

## Day 1:

Breakfast: Oatmeal with sliced apple and peanut butter, 2 boiled eggs (450 calories)  
Snack: Greek yogurt with mixed berries (150 calories)  
Lunch: Grilled chicken breast with mixed vegetables and brown rice, banana (500 calories)  
Snack: Carrots with hummus (100 calories)  
Dinner: Beef stir-fry with broccoli and brown rice, mixed fruit salad (550 calories)

## Day 2:

Breakfast: Scrambled eggs with spinach, whole grain toast, and mixed fruit salad (400 calories)  
Snack: Apple slices with peanut butter (200 calories)  
Lunch: Turkey chili with mixed vegetables, whole grain crackers (450 calories)  
Snack: Roasted chickpeas (100 calories)  
Dinner: Baked salmon with roasted sweet potato and green beans, mixed fruit salad (600 calories)

## Day 3:

Breakfast: Greek yogurt with mixed berries and granola, 2 boiled eggs (450 calories)  
Snack: Trail mix (150 calories)  
Lunch: Mince and potato bake with mixed vegetables, whole grain bread (500 calories)  
Snack: Orange slices (100 calories)  
Dinner: Grilled chicken breast with roasted broccoli and quinoa, mixed fruit salad (550 calories)

## Day 4:

Breakfast: Smoothie made with spinach, banana, almond milk, and protein powder, whole grain toast with peanut butter (450 calories)  
Snack: Edamame (100 calories)  
Lunch: Chicken and broccoli stir-fry with brown rice, mixed fruit salad (500 calories)  
Snack: Greek yogurt with honey (100 calories)  
Dinner: Grilled steak with roasted sweet potato and green peas, mixed fruit salad (650 calories)

## Day 5:

Breakfast: Oatmeal with sliced apple and peanut butter, 2 boiled eggs (450 calories)  
Snack: Greek yogurt with mixed berries (150 calories)  
Lunch: Baked salmon with mixed vegetables and brown rice, banana (500 calories)  
Snack: Carrots with hummus (100 calories)  
Dinner: Beef and broccoli stir-fry with brown rice, mixed fruit salad (550 calories)

## Day 6:

Breakfast: Scrambled eggs with spinach, whole grain toast, and mixed fruit salad (400 calories)  
Snack: Apple slices with peanut butter (200 calories)  
Lunch: Mince and potato stew with mixed vegetables, whole grain bread (500 calories)  
Snack: Roasted chickpeas (100 calories)  
Dinner: Grilled chicken breast with roasted sweet potato and green peas, mixed fruit salad (550 calories)

## Day 7:

Breakfast: Greek yogurt with mixed berries and granola, 2 boiled eggs (450 calories)

Snack: Trail mix (150 calories)

Lunch: Salmon and broccoli stir-fry with brown rice, mixed fruit salad (500 calories)

Snack: Orange slices (100 calories)

Dinner: Grilled steak with roasted potatoes and green beans, mixed fruit salad (650 calories)