



Weekly Meal Plan



	Day	Breakfast	Lunch	Dinner	Snack
	Monday	2 scrambled eggs + 1 slice whole wheat toast	Grilled chicken salad with mixed greens + balsamic dressing	Baked cod with steamed broccoli + lemon	 1 small apple
	Tuesday	Greek yogurt (plain) + 1/2 tbs berries + 1 tbs chia seeds	Turkey lettuce wraps with cucumber + bell peppers 	Baked cod with steamed broccoli + lemon	 1 small apple 
	Wednesday	Veggie omelet (2 eggs + spinach + peppers)	Tuna salad (no mayo) on a bed of lettuce cherry tomatoes 	Grilled chicken breast + roasted cauliflower	 1 cup strawberries
	Thursday	Oatmeal (1/2 cup) with cinnamon + 5 almonds	Shrimp and vegetable stir-fry with minimal oil	Baked turkey meatballs + green beans	 Low-fat cottage cheese (1/2 cup)
	Friday	Boiled eggs (2) cucumber slices + tomato	Grilled salmon salad with spinach + lemon 	Chicken vegetable soup (broth-based, low sodium)	 1 orange
	Saturday	Protein smoothie (protein powder + almond milk + spinach)	Grilled tilapia with side salad + vinegar dressing	Turkey chili (no beans) with diced tomatoes.	 Celery sticks + 1 tbs peanut butter
	Sunday	Egg white scramble + mushrooms 1/2 grapefruit	Chicken and vegetable kebabs + small side salad	Baked white fish + asparagus + lemon	 Greek yogurt (plain, 1/2 cup)