

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled eggs with spinach and tomatoes	Apple slices with almond butter	Grilled chicken with quinoa and vegetables	Greek yogurt with honey and berries	Salmon with sweet potato and broccoli
Tuesday	Greek yogurt with berries and granola	Mixed nuts with hummus	Quinoa salad with chickpeas, cucumber, and feta cheese	Rice cakes with almond butter	Chicken stir-fry with vegetables and brown rice
Wednesday	Oatmeal with mixed berries and nuts	Carrot sticks with hummus	Turkey sandwich on whole wheat bread	Cottage cheese with pineapple	Grilled steak with sweet potato and green beans
Thursday	Avocado toast with basil	Cottage cheese with whole wheat	Tuna salad with whole grain crackers	Sliced apple with almond butter	Baked cod with roasted vegetables
Friday	Whole grain pancakes with maple syrup	Sliced pineapple with almond butter	Chicken stir-fry with vegetables and brown rice	Whole grain toast with avocado	Turkey meatballs with marinara sauce and spaghetti squash
Saturday	Veggie omelette with cheese	Greek yogurt with granola	Turkey and avocado wrap	Cottage cheese with berries	Beef stir-fry with vegetables and brown rice
Sunday	Breakfast burritos with scrambled eggs, black beans, and avocado	Rice cakes with peanut butter	Grilled chicken Caesar salad	Apple slices with almond butter	Baked chicken with sweet potato mash