

# DIET PLAN TO LOOSE WEIGHT

## 1. **Monday**

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Lunch: Grilled chicken salad with mixed greens and a vinaigrette dressing
- Snack: Apple slices with almond butter
- Dinner: Baked salmon with steamed broccoli and brown rice

## 2. **Tuesday**

- Breakfast: Greek yogurt with berries and a sprinkle of granola
- Lunch: Turkey and avocado wrap with whole-grain tortilla
- Snack: Veggie sticks with hummus
- Dinner: Chicken stir-fry with mixed vegetables and quinoa

## 3. **Wednesday**

- Breakfast: Smoothie with spinach, banana, and protein powder
- Lunch: Grilled fish with roasted vegetables
- Snack: Low-fat cottage cheese with pineapple
- Dinner: Beef salad with mixed greens and a light dressing

## 4. **Thursday**

- Breakfast: Oatmeal with almond milk and fresh fruit
- Lunch: Grilled chicken with quinoa and steamed vegetables
- Snack: Celery sticks with peanut butter
- Dinner: Baked cod with brown rice and sautéed spinach

## 5. **Friday**

- Breakfast: Whole-grain toast with avocado and poached eggs
- Lunch: Tuna salad with chickpeas and olive oil
- Snack: Protein bar
- Dinner: Grilled pork with mashed sweet potatoes and green beans

## 6. **Saturday**

- Breakfast: Smoothie with mixed berries and protein powder

- Lunch: Turkey salad with mixed greens and a light dressing
- Snack: Greek yogurt with nuts
- Dinner: Chicken breast with roasted vegetables and quinoa