

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Green smoothie + almonds	Chickpea salad + apple	Salmon (4 oz) + broccoli, quinoa	Walnuts, carrots
Day 2	Blueberry oats	Lentil soup + pear	Chicken (4 oz) + Brussels sprouts, rice	Apple, berries
Day 3	Egg scramble + toast	Turkey wraps (3 oz) + soup	Cod (4 oz) + sweet potato, beans	Egg, peppers
Day 4	Berry smoothie bowl	Buddha bowl (quinoa, veggies)	Bean stir-fry + rice	Fruit, veggies
Day 5	Chia pudding	Beet salad + chicken (3 oz)	Mackerel (4 oz) + kale, squash	Nuts, cucumber
Day 6	Fruit salad + seeds	Vegetable soup + melon	Tilapia (4 oz) + veggies, rice	Pear, peppers
Day 7	Green juice + berries	Bean soup + salad	Chicken (4 oz) + veggies, quinoa	Almonds, berries