7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Spinach and Feta Omelette High-protein omelette with fresh spinach and feta cheese	**Chicken and Vegetable Soup** Low-carb chicken soup with mixed vegetables	**Grilled Salmon with Steamed Broccoli** Oven-grilled salmon paired with steamed broccoli
	Greek Yogurt with Chia and Berries Protein-rich yogurt topped with chia seeds and berries	**Beef and Cabbage Soup** Hearty low-carb soup with minced beef and cabbage	**Baked Turkey Meatballs with Zucchini Noodles** Oven-baked turkey meatballs served on zucchini noodles
	Scrambled Eggs with Avocado Creamy scrambled eggs served with sliced avocado	**Creamy Cauliflower Soup** Smooth cauliflower soup with low-fat cream	**Stovetop Lemon Garlic Chicken with Asparagus** Chicken breast cooked with lemon and garlic, served with asparagus
	Cottage Cheese with Cucumber and Cherry Tomatoes High-protein cottage cheese salad with fresh veggies	**Mushroom and Spinach Soup** Light mushroom soup blended with fresh spinach	**Oven-Roasted Pork Tenderloin with Green Beans** Juicy pork roasted with herbs and served with beans
	Protein Smoothie with Almond Milk and Peanut Butter Low-sugar smoothie with protein, almond milk, and peanut butter	**Turkey and Kale Soup** Lean turkey soup with nutrient-rich kale	**Stovetop Beef Stir-Fry with Bell Peppers** Quick beef stir-fry with colorful bell peppers
	Egg Muffins with Vegetables Baked egg muffins packed with veggies	**Tomato Basil Soup** Low-carb tomato soup with fresh basil	**Oven-Baked Cod with Cauliflower Rice** Lightly seasoned cod baked, served with cauliflower rice
	Smoked Salmon and Avocado Plate Protein-rich smoked salmon with creamy avocado slices	**Chicken and Lentil Soup** Low-sugar chicken soup with lentils and veggies	**Grilled Shrimp with Zucchini and Peppers** Stovetop grilled shrimp and sautéed vegetables

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