7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Smoked Salmon and Avocado Plate Smoked salmon served with sliced avocado and lemon.	**Grilled Shrimp Salad** Mixed greens with grilled shrimp and lemon vinaigrette.	**Pan-Seared Cod with Asparagus** Cod fillet seared with garlic and served with roasted asparagus.
	Egg and Crab Meat Scramble Scrambled eggs cooked with fresh crab meat and chives.	**Tuna-Stuffed Bell Peppers** Bell peppers filled with tuna salad and herbs.	**Garlic Butter Baked Salmon** Salmon baked with garlic butter and lemon zest.
	Seafood Omelette Omelette with shrimp and scallops in olive oil.	**Ceviche with Mixed Seafood** Fresh seafood marinated in lime juice with cilantro.	**Grilled Mahi Mahi with Zucchini** Mahi Mahi grilled and served with sautéed zucchini.
	Smoked Trout and Spinach Wrap Smoked trout and spinach wrapped in a low-carb tortilla.	**Shrimp and Avocado Lettuce Wraps** Shrimp mixed with avocado, wrapped in crisp lettuce leaves.	**Baked Halibut with Garlic Green Beans** Halibut baked with herbs, served with garlic green beans.
	Crab and Veggie Frittata Frittata with crab meat, bell peppers, and spinach.	**Salmon and Cucumber Salad** Chilled salmon over cucumber slices with dill dressing.	**Seared Scallops with Cauliflower Mash** Scallops pan-seared, paired with creamy cauliflower mash.
	Tuna and Egg Salad Hard-boiled eggs mixed with tuna and light mayo.	**Grilled Swordfish Steak** Swordfish steak grilled with lemon and herbs.	**Mussels in White Wine Sauce** Steamed mussels cooked with garlic and white wine.
	Smoked Salmon and Cream Cheese Roll-Ups Smoked salmon wrapped with cream cheese and chives.	**Shrimp and Avocado Salad** Shrimp and avocado tossed with olive oil and lime.	**Baked Lemon Garlic Tilapia** Tilapia fillets baked with lemon, garlic, and herbs.

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