

Day 1:

Breakfast: Oatmeal with sliced apple and peanut butter (350 calories)
Snack: Greek yogurt with sliced banana (100 calories)
Lunch: Grilled chicken breast with mixed vegetables and brown rice (400 calories)
Snack: Carrots with hummus (100 calories)
Dinner: Beef stir-fry with broccoli and brown rice (550 calories)

Day 2:

Breakfast: Scrambled eggs with spinach and whole grain toast (300 calories)
Snack: Apple slices with peanut butter (150 calories)
Lunch: Turkey chili with mixed vegetables (350 calories)
Snack: Roasted chickpeas (100 calories)
Dinner: Baked salmon with roasted sweet potato and green beans (500 calories)

Day 3:

Breakfast: Greek yogurt with mixed berries and a sprinkle of granola (250 calories)
Snack: Hard-boiled egg (70 calories)
Lunch: Mince and potato bake with mixed vegetables (400 calories)
Snack: Orange slices (70 calories)
Dinner: Grilled chicken breast with roasted broccoli and quinoa (500 calories)

Day 4:

Breakfast: Smoothie made with spinach, banana, almond milk, and protein powder (300 calories)
Snack: Edamame (100 calories)
Lunch: Chicken and broccoli stir-fry with brown rice (350 calories)
Snack: Mixed nuts (100 calories)
Dinner: Grilled steak with roasted sweet potato and green peas (550 calories)

Day 5:

Breakfast: Oatmeal with sliced apple and peanut butter (350 calories)
Snack: Greek yogurt with sliced banana (100 calories)
Lunch: Baked salmon with mixed vegetables and brown rice (400 calories)
Snack: Carrots with hummus (100 calories)
Dinner: Beef and broccoli stir-fry with brown rice (550 calories)

Day 6:

Breakfast: Scrambled eggs with spinach and whole grain toast (300 calories)
Snack: Apple slices with peanut butter (150 calories)
Lunch: Mince and potato stew with mixed vegetables (400 calories)
Snack: Roasted chickpeas (100 calories)
Dinner: Grilled chicken breast with roasted sweet potato and green peas (500 calories)

Day 7:

Breakfast: Greek yogurt with mixed berries and a sprinkle of granola (250 calories)

Snack: Hard-boiled egg (70 calories)

Lunch: Salmon and broccoli stir-fry with brown rice (400 calories)

Snack: Orange slices (70 calories)

Dinner: Grilled steak with roasted potatoes and green beans (550 calories)