7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Scrambled Eggs with Spinach Eggs and spinach scrambled in olive oil	**Grilled Chicken Salad** Grilled chicken, mixed greens, olive oil dressing	**Baked Salmon with Asparagus** Salmon and asparagus baked with lemon juice
	Greek Yogurt with Walnuts Plain Greek yogurt topped with crushed walnuts	**Turkey Lettuce Wraps** Ground turkey, romaine lettuce, diced tomatoes	**Stovetop Beef and Broccoli** Beef strips and broccoli sautéed in soy sauce
	Avocado and Egg Bowl Boiled eggs, sliced avocado, salt	**Tuna Stuffed Bell Peppers** Tuna, bell pepper halves, mayonnaise	**Roasted Chicken Thighs with Zucchini** Chicken thighs roasted with zucchini and herbs
	Cottage Cheese and Berries Low-fat cottage cheese with fresh strawberries	**Shrimp and Avocado Salad** Cooked shrimp, avocado chunks, lime juice	**Pork Tenderloin and Green Beans** Oven-roasted pork tenderloin with green beans
	Protein Smoothie Whey protein, unsweetened almond milk, spinach	**Egg Salad Lettuce Cups** Hard-boiled eggs, mayo, romaine lettuce	**Grilled Steak with Broccoli** Steak grilled with steamed broccoli
	Omelette with Mushrooms Eggs, sautéed mushrooms, shredded cheese	**Chicken and Avocado Bowl** Cooked chicken breast, avocado, cucumber slices	**Baked Cod with Brussels Sprouts** Cod fillets baked with roasted Brussels sprouts
	Chia Pudding with Almond Milk Chia seeds soaked in almond milk overnight	**Beef and Spinach Stir-fry** Thin beef strips and spinach stir-fried with garlic	**Turkey Meatballs with Cauliflower Rice** Oven-baked turkey meatballs, sautéed cauliflower rice

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