7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Spinach and Feta Omelette Fluffy omelette with spinach and feta cheese, high protein low carb.	**Berry Protein Smoothie** Mixed berries, Greek yogurt, protein powder, almond milk.	**Baked Salmon with Asparagus** Oven-baked salmon and roasted asparagus, light and protein rich.
	Berry Protein Smoothie Mixed berries, Greek yogurt, protein powder, unsweetened almond milk.	**Green Protein Smoothie** Spinach, cucumber, protein powder, almond milk.	**Zucchini Noodles with Pesto and Shrimp** Low carb zucchini noodles with pesto and grilled shrimp.
	Green Protein Smoothie Spinach, cucumber, protein powder, and almond milk.	**Strawberry Protein Smoothie** Fresh strawberries, protein powder, flaxseed, almond milk.	**Cauliflower Rice with Grilled Chicken** Low carb cauliflower rice with grilled chicken breast.
	Strawberry Protein Smoothie Fresh strawberries, protein powder, flaxseed, almond milk blend.	**Peanut Butter Protein Smoothie** Peanut butter, protein powder, almond milk, ice.	**Eggplant Lasagna** Layered eggplant with ground turkey and marinara sauce.
	Peanut Butter Protein Smoothie Peanut butter, protein powder, unsweetened almond milk, ice.	**Kale and Berry Protein Smoothie** Fresh kale, mixed berries, protein powder, almond milk blend.	**Turkey Meatballs with Zucchini Noodles** Baked turkey meatballs over sautéed zucchini noodles.
	Kale and Berry Protein Smoothie Fresh kale, mixed berries, protein powder, almond milk blend.	**Chocolate Almond Protein Smoothie** Cocoa powder, almond butter, protein powder, almond milk.	**Grilled Pork Chops with Steamed Broccoli** Juicy pork chops paired with steamed broccoli florets.
	Chocolate Almond Protein Smoothie Cocoa powder, almond butter, protein powder, almond milk.	**Berry Protein Smoothie** Mixed berries, Greek yogurt, protein powder, almond milk.	**Stuffed Bell Peppers with Ground Turkey** Bell peppers filled with seasoned ground turkey and veggies.

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