

30-day fruit and vegetable diet plan

Name:

Start Date:

Week 1 Day 1-7	Week 2 Day 8-14
<ul style="list-style-type: none"><input type="checkbox"/> Breakfast: Green smoothie (spinach, banana, almond milk)<input type="checkbox"/> Snack: Apple slices with almond butter<input type="checkbox"/> Lunch: Mixed salad with avocado, cherry tomatoes, and grilled vegetables<input type="checkbox"/> Snack: Carrot sticks with hummus<input type="checkbox"/> Dinner: Zucchini noodles with marinara sauce and roasted chickpeas	<ul style="list-style-type: none"><input type="checkbox"/> Breakfast: Berry and spinach smoothie<input type="checkbox"/> Snack: Sliced cucumber with guacamole<input type="checkbox"/> Lunch: Quinoa salad with mixed greens, bell peppers, and grilled tofu<input type="checkbox"/> Snack: Celery sticks with peanut butter<input type="checkbox"/> Dinner: Stir-fried vegetables with tofu over brown rice
Week 3 Day 15 - 21	Week 4 Day 22 - 30
<ul style="list-style-type: none"><input type="checkbox"/> Breakfast: Mango and kale smoothie<input type="checkbox"/> Snack: Mixed berries<input type="checkbox"/> Lunch: Lentil soup with a side of mixed greens<input type="checkbox"/> Snack: Bell pepper strips with hummus<input type="checkbox"/> Dinner: Portobello mushroom burgers with sweet potato fries	<ul style="list-style-type: none"><input type="checkbox"/> Breakfast: Pineapple and spinach smoothie<input type="checkbox"/> Snack: Edamame beans<input type="checkbox"/> Lunch: Chickpea salad with cucumbers, tomatoes, and lemon-tahini dressing<input type="checkbox"/> Snack: Sliced bell peppers with Greek yogurt dip<input type="checkbox"/> Dinner: Vegetable stir-fry with tofu or tempeh

Additional Notes:

