

Day 1:

Breakfast: Oatmeal with peanut butter and banana, 2 boiled eggs (600 calories)

Snack: Apple slices with peanut butter, mixed nuts (300 calories)

Lunch: Grilled chicken breast with baked sweet potato and green beans, mixed fruit salad, whole grain bread (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Baked salmon with quinoa and roasted broccoli, mixed fruit salad, whole grain bread (1150 calories)

Day 2:

Breakfast: Breakfast burrito with scrambled eggs, chicken sausage, peppers, and onions, avocado, salsa, whole grain tortilla (700 calories)

Snack: Edamame, mixed nuts (300 calories)

Lunch: Beef stir-fry with brown rice and mixed vegetables, mixed fruit salad (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Grilled chicken breast with baked sweet potato and asparagus, mixed fruit salad, whole grain bread (1150 calories)

Day 3:

Breakfast: Smoothie made with spinach, banana, almond milk, protein powder, and peanut butter, whole grain toast, 2 boiled eggs (700 calories)

Snack: Apple slices with peanut butter, mixed nuts (300 calories)

Lunch: Turkey burger with sweet potato fries and avocado, mixed fruit salad, whole grain bread (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Baked salmon with roasted broccoli and quinoa, mixed fruit salad, whole grain bread (1150 calories)

Day 4:

Breakfast: Scrambled eggs with mixed vegetables, whole grain toast, mixed fruit salad (600 calories)

Snack: Edamame, mixed nuts (300 calories)

Lunch: Turkey chili with brown rice, mixed fruit salad (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Grilled steak with baked sweet potato and green beans, mixed fruit salad, whole grain bread (1150 calories)

Day 5:

Breakfast: Oatmeal with peanut butter and banana, 2 boiled eggs (600 calories)

Snack: Apple slices with peanut butter, mixed nuts (300 calories)

Lunch: Grilled chicken breast with quinoa and roasted broccoli, mixed fruit salad, whole grain bread (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Baked salmon with baked sweet potato and asparagus, mixed fruit salad, whole grain bread (1150 calories)

Day 6:

Breakfast: Smoothie made with spinach, banana, almond milk, protein powder, and peanut butter, whole grain toast, 2 boiled eggs (700 calories)

Snack: Edamame, mixed nuts (300 calories)

Lunch: Beef stir-fry with brown rice and mixed vegetables, mixed fruit salad (1050 calories)

Snack: Greek yogurt with mixed berries and granola, string cheese (300 calories)

Dinner: Grilled chicken breast with baked sweet potato and green beans, mixed fruit salad, whole grain bread (1150 calories)

Day 7:

Breakfast: Smoothie made with spinach, banana, almond milk, protein powder, and peanut butter, whole grain toast, 2 boiled eggs (700 calories)

Snack: Edamame, mixed nuts (300 calories)

Lunch: Turkey burger with sweet potato fries and avocado, mixed