

| Day | Breakfast | Lunch | Dinner | Snacks |
|-----|---------------------------------------|--|---|---|
| 1 | Vegetable omelet | Spinach salad with grilled chicken | Baked salmon with roasted vegetables | Greek yogurt with mixed berries |
| 2 | Overnight oats with fruit | Quinoa and black bean salad | Grilled chicken with steamed broccoli | Carrot sticks with hummus |
| 3 | Whole grain toast with avocado | Quinoa salad with grilled shrimp | Baked cod with steamed green beans | Handful of almonds |
| 4 | Scrambled eggs with veggies | Mixed green salad with grilled tofu | Baked turkey breast with butternut | Apple slices with almond butter |
| 5 | Protein pancakes with berries | Grilled chicken or tofu wrap | Baked chicken with roasted sweet potatoes | Greek yogurt with granola |
| 6 | Greek yogurt with granola | Spinach and chickpea salad | Grilled salmon with quinoa | Celery sticks with peanut butter |
| 7 | Veggie frittata | Turkey or tofu lettuce wraps | Lean beef stir-fry with brown rice | Cottage cheese with sliced peaches |
| 8 | Berry smoothie with protein powder | Quinoa and vegetable stir-fry | Baked tofu with cauliflower rice | Roasted chickpeas |
| 9 | Avocado toast with poached egg | Grilled shrimp and avocado salad | Baked cod with asparagus | Sliced bell peppers with hummus |
| 10 | Vegetable omelet | Quinoa and black bean stuffed bell peppers | Grilled chicken with roasted veggies | Yogurt parfait with mixed berries and granola |
| 11 | Overnight oats with almond butter | Spinach salad with grilled chicken | Baked salmon with steamed broccoli | Handful of walnuts |
| 12 | Whole grain toast with mashed avocado | Quinoa and vegetable stir-fry | Baked chicken with roasted sweet potatoes | Hard-boiled egg with a sprinkle of sea salt |
| 13 | Scrambled eggs with veggies | Grilled tofu salad with balsamic vinaigrette | Baked turkey breast with Brussels sprouts | Homemade trail mix |
| 14 | Protein pancakes with banana | Quinoa and black bean salad | Grilled salmon with cauliflower rice | Sliced cucumbers with guacamole |
| 15 | Greek yogurt with fruit | Spinach and grilled chicken wrap | Lean beef stir-fry with brown rice | Celery sticks with almond butter |

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| 16 | Veggie frittata | Quinoa and vegetable stir-fry | Baked tofu with steamed broccoli | Apple slices with peanut butter |
| 17 | Berry smoothie with spinach | Turkey or tofu lettuce wraps | Baked cod with roasted vegetables | Greek yogurt with mixed berries |
| 18 | Avocado toast with poached egg | Quinoa and black bean stuffed bell peppers | Grilled chicken with steamed asparagus | Carrot sticks with hummus |
| 19 | Vegetable omelet | Spinach salad with grilled shrimp | Baked salmon with roasted vegetables | Handful of almonds |
| 20 | Overnight oats with almond butter | Quinoa salad with roasted vegetables | Grilled chicken with quinoa | Apple slices with almond butter |
| 21 | Whole grain toast with mashed avocado | Quinoa and black bean salad | Baked cod with steamed green beans | Greek yogurt with granola |
| 22 | Scrambled eggs with veggies | Mixed green salad with grilled tofu | Baked turkey breast with butternut | Carrot sticks with hummus |
| 23 | Protein pancakes with berries | Grilled chicken or tofu wrap | Baked chicken with roasted sweet potatoes | Celery sticks with peanut butter |
| 24 | Greek yogurt with granola | Spinach and chickpea salad | Grilled salmon with quinoa | Handful of almonds |
| 25 | Veggie frittata | Turkey or tofu lettuce wraps | Lean beef stir-fry with brown rice | Cottage cheese with sliced peaches |
| 26 | Overnight oats with fruit | Quinoa and vegetable stir-fry | Baked tofu with cauliflower rice | Roasted chickpeas |
| 27 | Whole grain toast with avocado | Grilled shrimp and avocado salad | Baked cod with asparagus | Sliced bell peppers with hummus |
| 28 | Scrambled eggs with veggies | Quinoa and black bean stuffed bell peppers | Grilled chicken with roasted veggies | Yogurt parfait with mixed berries and granola |
| 29 | Protein pancakes with almond butter | Spinach salad with grilled chicken | Baked salmon with steamed broccoli | Handful of walnuts |
| 30 | Avocado toast with poached egg | Quinoa and vegetable stir-fry | Baked chicken with roasted sweet potatoes | Hard-boiled egg with a sprinkle of sea salt |