

MEAL

Planner

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oatmeal with banana and cinnamon; non-fat yogurt with berries	Grilled chicken salad with mixed greens and cucumber	Steamed tilapia with roasted zucchini, carrots, and bell peppers	Unsalted pretzels with hummus
Day 2	Scrambled egg whites with spinach and tomatoes	Quinoa bowl with grilled vegetables and steamed broccoli	Baked chicken breast with mashed potatoes (no butter) and green beans	Apple slices with almond butter
Day 3	Whole grain toast with jam and non-fat cottage cheese	Grilled turkey sandwich on whole grain bread	Baked salmon with steamed asparagus and quinoa	Low-fat Greek yogurt with honey
Day 4	Smoothie with low-fat milk, banana, protein powder	Grilled chicken with roasted sweet potatoes and spinach	Turkey meatballs in low-sodium tomato sauce with whole-wheat pasta	Sliced cucumber with low-fat cheese
Day 5	Whole grain cereal with low-fat milk and berries	Grilled shrimp salad with avocado and mixed greens	Grilled white fish with steamed broccoli and quinoa	Unsalted almonds
Day 6	Scrambled egg whites with mushrooms and bell peppers	Grilled chicken with brown rice and green beans	Baked tilapia with roasted vegetables	Mixed fruit
Day 7	Smoothie with banana, low-fat yogurt, and spinach	Turkey wrap with lettuce, tomato, and mustard	Steamed chicken with mashed sweet potatoes and broccoli	Low-fat Greek yogurt with chia seeds