

7-Day Balanced Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Oatmeal with berries & yogurt	Grilled chicken salad	Carrots & hummus, Apple	Baked salmon, broccoli & quinoa
Day 2	Scrambled eggs, toast, spinach	Turkey & avocado wrap	Almonds, Bell peppers	Stir-fried tofu, brown rice
Day 3	Smoothie (banana, almond milk)	Quinoa salad with beans & corn	Greek yogurt, Cucumber	Grilled shrimp, Brussels sprouts
Day 4	Avocado toast, poached egg	Lentil soup, mixed greens	Pear, Walnuts	Baked chicken, green beans & wild rice
Day 5	Chia pudding, strawberries	Veg wrap with hummus	Apple, Almond butter	Turkey chili, beans & veggies
Day 6	Greek yogurt parfait, granola	Chicken Caesar salad	Celery, Peanut butter	Stuffed peppers, brown rice
Day 7	Whole-grain pancakes, berries	Tuna salad, whole-grain crackers	Mixed nuts, Kiwi	Vegetable lasagna, low-fat cheese