

Seven Day Meal Plan

Monday

Breakfast: 2 eggs, scrambled in butter with a touch of cream + 1 oz cheddar cheese + 1/4 cup salsa

AM Snack: 1 oz mozzarella cheese + 1/2 cup cherry tomatoes

Lunch: Chicken Salad (3 oz grilled, chopped chicken breast + 3 cups chopped romaine + 1 cup raw cucumbers + 1 cup kale + 2 tbsp vinaigrette dressing)

PM Snack: 4 oz plain Greek yogurt with cinnamon + 1-2 cups miso broth

Dinner: 3 oz baked tilapia (or other fish) with Old Bay seasoning + 2 cups cooked spinach + 1 tbsp olive oil

Tuesday

Breakfast: 4 oz plain Greek yogurt + 6 walnut halves

AM Snack: 2 oz deli sliced roast beef + Dijon mustard

Lunch: Turkey Lettuce Wrap (3 oz browned, ground turkey + 1 cup sautéed garlic mushrooms + 2 cups butter lettuce leaves)

PM Snack: 1 oz mozzarella string cheese + 1-2 cups miso broth

Dinner: 3 oz grilled flank steak + 4 cups raw spinach + 1 cup roasted turnips + 2 tbsp oil and vinegar Italian dressing

Wednesday

Breakfast: 1 egg + 1 oz bacon + coffee or tea with cream

AM Snack: 1/2 cup cottage cheese + 10 almonds

Lunch: 2 oz grilled tuna steak + 1 cup chopped mix of cucumber and tomatoes + 3 cups mixed baby greens

PM Snack: 4 oz plain Greek yogurt + 1 tbsp PB2 (peanut butter powder) + 1-2 cups miso broth

Dinner: 3 oz grilled garlic-lime shrimp + 1 cup steamed broccoli + 3 cups arugula salad



Seven Day Meal Plan

Thursday

Breakfast: 2 oz smoked salmon + 1 cup sliced cucumber + 2 tbsp cream cheese

AM Snack: 1 oz cheddar cheese slice

Lunch: Chicken Fajita Salad (3 oz grilled chicken breast + 3 cups red leaf lettuce + 1 cup sautéed bell peppers + 1/4 cup salsa + 2 tbsp whole fat sour cream)

PM Snack: 1 Laughing Cow cheese + 1 cup celery + 1-2 cups miso broth

Dinner: 3 oz roasted pork or beef loin roast + 1 cup cooked Swiss chard

Friday

Breakfast: 1 egg, scrambled + 1 oz shredded cheddar cheese + 1 cup mix of mushrooms and spinach

AM Snack: 1/2 cup shelled edamame

Lunch: 2 beef hot dogs + 1 dill pickle + spicy mustard

PM Snack: 1/2 cup cottage cheese + 1-2 cups miso broth

Dinner: 3 oz lamb chops with mint chimichurri + 15 grilled asparagus spears + 1 cup roasted Brussels sprouts + mixed baby greens dressing

Saturday

Breakfast: 2 Morning Star vegetarian sausages

AM Snack: 2 deviled egg halves + 2 cups celery + 1 tbsp ranch dressing + 1-2 cups miso broth

Lunch: Chicken Caesar Salad (3 oz grilled chicken + 4 cups romaine lettuce + 2 tbsp Caesar dressing)

PM Snack: 2 Smart Dogs with mustard + 1/2 cup coleslaw + 1-2 cups miso broth

Dinner: 3 oz seared pork chop + 1 cup roasted or sautéed eggplant



