

## Day 1:

Breakfast: Oatmeal with sliced apple, peanut butter, and protein powder, 2 boiled eggs (600 calories)

Snack: Greek yogurt with mixed berries and granola (250 calories)

Lunch: Grilled chicken breast with mixed vegetables, brown rice, and avocado, banana (750 calories)

Snack: Carrots with hummus and whole grain crackers (200 calories)

Dinner: Beef stir-fry with broccoli and brown rice, mixed fruit salad (850 calories)

## Day 2:

Breakfast: Scrambled eggs with spinach, whole grain toast, and mixed fruit salad (500 calories)

Snack: Apple slices with peanut butter (200 calories)

Lunch: Turkey chili with mixed vegetables, whole grain crackers, and avocado (700 calories)

Snack: Roasted chickpeas and string cheese (250 calories)

Dinner: Baked salmon with roasted sweet potato and green beans, mixed fruit salad (800 calories)

## Day 3:

Breakfast: Greek yogurt with mixed berries, granola, and protein powder, 2 boiled eggs (600 calories)

Snack: Trail mix (250 calories)

Lunch: Mince and potato bake with mixed vegetables, whole grain bread, and avocado (750 calories)

Snack: Orange slices and peanut butter (200 calories)

Dinner: Grilled chicken breast with roasted broccoli and quinoa, mixed fruit salad (850 calories)

## Day 4:

Breakfast: Smoothie made with spinach, banana, almond milk, protein powder, and peanut butter, whole grain toast (650 calories)

Snack: Edamame (200 calories)

Lunch: Chicken and broccoli stir-fry with brown rice and avocado, mixed fruit salad (750 calories)

Snack: Greek yogurt with honey and mixed nuts (200 calories)

Dinner: Grilled steak with roasted sweet potato and green peas, mixed fruit salad (900 calories)

## Day 5:

Breakfast: Oatmeal with sliced apple, peanut butter, and protein powder, 2 boiled eggs (600 calories)

Snack: Greek yogurt with mixed berries and granola (250 calories)

Lunch: Baked salmon with mixed vegetables, brown rice, and avocado, banana (750 calories)

Snack: Carrots with hummus and whole grain crackers (200 calories)

Dinner: Beef and broccoli stir-fry with brown rice, mixed fruit salad (850 calories)

## Day 6:

Breakfast: Scrambled eggs with spinach, whole grain toast, and mixed fruit salad (500 calories)

Snack: Apple slices with peanut butter (200 calories)

Lunch: Mince and potato stew with mixed vegetables, whole grain bread, and avocado (750 calories)

Snack: Roasted chickpeas and string cheese (250 calories)

Dinner: Grilled chicken breast with roasted sweet potato and green peas, mixed fruit salad (850 calories)

## Day 7:

Breakfast: Greek yogurt with mixed berries, granola, and protein powder, 2 boiled eggs (600 calories)

Snack: Trail mix (250 calories)

Lunch: Salmon and broccoli stir-fry with brown rice and avocado, mixed fruit salad (750 calories)

Snack: Orange slices and peanut butter (200 calories)

Dinner: Grilled steak with roasted potatoes and green beans, mixed fruit salad (900 calories)