7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Scrambled Eggs with Spinach Fluffy scrambled eggs with fresh spinach sauté.	**Grilled Chicken Salad** Mixed greens with grilled chicken and vinaigrette.	**Baked Salmon with Asparagus** Oven-baked salmon served with roasted asparagus.
	Greek Yogurt with Almonds Plain Greek yogurt topped with crushed almonds.	**Turkey Lettuce Wraps** Ground turkey wrapped in crunchy lettuce leaves.	**Steak with Broccoli** Grilled lean steak paired with steamed broccoli.
	Egg Muffins with Veggies Baked egg cups with bell peppers and onions.	**Tuna Salad** Tuna mixed with celery and light mayo on greens.	**Grilled Shrimp Skewers** Shrimp grilled on skewers with garlic and herbs.
	Cottage Cheese with Berries Low-fat cottage cheese topped with fresh berries.	**Chicken and Avocado Salad** Diced chicken and avocado on mixed greens.	**Pork Tenderloin with Zucchini Noodles** Roasted pork with sautéed zucchini noodles.
	Protein Smoothie Whey protein blended with almond milk and spinach.	**Beef and Cauliflower Rice** Ground beef sautéed with seasoned cauliflower rice.	**Baked Cod with Brussels Sprouts** Oven-baked cod served with roasted Brussels sprouts.
	Omelette with Mushrooms Three-egg omelette loaded with mushrooms.	**Chicken Caesar Salad** Grilled chicken on romaine with light Caesar dressing.	**Turkey Meatballs with Zucchini** Lean turkey meatballs served on sautéed zucchini.
	Chia Seed Pudding with Nuts Chia pudding topped with chopped walnuts.	**Grilled Salmon Salad** Salmon fillet atop mixed greens and cucumber.	**Lemon Garlic Chicken with Green Beans** Roasted chicken with lemon and green beans.

powered by dishgen