

1 WEEK MEAL PLAN

MONDAY

Veggie Omelette



Quinoa salad



Baked salmon with roasted veggies

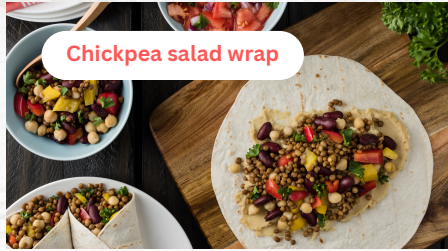


TUESDAY

Overnight oats with fruits



Chickpea salad wrap



Grilled chicken with sweet potato



WEDNESDAY

Spinach and mushroom frittata



Lentil soup with whole wheat bread



Stir-fried tofu with brown rice



THURSDAY

Whole grain toast with avocado



Quinoa and black bean bowl

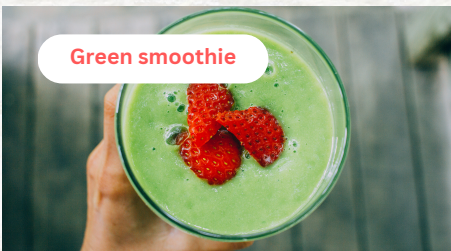


Baked cod with quinoa and steamed broccoli



FRIDAY

Green smoothie



Greek salad with grilled chicken



Zucchini noodles with marinara sauce



SATURDAY

Vegetable scramble



Beef Lasagne



Grilled steak with roasted sweet potatoes

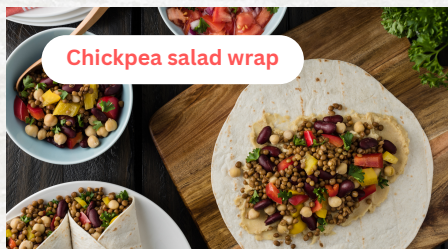


SUNDAY

Overnight oats with fruits



Chickpea salad wrap



Grilled chicken with sweet potato

