

nutric

7-Day Nutrition Plan

Day	Breakfast	Snack	Lunch	Dinner
Day 1	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 2	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 3	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 4	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 5	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 6	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli
Day 7	Oatmeal with fruit	Yogurt with nuts	Grilled chicken with vegetables	Salmon with brown rice and broccoli