7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Scrambled Eggs with Spinach Eggs scrambled with fresh spinach and a pinch of salt.	**Tuna Salad Lettuce Wraps** Canned tuna mixed with mayo, celery, served in lettuce leaves.	**Baked Chicken Thighs with Roasted Broccoli** Oven-baked chicken thighs served with roasted broccoli florets.
	Greek Yogurt with Chopped Nuts Plain Greek yogurt topped with crushed walnuts and cinnamon.	**Egg Salad on Cucumber Slices** Chopped hard-boiled eggs mixed with mayo, served on cucumber.	**Ground Turkey Stir Fry with Zucchini** Ground turkey sautéed with zucchini and low-sodium soy sauce.
	Avocado and Tomato Slices Sliced avocado and tomato with olive oil drizzle.	**Chicken Caesar Salad (No Croutons)** Grilled chicken breast atop romaine with Caesar dressing.	**Pork Stir-Fry with Cabbage** Thin pork strips stir-fried with shredded cabbage and garlic.
	Omelette with Onions and Bell Peppers Egg omelette filled with sautéed onions and bell peppers.	**Tuna and Avocado Salad** Canned tuna tossed with avocado and lemon juice.	**Roasted Whole Chicken with Cauliflower Rice** Oven-roasted chicken paired with garlic cauliflower rice.
	Cottage Cheese with Chopped Cucumbers Low-fat cottage cheese mixed with fresh cucumber pieces.	**Zucchini Noodles with Pesto and Chicken** Spiralized zucchini tossed with pesto and grilled chicken.	**Beef and Green Bean Stir Fry** Strips of beef cooked with green beans and soy sauce.
	Hard-Boiled Eggs with Sliced Avocado Two hard boiled eggs served with fresh avocado slices.	**Chicken Salad with Mixed Greens** Shredded chicken mixed with greens and olive oil dressing.	**Pan-Seared Tilapia with Sauteed Spinach** Tilapia fillets pan-seared, served with garlic spinach.
	Smoothie with Spinach, Greek Yogurt, and Chia Blended spinach, yogurt, and chia seeds low-carb smoothie.	**Eggplant and Ground Beef Casserole** Baked eggplant layered with seasoned ground beef.	**Grilled Sausages with Sautéed Bell Peppers** Grilled sausages served alongside sautéed bell peppers.

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