

2-Week Diet Plan

Week 1:

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

Week 2:

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Day 1	Chia seed pudding made with almond milk and fresh fruit	Handful of trail mix with dried fruits	Whole-grain wrap with hummus and vegetables	Orange slices with a drizzle of honey	Stir-fried tofu with vegetables and brown rice
Day 2	Smoked salmon and cream cheese on whole-grain toast	Sliced cucumber with hummus	Quinoa salad with mixed greens and vegetables	A cup of mixed berries with a dollop of Greek yogurt	Grilled vegetable and beef kabobs with quinoa
Day 3	Scrambled tofu with vegetables and a drizzle of olive oil	A cup of mixed berries with a dollop of Greek yogurt	Quinoa bowl with black beans and vegetables	Sliced pear with a drizzle of honey	Grilled fish tacos with whole-grain rice and vegetables
Day 4	Overnight oats with almond milk and fresh fruit	Carrot and cucumber sticks with hummus	Chickpea salad with vegetables and a drizzle of olive oil	Orange slices with a drizzle of honey	Baked chicken thighs with whole-grain rice and vegetables
Day 5	Smoothie bowl with spinach, banana, and almond milk	Cottage cheese with pineapple	Whole-grain wrap with turkey and vegetables	Apple slices with almond butter	Shrimp stir-fry with brown rice, broccoli, and vegetables
Day 6	Whole-grain toast with avocado and a poached egg	A handful of mixed nuts.	Lentil and vegetable soup with a side of whole-grain bread	Mixed berries with a dollop of Greek yogurt	Grilled salmon with quinoa and vegetables
Day 7	Greek yogurt parfait with granola and fresh fruit	Hummus with cucumber and bell pepper	Whole-grain pasta with tomato sauce and vegetables	Sliced apple with cheese	Beef stir-fry with brown rice, broccoli, and vegetables

The 2 Week Diet

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