# 7 Day Meal Plan

| Date | Breakfast | Lunch | Dinner |
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| | **Greek Yogurt with Berries and Almonds**<br>Low-carb yogurt topped with fresh berries and sliced almonds. | **Turkey Lettuce Wraps**<br>Lean turkey wrapped in crisp lettuce with avocado slices. | **Garlic Butter Shrimp with Zucchini Noodles**<br>Sautéed shrimp in garlic butter over zucchini noodles. |
| | **Scrambled Eggs with Spinach and Feta**<br>Quick eggs scrambled with spinach and feta cheese. | **Chicken Salad with Olive Oil Dressing**<br>Grilled chicken mixed with veggies and olive oil dressing. | **Pan-Seared Salmon with Asparagus**<br>Salmon fillets cooked with lemon and asparagus spears. |
| | **Avocado and Bacon Eggs**<br>Fried eggs with avocado slices and crispy bacon. | **Tuna Salad Stuffed Avocados**<br>Avocado halves filled with creamy tuna salad. | **Beef Stir-Fry with Broccoli**<br>Quick stir-fried lean beef and broccoli in soy sauce. |
| | **Cottage Cheese with Cucumber and Cherry Tomatoes**<br>Protein-packed cottage cheese with fresh veggies. | **Egg Salad Lettuce Boats**<br>Creamy egg salad served in crisp lettuce leaves. | **Grilled Chicken with Cauliflower Rice**<br>Seasoned chicken breasts with sautéed cauliflower rice. |
| | **Protein Smoothie with Spinach and Almond Butter**<br>Blended protein with greens and almond butter. | **Shrimp and Avocado Salad**<br>Chilled shrimp tossed with avocado and lime dressing. | **Pork Chops with Sautéed Green Beans**<br>Quick-seared pork with garlicky green beans. |
| | **Chia Pudding with Unsweetened Almond Milk**<br>Chia seeds soaked in almond milk topped with nuts. | **Grilled Veggie and Cheese Roll-Ups**<br>Zucchini rolls filled with cheese and grilled vegetables. | **Baked Cod with Lemon and Herb Salad**<br>Tender cod baked with lemon, served with herb salad. |
| | **Omelet with Mushrooms and Cheese**<br>Fluffy eggs with sautéed mushrooms and melted cheese. | **Chicken Avocado Salad**<br>Shredded chicken with avocado and light vinaigrette. | **Steak with Garlic Butter and Steamed Broccoli**<br>Quick pan-seared steak with garlic butter and broccoli. |

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