

# Diet Plan for Men

## Breakfast:

- 2 boiled eggs
- Whole grain toast
- Greek yogurt with berries
- Black coffee or green tea

## Mid-Morning Snack:

- Handful of almonds or walnuts
- Apple or banana

## Lunch:

- Grilled chicken breast or tofu
- Quinoa or brown rice
- Steamed vegetables (broccoli, carrots, spinach)
- Salad with mixed greens, tomatoes, and olive oil dressing

## Afternoon Snack:

- Low-fat cottage cheese or Greek yogurt
- Sliced cucumber or bell pepper

## Dinner:

- Baked salmon or lean beef
- Sweet potato or wild rice
- Stir-fried mixed vegetables (zucchini, bell peppers, snap peas)

## Evening Snack (if hungry):

- Protein shake with water or almond milk
- Carrot sticks or celery

**Hydration:**

- Drink plenty of water throughout the day (at least 8 glasses)
- Herbal teas or infused water are good alternatives

**Notes:**

- Portion sizes should be adjusted based on individual calorie needs and weight goals.
- Include a variety of colorful vegetables to ensure a broad range of nutrients.
- Choose lean protein sources and whole grains for sustained energy.
- Limit added sugars, processed foods, and excessive amounts of saturated fats.

**Important Tips:**

- Listen to your body's hunger and fullness cues.
- Eat mindfully, savoring each bite.
- Stay physically active to complement your diet plan.
- Consult with a healthcare professional or a registered dietitian for personalized advice.