

Day 1:

Breakfast: 1 small banana and 1 hard-boiled egg (140 calories)
Snack: 1 small apple (70 calories)
Lunch: Chicken and vegetable stir-fry (250 calories)
Snack: 1 small orange (60 calories)
Dinner: Grilled salmon, roasted broccoli and sweet potato (350 calories)
Snack: 1 small pear (40 calories)

Day 2:

Breakfast: Greek yogurt with sliced strawberries (120 calories)
Snack: Carrot sticks with 2 tbsp hummus (100 calories)
Lunch: Chicken salad with mixed greens and vinaigrette dressing (200 calories)
Snack: 1 small apple (70 calories)
Dinner: Turkey chili with brown rice (350 calories)
Snack: 1 small banana (50 calories)

Day 3:

Breakfast: Oatmeal with 1 tbsp peanut butter (250 calories)
Snack: 1 small orange (60 calories)
Lunch: Turkey and cheese wrap with mixed greens (250 calories)
Snack: 1 hard-boiled egg (70 calories)
Dinner: Grilled chicken breast with roasted vegetables (350 calories)
Snack: 1 small pear (40 calories)

Day 4:

Breakfast: 1 small apple and 1 hard-boiled egg (110 calories)
Snack: 1 small banana (50 calories)
Lunch: Quinoa salad with mixed vegetables (250 calories)
Snack: Carrot sticks with 2 tbsp hummus (100 calories)
Dinner: Baked salmon with steamed green beans and roasted potatoes (350 calories)
Snack: 1 small orange (60 calories)

Day 5:

Breakfast: Greek yogurt with sliced strawberries (120 calories)
Snack: 1 small pear (40 calories)
Lunch: Grilled chicken breast with mixed vegetables (250 calories)
Snack: 1 hard-boiled egg (70 calories)
Dinner: Beef and vegetable stir-fry with brown rice (350 calories)
Snack: 1 small banana (50 calories)

Day 6:

Breakfast: Oatmeal with 1 tbsp peanut butter (250 calories)
Snack: 1 small apple (70 calories)

Lunch: Turkey and cheese wrap with mixed greens (250 calories)

Snack: Carrot sticks with 2 tbsp hummus (100 calories)

Dinner: Grilled salmon with roasted vegetables (350 calories)

Snack: 1 small orange (60 calories)

Day 7:

Breakfast: 1 small banana and 1 hard-boiled egg (140 calories)

Snack: 1 small pear (40 calories)

Lunch: Chicken and vegetable stir-fry (250 calories)

Snack: 1 small apple (70 calories)

Dinner: Beef chili with mixed greens (350 calories)

Snack: 1 small orange (60 calories)