oven and let it rest for about 10 minutes before carving.
9. Serve the roast chicken alongside the roasted sweet potatoes and onions. You can garnish with additional fresh herbs if desired.

**DAY2**

**Breakfast: Whole Grain Toast with Nut Butter**

**Ingredients:**

* 2 slices of whole grain or multigrain bread
* Zero-sugar nut butter (such as almond butter or peanut butter)
* Optional toppings: sliced banana, chia seeds, or a drizzle of honey

**Instructions:**

1. Toast the slices of whole grain bread until golden brown.
2. Spread a generous amount of zero-sugar nut butter on each slice.
3. If desired, add toppings like sliced banana, chia seeds, or a drizzle of honey for extra flavor and nutrients.
4. Serve and enjoy your wholesome breakfast.

**Lunch: Turkey Meatballs**

**Ingredients:**

* 1 pound ground turkey
* 1/4 cup breadcrumbs (preferably whole grain)
* 1/4 cup grated Parmesan cheese
* 1/4 cup chopped fresh parsley
* 1 egg, lightly beaten
* 2 cloves garlic, minced
* 1/2 teaspoon dried oregano
* Salt and pepper to taste
* Olive oil for cooking
* Tomato sauce (store-bought or homemade)
* Mixed salad gree**ns**

**Instructions:**

1. In a large mixing bowl, combine the ground turkey, breadcrumbs, Parmesan cheese, parsley, egg, minced garlic, dried oregano, salt, and pepper. Mix until well combined.
2. Shape the mixture into meatballs, approximately 1 to 1.5 inches in diameter.
3. Heat a drizzle of olive oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides, turning them occasionally.
4. Once the meatballs are cooked, add tomato sauce to the skillet, enough to coat the meatballs. Simmer for a few minutes until the meatballs are cooked through.
5. While the meatballs are simmering, prepare a mixed salad with your choice of greens and vegetables.
6. Serve the turkey meatballs with tomato sauce on top of the salad, and enjoy a nutritious lunch.

**Dinner: Noodles with Shrimp**

**Ingredients:**

* 8 ounces whole wheat noodles (such as spaghetti or linguine)
* 1 pound shrimp, peeled and deveined
* 2 tablespoons olive oil
* 3 cloves garlic, minced
* 1/4 teaspoon red pepper flakes (optional, for spice)
* 1 cup cherry tomatoes, halved
* 1/4 cup chopped fresh parsley
* Salt and pepper to taste
* Grated Parmesan cheese for garnish (optional)

**Instructions:**

1. Cook the whole wheat noodles according to the package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and red pepper flakes (if using) and cook for about 1 minute until fragrant.
3. Add the shrimp to the skillet and cook until they turn pink and opaque, usually around 3-4 minutes. Remove the shrimp from the skillet and set them aside.
4. In the same skillet, add the cherry tomatoes and cook for 2-3 minutes until they start to soften.

* Return the cooked noodles to the skillet with the tomatoes. Toss to combine and heat through.
* Add the cooked shrimp back to the skillet, along with the chopped parsley. Season with salt and pepper to taste. Toss everything together until well combined.
* Serve the noodles with shrimp, garnish with grated Parmesan cheese if desired, and enjoy a flavorful dinner.

**DAY3**

**Breakfast: Oatmeal**

**Ingredients:**

* 1/2 cup rolled oats
* 1 cup water or milk (dairy or plant-based)
* Optional toppings: sliced bananas, berries, chopped nuts, honey, or cinnamon

**Instructions:**

1. In a small saucepan, bring the water or milk to a boil.
2. Stir in the rolled oats and reduce the heat to low. Simmer for about 5 minutes, stirring occasionally, until the oats are cooked and the mixture thickens.
3. Remove from heat and let it cool slightly.
4. Serve the oatmeal in a bowl and add your desired toppings, such as sliced bananas, berries, chopped nuts, honey, or a sprinkle of cinnamon. Mix well and enjoy a warm and nourishing breakfast.

**Lunch : Chicken with Fire-Roasted Tomatoes**

**Ingredients:**

* 2 chicken breasts, boneless and skinless
* Salt and pepper to taste
* 1 tablespoon olive oil
* 1 can fire-roasted tomatoes (14 oz)
* 2 cloves garlic, minced
* 1 teaspoon dried basil
* 1 teaspoon dried oregano
* 1/2 teaspoon red pepper flakes (optional, for spice)
* Fresh basil leaves for garnish (optional)

**Instructions:**

1. Season the chicken breasts with salt and pepper on both sides.
2. In a large skillet, heat the olive oil over medium-high heat. Add the chicken breasts and cook for about 6-8 minutes per side until browned and cooked through. Remove the chicken from the skillet and set it aside.
3. In the same skillet, add the minced garlic and sauté for about 1 minute until fragrant.
4. Add the fire-roasted tomatoes, dried basil, dried oregano, and red pepper flakes (if using) to the skillet. Stir well to combine.
5. Return the chicken breasts to the skillet, nestling them into the tomato mixture. Reduce the heat to low and let it simmer for about 5 minutes, allowing the flavors to meld together.
6. Serve the chicken with fire-roasted tomatoes, garnished with fresh basil leaves if desired. It pairs well with a side of steamed vegetables or a salad.

**Dinner: Chicken and Rice**

**Ingredients:**

* 2 chicken thighs, bone-in and skin-on
* Salt and pepper to taste
* 1 tablespoon olive oil
* 1 cup long-grain white rice
* 2 cups chicken broth (low sodium)
* 1 onion, diced
* 2 cloves garlic, minced
* 1 teaspoon dried thyme
* 1 teaspoon paprika
* Fresh parsley for garnish (optional)

**Instructions**:

1. Preheat the oven to 375°F (190°C).
2. Season the chicken thighs with salt and pepper on both sides.
3. In an oven-safe skillet or Dutch oven, heat the olive oil over medium-high heat. Add the chicken thighs, skin-side down, and cook for about 5 minutes until the skin is browned and crispy. Flip the chicken and cook for an additional 3 minutes. Remove the chicken from the skillet and set it aside.
4. In the same skillet, add the diced onion and minced garlic. Sauté for about 3-4 minutes until the onion becomes translucent.
5. Add the rice, dried thyme, and paprika to the skillet. Stir well to coat the rice with the flavors.
6. Place the chicken thighs on top of the rice mixture in the skillet. Pour the chicken broth over everything.
7. Cover the skillet or Dutch oven with a lid or aluminum foil and transfer it to the preheated oven

**DAY4**

**Breakfast:** Scrambled Eggs

**Ingredients**:

* 2 large eggs
* Salt and pepper to taste
* 1 tablespoon butter or oil
* Optional toppings: chopped herbs (e.g., parsley, chives), grated cheese, diced vegetables (e.g., bell peppers, onions, tomatoes).

I**nstructions:**

1. Crack the eggs into a bowl and whisk them until well beaten. Season with salt and pepper.
2. Heat the butter or oil in a non-stick skillet over medium heat.
3. Pour the beaten eggs into the skillet and let them cook undisturbed for a few seconds until the edges start to set.
4. Using a spatula, gently scramble the eggs by pushing them from the edges toward the center, allowing the uncooked parts to come into contact with the hot pan.
5. Continue stirring and cooking until the eggs are fully cooked but still moist.
6. Remove from heat and serve the scrambled eggs hot with your choice of optional toppings

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**Lunch: Grilled Pork Noodle Salad**

**Ingredients**:

* 8 ounces rice noodles
* 1 pound pork tenderloin, thinly sliced
* 2 tablespoons soy sauce
* 1 tablespoon fish sauce
* 1 tablespoon lime juice
* 1 tablespoon honey or maple syrup
* 2 cloves garlic, minced
* 1 small red chili, minced (optional, for spice)
* 2 cups mixed salad greens
* 1 cucumber, thinly sliced
* 1 carrot, julienned
* Fresh herbs (e.g., mint, cilantro, Thai basil) for garnish
* Crushed peanuts for garnish (optional)

**Instructions**:

1. Cook the rice noodles according to the package instructions. Drain and set aside.
2. In a bowl, combine the soy sauce, fish sauce, lime juice, honey (or maple syrup), minced garlic, and minced chili (if using). Mix well to make the marinade.
3. Place the sliced pork tenderloin in a shallow dish and pour half of the marinade over it. Reserve the remaining marinade for dressing the salad.
4. Preheat a grill or grill pan over medium-high heat. Grill the marinated pork slices for about 3-4 minutes per side until cooked through and slightly charred. Remove from heat and let it rest for a few minutes.
5. In a large bowl, combine the cooked rice noodles, mixed salad greens, cucumber slices, and julienned carrot.
6. Slice the grilled pork into thin strips and add them to the salad bowl.
7. Drizzle the reserved marinade over the salad and toss gently to combine.
8. Garnish the salad with fresh herbs and crushed peanuts (if desired).
9. Serve the grilled pork noodle salad at room temperature or chilled.

**Dinner: Turkey Spaghetti Noodles**

**Ingredients**:

* 8 ounces spaghetti noodles
* 1 pound ground turkey
* 1 tablespoon olive oil
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 can diced tomatoes (14 oz)
* 1 can tomato sauce (8 oz)
* 1 teaspoon dried basil
* 1 teaspoon dried oregano
* Salt and pepper to taste
* Grated Parmesan cheese for serving (optional)
* Fresh basil leaves for garnish (optional)

**Instructions**:

1. Cook the spaghetti noodles according to the package instructions. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and minced garlic. Sauté for about 3-4 minutes until the onion becomes translucent.
3. Add the ground turkey to the skillet and cook, breaking it up

**DAY5**

**Breakfast: Greek Yogurt with Berries**

**Ingredients:**

* 1 cup Greek yogurt (unsweetened)
* 1/2 cup mixed berries (e.g., blueberries, strawberries, raspberries)
* 1 tablespoon honey or a sugar substitute (optional)
* 1 tablespoon chopped nuts or seeds (optional)

**Instructions:**

1. In a bowl, scoop the Greek yogurt.
2. Top the yogurt with mixed berries.
3. Drizzle honey or a sugar substitute (if desired) over the berries.
4. Sprinkle chopped nuts or seeds (if using) on top for added texture and nutrients.

* Mix gently and enjoy a protein-rich and refreshing breakfast.

**Lunch: Grilled Steak Salad with Tomatoes and Avocado**

**Ingredients:**

* 8 ounces grilled steak (lean cut), sliced
* 4 cups mixed salad greens
* 1 cup cherry tomatoes, halved
* 1 avocado, sliced
* 1/4 red onion, thinly sliced
* 2 tablespoons extra-virgin olive oil
* 1 tablespoon balsamic vinegar
* Salt and pepper to taste

**Instructions**:

1. In a large salad bowl, combine the mixed salad greens, cherry tomatoes, avocado slices, and red onion.
2. Add the sliced grilled steak to the salad bowl.
3. In a small bowl, whisk together the extra-virgin olive oil, balsamic vinegar, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss gently to combine.
5. Adjust seasoning if needed.
6. Serve the grilled steak salad as a satisfying and flavorful lunch.

**Dinner: Beef and Vegetable Soup**

**Ingredients:**

* 1 pound lean beef stew meat, cut into bite-sized pieces
* 1 tablespoon olive oil
* 1 onion, chopped
* 2 cloves garlic, minced
* 2 carrots, diced
* 2 celery stalks, diced
* 1 zucchini, diced
* 1 can diced tomatoes (14 oz), no salt added
* 4 cups low-sodium beef or vegetable broth
* 1 teaspoon dried thyme
* 1 teaspoon dried rosemary
* Salt and pepper to taste
* Fresh parsley for garnish (optional)
* **Instructions:**

1. Heat the olive oil in a large pot or Dutch oven over medium heat.
2. Add the beef stew meat to the pot and cook until browned on all sides. Remove the meat from the pot and set it aside.
3. In the same pot, add the chopped onion and minced garlic. Sauté for about 3-4 minutes until the onion becomes translucent.
4. Add the diced carrots, celery, and zucchini to the pot. Cook for another 3-4 minutes until the vegetables start to soften.
5. Return the browned beef to the pot and add the diced tomatoes, beef or vegetable broth, dried thyme, and dried rosemary. Stir well to combine.
6. Bring the soup to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 30-40 minutes until the beef is tender and the flavors are well combined.
7. Season with salt and pepper to taste.
8. Ladle the beef and vegetable soup into bowls and garnish with fresh parsley if desired.
9. Serve the comforting beef and vegetable soup as a hearty dinner option.

**DAY6**

**Breakfast: Low Carb Pancakes**

**Ingredients:**

* 1 cup almond flour
* 2 tablespoons coconut flour
* 1 teaspoon baking powder
* 1/4 teaspoon salt
* 4 large eggs
* 1/4 cup unsweetened almond milk (or any low-carb milk of your choice)
* 2 tablespoons melted butter or coconut oil
* 1 teaspoon vanilla extract
* Optional toppings: sugar-free syrup, berries, chopped nuts

**Instructions**:

1. In a bowl, whisk together the almond flour, coconut flour, baking powder, and salt.
2. In a separate bowl, beat the eggs. Add the almond milk, melted butter or coconut oil, and vanilla extract. Mix well.
3. Gradually add the dry ingredients to the wet ingredients, stirring until the batter is smooth and well combined.
4. Heat a non-stick skillet or griddle over medium heat. Lightly grease the surface with butter or oil.
5. Pour about 1/4 cup of batter onto the skillet for each pancake. Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 1-2 minutes until golden brown.
6. Repeat the process with the remaining batter.
7. Serve the low carb pancakes with your choice of toppings, such as sugar-free syrup, berries, or chopped nuts.

**Lunch: Refreshing Shrimp Salad**

**Ingredients:**

* 1 pound cooked shrimp, peeled and deveined
* 4 cups mixed salad greens
* 1 cucumber, thinly sliced
* 1 bell pepper, thinly sliced
* 1/4 red onion, thinly sliced
* 1 avocado, diced
* Juice of 1 lemon
* 2 tablespoons extra-virgin olive oil
* Salt and pepper to taste

**Instructions**:

1. In a large salad bowl, combine the mixed salad greens, cucumber slices, bell pepper slices, red onion slices, and diced avocado.
2. Add the cooked shrimp to the salad bowl.
3. In a small bowl, whisk together the lemon juice, extra-virgin olive oil, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss gently to combine.
5. Adjust seasoning if needed.
6. Serve the refreshing shrimp salad as a light and satisfying lunch option.

**Dinner: Hamburger Steak with Onions**

**Ingredients:**

* 1 pound ground beef (preferably lean)
* 1/2 teaspoon garlic powder
* 1/2 teaspoon onion powder
* 1/2 teaspoon dried oregano
* Salt and pepper to taste
* 1 tablespoon olive oil
* 1 large onion, thinly sliced
* 1 cup low-sodium beef broth
* 1 tablespoon Worcestershire sauce
* Fresh parsley for garnish (optional)

**Instructions**:

1. In a bowl, combine the ground beef, garlic powder, onion powder, dried oregano, salt, and pepper. Mix well.
2. Divide the beef mixture into four equal portions and shape them into patties.
3. Heat the olive oil in a large skillet over medium-high heat.
4. Add the beef patties to the skillet and cook for about 4-5 minutes per side until browned and cooked to your desired level of doneness. Remove the patties from the skillet and set them aside.
5. In the same skillet, add the thinly sliced onion and sauté for about 5 minutes until softened
6. Pour the beef broth and Worcestershire sauce into the skillet with the onions. Stir well to combine.
7. Return the beef patties to the skillet

**DAY7**

**Breakfast: Multigrain Avocado Toast**

**Ingredients:**

* 2 slices of multigrain bread
* 1 ripe avocado
* Salt and pepper to taste
* Optional toppings: sliced cherry tomatoes, crumbled feta cheese, red pepper flakes

**Instructions:**

1. Toast the multigrain bread slices until golden brown.
2. Cut the ripe avocado in half, remove the pit, and scoop out the flesh into a bowl.
3. Mash the avocado with a fork until it reaches your desired consistency.
4. Season the mashed avocado with salt and pepper to taste.
5. Spread the mashed avocado evenly onto the toasted multigrain bread slices.
6. Optional: Top the avocado toast with sliced cherry tomatoes, crumbled feta cheese, and a sprinkle of red pepper flakes for extra flavor.
7. Serve the multigrain avocado toast as a satisfying and nutritious breakfast option.

**Lunch: Savory Pork Salad**

**Ingredients**:

* 1 pound pork tenderloin, sliced into thin strips
* 1 tablespoon olive oil
* 1 teaspoon smoked paprika
* 1/2 teaspoon garlic powder
* 1/2 teaspoon dried thyme
* Salt and pepper to taste
* 4 cups mixed salad greens
* 1 cup cherry tomatoes, halved
* 1/2 cup sliced red onions
* 1/4 cup sliced black olives
* 1/4 cup crumbled goat cheese or feta cheese
* For the dressing:
* 2 tablespoons extra-virgin olive oil
* 1 tablespoon balsamic vinegar
* 1 teaspoon Dijon mustard
* Salt and pepper to taste

**Instructions**:

1. In a bowl, combine the pork strips with olive oil, smoked paprika, garlic powder, dried thyme, salt, and pepper. Mix well to coat the pork evenly.
2. Heat a large skillet over medium-high heat. Add the marinated pork strips to the skillet and cook for about 4-5 minutes until browned and cooked through.
3. In a separate bowl, whisk together the extra-virgin olive oil, balsamic vinegar, Dijon mustard, salt, and pepper to make the dressing.
4. In a large salad bowl, combine the mixed salad greens, cherry tomatoes, sliced red onions, sliced black olives, and crumbled goat cheese or feta cheese.
5. Add the cooked pork strips to the salad bowl.
6. Drizzle the dressing over the salad and toss gently to combine.
7. Adjust seasoning if needed.
8. Serve the savory pork salad as a delicious and protein-packed lunch option.

**Dinner: Chicken and Vegetable Soup**

**Ingredients:**

* 1 tablespoon olive oil
* 1 onion, chopped
* 2 carrots, diced
* 2 celery stalks, diced
* 2 cloves garlic, minced
* 4 cups low-sodium chicken broth
* 2 cups cooked chicken breast, shredded
* 1 cup diced tomatoes (canned or fresh)
* 1 cup chopped green beans
* 1 cup corn kernels (fresh or frozen)
* 1 teaspoon dried thyme
* Salt and pepper to taste
* Fresh parsley for garnish (optional)

**Instructions**:

1. Heat the olive oil in a large pot or Dutch oven over medium heat.
2. Add the chopped onion, diced carrots, diced celery, and minced garlic. Sauté for about 5 minutes until the vegetables begin to soften.
3. Pour in the chicken broth and bring it to a boil.
4. Add the shredded chicken, diced tomatoes, chopped green beans, corn kernels, dried thyme, salt,