## 30-Day Meal Plan (Bi-weekly)

|  | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
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| Breakfast | Greek yogurt with berries and a handfıIl of | Oatmeal with sliced banana and a enrinkla | Scramble <br> d eggs with spinach and mihnla_nra | Smoothie with spinach, banana, berries, and | Whole-gr ain toast with smashed avocado and | Cottage cheese pancakes with sliced noarhoc | Chia seed pudding with mixed berries |
| Morning Snack | Apple slices with peanut butter | Cottage cheese with pineapple chunks | Greek yogurt with a drizzle of honey | Celery sticks with cream cheese | Strawberr ies with cottage cheese | Handful of cherry tomatoes with mozzarell a rhoose | Almond butter on rice cakes |
| Lunch | Grilled chicken salad with mixed greens, rhorn | Turkey and avocado wrap with whole-gra in tnrtilla | Lentil soup with a side of mixed greens | Quinoa salad with chickpeas cherry tomatoes, and fata | Turkey and vegetable stir-fry with hrninin | Quinoa and black bean bowl with salsa and nurammi | Chickpea salad with mixed greens, cherry tnmatnoc |
| Afternoon Snack | Carrot sticks with hummus | Handful of mixed nuts | Sliced <br> mango with a squeeze of lime | Orange slices with a handful of walnuts | Edamam e beans | Pear slices with a sprinkle of ninnamnn | Kiwi slices |
| Dinner | Baked salmon with quinoa and ctarmar | Stir-fried tofu with vegetable $s$ and brown rino | Grilled shrimp with quinoa and rnactar | Baked chicken breast with sweet nntatn | Grilled fish tacos with cabbage slaw and calea | Baked cod with quinoa and roasted Rriceale | Turkey meatballs with zucchini noodles and |

WEEK 1-2:

