2-Week Diet Plan

Week 1:

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Day 1	Scrambled eggs with spinach and	Greek yogurt with berries.	Grilled chicken salad with mixed	Apple slices with almond butter	Baked salmon with quinoa and steamed
Day 2	Oatmeal with sliced banana and a	Handful of nuts (e.g., almonds or	Turkey and avocado wrap with	Carrot sticks with hummus	Stir-fried tofu with brown rice and
Day 3	Smoothie with spinach, banana	Cottage cheese with pineapple	Lentil soup with a side of whole-grain	Mixed berries.	Grilled shrimp with quinoa and
Day 4	Whole-grain toast with avocado and	Orange slices.	Quinoa salad with chickpeas	Handful of cherry tomatoes	Baked chicken with sweet potato
Day 5	Greek yogurt parfait with granola and	Hummus with cucumber slices	Whole-grain pasta with tomato sauce	Apple slices with cheese	Grilled steak with roasted Brussels
Day 6	Pancakes made with whole wheat	Sliced mango with a handful of	Quinoa-stuffed bell peppers with black	Celery sticks with peanut butter	Baked cod with a lemon herb
Day 7	Breakfast burrito with scrambled	A cup of pineapple chunks with a	Spinach and feta omelet with a side	Greek yogurt with sliced kiwi	Turkey and vegetable kabobs with

Week 2:

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Day 1	Chia seed pudding made with	Handful of trail mix with dried fruits	Whole-grain wrap with hummus	Orange slices with a handful of	- Stir-fried tempeh with
Day 2	Smoked salmon and cream cheese	Sliced cucumber with tzatziki	Quinoa salad with mixed beans, corn	A cup of mixed berries with a dollop	Grilled vegetable and goat cheese
Day 3	Scrambled tofu with sautéed	A cup of mixed berries with a dollop	Quinoa bowl with black beans, corn	Sliced pear with a handful of	Grilled fish tacos with whole-grain
Day 4	Overnight oats with almond milk	Carrot and cucumber sticks with	Chickpea salad with cherry	Orange slices with a handful of	Baked chicken thighs with
Day 5	Smoothie bowl with spinach	Cottage cheese with pineapple	Whole-grain wrap with turkey	Apple slices with almond butter	Shrimp stir-fry with brown rice, broccoli
Day 6	Whole-grain toast with mashed	A handful of mixed nuts.	Lentil and vegetable soup with a	Mixed berries with a dollop of Greek	Grilled salmon with quinoa and
Day 7	Greek yogurt parfait with granola	Hummus with cucumber and bell	Whole-grain pasta with tomato sauce	Sliced apple with cheese	Beef stir-fry with brown rice, snow

The 2 Week Diet

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