



# WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MON	GREEK YOGURT, BERRIES + CHIA SEEDS	GRILLED CHICKEN W/ SALAD LEAVES + RICE + OLIVE OIL	BAKED SALMON W/ BROCCOLI + SWEET POTATO	APPLE & ALMONDS
TUE	OATS, BANANA + CINNAMON + SEEDS	TURKEY SLICES IN WHOLEMEAL WRAP W/ PEPPERS + HUMMUS	STIR-FRIED TOFU W/ PEPPERS, PEAS + RICE + SESAME OIL	COTTAGE CHEESE & PEAR
WED	SMOOTHIE: SPINACH, BERRIES, PROTEIN POWDER + ALMOND MILK	GRILLED SHRIMP W/ SALAD LEAVES + RICE + DRESSING	BEEF CHILLI W/ BEANS, TOMATOES + MIXED VEG	CARROTS & HUMMUS
THU	EGGS + SPINACH ON WHOLEMEAL TOAST + OLIVE OIL	COOKED LENTILS W/ MIXED VEG + QUINOA	GRILLED CHICKEN W/ ASPARAGUS + QUINOA + AVOCADO	PINEAPPLE SLICES
FRI	GREEK YOGURT, GRANOLA + RASPBERRIES	TUNA W/ SALAD LEAVES + CHICKPEAS + OLIVE OIL	BAKED COD W/ GREEN BEANS + POTATOES + PUMPKIN SEEDS	PROTEIN SHAKE
SAT	VEG OMELET + OLIVE OIL	ROASTED CHICKPEAS W/ ROAST VEG + RICE	TURKEY MEATBALLS W/ COURGETTE NOODLES + WHOLEMEAL PASTA	ORANGE
SUN	SMOOTHIE BOWL: BERRIES, YOGURT + FLAXSEED	PAN-FRIED TOFU W/ KALE + QUINOA + SUNFLOWER SEEDS	STIR-FRIED CHICKEN W/ BROCCOLI + RICE + SESAME OIL	GRAPES

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# WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MON	OATS, BLUEBERRIES + WALNUTS	BAKED SALMON W/ MIXED VEG + QUINOA	ROAST PORK W/ BRUSSELS SPROUTS + RICE	GREEK YOGURT
TUE	COTTAGE CHEESE + PEACHES	GRILLED CHICKEN W/ MIXED VEG + RICE + OLIVE OIL	BAKED TOFU W/ CAULIFLOWER, CARROTS + RICE + COCONUT OIL	APPLE + PEANUT BUTTER
WED	SMOOTHIE: MANGO, SPINACH, PROTEIN POWDER + ALMOND MILK	BOILED EGGS W/ SALAD LEAVES + WHOLEMEAL TOAST + OLIVE OIL	ROASTED SHRIMP W/ MIXED VEG + POTATOES + PISTACHIOS	BANANA
THU	YOGURT, FRUIT + NUTS	TURKEY SLICES W/ MIXED VEG + QUINOA + AVOCADO	COOKED LENTILS W/ TOMATOES, CARROTS + RICE + OLIVE OIL	MIXED BERRIES
FRI	EGGS, TOMATOES + OLIVE OIL	TUNA & SPINACH WHOLEMEAL WRAP	ROAST CHICKEN W/ ROAST VEG + MASHED POTATO + OLIVE OIL	PROTEIN BAR
SAT	PROTEIN SMOOTHIE	CHICKPEAS W/ SALAD LEAVES + AVOCADO	GRILLED SALMON W/ ASPARAGUS + RICE	CLEMENTINE
SUN	OATS, FRUIT + NUTS	STIR-FRIED TOFU W/ MIXED VEG + WHOLEMEAL NOODLES + SESAME OIL	BEEF STIR-FRY W/ SPINACH, MUSHROOMS + RICE	GRAPES

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	BREAKFAST	LUNCH	DINNER	SNACK
MON	GREEK YOGURT + KIWI	GRILLED CHICKEN SALAD W/ WHOLEMEAL CROUTONS	BAKED COD W/ BROCCOLI + RICE + OLIVE OIL	ALMONDS
TUE	WHOLEMEAL TOAST, BANANA + PEANUT BUTTER	PAN-FRIED TOFU W/ MIXED VEG + RICE + OLIVE OIL	TURKEY MINCE COOKED W/ BEANS + TOMATOES	GRAPES
WED	SMOOTHIE: BERRIES, SPINACH, PROTEIN POWDER + ALMOND MILK	TUNA W/ MIXED VEG + RICE + OLIVE OIL	BAKED CHICKEN W/ CARROTS + GREEN BEANS + SWEET POTATO	GREEK YOGURT
THU	EGGS, MUSHROOMS + OLIVE OIL	COOKED LENTILS W/ MIXED VEG + QUINOA	STIR-FRIED SHRIMP W/ MIXED VEG + WHOLEMEAL NOODLES + SESAME OIL	ORANGE
FRI	OATS, STRAWBERRIES + NUTS	TURKEY SLICES W/ SALAD LEAVES + OLIVE OIL	TOFU CURRY (COCONUT MILK + VEG) W/ RICE	CARROTS & HUMMUS
SAT	PROTEIN SMOOTHIE	ROASTED CHICKPEAS W/ MIXED VEG + RICE + TAHINI	PAN-FRIED BEEF W/ ASPARAGUS + POTATOES	BANANA
SUN	GREEK YOGURT + FRUIT	GRILLED CHICKEN W/ MIXED VEG + RICE + SESAME OIL	BAKED SALMON W/ ROAST VEG + QUINOA	COTTAGE CHEESE

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# WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MON	OATS, BLUEBERRIES + NUTS	GRILLED CHICKEN W/ SPINACH + CHICKPEAS + DRESSING	PAN-FRIED SHRIMP W/ SPINACH + RICE + OLIVE OIL	APPLE
TUE	VEG OMELET + OLIVE OIL	STIR-FRIED TOFU W/ MIXED VEG + RICE + SESAME OIL	BAKED COD W/ ROAST VEG + POTATOES	GREEK YOGURT
WED	SMOOTHIE: BANANA, SPINACH, PROTEIN POWDER + ALMOND MILK	TUNA W/ MIXED VEG + RICE + OLIVE OIL	STIR-FRIED CHICKEN W/ MIXED VEG + RICE + SESAME OIL	ORANGE
THU	COTTAGE CHEESE + BERRIES	COOKED LENTILS W/ MIXED VEG + QUINOA + TAHINI	TURKEY MEATBALLS W/ COURGETTE NOODLES + PASTA	NUTS
FRI	GREEK YOGURT + GRANOLA	BAKED SALMON W/ SPINACH + RICE	BEEF STIR-FRY W/ PEPPERS + RICE	PROTEIN SHAKE
SAT	OAT & EGG PANCAKES + BERRIES	CHICKPEAS W/ COUSCOUS + MIXED VEG	ROAST CHICKEN W/ ROAST VEG + POTATOES	PEAR
SUN	SMOOTHIE BOWL: FRUIT, YOGURT + SEEDS	PAN-FRIED TOFU W/ MIXED VEG + WHOLEMEAL NOODLES + SESAME OIL	BAKED SALMON W/ BROCCOLI + RICE	BANANA + PEANUT BUTTER

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# WEEKLY MEAL TRACKER

	BREAKFAST	LUNCH	DINNER	SNACK	WATER
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

RECOMMENDED DAILY WATER INTAKE IS ~8 GLASSES (2 LITRES) OF WATER AND ~2,500 CALORIES FOR MALES AND ~2,000 CALORIES FOR FEMALES, WITH ADJUSTMENTS MADE ACCORDING TO INDIVIDUAL ENERGY NEEDS.

