

Weekly Meal Plan

Monday:

- Breakfast: Omelette
- Lunch: Chicken Salad
- Snack: Apple
- Dinner: Grilled Salmon

Tuesday:

- Breakfast: Yogurt
- Lunch: Quinoa Bowl
- Snack: Carrot Sticks
- Dinner: Pasta

Wednesday:

- Breakfast: Smoothie
- Lunch: Sushi
- Snack: Nuts
- Dinner: Stir-fry

Thursday:

- Breakfast: Pancakes
- Lunch: Tacos
- Snack: Cheese
- Dinner: Pizza

Friday:

- Breakfast: Cereal
- Lunch: Sandwich
- Snack: Fruit
- Dinner: Steak

Saturday:

- Breakfast: Bagel
- Lunch: Wrap
- Snack: Popcorn
- Dinner: Curry

Sunday:

- Breakfast: French Toast
- Lunch: Salad
- Snack: Cookies
- Dinner: BBQ Ribs