



Sample Weekly Meal Plan

Focusing on nutrient-dense, unprocessed foods

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast Low-fat pitas with egg, cheese and turkey bacon</p> <p>Lunch Grilled chicken with veggies</p> <p>Snack Melon or cantaloupe chunks</p> <p>Dinner Low-carb pasta with ground turkey</p>	<p>Breakfast Avocado toast on low-calorie bread</p> <p>Lunch Hard boiled eggs with a side of fruit</p> <p>Snack 1/4 cup of nuts or seeds</p> <p>Dinner Seared tuna with roasted sweet potatoes</p>	<p>Breakfast Veggie omelette</p> <p>Lunch Tuna on wholegrain toast</p> <p>Snack Greek yogurt</p> <p>Dinner Salmon with asparagus and brown rice</p>	<p>Breakfast Oatmeal with blueberries</p> <p>Lunch Teriyaki style chicken with brown rice</p> <p>Snack Protein smoothie</p> <p>Dinner Chicken tacos with lettuce and tomato</p>	<p>Breakfast Greek yogurt with strawberries</p> <p>Lunch Cheesy toast on low calorie bread</p> <p>Snack Carrot or celery sticks with hummus</p> <p>Dinner Stir-fry tofu with veggies</p>	<p>Breakfast Scrambled eggs with turkey and veggies</p> <p>Lunch Kale salad with grilled chicken</p> <p>Snack Cottage cheese with fruit</p> <p>Dinner 4oz Steak with couscous and veggies</p>	<p>Breakfast Breakfast burrito with egg and turkey bacon</p> <p>Lunch Quinoa salad with chickpeas</p> <p>Snack Apple slices with a small amount of nut butter</p> <p>Dinner Baked cod with veggies and brown rice</p>

Remember, these are only suggestions! You can easily replace foods with like-kinds. Focus on eating nutritionally balanced and proportioned meals and listening to the needs of your body, and make sure to drink plenty of fluids throughout the day.