



7 Day meal plan



| | BREAKFAST | LUNCH | DINNER | SNACKS |
|---|-------------------------------------|----------------------------------|---|--|
| M | AVOCADO TOAST | GRILLED CHICKEN SALAD | BAKED SALMON WITH STEAMED VEGETABLES | GREEK YOGURT WITH HONEY AND ALMONDS |
| T | GREEK YOGURT PARFAIT | QUINOA SALAD | STUFFED BELL PEPPERS | CARROT STICKS WITH HUMMUS |
| W | PROTEIN SMOOTHIE | LENTIL SOUP AND TURKEY SANDWICH | GRILLED VEGGIE AND CHICKEN SKEWERS | 2 WASA CRISPBREADS W/ CREAM CHEESE & PEACHES |
| T | OATMEAL WITH ALMONDS AND BERRIES | CHICKPEA SALAD WRAP | BAKED COD WITH SWEET POTATO AND ASPARAGUS | SLICED CUCUMBER WITH HUMMUS |
| F | CHIA SEED PUDDING | TURKEY AND AVOCADO LETTUCE WRAPS | VEGETARIAN STR-FRY | NUTS, BERRIES, CHEESESTICK |
| S | EGG AND VEGETABLE BREAKFAST BURRITO | QUINOA AND BLACK BEAN BOWL | GRILLED SHRIMP WITH QUINOA SALAD | GREEK YOGURT DIP WITH VEGGIES |
| S | PROTEIN PANCAKES WITH BERRIES | LARGE SALAD WITH GRILLED CHICKEN | VEGETABLE AND CHICKPEA CURRY | HARD BOILED EGG WITH VEGGIES |

