# Magdy's 5-Day Meal Plan & Prep Flow

Diabetic-Friendly • Minimal Prep • Rotating Meals • Uses Air Fryer, Pressure Cooker, Rice Cooker

Generated by Jenny • June 29, 2025

## Day 1

**Breakfast:** Boiled eggs + chicken sausage + chia seeds + olive oil + spices

**Lunch:** Leftover chicken thigh stew with brown rice + small fruit salad

**Dinner:** Pressure cooker chicken thighs with tomato paste, garlic, and lemon (well done) + side of broccoli

## Day 2

**Breakfast:** Oats with chia, almond butter, and berries (unsweetened almond milk)

**Lunch:** Leftover beef and lentil skillet + cucumber tomato salad

**Dinner:** Lean ground beef skillet with lentils, onions, and spinach + roasted zucchini (air fryer)

## Day 3

**Breakfast:** Boiled eggs + beans + lemon + black seeds + olive oil

**Lunch:** Leftover tomato-lentil beef skillet + wrap with greens

**Dinner:** Grilled fish (well done) with garlic, lemon, and side of rice + sautéed peppers

## Day 4

**Breakfast:** Greek yogurt + chia + nuts (if available) + berries

**Lunch:** Leftover fish + wrap + veggie mix + side salad

**Dinner:** Chicken stir-fry (air fryer or stovetop) with no-salt soy sauce, ginger, and greens

## Day 5

**Breakfast:** Oats with almond butter + boiled egg (if prepped)

**Lunch:** Leftover stir-fry + fruit salad

**Dinner:** Oven-baked hamburger patties (well done) with side of roasted potatoes + spinach