

7-Day Weight Loss Meal Plan

This meal plan is designed to help you lose weight without starving yourself.

It includes balanced meals with proteins, healthy fats, and fiber to keep you full and energized.

Follow this for 7 days and start seeing results!

Day 1

- Breakfast: Oatmeal with banana and chia seeds, herbal tea
- Snack: A handful of almonds and Greek yogurt
- Lunch: Grilled chicken, quinoa, and steamed vegetables
- Snack: Berry smoothie with almond milk
- Dinner: Grilled salmon with roasted sweet potatoes

Day 2

- Breakfast: Scrambled eggs with spinach and whole grain toast
- Snack: Carrot sticks with hummus
- Lunch: Quinoa salad with chickpeas and avocado
- Snack: Apple slices with almond butter
- Dinner: Baked tofu with stir-fried vegetables

Day 3

- Breakfast: Greek yogurt with mixed berries and flaxseeds
- Snack: Handful of walnuts and a boiled egg
- Lunch: Turkey and avocado wrap with whole grain tortilla
- Snack: Protein smoothie with banana and peanut butter
- Dinner: Grilled shrimp with steamed broccoli and brown rice