

5 Day Meal Plan

MONDAY

breakfast	Scrambled egg whites with spinach and diced tomatoes, Gluten free Oatmeal, Fresh fruit (e.g., berries or an apple)
lunch	Grilled chicken breast salad with mixed greens, cucumbers, and bell peppers, Low-fat dressing (e.g., balsamic vinaigrette)
snack	Greek yogurt with a handful of almonds
dinner	Baked or grilled fish (e.g., salmon or cod), Steamed broccoli or cauliflower, Quinoa or brown rice

TUESDAY

breakfast	Protein smoothie with low-fat milk or almond milk, whey protein, frozen berries, and spinach
lunch	Turkey or lean ham sandwich on whole-grain bread with lettuce, tomato, and mustard, Carrot sticks on the side
snack	Cottage cheese with sliced strawberries
dinner	Stir-fried lean beef with mixed vegetables (broccoli, bell peppers, snap peas) in a low-sodium soy sauce, Cauliflower rice

WEDNESDAY

breakfast	Greek yogurt parfait with layers of yogurt, granola, and fresh fruit
lunch	Grilled shrimp salad with mixed greens, cherry tomatoes, and avocado slices, Low-fat dressing (e.g., lemon vinaigrette)
snack	Celery sticks with peanut butter (choose natural peanut butter with no added sugars or oils)
dinner	Grilled chicken breast with asparagus and roasted sweet potatoes

THURSDAY

breakfast	Omelette with egg whites, diced turkey or chicken breast, bell peppers, and onions
lunch	Tuna salad with mixed greens, cucumbers, and cherry tomatoes, Low-fat dressing (e.g., apple cider vinegar and olive oil)
snack	Low-fat string cheese with a handful of blueberries
dinner	Baked or grilled white fish (e.g., tilapia or halibut), Baked green beans and quinoa

FRIDAY

breakfast	Protein pancakes made with egg whites, oat flour, and a mashed banana
lunch	Lean ground turkey or chicken lettuce wraps with shredded carrots and sliced bell peppers
snack	Non-fat Greek yogurt with a drizzle of honey and a sprinkle of cinnamon
dinner	Grilled sirloin, Steamed broccoli and cauliflower, Brown rice

