

Weekly Meal Plan

A Comprehensive Guide to Balanced Eating Throughout the Week

Weekly Meal Plan

Day 1

- **Breakfast:** Scrambled eggs with spinach and tomatoes, and whole grain toast
- **Lunch:** Grilled chicken Caesar salad with a side of whole-grain bread
- **Dinner:** Baked salmon with quinoa and steamed broccoli
- **Snack:** Greek yogurt with honey and mixed berries

Day 2

- **Breakfast:** Overnight oats with almond milk, chia seeds, and sliced bananas
- **Lunch:** Turkey and avocado wrap with mixed greens
- **Dinner:** Stir-fried tofu with bell peppers and brown rice
- **Snack:** Carrot sticks with hummus

Day 3

- **Breakfast:** Whole grain pancakes with maple syrup and fresh strawberries
- **Lunch:** Quinoa salad with black beans, corn, and cilantro lime dressing
- **Dinner:** Spaghetti with marinara sauce and a side of garlic bread
- **Snack:** Apple slices with almond butter

Day 4

- **Breakfast:** Smoothie bowl with spinach, banana, and almond milk topped with granola
- **Lunch:** Grilled cheese sandwich with tomato soup
- **Dinner:** Chicken stir-fry with mixed vegetables and jasmine rice
- **Snack:** Mixed nuts and dried fruit

Day 5

- **Breakfast:** Avocado toast with poached eggs
- **Lunch:** Lentil soup with whole grain crackers
- **Dinner:** Beef tacos with lettuce, cheese, and salsa

- **Snack:** Celery sticks with peanut butter

Day 6

- **Breakfast:** Yogurt parfait with granola and sliced peaches
- **Lunch:** Mediterranean quinoa bowl with chickpeas, cucumber, and feta cheese
- **Dinner:** Grilled shrimp skewers with couscous and asparagus
- **Snack:** Cheese and whole-grain crackers

Day 7

- **Breakfast:** Omelette with mushrooms, onions, and cheese
- **Lunch:** Caprese salad with balsamic glaze and a side of whole-grain bread
- **Dinner:** Roast chicken with mashed potatoes and green beans
- **Snack:** Dark chocolate square with almonds

Enjoy your week of balanced and delicious meals!

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