

# 30-Day Fruit and Vegetable Diet Plan

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Goals					

## Week 1

Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 2					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 3					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 4					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 5					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					

### Sample diet plan

Below is a sample 30-Day Fruit and Vegetable Diet Plan you can use as a reference when creating your plan for your client. Note that this is just a general guide and may need to be modified based on an individual's specific needs and preferences.

<b>Week 1   Day 1 – 7</b> <ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Green smoothie (spinach, banana, almond milk)</li> <li>• <b>Snack:</b> Apple slices with almond butter</li> <li>• <b>Lunch:</b> Mixed salad with avocado, cherry tomatoes, and grilled vegetables</li> <li>• <b>Snack:</b> Carrot sticks with hummus</li> <li>• <b>Dinner:</b> Zucchini noodles with marinara sauce and roasted chickpeas</li> </ul>	<b>Week 2   Day 1 – 7</b> <ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Berry and spinach smoothie</li> <li>• <b>Snack:</b> Sliced cucumber with guacamole</li> <li>• <b>Lunch:</b> Quinoa salad with mixed greens, bell peppers, and grilled tofu</li> <li>• <b>Snack:</b> Celery sticks with peanut butter</li> <li>• <b>Dinner:</b> Stir-fried vegetables with tofu over brown rice</li> </ul>
<b>Week 3   Day 1 – 7</b> <ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Mango with kale smoothie</li> <li>• <b>Snack:</b> Mixed berries</li> <li>• <b>Lunch:</b> Lentil soup with a side of mixed greens</li> <li>• <b>Snack:</b> Bell pepper strips with hummus</li> <li>• <b>Dinner:</b> Portobello mushroom burgers with sweet potato fries</li> </ul>	<b>Week 4   Day 1 – 7</b> <ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Pineapple and spinach smoothie</li> <li>• <b>Snack:</b> Edamame beans</li> <li>• <b>Lunch:</b> Chickpea salad with cucumbers, tomatoes, and lemon-tahini dressing</li> <li>• <b>Snack:</b> Sliced bell peppers with Greek yogurt dip</li> <li>• <b>Dinner:</b> Vegetable stir-fry with tofu or tempeh</li> </ul>

**Additional notes**

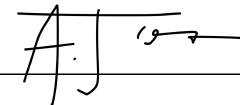
**Healthcare professional's information**

Name:

License number:

Contact details:

Signature:

A handwritten signature in black ink, appearing to be 'A.J.' followed by a horizontal line and a small flourish.