# 7 Day Meal Plan

| Date | Breakfast | Lunch | Dinner |
|---|---|---|---|
| | **Veggie Omelette**<br>Eggs with spinach, mushrooms, and bell peppers | **Grilled Chicken Salad**<br>Chicken breast over mixed greens with olive oil dressing | **Baked Salmon with Asparagus**<br>Salmon fillet baked alongside roasted asparagus |
| | **Greek Yogurt with Berries**<br>Plain Greek yogurt topped with fresh blueberries and almonds | **Turkey Lettuce Wraps**<br>Ground turkey wrapped in crisp romaine with avocado slices | **Beef Stir Fry**<br>Lean beef with broccoli and bell peppers in soy sauce |
| | **Chia Seed Pudding**<br>Chia seeds soaked in almond milk with cinnamon and walnuts | **Tuna Salad**<br>Tuna mixed with avocado and celery on a bed of greens | **Stuffed Zucchini Boats**<br>Zucchini filled with ground turkey and tomato sauce |
| | **Scrambled Eggs and Avocado**<br>Fluffy scrambled eggs with sliced avocado on the side | **Shrimp and Veggie Skewers**<br>Grilled shrimp with zucchini, peppers, and onions | **Roasted Chicken Thighs**<br>Oven-roasted chicken thighs with steamed green beans |
| | **Cottage Cheese and Cucumber**<br>Cottage cheese bowl topped with sliced fresh cucumber | **Grilled Steak Salad**<br>Sliced grilled steak on mixed greens with balsamic drizzle | **Zucchini Noodles with Meat Sauce**<br>Ground beef marinara served on spiralized zucchini noodles |
| | **Almond Flour Pancakes**<br>Low-carb pancakes with sugar-free syrup | **Egg Salad Lettuce Wraps**<br>Creamy egg salad wrapped in large butter lettuce leaves | **Grilled Pork Chops**<br>Pork chops with sautéed spinach and garlic |
| | **Smoothie Bowl**<br>Low-carb smoothie with spinach, protein powder, and berries | **Cauliflower Fried Rice**<br>Riced cauliflower stir-fried with eggs and vegetables | **Baked Cod with Broccoli**<br>Cod fillet baked with lemon and steamed broccoli |

powered by dishgen