

# 7-DAY MEAL PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## BREAKFAST



4 egg omelet with chopped peppers, onions, potatoes, and tomatoes



Fruit smoothie made with a cup of strawberries, a banana, natural yogurt, and 2 scoops of protein powder



Quinoa porridge made with 50g quinoa, rice milk, and water. Served with 3 scrambled eggs and a cup of blueberries



3 scrambled eggs with smoked salmon and a grapefruit



Fruit smoothie made with half cup of blackberries, half cup of raspberries, natural yogurt, and 2 scoops of rice and pea protein



3 poached eggs, 4 strips of turkey bacon, 1 grated potato and onion fried in butter



Quinoa porridge made with 50g quinoa, rice milk, and water. Served with 3 scrambled eggs and a cup of raspberries

## SNACK



150g natural yogurt with a cup of raspberries



Blueberries and a handful of nuts and seeds



Fruit salad



Handful of cashew nuts and 1 pear



1 apple and a handful of walnuts



Fruit smoothie made with kiwi, melon, and 2 scoops of protein powder



Fruit salad

## LUNCH



1 salmon fillet, 45g of brown rice (uncooked), large green salad with a drizzle of olive oil and balsamic vinegar



2 chicken breasts, 50g quinoa, large green salad with squeeze of lemon juice and a drizzle of olive oil



Large serving of homemade mushroom soup with 2 chopped chicken breasts



1 baked potato served with cottage cheese and tuna with a large green salad



1 can of tuna, large green salad with tomatoes, peppers, sweetcorn, and balsamic glaze



Large serving of home-made tomato soup with chopped chicken breast



1 baked potato served with tuna, cottage cheese, and a large green salad

## SNACK



Handful of walnuts and 1 apple



Sliced carrots, cucumber, and peppers with 100g organic hummus



Handful of almonds and 1 pear



Natural yogurt with a cup of blackberries



Sliced carrots, cucumber, peppers, and 100g guacamole



Handful of almonds, 1 apple



Natural yogurt and a chopped kiwi

## DINNER



Beef Chili made with 250g of ground meat, onions, garlic, 120g kidney beans, peppers, carrots. Served with half plate of green veggies



2 cod fillets baked in foil with a drizzle of olive oil and lemon juice, served with half a plate of green veggies



Fillet steak, served with mushrooms fried in butter and garlic, and served with a large green salad



Stir fry made with 2 chicken breasts, stock, garlic, fresh chillies, and plenty of veggies



2 grilled chicken breasts seasoned with Cajun spices, served with green veggies and 200g sweet potato wedges



2 grilled chicken breasts stuffed with crushed garlic and wrapped in prosciutto. Served with veggies



2 salmon fillets baked in foil with a drizzle of olive oil and peri peri seasoning. Served with half a plate of green veggies