

MEAL PLAN.

Day 1

- **Breakfast:** Oatmeal with sliced banana and a handful of almonds.
- **Lunch:** Grilled chicken salad with a variety of greens, cherry tomatoes, cucumber, and a vinaigrette dressing.
- **Dinner:** Baked salmon with steamed broccoli and quinoa.
- **Snacks:** Greek yogurt; carrot and cucumber sticks with hummus.

Day 2

- **Breakfast:** Scrambled eggs with spinach and whole grain toast.
- **Lunch:** Turkey and avocado wrap with whole wheat tortilla, lettuce, and tomato.
- **Dinner:** Stir-fried tofu with mixed vegetables and brown rice.
- **Snacks:** Apple slices with peanut butter; a handful of mixed nuts.

Day 3

- **Breakfast:** Smoothie with spinach, banana, berries, and protein powder.
- **Lunch:** Quinoa salad with black beans, corn, bell peppers, and a lime dressing.
- **Dinner:** Grilled shrimp with a side of roasted sweet potatoes and green beans.
- **Snacks:** Cottage cheese with pineapple; a small bowl of mixed berries.

Day 4

- **Breakfast:** Greek yogurt with mixed berries and a sprinkle of chia seeds.
- **Lunch:** Lentil soup with a side of whole grain bread.
- **Dinner:** Baked chicken breast with roasted Brussels sprouts and wild rice.
- **Snacks:** A pear; a few whole grain crackers with cheese.

Day 5

- **Breakfast:** Banana pancakes made with oats and topped with fresh strawberries.
- **Lunch:** Tuna salad with mixed greens and a side of whole grain crackers.
- **Dinner:** Veggie stir-fry with tofu and a side of brown rice.
- **Snacks:** A handful of grapes; celery sticks with almond butter.

Day 6

- **Breakfast:** Whole grain toast with avocado and poached eggs.
- **Lunch:** Chicken Caesar salad with light Caesar dressing and whole grain croutons.
- **Dinner:** Grilled steak with asparagus and a side salad.
- **Snacks:** A small bowl of cottage cheese with cucumber slices; a peach.

Day 7

- **Breakfast:** Berry and spinach smoothie with a scoop of protein powder.
- **Lunch:** Grilled vegetable and hummus wrap in a whole wheat tortilla.

- **Dinner:** Baked cod with a side of roasted mixed vegetables and a small baked potato.
- **Snacks:** A handful of cherry tomatoes with mozzarella cheese; an orange.

General Tips:

- Drink plenty of water throughout the day.
- Adjust portion sizes according to your specific calorie needs.
- Feel free to swap similar foods based on your preferences and availability.
- Include a variety of vegetables and fruits to ensure a wide range of nutrients.
- Limit added sugars and refined grains.

Remember, a successful weight loss diet is one that can be maintained in the long term, so it should be enjoyable and sustainable. Consulting with a dietitian or nutritionist is always recommended for personalized advice.

