



7-DAY DIET PLAN



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Egg white frittata.	1 cup cooked rolled oats ¼ cup dried cranberries.	Egg white frittata.	Healthy overnight oats with blueberries.	1 cup cooked rolled oats ¼ cup dried cranberries.	1 cup cooked rolled oats ¼ cup dried cranberries.	Healthy overnight oats with blueberries.
Mid Morning Snack	1 cup non-fat plain Greek yogurt, with fresh or frozen berries.	1 cup non-fat plain Greek yogurt, with fresh or frozen berries.	Carrots and hummus.	1 boiled egg sprinkled with cayenne pepper.	1 medium apple slices served with 1 tablespoon almond butter.	Chia seed pudding.	1 boiled egg sprinkled with cayenne pepper.
Lunch	Grilled chicken salad.	Grilled chicken breast served with steamed veggies and 1 cup cooked brown rice.	Beef and broccoli stir fry.	FITNESSCHAT.CO Grilled chicken salad.	Baked salmon fillet served with green beans and quinoa	Tuna salad.	Baked salmon fillet served with green beans and quinoa.
Afternoon Snack	1 medium apple slices served with 1 tablespoon almond butter.	1 medium apple slices served with 1 tablespoon almond butter.	1 cup air-popped, unflavoured popcorn.	Carrots and hummus.	1 cup air-popped, unflavoured popcorn.	Dark chocolate	Chia seed pudding.
Dinner	Beef and broccoli stir fry.	Baked salmon fillet served with green beans and quinoa.	Grilled chicken breast served with steamed veggies and ½ cup cooked brown rice.	FITNESSCHAT.CO Tuna salad.	Grilled chicken salad.	Beef and broccoli stir fry.	Grilled chicken salad.

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