

# Comprehensive 7-Day Diet Plans for Different Goals

## 7-Day Diet Plan for Underweighted Person

Day 1: Breakfast: 2 boiled eggs, 2 slices of toast with peanut butter, 1 banana.

Lunch: Grilled chicken, rice, vegetables, olive oil drizzle.

Dinner: Salmon, sweet potato, steamed broccoli.

Day 2: Breakfast: Smoothie with milk, oats, banana, peanut butter, honey.

Lunch: Lentil soup, whole-grain bread.

Dinner: Beef stir-fry, brown rice.

Day 3: Breakfast: Avocado toast, scrambled eggs.

Lunch: Paneer curry, roti, cucumber salad.

Dinner: Roasted chicken, mashed potatoes.

Day 4: Breakfast: Yogurt, granola, berries.

Lunch: Tuna sandwich, soup.

Dinner: Grilled shrimp, quinoa.

Day 5: Breakfast: Pancakes with oats, bananas.

Lunch: Vegetable biryani, yogurt.

Dinner: Baked fish, roasted sweet potatoes.

Day 6: Breakfast: Cheese omelet, toast.

Lunch: Chicken wrap.

Dinner: Beef kebabs, roasted zucchini.

Day 7: Breakfast: Smoothie with banana, peanut butter.

Lunch: Spinach-stuffed paratha.

Dinner: Grilled lamb chops, mashed potatoes.

## **7-Day Diet Plan for Overweighted Person**

Day 1: Breakfast: 2 boiled eggs, 1 toast, berries.

Lunch: Grilled chicken, quinoa, salad.

Dinner: Baked salmon, roasted vegetables.

Day 2: Breakfast: Yogurt with chia seeds, berries.

Lunch: Grilled tofu, broccoli.

Dinner: Lentil soup, whole-grain bread.

Day 3: Breakfast: Vegetable omelet.

Lunch: Turkey wrap, veggies.

Dinner: Grilled fish, quinoa.

Day 4: Breakfast: Smoothie with almond milk, spinach.

Lunch: Chicken salad, avocado.

Dinner: Stir-fried tofu, brown rice.

Day 5: Breakfast: Avocado toast, black coffee.

Lunch: Vegetable soup, bread.

Dinner: Baked chicken, Brussels sprouts.

Day 6: Breakfast: Oatmeal, nuts, berries.

Lunch: Salmon salad.

Dinner: Turkey meatballs, zucchini noodles.

Day 7: Breakfast: Scrambled eggs, spinach.

Lunch: Shrimp salad, quinoa.

Dinner: Vegetable curry, brown rice.

## **7-Day Diet Plan for Healthy Weight Maintenance**

Day 1: Breakfast: Oatmeal, fruits, nuts.

Lunch: Grilled chicken salad.

Dinner: Fish, sweet potatoes.

Day 2: Breakfast: Smoothie with berries, almond milk.

Lunch: Tuna sandwich.

Dinner: Lentil curry, rice.

Day 3: Breakfast: Yogurt with granola.

Lunch: Roasted turkey wrap.

Dinner: Grilled vegetables, chicken.

Day 4: Breakfast: Avocado toast.

Lunch: Paneer and quinoa salad.

Dinner: Tofu stir-fry.

Day 5: Breakfast: Scrambled eggs, toast.

Lunch: Shrimp salad.

Dinner: Baked fish, roasted veggies.

Day 6: Breakfast: Cheese omelet, smoothie.

Lunch: Grilled salmon.

Dinner: Chicken curry, rice.

Day 7: Breakfast: Pancakes with honey.

Lunch: Chicken and vegetable soup.

Dinner: Vegetable stew, quinoa.

### **7-Day Diet Plan for Muscle Gain**

Day 1: Breakfast: 4 boiled eggs, oatmeal.

Lunch: Grilled chicken, rice, broccoli.

Dinner: Steak, sweet potato.

Day 2: Breakfast: Smoothie with protein powder, banana.

Lunch: Turkey wrap, veggies.

Dinner: Salmon, quinoa.

Day 3: Breakfast: Avocado toast, eggs.

Lunch: Chicken pasta.

Dinner: Beef stir-fry.

Day 4: Breakfast: Greek yogurt, granola.

Lunch: Tuna sandwich.

Dinner: Grilled chicken, brown rice.

Day 5: Breakfast: Omelet with cheese.

Lunch: Shrimp and quinoa salad.

Dinner: Lamb curry, rice.

Day 6: Breakfast: Pancakes with oats, protein powder.

Lunch: Beef wrap.

Dinner: Roasted chicken, vegetables.

Day 7: Breakfast: Smoothie with milk, protein powder.

Lunch: Grilled salmon.

Dinner: Tofu stir-fry, rice.