DAY 1

Breakfast: Greek Yogurt Parfait

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp honey
- Layer yogurt, berries, chia seeds, and honey in a bowl or glass.

Lunch: Mediterranean Chicken Quinoa Salad

- 1 cup cooked quinoa
- 3 oz grilled chicken breast, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumbers, diced
- 1/4 cup kalamata olives, sliced
- 2 tbsp feta cheese
- Lemon vinaigrette (2 tbsp olive oil, 1 tbsp lemon juice, salt, and pepper)
- Mix all ingredients in a bowl and drizzle with lemon vinaigrette.

Dinner: Grilled Salmon with Garlic Roasted Broccoli and Sweet Potatoes

- 4 oz salmon fillet
- 1 cup broccoli florets
- 1 small sweet potato, cubed
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper
- Preheat oven to 400°F. Toss broccoli and sweet potatoes with garlic, olive oil, salt, and pepper. Roast for 20-25 minutes. Grill salmon until cooked through.

Snacks:

- 1 apple
- 1/4 cup almonds

DAY 2

Breakfast: Flaxseed Oatmeal with Banana and Cinnamon

- 1/2 cup rolled oats
- 1 tbsp ground flaxseeds
- 1 banana, sliced
- 1 cup milk
- 1 tsp cinnamon
- Cook oats with milk and flaxseeds. Top with banana and cinnamon.

Lunch: Turkey Lentil Soup

- 1 cup cooked lentils
- 3 oz turkey breast, shredded/ ground turkey
- 1 cup spinach
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small onion, chopped
- 1 garlic clove, minced
- 4 cups vegetable broth
- Sauté onion, garlic, carrot, and celery until softened. Add broth, lentils, and turkey. Simmer for 20 minutes. Stir in spinach until wilted.

Dinner: Baked Cod with Lemon Asparagus and Quinoa

- 4 oz cod fillet
- 1 cup asparagus, trimmed
- 1 cup cooked quinoa
- 1 lemon, sliced
- 1 tbsp olive oil
- Salt and pepper
- Preheat oven to 375°F. Place cod and asparagus on a baking sheet, drizzle with olive oil, and season with salt and pepper. Top cod with lemon slices. Bake for 15-20 minutes.

Snacks:

- 1 pear
- 1/2 cup carrot sticks with hummus

DAY 3

Breakfast: Green Smoothie

- 1 cup spinach
- 1 scoop protein powder
- 1/2 cup mixed berries
- 1 cup almond milk
- 1 tbsp almond butter
- Blend all ingredients until smooth.

Lunch: Turkey and Avocado Wrap

- 1 whole wheat wrap
- 3 oz turkey breast, sliced
- 1/2 avocado, mashed
- Lettuce, tomato, and red onion slices
- Spread avocado on wrap, top with turkey and vegetables, and roll up.

Dinner: Tofu Stir-Fry with Brown Rice

- 4 oz tofu, cubed
- 1 cup mixed vegetables (bell peppers, snap peas, carrots)
- 1 cup brown or white rice, cooked
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger
- Heat sesame oil in a pan, add garlic and ginger, and sauté. Add tofu and vegetables, cook until vegetables are tender. Stir in soy sauce and serve over rice.

Snacks:

- 1 orange
- 1/4 cup pumpkin seeds

DAY 4

Breakfast: Chia Pudding with Almonds and Blueberries

- 3 tbsp chia seeds
- 1 cup fairlife milk
- 1/4 cup blueberries
- 1/4 cup almonds, chopped
- Mix chia seeds with milk and refrigerate overnight. Top with blueberries and almonds.

Lunch: Spinach Salad with Chickpeas, Feta, and Chicken

- 2 cups spinach
- 1/2 cup chickpeas
- 1/4 cup feta cheese, crumbled
- 3 oz grilled chicken breast, sliced
- 1/4 cup red onion, thinly sliced
- Balsamic vinaigrette (2 tbsp balsamic vinegar, 1 tbsp olive oil, salt, and pepper)
- Toss all ingredients together and drizzle with vinaigrette.

Dinner: Grilled Shrimp with Zucchini Noodles and Pesto

- 4 oz grilled shrimp
- 2 cups zucchini noodles
- 2 tbsp pesto sauce
- 1 whole wheat roll
- Sauté zucchini noodles until tender. Toss with grilled shrimp and pesto.

Snacks:

- 1 apple
- 1/4 cup walnuts

DAY 5

Breakfast: Avocado and Egg Toast

- 1 slice whole grain toast
- 1/2 avocado, mashed
- 2 poached eggs
- 1/2 tsp red pepper flakes
- Salt and pepper
- Spread avocado on toast, top with poached eggs, and sprinkle with red pepper flakes, salt, and pepper.

Lunch: Chicken and Vegetable Stir-Fry with Brown Rice

- 4 oz chicken breast, sliced
- 1 cup mixed vegetables (broccoli, bell peppers, carrots)
- 1 cup brown rice, cooked
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp grated ginger
- Heat olive oil in a pan, add garlic and ginger, and sauté. Add chicken and vegetables, cook until chicken is done and vegetables are tender. Stir in soy sauce and serve over rice.

Dinner: Baked Salmon with Brussels Sprouts and Sweet Potato

- 4 oz salmon fillet
- 1 cup Brussels sprouts, halved
- 1 small sweet potato, cubed
- 1 tbsp olive oil
- 1 tsp paprika
- Salt and pepper
- Preheat oven to 400°F. Toss Brussels sprouts and sweet potato with olive oil, paprika, salt, and pepper. Bake for 20-25 minutes. Grill salmon until cooked through.

Snacks:

- 1 pear
- 1/4 cup sunflower seeds

DAY 6

Breakfast: Mango Kale Smoothie

- 1 cup kale
- 1 scoop protein powder
- 1/2 cup mango, diced
- 1 cup coconut water
- Blend all ingredients until smooth.

Lunch: Quinoa Bowl with Black Beans, Corn, and Chicken

- 1/2 cup cooked quinoa
- 1/2 cup black beans
- 1/4 cup corn
- 3 oz grilled chicken breast, sliced
- Salsa (1/4 cup diced tomatoes, 1/4 cup diced onions, 1 tbsp lime juice, cilantro, salt, and pepper)
- Mix quinoa, black beans, corn, and chicken. Top with salsa.

Dinner: Turkey Meatballs with Spaghetti Squash and Marinara Sauce

- 4 turkey meatballs
- 1 cup spaghetti squash, cooked
- 1/2 cup marinara sauce
- 1/4 cup grated Parmesan cheese
- Serve meatballs over spaghetti squash and top with marinara sauce and Parmesan cheese.

Snacks:

- 1 orange
- 1/4 cup pistachios

DAY 5

Breakfast: Greek Yogurt with Granola and Strawberries

- 1 cup Greek yogurt
- 1/4 cup granola
- 1/2 cup strawberries, sliced
- Layer yogurt, granola, and strawberries in a bowl.

Lunch: Hummus and Veggie Wrap with Turkey

- 1 whole wheat wrap
- 3 tbsp hummus
- 3 oz turkey breast, sliced
- 1 cup mixed vegetables (cucumbers, bell peppers, carrots)
- Lettuce
- Spread hummus on the wrap, add turkey and vegetables, and roll up.

Dinner: Baked Chicken Thighs with Quinoa and Green Beans

- 4 oz baked chicken thighs
- 1 cup cooked quinoa
- 1 cup steamed green beans
- Season chicken thighs with salt, pepper, and your favorite herbs. Bake at 375°F for 25-30 minutes.

Snacks:

- 1 apple
- 1/4 cup almonds