2025.04.07-2025.04.13

| **Day 1** | Breakfast | Scrambled eggs (2 eggs) with spinach and whole-grain toast | 300 kcal |
| --- | --- | --- | --- |

|  | Snack | Greek yogurt with honey | 150 kcal |
| --- | --- | --- | --- |

|  | Lunch | Grilled chicken breast (6 oz) with quinoa and steamed broccoli | 500 kcal |
| --- | --- | --- | --- |

|  | Snack | Apple with almond butter | 200 kcal |
| --- | --- | --- | --- |

|  | Dinner | Baked salmon (6 oz) with roasted sweet potato and green beans | 600 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,750 kcal** |
| --- | --- | --- | --- |

| **Day 2** | Breakfast | Oatmeal with banana and chia seeds | 350 kcal |
| --- | --- | --- | --- |

|  | Snack | Handful of mixed nuts | 180 kcal |
| --- | --- | --- | --- |

|  | Lunch | Turkey and avocado wrap with a side salad | 450 kcal |
| --- | --- | --- | --- |

|  | Snack | Carrot sticks with hummus | 150 kcal |
| --- | --- | --- | --- |

|  | Dinner | Stir-fried tofu with vegetables (bell peppers, zucchini) and brown rice | 550 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,780 kcal** |
| --- | --- | --- | --- |

| **Day 3** | Breakfast | Smoothie with spinach, banana, protein powder, and almond milk | 300 kcal |
| --- | --- | --- | --- |

|  | Snack | Cottage cheese with berries | 180 kcal |
| --- | --- | --- | --- |

|  | Lunch | Grilled chicken Caesar salad with dressing | 500 kcal |
| --- | --- | --- | --- |

|  | Snack | Rice cakes with peanut butter | 200 kcal |
| --- | --- | --- | --- |

|  | Dinner | Spaghetti with marinara sauce and roasted Brussels sprouts | 600 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,780 kcal** |
| --- | --- | --- | --- |

| **Day 4** | Breakfast | Avocado toast with a boiled egg | 350 kcal |
| --- | --- | --- | --- |

|  | Snack | Protein bar | 200 kcal |
| --- | --- | --- | --- |

|  | Lunch | Tuna salad with mixed greens and olive oil dressing | 400 kcal |
| --- | --- | --- | --- |

|  | Snack | Sliced cucumber with tzatziki sauce | 100 kcal |
| --- | --- | --- | --- |

|  | Dinner | Grilled shrimp with asparagus and couscous | 600 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,750 kcal** |
| --- | --- | --- | --- |

| **Day 5** | Breakfast | Greek yogurt with granola and berries | 350 kcal |
| --- | --- | --- | --- |

|  | Snack | Handful of almonds | 150 kcal |
| --- | --- | --- | --- |

|  | Lunch | Chicken and vegetable stir-fry with brown rice | 500 kcal |
| --- | --- | --- | --- |

|  | Snack | Banana with peanut butter | 200 kcal |
| --- | --- | --- | --- |

|  | Dinner | Beef steak (6 oz) with mashed potatoes and steamed spinach | 650 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,850 kcal** |
| --- | --- | --- | --- |

| **Day 6** | Breakfast | Whole grain pancakes with maple syrup and strawberries | 400 kcal |
| --- | --- | --- | --- |

|  | Snack | Boiled eggs (2 eggs) | 140 kcal |
| --- | --- | --- | --- |

|  | Lunch | Grilled chicken wrap with lettuce, tomato, and hummus | 450 kcal |
| --- | --- | --- | --- |

|  | Snack | Sliced apple with cheese | 180 kcal |
| --- | --- | --- | --- |

|  | Dinner | Grilled tilapia with roasted cauliflower and wild rice | 600 kcal |
| --- | --- | --- | --- |

|  | **Total** |  | **1,770 kcal** |
| --- | --- | --- | --- |

| **Day 7** | Breakfast | Smoothie bowl with berries, almond butter, and granola | 350 kcal |
| --- | --- | --- | --- |

|  | Snack | Yogurt with chia seeds and coconut flakes | 200 kcal |
| --- | --- | --- | --- |

|  | Lunch | Veggie burger with sweet potato fries | 500 kcal |
| --- | --- | --- | --- |

|  | Snack | Celery sticks with almond butter | 100 kcal |
| --- | --- | --- | --- |

|  | Dinner | Grilled chicken with mixed vegetables and quinoa | 600 kcal |
| --- | --- | --- | --- |

|  | **Total** |
| --- | --- |