

Day 1: Monday

Breakfast:

Scrambled eggs with spinach and tomatoes.

Whole-grain toast.

A serving of mixed berries.

Lunch:

Grilled chicken breast salad with mixed greens, cucumber, bell peppers, and vinaigrette dressing.

A small serving of brown rice or quinoa.

Snack:

Greek yogurt with honey and a sprinkle of nuts.

Dinner:

Baked salmon with lemon and dill.

Steamed broccoli and carrots.

A side of quinoa.

Day 2: Tuesday

Breakfast:

Oatmeal topped with sliced banana and a spoonful of almond butter.

A glass of almond milk.

Lunch:

Lentil soup with a side salad (mixed greens, cherry tomatoes, and balsamic vinaigrette).

Whole-grain roll.

Snack:

Sliced cucumber and carrot sticks with hummus.

Dinner:

Grilled tofu with stir-fried mixed vegetables in a teriyaki sauce.

Brown rice.

Day 3: Wednesday

Breakfast:

Greek yogurt parfait with granola and mixed berries.

A drizzle of honey.

Lunch:

Turkey and avocado wrap in a whole-grain tortilla.

A side of baby carrots and cherry tomatoes.

Snack:

A handful of mixed nuts and dried fruits.

Dinner:

Baked chicken breast with roasted sweet potatoes and asparagus.

Day 4: Thursday

Breakfast:

Whole-grain waffles with a dollop of low-fat whipped cream and fresh strawberries.

Lunch:

Quinoa salad with chickpeas, diced cucumber, red onion, and a lemon-tahini dressing.

Snack:

Sliced apple with peanut butter.

Dinner:

Grilled shrimp with sautéed spinach and brown rice.

Day 5: Friday

Breakfast:

Vegetable omelet with mushrooms, bell peppers, and feta cheese.

Whole-grain toast.

Lunch:

Caprese salad with fresh mozzarella, tomatoes, basil, and balsamic glaze.

Whole-grain crackers.

Snack:

A serving of mixed fruit salad.

Dinner:

Grilled lean steak with quinoa and steamed broccoli.

Day 6: Saturday

Breakfast:

Smoothie with spinach, banana, almond milk, and a scoop of protein powder.

Lunch:

Mixed bean and vegetable chili.

A side of whole-grain bread or cornbread.

Snack:

Celery sticks with cream cheese or a healthy dip of choice.

Dinner:

Baked cod with lemon and herbs.

Roasted Brussels sprouts and brown rice.

Day 7: Sunday

Breakfast:

Breakfast burrito with scrambled eggs, black beans, salsa, and avocado in a whole-grain tortilla.

Lunch:

Quinoa and black bean bowl with diced avocado and salsa.

Snack:

A small portion of dark chocolate or a piece of fruit.

Dinner:

Grilled vegetable and tofu skewers with a side of quinoa.

